

# Bike...Run...Swim

## Welland Duathlon/Triathlon PART OF THE MULTI-SPORT SERIES June 26 & 27, 2010

Saturday, June 26

- Try-A-Tri
- Main Event ~ Duathlon/Triathlon

Sunday, June 27

- Half Ironman Distance  
(Entries are open to individuals and teams)

Swim in the Welland Recreational Canal, ride your bike through Dain City and Wainfleet, then finish with a run along the canal trails. Headquarters at the Welland Main Arena.

More information:

Ron Lemon 905-735-9579  
David Boone 905-735-4428

## Welland Recreational Waterway Open Water Swim August 8th, 2010

Sponsored by:

- Welland Otters Swim Team
- The Welland Recreational Canal Corporation

In cooperation with Swim Ontario and Master Swim Ontario this event is open to any swimmers registered with CASA or MSO.

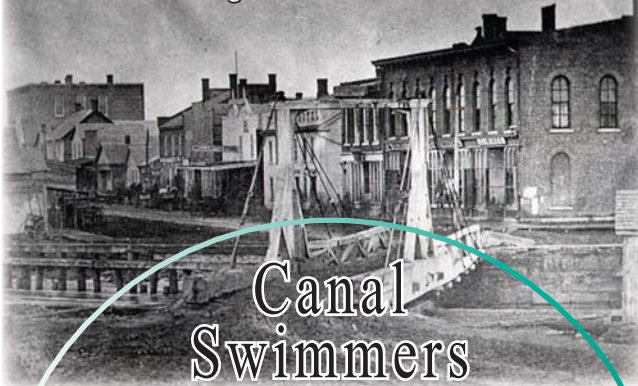
Featuring:

- 3 km straight course race
- 5 km straight course race
- 1 km Open to ALL swimmers

\*Site of the 2015 Pan-American Games Open Water Swim event

More information and contact information  
Elma Couture 289-820-7703  
Entry forms: [www.welland.ca](http://www.welland.ca)

Main Street Bridge 1870



## Canal Swimmers

A group of distance swimmers, training for triathlons and distance swimming events gather at Merritt Island on Monday, Wednesday and Friday evenings to train during the summer months. Anyone interested in serious training can email Carolyn at [cprebble@cogeco.ca](mailto:cprebble@cogeco.ca)

## City of Welland

Annual "Bike to Work" Week  
(in celebration of June - Recreation and Parks month)

Monday, May 31st  
through to  
Friday, June 4th

Featuring:



Ceremonies  
Prizes

Everyone welcome!

Further information: 905-735-1700 ext. 4001