

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](http://www.chaumontny.org)

Email: [mharris@twcny.ir.com](mailto: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.

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

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

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

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

**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**