

WELCOME!

TRIATHLON
HILLS CREEK STATE PARK
SEPTEMBER 18, 2010



RACE-DAY TIMES

CHECK-IN: 8:30-9:30 AM
PRE-RACE MEETING: 9:30 AM
RACE START: 10:00 AM

DCNR, Bureau of State Parks and Step Outdoors welcomes your participation in the 3rd annual Step Outdoors Triathlon at Hills Creek State Park.

NEW FOR 2010

- Lunch options will be available for purchase at the Hills Creek concession stand rather than being packaged together with the registration fee, allowing us to offer lower registration fees: \$20/person.
- There is an additional price break for those who register as a team: \$50/team.
- All those who pre-register (by Aug. 31, 2010) will be guaranteed a triathlon T-shirt. Any registrations received after Aug. 31 will be offered shirts only while supplies last.
- The bike course will utilize the park road traversing through the camping area, by-passing the more heavily-traveled Hills Creek Lake Road.

GENERAL EVENT INFO

- The order of events will be: 1. run 2. paddle 3. bike.
- Race-day check-in begins at 8:30 AM followed by a mandatory pre-race meeting at 9:30 AM.
- Pre-register by August 31, to be guaranteed an event T-shirt.
- The park concession stand will be open.
- Campsites and showers (in campground) are available.
- All participants are required to bring their own equipment (or setup their own rentals).
- Colored tape, signage, park staff and volunteers will assist in guiding participants through the course.
- Drinking water will be available at key locations along the running and cycling routes.
- Following the event, results and pictures will be posted at www.stepoutdoors.org. The results will include names of participants and course completion times. Results and pictures may also appear in local media sources such as newspapers.

SEMI-LEGAL MUMBO JUMBO

- Registrants under 18 will need the signature of a parent or guardian, giving consent to participate.
- The signature on the registration form serves as: liability waiver, photo release, and permission to post race results.
- Participants will be asked to provide emergency contact and pertinent medical information at check-in.
- The organizers of the event reserve the right to limit participation based upon age, conduct, adherence to the rules, number of registrations, and health conditions that may endanger personal safety.
- The organizers of the event reserve the right to make adjustments to the event (prior & during) in the interest of safety.
- Participants may be disqualified for lack of adherence to rules and traffic laws or for unsportsmanlike conduct.

RUNNING

The running portion is about 3 miles traversing around Hills Creek Lake and includes dirt trail, paved, and grassy terrain. Tree roots are present on portions of the dirt trail.

PADDLING

- Personal floatation devices (life jackets) are required
- The paddling portion is approximately 2 miles in length, traversing Hills Creek Lake around five marker buoys placed for the event.
- Canoes or kayaks must be paddled solo.
- Launch permits are waived for competitors' boats, but only during the race.
- Staff assistance will be available for all paddlers for launching and docking watercraft.

CYCLING

- Bike helmets are required for participants.
- Drafting is not permitted. Please maintain your bike 10 feet behind your competitors' or to the side.
- Cyclists may bring their own bike stands / setups (none are provided)
- The bicycle route is about 9 miles in length and includes paved (about 30%), dirt (about 65%), and grassy (about 5%) terrain. It utilizes public roads mostly outside the boundaries of the park. It is an open course; public vehicles may be encountered.
- All riding, including passing, should occur in the right lane; please be aware of approaching traffic from both directions.
- All traffic laws must be obeyed.

CONTACTS

- **Event Questions & Park Information:**
Hills Creek State Park, 570-724-4246,
hillscreeksp@state.pa.us, www.dcnr.state.pa.us
- **Forms, Maps, Results, & Photos:** www.stepoutdoors.org
- **Hills Creek Reservations** (campsite, cottage, cabin or yurt): 1-888-PA-PARKS or www.pa.reserveworld.com
- **Rental Equipment:**
 - Canyon Cruises
www.canyoncruises.com, 814-435-2969
 - Pine Creek Outfitters
www.pinecrk.com, 570-724-3003

BE SAFE, BE COURTEOUS, HAVE FUN!