

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 1 4 pm - 8 pm
Sat. August 2 10 am - 7 pm

NO RACE PACKETS WILL BE GIVEN OUT RACE DAY

Race Start is 7:30 am on **Sunday, August 3**
On race day all competitors must **check in** between **6 am - 7:10 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 2 and on Race Day to provide assistance.

ACCOMMODATION:

Host Hotel: Howard Johnson Hotel
4670 Elk Lake Dr., Victoria, BC
V8Z 5M2

Phone: 250-704-4656
Reservations: 1-866-300-4656
E-mail: suites@hojovictoria.ca
Website: www.hojovictoria.ca

Tourism Victoria: 1-800-435-5622
Website: www.tourismvictoria.com

FERRY INFORMATION

Please note that August 2, 3, 4 is a long weekend in BC. And 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

	Before May 15	Before July 20	After July 20
Triathlon Race Series	\$60.00	\$75.00	\$90.00
Triathlon Teams	\$150.00	\$175.00	\$190.00
Duathlon Race Series	\$40.00	\$55.00	\$70.00
Duathlon Teams	\$100.00	\$135.00	\$160.00

Participation carries the message of oneness and self-transcendence. - Sri Chinmoy

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, 2008

Individual Triathlon/Duathlon
Medals awarded to top 3 in each age group
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 - 18-35, 36-50, 51+

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)

Online Registration also available at: www.victoriatriathlon.com

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

Last Name _____ First _____
Address _____ City: _____ Postal Code: _____
Phone (H) _____ (W) _____ Sex: M F Birthdate: _____
E-mail: _____
Club _____ Age on Dec. 31, 2008: _____
(min. age 18 yrs. as of Dec 31, 2008)

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

CHECK ONE ONLY Check if Applicable
___ TRIATHLON Clydesdale _____ All swimmers provide estimated swim time (1.5km _____)
___ DUATHLON Athena _____

___ TRIATHLON RELAY (3 MEMBERS) Team Name _____

___ DUATHLON RELAY (2 OR 3 MEMBERS) Team Name _____

___ Athlete with a Disability (AWAD) If Yes please describe: _____
(see website for general information)

___ 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)+ ___

Teams Must Submit Entries Together

Relay position: Swim ___ Cycle ___ Run ___

Tri BC # _____ Add \$10 if Not a TRI BC Association Member. Team entries add \$5 per member.
(TRI BC membership must be shown at race packet pick-up)

TOTAL \$ _____ Cheques Payable to Sri Chinmoy Marathon Team

Mail Entry to: SRI CHINMOY MARATHON TEAM, 1360 St. Patrick Street, Victoria, BC, Canada, V8F 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 _____

Announcer Comments (What can we say about you as you cross the finish line?)

First Triathlon/Duathlon? _____ How many Self-Transcendence Events? _____

How many years in sport? _____ Other _____

**OLYMPIC DISTANCE TRIATHLON
CHAMPIONSHIP DISTANCE DUATHLON**

TRIATHLON	DUATHLON
1.5 km Swim	5 km Run
40 km Cycle	40 km Cycle
10 km Run	10 km Run

4-Wave Swim Start (likely water temp 20°-22°)
If water temperature is above 22 C, wet suits are not permitted (will advise on Aug 2).

Chance of sunshine: 93%

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 you wish confirmation of your registration, please send a self-addressed stamped envelope (Canadian stamp). Unless entered online, the only other information you will receive is your **race packet which must be picked up at the race site on August 1 or August 2.**
- **Overnight Camping is prohibited in Elk Lake Park**
- **Awards ceremony starts at noon**
- **INCLUDED IN YOUR ENTRY FEE:**
 - Event **TECHNICAL SHIRT** guaranteed for first 400 entries (Before July 20)
 - Event **WATER BOTTLE**
 - **DRAW PRIZES** (including mountain bike)
 - **POST-RACE MEAL**
 - **ACTION PHOTO**
- **Results:** www.raceheadquarters.com

*"Individual self-transcendence collectively
inspires humanity at large."
- Sri Chinmoy*

The Sri Chinmoy Marathon Team is proud to host the 2008 Self Transcendence Triathlon/Duathlon. This year we expect over 500 competitors. Please join us for our 30th Anniversary celebration on August 2, 2009

"I have enjoyed competing in this triathlon since 1995 with numerous friends and last year with my son, daughter and brother. The volunteers are tremendous making this the best venue of all the races I have entered. A must experience for all triathletes/duathletes."

Chuck Garrett
Veteran of over 50 triathlons

"The Self-Transcendence Triathlon is one of the longest running triathlons on the planet. It has managed to maintain a grass roots feel and is an ideal event if you are thinking of taking part in your first triathlon. The location is fantastic, it's a great spot for the whole family. To top it off, the post race food is as legendary as the race itself."

Jasper Blake
Pro Triathlete - 2005 Ironman Canada Champion

"The Sri Chinmoy Marathon Team host a quality race every year, without fail. Their support and enthusiasm for the athletes is heart warming. The electric atmosphere and positive buzz generated at this race needs to be experienced by all triathletes and duathletes."

Ian Phillips
27 year participant

Tri BC Race Sponsors



Suppliers and Supporters



Self-Transcendence Sponsors and Supporters 2008

Presenting Sponsor



Gold Sponsor



Silver Sponsor



Bronze Sponsor



Food and Refreshments



www.victoriatriathlon.com

CANADA'S FIRST TRIATHLON

HOSTED BY SRI CHINMOY MARATHON TEAM SINCE 1980

**29TH ANNUAL
SELF
TRANSCENDENCE
TRIATHLON**

Sunday, Aug 3, 2008
Elk Lake, Victoria BC



Tri BC Race Series

Presenting Sponsor



**18TH ANNUAL
SELF
TRANSCENDENCE
DUATHLON**

*"Self-transcendence is
Self-expansion
In every way."
~ Sri Chinmoy*

www.victoriatriathlon.com