

THE COURSE

Our triathlon has one *transition* area, located in beautiful Lakeside Park. Athletes can keep their equipment all in one place to return to for each transition.

The 1500 meter LC *swim* is across & back Kootenay Lake. As the water temperature is 18 - 22C, wetsuits are advised. The SC swim is a 500m loop close to shore

The scenic *bike* course starts at the park, crosses the orange bridge, continues along Kootenay Lake and returns. Long course participants ride to Kokanee Park, Short course athletes ride to Six Mile and back. This course is open to traffic. Pay attention! Flag people on course.

The *run* course takes you on the rolling hills of Johnstone Road, alongside Kootenay Lake.

Aid stations are located along this route. 10km for the long course and 5km for the short course. It can be hot!

Detailed course maps and race rules will be included in your race package but you may also view maps at: www.trinelson.com or pick up at Gerick Cycle & Sport, 702 Baker St. Nelson.

LATE REGISTRATION & RACE PACKAGE PICK-UP

Register 10:00 am - 12:00 noon, Saturday July 30 at Race Headquarters - Lakeside Park, Nelson BC

Teams Register Together: Your cyclist is designated as captain, meaning he/she is responsible for supplying any missing registration information or signatures.

Pre-Race Meeting: All entrants, individual or team, Open or Youth, must attend at 4 pm - Saturday July 30 at Lakeside Park, Nelson. There will be draw prizes at the pre-race meeting.

Recommended Bike Check: Have your bike checked at Gerick Cycle & Sports (702 Baker St., Nelson) prior to race package pick-up.

Local entrants please have your bike checked early! (Wed., Thur., or Fri.)

Post-Race: The luncheon will be at 11:30 am at Nelson's Lakeside Park followed by the awards ceremony at 12:30 pm. Results and pictures will be available after the race at: www.trinelson.com

RACE START- 8:00 am July 31, 2011

PRIZES

Overall male and female winners receive \$250 value merchandise package! Medals for 1st, 2nd & 3rd in all individual and team categories. Over \$1500 value in draw and 'unusual category' prizes!

Gerick Cycle & Sports' Grand Draw Prize of a Mountain Bike at the Award Ceremony.
You must be in attendance to win!



	Swim	Bike	Run
Long	1500 m	40 km	10 km
Sprint	500 m	22 km	5 km

WELCOME ATHLETES! We hope you enjoy our beautiful heritage community this August long weekend. Thank you for participating in our 29th Annual Triathlon Event.

For more information contact:

Bill Harbord 250-354-0549
email:

bill@spearheadtimberworks.com

or

Ross at Gerick Cycle & Sport
250-354-4622 or visit our on-line
information and registration form at:

www.trinelson.com

SPONSORS

The CYSWOG'N'FUN thanks the following sponsors who make this event possible. Please think of

them when you need the goods and services they provide.



Nelson & District
CREDIT UNION >>> *Logically. Locally.*



Lakeside Physiotherapy and Sports Injuries Clinic

Kootenay Lake Dental Clinic
Family Dentistry



Registration Form: (on-line registration available at www.trinelson.com)

Last Name _____

First Name _____

Street _____

City _____ Prov./State _____

Postal Code/Zip _____ Phone #: (_____) _____

e-mail _____

Valid 2011 Tri BC Number _____

Age as of Dec. 31/11 _____ Birth Date (yyyy/mm/dd) _____

Circle ALL Sex: **Male** **Female** Course: **Long** or **Sprint**

Applicable:

Individual or **Team:** **Swimmer** or **Cyclist** or **Runner**

T-Shirt: **Male** **Female** **Small** **Medium** **Large** **X-Large**

Lunch: # _____ **Veggie** _____ **Meat** (specify for all lunches)

RELEASE AND INDEMINITY WAIVER: Please read carefully and sign. I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators, and assigns, hereby forever release, discharge, and hold harmless the Nelson Athletic Association (NAA) and Triathlon BC (Tri BC) representative and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in NAA and TriBC organized events and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the NAA or TriBC representative or agents. I acknowledge that I am responsible for the roadworthiness and correct operation of my bicycle.

In witness thereof, I have hereunder set my hand this

Day _____ of _____ 2011

Printed Name _____

Signature of Applicant (or Parent/Guardian if under 19 yrs. of age)

ALL COMPETITORS MUST SIGN THIS ENTRY FORM

Witness Name _____

Witness Signature _____

CYSWOG'N'FUN TRIATHLON July 31, 2011 0800 AM

All Participants must complete a registration form for EACH entrant - i.e. each team member needs a separate entry form.

Race date: July 31, 2011 Start Time: 0800 AM sharp

Categories:

Individual: Long Course (18yrs+): Female and Male

Sprint Course(16yrs+): Female and Male

Team (2 or 3 people): Long Course: Female, Male and Mixed

Sprint Course: under 16 or **16+

**This category is for exhibition only. There will be no medals awarded in the 16+ Sprint Course Team category.

For minimum ages and race cut-off times, see "entry fees" page of our website

Race Fees includes t-shirt, post-race luncheon, swim cap and massage. Entries include Tri BC race-day membership. T-shirts will be in early entrants' registration packages. Late entries (after July 10, 2011) may have t-shirts mailed.

TEAM NAME: _____

Early (on or before July 10, 2011)

Individual – Sprint (16-17 yrs)	\$60.00	=\$ _____
Individual – (18+) Sprint/Long	\$60.00	=\$ _____
Tri BC Fee (Members deduct)	(\$-15.00)	=\$ _____
Team Youth (12-17) 2 or 3 x	\$42.00 each	=\$ _____
Team Adult (18+) 2 or 3 x	\$42.00 each	=\$ _____
Tri BC Fee (Members deduct)	(\$-6.00) each	=\$ _____
Additional Lunches	\$9.00 each	=\$ _____

TOTAL: = \$ _____

Late (before noon July 30, 2011)

Individual – Sprint (16-17 yrs)	\$78.00	=\$ _____
Individual – (18+) Sprint/Long	\$78.00	=\$ _____
Tri BC Fee (Members deduct)	(\$-15.00)	=\$ _____
Team Youth (12-17) 2 or 3 x	\$48.00 each	=\$ _____
Team Adult (18+) 2 or 3 x	\$48.00 each	=\$ _____
Tri BC Fee (Members deduct)	(\$-6.00) each	=\$ _____
Additional Lunches	\$9.00 each	=\$ _____

TOTAL: = \$ _____

Payment: Make cheques payable to: "Nelson Athletic Association"

Credit card accepted for online and in-store registration. (Gericks Cycle and Sport) No credit cards accepted at Lakeside Park Saturday July 30, 2011 (cash or cheque only)

Mail entry forms to: (early entries must be post-marked by July 10/2011)

Nelson Athletic Association

PO Box 262,

Nelson, B.C. V1L 5P9

TriBC members must show membership card at race package pick-up. (TriBC membership list will be on site @ race package pick-up. \$15.00 fee will be added if your membership is not active.)