



08.01.2004

# Welcome Athletes

The Nelson Athletic Association invites you to participate in our annual



event centered around beautiful  
**Lakeside Park, Nelson B.C.**  
**SUNDAY, AUGUST 1st, 2004**

This will be the 9th race in the Tri-BC Provincial Race Series. Age group athletes earn points based on their results in each event. This Triathlon continues to be **an event for everyone** from top-ranking amateurs to adult and youth participants who are entering for the pure enjoyment. We have an adult short course for people who are just breaking into the world of triathlons and our team events are ideal for family participation.



**Come and enjoy our beautiful community  
 the August long weekend.  
 Join our 22nd Annual race.**

**On your mark get Ready... Go!**

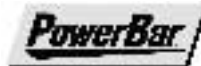
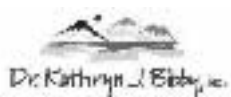
## Sponsors

We are able to keep our entry fees so affordable due to the generous support of our sponsors. Please think of them when you need the goods and services they provide!



**Dr. Doug Kelly**

Kootenay Lake Dental Clinic  
 Family Dentistry



Creative design by Suzanne Wood  
 Core Communications.ca

## Registration Form *Each team member must fill out a form.*

Sex (M/F) Age as of Dec. 31/04 \_\_\_\_\_ Birth date (Y/M/D) \_\_\_\_\_

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

Street \_\_\_\_\_ City \_\_\_\_\_ Prov./State \_\_\_\_\_

Postal Code/ Zip \_\_\_\_\_ Tel. \_\_\_\_\_

E-mail \_\_\_\_\_ Team Name \_\_\_\_\_

T-Shirt circle size req'd. small medium large X-large  
 short course \_\_\_\_\_ long course \_\_\_\_\_ Swimmer \_\_\_\_\_ Cyclist \_\_\_\_\_ Runner \_\_\_\_\_  
 individual \_\_\_\_\_ Team \_\_\_\_\_

Race Fee \$ \_\_\_\_\_ .00

Tri BC Fee \$ \_\_\_\_\_ .00 fee \$10.00\* + \$.5. additional lunches if req'd

Lunch Meat or Veggie \$ \_\_\_\_\_ + \$.5. additional lunches if req'd  
 circle you choice

Amount Included \$ \_\_\_\_\_

### ENTRY FEE PAYMENT

**Make Cheque Payable to:**

Nelson Athletic Association  
 Credit card accepted for faxes &  
 online registration.

**\*If already a TriBC member  
 please show card on race day.  
 TriBC, AIA, USAT member # \_\_\_\_\_**

## Waiver

### PLEASE READ CAREFULLY AND SIGN

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators, and assigns hereby forever release, discharge, and hold harmless the Nelson Athletic Association (NAA) and Triathlon BC (Tri BC) representative and agents for any injury, loss, or damage to my person or property however caused, arising out of or in connection with my taking part in NAA and Tri BC organized events and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the NAA or Tri BC representative or agents.

Date: \_\_\_\_\_

Signature of Applicant or  
 Parent/Guardian if under 19

Mail Entry forms to:  
 Nelson Athletic Association  
 PO Box 262,  
 Nelson, BC Canada  
 V1L 5P7

## Entry Fees

**Early entries** must be received by  
5 pm, July 21, 2004  
and will receive a T-shirt in race kit

**Late entries** must be received by  
4 pm July 31, 2004

T-shirt will be mailed after event

**No race-day entries and  
No cancellation refunds.**

## Race Fees

	Early	Late
Individual Short or Long	\$ 45.00	\$ 58.00
Tri BC Fee for Individuals	\$ 10.00	\$ 10.00
2- Person Team	\$ 70.00	\$ 85.00
3- Person Team	\$105.00	\$125.00
Additional Lunches	\$5.00 each	

**Total enclosed** \$ \_\_\_\_\_

## Entries include

**T-shirt, post-race luncheon,  
swim cap, & massage.**

Team entries will also include Tri BC race-day membership. We are sanctioned by Tri BC for the 13th year. Individuals who are not members of Tri BC or another triathlon associations (ATA or Tri-Fed) will need a race-day membership of \$10 per person. The Tri BC fee is included in the team entry fee.



## Post Race:

the luncheon will be at 12 noon at Nelson Lakeside Park followed by the awards ceremony at 1 pm. Results are available after the race at:  
[www.netidea.com/cyswognfun](http://www.netidea.com/cyswognfun)

## Post- Race Luncheon

includes an authentic Italian meal  
(meat or vegetarian).

Please include the cost of additional lunch tickets for family or guests on entry form (\$5 per person).

**specify type veggie or meat.**

# The Course

## Swim

This course is the same as the last 10 years. It is well marked and patrolled. Wet suits are advised. The water temperature is 18° - 22°C (64° - 71°F).

## Bike

A scenic bike course starts at Lakeside Park cross over the orange bridge along the beautiful Kootenay Lake and back. This course is well controlled by marshals and police.

## Run

This course is along Johnstone Road. It is hilly, has many aid stations, and can be hot!

## Short Course:

Swim 500m • Bike 22km • Run 5km

## Long Course:

Swim 1km • Bike 44km • Run 10km

Detailed course maps are included with race rules that will be available at Gerick Cycle & Sports and in your race kit or check it out @ [www.netidea.com/cyswognfun](http://www.netidea.com/cyswognfun).

# Prizes

Overall male & female winners  
**receive \$150**  
value merchandise package!

Medals for 1st, 2nd, & 3rd  
in all individual and team categories!

## Over \$1,500

Value in draw and  
'unusual category' prizes!

## Contact for more information

**Roger Fontaine** tel.: 250 352-4616 email: [dodger24@telus.net](mailto:dodger24@telus.net)

**Gerick Cycle & Sport** tel.: 250 354-4622 atten.: Ross

Visit Our on-line information and registration form at:

**[www.netidea.com/cyswognfun](http://www.netidea.com/cyswognfun)**

## Registration Procedure

Register 2:00pm – 4:00pm,  
Saturday July 31, 2004  
at Race Headquarters  
Lakeside Park, Nelson, BC

## Categories

### Individual Male & Female Categories

**Short:** 16+ M/F

**Long:** 16+ M/F

### Team (2 or 3 people)

**Short:**  
under 16 or 16+

**Long:**  
Men, Women, Mixed

## Teams Register Together:

Your cyclist is designated as captain, meaning he or she is responsible for supplying any missing registration information or signatures.

## Pre-Race Meeting:

All entrants, individual or team Open or Youth must attend at 4 pm – Saturday August 2nd at Lakeside Park, Nelson.

## Mandatory Bike Check:

Have your bike checked at  
Gerick Cycle & Sports  
702 Baker St. Nelson, prior to registration.

## NO race package pick-up without bike check!

Local entrants please have your bike checked early!

(Wed. Thurs. or Fri)