

Tyhee Lake Triathlon

July 14, 2019



What: A fun, inclusive race for novices and seasoned competitors alike. Races include the Standard distance triathlon (swim 1500 m/bike 40 km/run 10 km), Sprint distance triathlon (swim 750 m/bike 20 km/run 5 km), Try-a-Triathlon (swim 300 m /bike 10 km/run 3 km), and a duathlon (run 5 km/bike 30 km/run 5 km). There are team categories for the Sprint and Standard triathlons. **Races are sanctioned by Triathlon BC.**

When: Sunday, July 14, 2018 from 8:00 to 2:00.

Where: Tyhee Lake Provincial Park, Telkwa, BC. Follow the blue Parks signs from Highway 16, turning north onto the Telkwa High Road (up the steep hill).

Parking: Parking is available in the Park. Please use the parking lot before the transition area, which must remain clear for athlete safety.

Start times:

8:00	mandatory bike check (including for cyclists on Sprint teams); pick up race kit and number at the timber frame picnic shelter below the transition area
8:45	pre-race meeting
9:30	Standard (formerly 'Olympic') distance triathlon and duathlon start
10:30	Sprint and Try-a-Tri triathlon start

COURSE – maps can be found at <http://smithersevents.com/events/tyhee-lake-triathlon>

Swim: The triangular 750 m swim course is well-marked with large buoys and starts at the beach below the transition area. Racers swim in a clockwise direction. Sprint distance is one lap; Standard distance do two, and the Try-a-Tri swims a smaller 300 m loop. Lake temperature is comfortable for swimming, and wet suits are allowed but not required. There is a 100 m run from the beach to the transition area. Safety boaters and lifeguards monitor participants' safety.

Bike: The out and back 20 km bike course runs clockwise around Tyhee Lake – up the Park Rd, right on Telkwa High Rd, right onto Tyhee Lake Rd out to a turnaround near Hwy 16. The sprint course is one loop, while the Standard distance is two. The Try-a-Tri turnaround is at the 5 km point on the course, near Fisher Rd. The duathlon bike follows the same route for one loop, then turns around near Fisher Rd for the second lap.

Run: The run course is an out and back. From the transition area, head up the Park Rd and right onto Telkwa High Rd. The Standard distance 10 km run is near Babine Lake Rd (Eckman), while the 5 km Sprint run turns around near the float plane base road and the Try-a-Tri 3 km run turns around about 200 m right of the Park Rd. Both duathlon runs follow the 5 km Sprint triathlon route. There are water stations set up along the route.

What else: At the conclusion of the races, join your fellow competitors and our volunteers at the picnic shelter for a BBQ lunch (included), awards, and great draw prizes.

Registration: Online at www.zone4.ca

Or download forms at <http://smithersevents.com/events/tyhee-lake-triathlon> and drop off at **Nature's Pantry**, 3744 First Ave. Smithers, by **5:00 July 12**. Entries can be mailed to Box 3197, Smithers, BC, V0J 2N0 (make cheques payable to **Tyhee Lake Triathlon**). Race day registration at picnic shelter from 8:00 to 8:30.

NEW FOR 2019: REGISTER ONLINE OR RETURN FORM BY MIDNIGHT JULY 1 TO PAY \$30 PER ENTRY; FROM JULY 2 TO 5:00 PM JULY 12, FEE IS \$40. RACE DAY REGISTRATION COSTS \$50 PER PERSON.

INSURANCE WAIVERS MUST BE SIGNED ON RACE DAY – GO TO PICNIC SHELTER TO DO THIS.

Questions: Call Nature's Pantry (Ali) at 847-3943 or McBike (Pete) at 847-5009.

2019 Tyhee Lake Triathlon Registration Form

STANDARD TRIATHLON

___ Female Open (20-39)
___ Female Masters (40+)
___ Male Open (20-39)
___ Male Masters (40+)
___ Team

SPRINT TRIATHLON

___ Female Junior (16-19)
___ Female Open (20-39)
___ Female Masters (40+)
___ Male Junior (16-19)
___ Male Open (20-39)
___ Male Masters (40+)
___ Team

TRY-A-TRIATHLON

___ Female Youth (12-15)
___ Female Open (16+)
___ Male Youth (12-15)
___ Male Open (16+)

PARATRIATHLON

Classification _____
Distance _____

DUATHLON

___ Female Open (20-39)
___ Female Masters (40+)
___ Male Open (20-39)
___ Male Masters (40+)
___ Junior Open (15-19)

FEES (circle)

**Individual Fee: \$30 before July 1, \$40 after;
\$50 race day**

**Team Fee: \$30 per person before July 1, \$40
after; \$50 each race day**

RACE DAY INSURANCE:

Youth \$1

Junior \$5

Individual \$15

Team \$18

INDIVIDUAL ENTRANT

Name _____ M/F (circle) _____ TriBC/ATA # _____
Address _____ City _____ Prov _____
Postal Code _____ Birth Date _____ Email* (mandatory) _____

TEAM NAME _____

TEAM ENTRANTS

Swimmer

Name _____ M/F (circle) _____ TriBC/ATA # _____
Address _____ City _____ Prov _____
Postal Code _____ Birth Date _____ Email* _____

Cyclist

Name _____ M/F (circle) _____ TriBC/ATA # _____
Address _____ City _____ Prov _____
Postal Code _____ Birth Date _____ Email* _____

Runner

Name _____ M/F (circle) _____ TriBC/ATA # _____
Address _____ City _____ Prov _____
Postal Code _____ Birth Date _____ Email* _____

LIABILITY WAIVERS *MUST* BE SIGNED RACE MORNING AT THE RACE SITE.