

## RACE INFORMATION

**Race Packet Pick-Up is at the race site:**

Hamsterly Beach at the North end of Elk Lake beside Highway 17. Turn at Sayward Road.

**Fri. August 3**      **4 pm - 8 pm**  
**Sat. August 4**      **10 am - 7 pm**

**NO RACE PACKETS WILL BE GIVEN  
OUT RACE DAY**

**Race Start** is 7:00 am on **Sunday, August 5**  
On race day all competitors must **check in**  
**between 5:45 am - 6:45 am**

**BICYCLE CHECK IS NOT MANDATORY  
COMPETITORS ARE RESPONSIBLE FOR THEIR  
BICYCLE ROAD WORTHINESS**

\* Oak Bay Bicycles will be available at Elk Lake Saturday, August 4 and on Race Day to provide assistance.

### ACCOMMODATION:

**Host Hotel:** **Best Western Carlton Plaza Hotel**  
642 Johnson Street, Victoria, BC  
Y8W 1M6

Phone: 250-388-5513  
Reservations: 1-866-663-7241  
E-mail: 62063@hotel.bestwestern.com  
Web: www.bestwesterncarltonplazahotel.com

**Tourism Victoria:** 1-800-435-5622  
Website: www.tourismvictoria.com

### FERRY INFORMATION

Please note that August 4, 5 and 6 is a long weekend in BC. There will be line-ups at the ferry terminals.

BC Ferries Info: 250 386-3431  
Website: www.bcferries.com

### SRI CHINMOY MARATHON TEAM

Phone: 250-592-6211  
Fax: 250-595-6268  
Email: info@scmt.ca  
Website: www.victoriatriathlon.com

## OLYMPIC DISTANCE TRIATHLON

1.5 km Swim, 40 km Cycle, 10 km Run

## SPRINT DISTANCE TRIATHLON

(Provincial Championships)

750m Swim, 20km Cycle, 5km Run

## DUATHLON

5 km Run, 40 km Cycle, 10 km Run

## YOUTH (14-19)

Triathlon Canada distances  
Separate swim start

### PLEASE NOTE:

- **Online registration:** [www.victoriatriathlon.com](http://www.victoriatriathlon.com)
- Each competitor must wear a **ChampionChip** timing device. In the event that your Chip is not returned at the end of the race, you will be charged a **\$40 replacement fee**. Chips handed out on race day.
- If the water temperature is above 22° wet suits are not permitted. You will be advised on race day.
- **Youth 18-19 may choose Olympic or Sprint Distance**
- **Awards ceremony starts at 11:30am**
- **Overnight Camping is prohibited in Elk Lake Park**

### INCLUDED IN YOUR ENTRY FEE:

- **EVENT SHIRT** guaranteed for the first 400 entries before July 18
- **Event WATER BOTTLE**
- **DRAW PRIZES** (including mountain bike)
- **POST-RACE MEAL**
- **ACTION PHOTO**

**Results:** [www.raceheadquarters.com](http://www.raceheadquarters.com)

***There is no finish line  
in the perfection-race.  
Perfection is an eternal run.***  
~Sri Chinmoy

## CANADA'S LONGEST RUNNING TRIATHLON

HOSTED BY SRI CHINMOY MARATHON TEAM

# 33<sup>RD</sup> ANNUAL SELF-TRANSCENDENCE TRIATHLON

***Sunday, August 5, 2012  
Elk Lake, Victoria BC***



**Provincial Tri Sprint  
Championships**  
(Age Class & Elite)

# 22<sup>ND</sup> ANNUAL SELF-TRANSCENDENCE DUATHLON

***"Self-transcendence is  
Self-expansion  
in every way."***

~ Sri Chinmoy

**Online Registration at:  
[www.victoriatriathlon.com](http://www.victoriatriathlon.com)**

Online Registration also available at: [www.victoriatriathlon.com](http://www.victoriatriathlon.com)

Distance	ENDS Midnight April 15	ENDS Midnight July 1	After July 1
<b>Triathlon</b> Olympic	\$70	\$90	\$105
<b>Triathlon</b> Sprint	\$60	\$70	\$80
<b>Triathlon</b> Teams	\$150	\$175	\$190
<b>Youth 14-15</b> <small>Tri Canada Distances</small>	\$35 <small>Includes Insurance</small>	\$40 <small>Includes Insurance</small>	\$50 <small>Includes Insurance</small>
<b>Youth 16-19</b> <small>Tri Canada Distances (see note at registration)</small>	\$40	\$45	\$50
<b>Duathlon</b>	\$70	\$90	\$105
<b>Duathlon</b> Teams	\$150	\$175	\$190

