

Fort St. James

Winter Wellness Triathlon

2005
Sunday, February 6th
10 a.m. Start
Registration Closes at 9:30 a.m.

SKI
RUN
SKATE

START: 10:00 a.m. Nordic ski parking lot at base of Murray Ridge Ski Area.

FINISH: At the skating oval behind Fort St. James Secondary School.

<u>COURSE:</u>	Ski-	To the Whiskey Jack Restaurant
	Run-	Whiskey Jack Restaurant to FSJSS Oval
	Skate-	On the oval behind FSJ Secondary School

To the Start:

-Go through downtown FSJ, continue on the North Road, turn left on the Tachie Road and follow signs for Murray Ridge Ski Area.

LONG COURSE:

- * 13 km classic ski
- * 9 km run, 1 runner only
- * 5 km skate
- * Junior Division (14 to 17 years)
- * Senior Division (18 and over)
- * Men, Women, or Team

SHORT COURSE:

- * 7 km classic ski
- * 9 km, done by 1 or 2 runners
(4.5 km legs)
- * 3 km skate
- * max 4/ team
- * individual division (all ages)
- * Team division (all ages)
- * Family team division
- * Jackrabbit (team 13 yrs & under)

Race Entry Fee: \$15.00 (Fill out and send in Entry form)
For more information contact Sean at 996-6888