

36th Annual Lyme Sprint TRIATHLON

Sunday, August 4, 2019

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 5k 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 7/27/19 After 7/27/19

Iron person \$60.00 \$75.00

Teams \$40.00 (per person) \$50.00 (per person)

Active Military \$50.00 \$60.00

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, Goodhough, Thompkins & Barns	1:37:52
2012 2-Person Team	Cavalli & Fergusson	1:13:30

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@twenvy.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

36th 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:

Male **Female** **Team**

Swim – Road Bike – Run or **Canoe/Kayak – Road Bike – Run**

Age category **Under 15** **15-19** **20-29** **30-39** **40-49**
 50-59 **60-69** **over 70**