All entries are non-refundable and non-transferable

### AWARDS

Trophies presented to 1st place overall male and female in triathlon and duathlon  
**Age as of December 31, 2012**

#### Individual Triathlon/Duathlon

Medals awarded to top 3 in each age group  
14-15, 16-17, 18-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64,  
65-69, 70-74, 75-79, 80+

**Athena – Women 150 lbs. +**  
**Clydesdale – Men 200 lbs. +**

Age categories - 20-34, 35-49, 50+

#### Triathlon/Duathlon Teams

Medals awarded to top 3 in each category  
**Men, Women, Mixed,**  
**Masters** (combined age 130 +)  
**Super Masters** (combined age 160 +)

#### Police, Firefighters, Medics Triathlon Relay Challenge Cup

presented to first place team and medals to top 3 placing teams  
([www.victoriatriathlon.com](http://www.victoriatriathlon.com) for entry details)

#### Recreation and Fitness Centres Triathlon Relay Challenge Cup

presented to first place team and medals to top 3 placing teams.  
([www.victoriatriathlon.com](http://www.victoriatriathlon.com) for entry details)

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Last Name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ Sex: M F Birthdate: \_\_\_\_\_

E-mail: \_\_\_\_\_ Age on Dec. 31, 2012: \_\_\_\_\_

All relay team members are to complete and sign a registration form. (min. age 14 yrs. as of Dec 31, 2012)

Please Circle: T-shirt size: XS S M L XL Male \_\_\_\_\_ Female \_\_\_\_\_

#### CHECK ONE ONLY

**TRIATHLON**  
Olympic \_\_\_\_\_  
Sprint \_\_\_\_\_ (Age Class  or Elite

**Check if Applicable**

**Clydesdale** \_\_\_\_\_

**DUATHLON**

**Athena** \_\_\_\_\_

All Olympic distance swimmers give estimated swim time (1.5km \_\_\_\_\_)

Youth 18/19 may choose Olympic or Sprint Tri Race

**PARATHLETE (AWAD)** If Yes please describe: \_\_\_\_\_  
(see website for general information)

**TRIATHLON RELAY** (3 MEMBERS) Team Name \_\_\_\_\_

**DUATHLON RELAY** (2 OR 3 MEMBERS) Team Name \_\_\_\_\_

**Police, Firefighters, Medics Triathlon Relay** (3 MEMBERS) Team Name \_\_\_\_\_

**Recreation/Fitness Centres Triathlon Relay** (3 MEMBERS) Team Name \_\_\_\_\_

**Relay Team Categories:** Mixed \_\_\_\_\_ Men \_\_\_\_\_ Women \_\_\_\_\_ Masters (130)+ \_\_\_\_\_ Super Masters (160)+ \_\_\_\_\_

**Check Your Relay position:** Swim \_\_\_\_\_ Cycle \_\_\_\_\_ Run \_\_\_\_\_ **Teams Must Submit Entries Together**

**Insurance Fees** (add to entry fee ONLY if you are NOT a TriBC Member).

Individual: \$15

Relay Team Member: \$6

Youth (16-19) \$5

Tri BC Member # \_\_\_\_\_ (card must be shown at race packet pickup)

**TOTAL RACE FEE \$** \_\_\_\_\_ Cheques payable to Sri Chinmoy Marathon Team

Mail Entry to: Sri Chinmoy Marathon Team, 1360 St. Patrick St., Victoria, BC, Canada, V8S 4Y4

WAIVER: In my entry for this race, I, the undersigned, intending to be legally bound, hereby for myself, my heirs and administrators, waive and release the Sri Chinmoy Marathon Team and their volunteers and representatives, Triathlon British Columbia and its divisions and the municipalities of Saanich, Central Saanich, North Saanich, the Capital Regional District and the Province of British Columbia for any and all injury or loss by me howsoever caused, whether through negligence or willful conduct of the officers, directors, employees, agents or appointees of the association(s) and its divisions of all those named above whether such loss or injury occur while traveling to or from the event or while staying at or participating in the program or activity of the event. I acknowledge that I am responsible for the road worthiness and correct operation of my bicycle. I have read this waiver and fully understand its contents. I realize that I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Legal Guardian signature (if under 19 years on race day) \_\_\_\_\_ Date \_\_\_\_\_

What can we say about you as you cross the finish line? \_\_\_\_\_

Is this your first: Triathlon  Self-Transcendence Tri/Du ? In what year did you do your 1st Tri? \_\_\_\_\_

Will you be competing in Ironman Canada this year? Y  N  Who is your favourite music artist? \_\_\_\_\_

Other Comments: \_\_\_\_\_