

34th Annual

Lyme Spirit TRIATHLON

Sunday, August 6, 2017

Event:

- Stage 1 600 meter swim or 3 mile kayak/canoe in calm waters
- Stage 2 17.6 mile road bike along the scenic shores of Chaumont Bay
- Stage 3 4 mile run – pancake flat
- August 5 Pre-Registration 6:00 to 8:00 pm
- August 6 Registration 7:00 to 8:00 pm
- Pre-Race Meeting: 8:00 am
- Canoe/Kayak Start: 8:30 am
- Swim Start: 9:00 am
- Kids Fun Run: 11:00 am
- Awards Ceremony: 11:30 am

Awards: 3 deep for each category and age group

Cost: Before 7/28/17 After 7/28/17

Iron person	\$50.00	\$60.00
Teams	\$30.00 (per person)	\$40.00 (per person)
Active Military	\$40.00	\$50.00
Under 20 yrs. of age	\$40.00	\$50.00

Checks payable to:

Lyme Parks and Recreation Committee
27267 Three Mile Point
Chaumont, New York 13622
www.chaumontny.org

Lymeman Course Records:

Swim / Bike / Run

2014 Men: Kevin Beatty 1:18:37
2013 Women: Audra Adair 1:24:38
2007 Team: McKinney, Burns & Hardwick 1:11:24

Paddle / Road Bike / Run

2014 Men: Dennis Moriarty 1:50:54
2005 Women: Michelle Barns 2:06:21
2007 Team: Watson, Goodnough, Thompkins & Barns 1:37:52

Chaumont Fire Hall -Chaumont, New York Chip Timing

T-shirts given to the first 150 entrants!

For more information:

Website: www.chaumontny.org

Email: mharris@twcny.ir.com

Phone: (315)783-0995

(315) 649-2929

Accommodations:

The Duck Away

Point Salubrius
Chaumont, NY
(315) 649-3825

Airport:

Watertown International (ART)
5000 Hard Surface
(315) 639-3783

Ground transportation available



34th Annual Lyme Sprint TRIATHLON

In signing this entry, I release myself, my heirs, lawyers, executors, and administrators, waive and release all rights and claims for personal damages I may have against the Lyme Parks and Recreation Committee, organizers, directors, individuals, volunteers, cooperating organizations or other sponsors of this race. I certify that I am physically fit and have trained sufficiently for this race. I am aware of the multiple dangers and risks involved, and for the potential of accidents and heat-related injuries from participating in an open water, open road triathlon and I personally accept all of the risks of participation. I also hereby consent to and permit emergency treatment in the event of injury of illness. Participation is deemed ratification of a forged signature.

Ironperson or Team Member 1		<i>Last Name</i>	<i>First</i>	<i>M.I.</i>	<i>Age</i>	<i>Sex</i>
<i>Street Address & Apartment Number</i>			<i>Email Address</i>		<i>T-Shirt Size</i>	
<i>City</i>	<i>State</i>		<i>Zip Code</i>	<i>Telephone()</i>		
<i>Signature</i>		<i>Parents Signature if under 18 years</i>			<i>Date</i> / /	

Team Member 2		<i>Last Name</i>	<i>First</i>	<i>M.I.</i>	<i>Age</i>	<i>Sex</i>
<i>Street Address & Apartment Number</i>			<i>Email Address</i>		<i>T-Shirt Size</i>	
<i>City</i>	<i>State</i>		<i>Zip Code</i>	<i>Telephone()</i>		
<i>Signature</i>		<i>Parents Signature if under 18 years</i>			<i>Date</i> / /	

Team Member 3		<i>Last Name</i>	<i>First</i>	<i>M.I.</i>	<i>Age</i>	<i>Sex</i>
<i>Street Address & Apartment Number</i>			<i>Email Address</i>		<i>T-Shirt Size</i>	
<i>City</i>	<i>State</i>		<i>Zip Code</i>	<i>Telephone()</i>		
<i>Signature</i>		<i>Parents Signature if under 18 years</i>			<i>Date</i> / /	

Team Member 4		<i>Last Name</i>	<i>First</i>	<i>M.I.</i>	<i>Age</i>	<i>Sex</i>
<i>Street Address & Apartment Number</i>			<i>Email Address</i>		<i>T-Shirt Size</i>	
<i>City</i>	<i>State</i>		<i>Zip Code</i>	<i>Telephone()</i>		
<i>Signature</i>		<i>Parents Signature if under 18 years</i>			<i>Date</i> / /	

Please select the boxes that fits you or your team:

- Swim – Road Bike – Run** **Canoe/Kayak – Road Bike – Run**
 Male **Female or Team** or **Male** **Female or Team**

- Age category** **Under 16** **16-19** **20-24** **25-29** **30-34** **35-39** **40-44**
 45-49 **50-54** **55-59** **60-64** **65-69** **over 70**