

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 2 **4 pm - 8 pm**
Sat. August 3 **10 am - 7 pm**

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

Race Start is 7:00 am on **Sunday, August 4**
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 3 and on Race Day to provide mechanical 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 3, 4 and 5 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

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
- 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**
- **POST-RACE MEAL**
- **ACTION PHOTO**

Results: 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

34TH ANNUAL SELF-TRANSCENDENCE TRIATHLON

***Sunday, August 4, 2013
Elk Lake, Victoria BC***



Provincial Triathlon
Race Series

World 2014
Championships
Duathlon Qualifier

Provincial Duathlon
Championships

23RD ANNUAL SELF-TRANSCENDENCE DUATHLON

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

~ Sri Chinmoy

**Online Registration at:
www.victoriatriathlon.com**

Online Registration also available at: www.victoriatriathlon.com

Distance	ENDS Midnight April 15	ENDS Midnight July 1	After July 1
Triathlon Olympic	\$75	\$95	\$110
Triathlon Sprint	\$60	\$70	\$90
Triathlon Teams	\$150	\$175	\$195
Youth 14-15 <small>Tri Canada Distances</small>	\$35 <small>Includes Insurance</small>	\$40 <small>Includes Insurance</small>	\$50 <small>Includes Insurance</small>
Youth 16-19 <small>Tri Canada Distances (see note at registration)</small>	\$40	\$45	\$50
Duathlon	\$75	\$95	\$110
Duathlon Teams	\$150	\$175	\$195

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, 2013

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 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 for entry details)

DR [] SELF-TRANSCENDENCE TRIATHLON/DUATHLON RE []
AR [] PLEASE PRINT CLEARLY RA []

Last Name _____ First _____

Address _____ City: _____ Postal Code: _____

Phone (H) _____ (W) _____ Sex: M F Birthdate: _____

E-mail: _____ Age on Dec. 31, 2013: _____

All relay team members are to complete and sign a registration form. (min. age 14 yrs. as of Dec 31, 2013)

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

CHECK ONE ONLY

___ TRIATHLON

Olympic _____
Sprint _____

___ DUATHLON

Check if Applicable

Clydesdale _____

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 ? Will you be competing in Ironman Canada this year? Y N

In what year did you do your 1st Tri? _____ Who is your favourite 1960's Rock & Roll music artist? _____

Other Comments: _____