

**“Old School Race Category”
to be inaugurated at the Caledon Triathlon
30 July 2005**

Something New!

Have your triathlon friends been calling you a ‘has-been’ lately? Are all your stories of tri-glory preceded by the phrase “...in nineteen-ninety...”? Has any of family life, work, school or fun taken training unwillingly out of your life’s priorities? Are you still able to practice that healthy triathlon lifestyle?

If your answer is “yes” to any of the above, the 2005 Caledon triathlon race committee has an opportunity for you to begin your return to triathlon. In addition to hosting the Triathlon Canada Junior Canadian Triathlon Championships and the ITU Pan American Cup races, the 2005 edition of the 2005 HSBC ITU CALEDON PAN AMERICAN CUP TRIATHLON will also host the inaugural “Old School” triathlon.

An Invitation from some “Old-Schoolers”!

After the this idea was brought forward, two former National Teamers - Martin Rydlo and Stefan Timms decided to challenge you! They are putting the call out to any former National Team member who has been out of the sport for at least 3 years. They are even putting their money where their mouths are by offering anyone who enters and completes the Old School event a copy of the “Old School” (the movie) DVD!

The Event!

The opportunity to relive old glory is provided by former National Team Coach Barrie Shepley and his club, the C3 Canadian Cross Training Club, who are hosting the 2005 HSBC ITU Caledon Pan American Championships on July 30th. The Old School Category is part of the Olympic Distance triathlon (1.5km swim, 40km bike, 10km run). Full details are at www.c3online.ca.

Join the many quasi-fit, ex-National Age Group, Junior and Elite Triathlon Canada Team members back in action on July 30th.

The 2005 event will include a sit down evening awards supper, a live band and a day you won’t soon forget. There is no reason to stay away!

Eligibility

- ⇒ Any individual is eligible for the category provided that they have previously raced on National Team at a Triathlon World Championships but have not been a member of the National Team for the past 3 years.
- ⇒ The membership of a past National Team can be any of elite, U23, junior or age-group.
- ⇒ The athlete must register in the ‘old school’ category prior to the event.

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The Event

- ⇒ On July 30th, 2005, entrants in the old school category will participate in their 'regular' category (i.e. Women 45-49) but will also be registered in the old school category and allocated points in that category. This is similar to how the Clydesdale category works at many triathlons.
- ⇒ There are separate old school male and old school female categories.
- ⇒ The old school event is the Olympic Distance Triathlon.
- ⇒ There is an Old School Triathlon Relay Category where all team members (two or three) must meet the eligibility criteria above. There is one category for the relay.

Scoring - Individual

Points are determined by the athlete's finishing time handicapped by number of years since National Team membership, level of National Team membership, and age. Time allotments are as follows:

- ⇒ For every year since the athlete was on the National Team, 1 minute will be removed from their time.
- ⇒ If athlete was ever a member of the Elite National team, 5 minutes is added to their time.
- ⇒ If athlete was ever a member of the Elite U23 National team, 3 minutes is added to their time.
- ⇒ If athlete was ever a member of the Junior National team, 2 minutes is added to their time.
- ⇒ The athlete's current age (as of race day) allows the following deductions:
 - ⇒ anyone under age of 30 has no time deduction
 - ⇒ anyone 30-40 takes 1 min off time
 - ⇒ anyone 41-45 takes 3 min off time
 - ⇒ anyone 46-50 takes 6 min off time
 - ⇒ anyone 51-55 takes 9 min off time
 - ⇒ anyone 56-60 takes 11 min off time
 - ⇒ anyone 61-65 takes 15 min off time
 - ⇒ anyone over 66 takes 15 minutes plus 1 minute for ever year of age above 65 off their time.

Scoring – Relay

Points are determined by the team's finishing time handicapped by level of National Team membership and age. Time allotments are as follows:

- ⇒ For every member of the team who was ever a member of the Elite National team, 5 minutes is added to their time.

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- ⇒ For every member of the team who was ever a member of the U23 National team, 3 minutes is added to their time.
- ⇒ For every member of the team who was ever a member of the Junior National team, 2 minutes is added to their time.
- ⇒ The team's total current age (as of race day) allows the following deductions:
 - ⇒ Any team under the age of 120 has no time deduction
 - ⇒ Any team of age 120-150 takes off 3 minutes
 - ⇒ Any team over 150 takes 3 minutes plus 1 minute for ever year of age above 150 off their time.

Awards

Other than bragging rights, special awards (to be determined) are provided to the following:

1. We will recognize the fastest 3 overall OLD SCHOOL TIMES (non-adjusted)
2. Top 3 men and women.
3. Top 3 relays
4. Best old school race outfit award for team judged to be so. Special consideration given to the athlete who wears the oldest piece of national team uniform clothing in the race and to the team who uses the most old school (but safe) technology (e.g pawsh disks, cyclops bikes, richard browne wetsuits, etc)

What you need to do to participate...

If you want to be part of this unique event, all you need to do is:

1. Register for the event (www.c3online.ca)
2. Email Norm O'Reilly – Event Chair – at noreilly@ryerson.ca to confirm you interest in participating in the OLD SCHOOL category
3. Wipe the dust off your bike and pull out those running shoes for a month of gentle training. Nothing crazy!
4. Partake in race weekend as a participant and considering volunteering.
5. Race!
6. Enjoy the post-race festivities and catch up with old friends AND get motivated for more training in 2006!
7. For more information, please visit the race site online at www.c3online.ca or www.triathloncanada.com.