

TRIATHLON REGISTRATION FORM

Hills Creek State Park
Sept. 19, 2009, 10 am
PADDLE - 2 miles
RUN - 3.1 miles
BIKE - 9.2 miles



570-723-0519
www.stepoutdoors.org

Pre-Registration Fee:
\$25/person (\$75/team)
Registration Fee after 9/1/09:
\$30/person (\$90/team)

RACE DAY SCHEDULE: Check-in begins @ 8:30 am; Mandatory pre-race meeting @ 9:30 am; Race begins @ 10:00 am
Make entry fee checks payable to "TCPCH" & send with form to: Tioga County Partnership, PO Box 812, Wellsboro, PA 16901.

1.

INDIVIDUAL REGISTRATION (competing in all 3 legs of the event)
Please complete just one box in section 2 and sign your name.

TEAM REGISTRATION: (3 person team: 1 runner, 1 paddler, 1 biker)
Please complete all three boxes in section 2. Each participant must sign their name.



RUNNER

NAME: _____ PHONE: _____

ADDRESS: _____

T-SHIRT SIZE: XS S M L XL XXL EMAIL: _____

*SIGNATURE: _____ PARENTAL SIGNATURE
(if under 18): _____

check box if vegetarian lunch option is preferred

PADDLER

NAME: _____ PHONE: _____

ADDRESS: _____

T-SHIRT SIZE: XS S M L XL XXL EMAIL: _____

*SIGNATURE: _____ PARENTAL SIGNATURE
(if under 18): _____

check box if vegetarian lunch option is preferred

BIKER

NAME: _____ PHONE: _____

ADDRESS: _____

T-SHIRT SIZE: XS S M L XL XXL EMAIL: _____

*SIGNATURE: _____ PARENTAL SIGNATURE
(if under 18): _____

check box if vegetarian lunch option is preferred

- Biking route will include paved and dirt roads. Trail running portion will include some road running.
- Paddling portion may utilize canoes or kayaks and must be operated by only one person.
- Prizes given to the first individual male, first individual female, and first team.
- Upon registering, a letter will be sent with race day details, such as course lay-out, check-in time, etc.
- Camping & showers are available at the park. For campsite reservations call 888-PA-PARKS.

**PLEASE
NOTE**

3.

* By signing this entry form, I hereby acknowledge voluntary participation in the Step Outdoors Triathlon held at Hills Creek State Park on September 19, 2009. I understand that participating in physical activities such as these hold certain inherent risks which may vary depending upon personal fitness level, weather conditions, and other unforeseen circumstances. I acknowledge having a fitness level capable of participating, accept personal responsibility for my participation, and release all organizing parties of any liability should a personal injury occur during the course of the activity.