



July 17-18, 2010
First Annual Slave Lake Triathlon

We hope you'll join us in **Slave Lake** this summer to help open the **1st Annual Slave Lake Triathlon Festival**. Located just north of Edmonton, Slave Lake will feature 5 different events hosted by the **Sawridge Inn and Conference Centre**. The first event will be a Try-a-Tri race which will be a 300m swim – 12km bike and 3.5km run. The second will be a duathlon which will encompass a 5km run – 20km bike – 5km run. Next will be a standard sprint distance race of a 750m swim – 20km bike – 5km run. The fourth event will be an Olympic distance triathlon of a 1.5km swim – 40km bike – 10km run. Finally, there will be a Kid's Splash & Dash event of various distances depending on the age of the participant ran on a children friendly course. The Try-a-Tri, duathlon and Splash-&-Dash will be on Saturday July 17th, 2010, while the sprint and Olympic events will be on Sunday July 18th, 2010.

There will be live entertainment, great food, door prizes as well as draw prizes with some prize money going to top finishers! Registration will be online at the ATA website by the end of January and the **Sawridge Inn and Conference Centre** will have a website with further information up shortly. Please let us know of your interest by email or if you require more information at:

phalanx.club@hotmail.com

The first of its kind in Slave Lake!

Triathlon is a continuous endurance activity comprised of three of the world's more popular participation sports: swimming, cycling and running. Participants first swim a set distance in the lake, then bike a set distance and finish with a run.

On **July 17-18** the race begins at Devonshire Beach (Swimming) then to Highway 88 (Biking) and the last leg of the race is running which race will finish at the **Sawridge Inn and Conference Centre**.

Alberta Open Sand Sculpture Competition

The sand sculpture championship gives families the chance to spend time outdoors while participating in some friendly competition with fellow members of the community. Special prizes are awarded to the children and family categories: while in the open category cash prizes is up for grabs! The day features a range of fun activities and entertainment suitable for the entire family.

Address: Devonshire Beach, Slave Lake AB

Phone: 780-849-8007



Your Natural Choice
T: 1.888.729.7343