

Tyhee Lake Triathlon

July 15, 2012



Where: Tyhee Lake Provincial Park, Telkwa, BC. Follow the blue Parks signs from Highway 16, turning up a steep hill just north of 'downtown' Telkwa.

Parking: Please use the parking lot past the transition area. We need to keep the transition area uncongested for athlete safety.

Start times:

8:00	mandatory bike check
8:45	pre-race meeting
9:30	Olympic triathlon start
10:30	Sprint and Tri-a-Tri triathlon start

Swim Course: The triangular, 750m/300m course is well marked and starts at the beach below the transition area. The sprint distance is one lap of the 750m course, the Olympic distance is two laps and the Tri-a-Tri is one lap of the 300m course, clockwise.

Bike Course: The out and back 20 km bike course runs clockwise around Tyhee Lake – up the Park Rd., right on Telkwa High Rd., right on Tyhee Lake Rd., to the turnaround near the highway. The Sprint course is one loop, the Olympic distance is two and the Tri-a-Tri turnaround is at the 5km point of the course.

Run Course: The run course is an out and back, up the Park Rd., right onto Telkwa High Rd. The 10 km turnaround is near Eckman Rd., the Sprint turn is near the float plane base road and the Tri-a-Tri turn is about 200m right of the Park Rd.

Course maps and registration forms on www.mcbike.bc.ca

Questions: call McBike at 847-5009 or Jody at 847-9668

Afterwards: Awards, BBQ and draw prizes for participants and volunteers after the race at the main Tyhee Lake Park picnic shelter (where race day registration occurs).

Registration Options:

NEW!! Online at www.zone4.ca

Registration forms on www.mcbike.bc.ca

Drop off to McBike & Sport, 1191 Main St.

Mail to Box 5016, Smithers, Bc, V0J 2N0

Race morning at the picnic shelter, 8:00-8:30 am



2012 Tyhee Lake Triathlon Registration Form

Olympic Distance Triathlon

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

Tri-a-Tri/KOS Distance Triathlon

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

Paratriathlon

Classification: _____
Distance: _____

Sprint Distance Triathlon

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

Individual Fee: \$45 _____
Team: \$120 _____
Race day insurance:
Youth \$1
Junior \$5
Individual \$15
Team 3x\$6 \$18 _____

TOTAL _____

Individual Entrant

Name: _____ M/F (circle) TriBC/ATA number _____

Address: _____ City: _____ Prov: _____

Postal code: _____ Birth date: _____ Year: _____

Teams:

Swimmer:

Name: _____ M/F (circle) TriBC/ATA number _____

Address: _____ City: _____ Prov: _____

Postal code: _____ Birth date: _____ Year: _____

Biker:

Name: _____ M/F (circle) TriBC/ATA number _____

Address: _____ City: _____ Prov: _____

Postal code: _____ Birth date: _____ Year: _____

Runner:

Name: _____ M/F (circle) TriBC/ATA number _____

Address: _____ City: _____ Prov: _____

Postal code: _____ Birth date: _____ Year: _____

Waivers must be signed race morning at the race site.