



## DuBois YMCA & TLPVA Information

### Where:

Bimini Beach, Treasure Lake  
DuBois PA 15801 – Located off of RT 255

### When:

August 3, 2013

### Events:

Triathlon, Individual & Team Divisions  
Challenge Run, 13.8 Mile Run  
Continue flyer text here.

### Race Day:

- Saturday, August 3, 2013
- Check-in / Race Day Registration will be from 7AM to 8AM
- Both the Triathlon & Challenge Run will start at 8:30AM from Bimini Beach
- Minimum age is 15 years old.
- Provide your own bike and helmet
- Swim caps are provided and mandatory

*"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."  
-PattiSue Plumer, U.S. Olympian*



### Triathlon

## Fees & Registration

### Fees:

#### Triathlon, Swim-Bike-Run

Pre-Registration:

\$30 Individual  
\$45 Team

Race Day and Late Registration:

\$35 Individual  
\$50 Team

#### Challenge Run, 13.8 Mile Run

Pre-Registration:

\$30 Individual

Race Day and Late Registration:

\$35 Individual

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((Only pre-registered applicants will be guaranteed a T-Shirt))

**Pre-Registration Deadline: Entries must be posted marked by Friday, July 26, 2013**

Complete the entry form and mail with your check payable to:  
**DuBois Area YMCA**  
25 Parkway Drive  
DuBois, PA 15801

Race Contact Person:  
Paula DuBois  
DuBois Area YMCA  
814) 375-9622



### Triple Run Challenge

## And More.....

### Awards:

- Top 3 overall male & female
- Top male & female in each age group (16-29, 30-39, 40-49, 50+)
- *Triathlon*: 1<sup>st</sup> place team for male, female and co-ed divisions.  
(Team divisions will include 39 & under and 40 & over based on the teams average age.)

### Lodging:

Cayman Cottages and campsites are available. Please call (814) 913-1437 for information and reservations.

### Pasta Dinner:

Available Friday night, Aug, 2, 2013 at the Lakeview Lodge in Treasure Lake. Includes pasta, tossed salad, bread & butter (Payable at the Lakeview Lodge) Dinner starts at 6:00pm.

### Directions:

Take 1-80 to exit 101. Make a left onto Route 255 North. Go approximately 1 mile and take a left into Treasure Lake's main entrance

# Entry Form:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Birth date: \_\_\_\_\_  
 Male: \_\_\_\_\_ Female: \_\_\_\_\_  
 Shirt Size: (Circle One): S M L XL  
 Pasta Dinner: Yes \_\_\_\_\_ No \_\_\_\_\_  
 Number Attending: \_\_\_\_\_  
 (Payable at Lakeview Lodge)

## Event (Choose One)

Triathlon, Individual \_\_\_\_\_  
 Triathlon, Team \_\_\_\_\_  
 Challenge Run, Individual \_\_\_\_\_

## Team

(Each team must complete and submit an entry form for all entries together)

Name of Team: \_\_\_\_\_

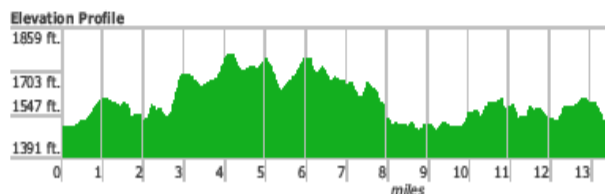
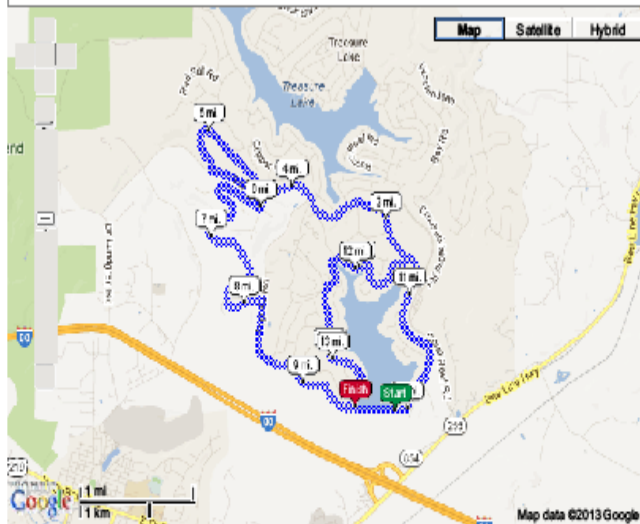
Male Team \_\_\_\_\_ Female Team \_\_\_\_\_ Coed \_\_\_\_\_

Swimmer: \_\_\_\_\_ Age \_\_\_\_\_  
 Runner: \_\_\_\_\_ Age \_\_\_\_\_  
 Biker: \_\_\_\_\_ Age \_\_\_\_\_

**Waiver:** In consideration of the acceptance of my entry in this race, I, the undersigned, on behalf of myself, my heirs, executors, administrators and assigns, do hereby release and discharge the DuBois area YMCA, Treasure Lake Property owners, the Race Committee and Commonwealth of PA from any and all claim for damages, demands and causes of action arising from or out of my participation in the aforementioned race. I do attest and verify that I am physically fit, have sufficiently trained for the completion of this event and understand the inherent dangers in completing over public highways and the uncertainties of traffic, terrain and other risks. By signing my name below, I hereby certify that I have read, understand and agree with all of the terms and conditions of this release including the attached description of these races and do intend to be legally bound thereby.

## DuBois YMCA / TLPOA

**Distance:** 13.80 miles  
**Location:** Start: Bimini Beach  
 Treasure Lake - DuBois, PA, US  
**Attributes:** point-to-point, mostly hills, roads  
**Description:** Challenging Route



Total climb: 1166 feet / 355 m  
 Total elevation change: 2342 feet / 714 m

## Course Description

### Triathlon:

#### Swim ½ mile

Much of the swim will be in water 12 feet deep or more. If necessary there may be heats assigned by age and gender. Wet suites permitted.

#### Bike 9.3 miles

There is approximately ¼ mile that is dirt and gravel.

#### Run 4 miles

Paved challenging course with rolling hills.

### Triple Run Challenge:

#### Run, Run, & Run....13.8 Miles

The challenge run, new this year will follow the same route as the triathlon of course except for the swim, in which the challenge runners will run alongside the swimmers across Bimini Dam. This run will challenge even the best of runners as it starts out with a nice flat run across the beautiful Bimini Lake dam. The run soon turns grueling for approximately the next 4 miles as it winds up and down the roads of Treasure Lake. The mid 5.8 miles are somewhat rolling hills but the course finishes up with the hardest hills you can jam into the remaining 4 miles.

In the unlikely event of a cancellation due to severe weather conditions, acts of God or other causes presenting safety hazards, the entry fee is non-refundable and will be used to pay for pre-race expenses. If cancelled, credit may be applicable for next year's YMCA / TLPOA race event:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parents  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (if under 18)