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 9, 2017 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 far parking lot and walk down to the transition area, which must remain clear for athlete safety.

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

COURSE – maps can be found at http://smithsevents.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.

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 turns around near Babine Lake Rd (Eckman), while the 5 km Sprint run turns around near the float plane base road. The Try-a-Tri 3 km run turns around about 200 m right of the Park Rd. Both duathlon runs follow the 5 km run for the Sprint triathlon.

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://smithsevents.com/events/tyhee-lake-triathlon and drop off at Nature's Pantry, 3744 First Ave. Smithers, by 5:00 July 7. 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.

REGISTER ONLINE OR RETURN FORM BY 5:00 FRIDAY, JULY 7 TO SAVE $10 FOR INDIVIDUALS OR $30 FOR TEAMS. FEES INCREASE AFTER DEADLINE.

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.
2017 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____________________

FEES (circle)
Individual Fee: $25 before July 8/$35 after
Team Fee: $60 before July 8/$75 after

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______________________________

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.