



6th Annual Sprint Triathlon • August 1, 2015

Co-Presented by the Fulton Montgomery Regional Chamber of Commerce
and the Peck's Lake Protective Association (PLPA)

Check-in begins at 7:00 A.M. at Sunrise Bay on North Shore Road

Competitive start begins at 8:30 A.M. at Sunrise Bay; Participant start begins at 8:35 A.M. at Sunrise Bay

½ mile Swim ~ 9 mile Bike ~ 3 mile Run

Entry fee: \$50 for individual athletes; \$40 for each team member participant

Last Day of Registration is Wednesday, July 29 • No Event Day Registration

Racers may enter as individuals or as 2 or 3 person teams; **limited to 175 total athletes.**

Name (or names if participating as a team)

Address (one required per team)

City _____ State _____ Zip _____

Phone # _____ Email _____

Please check one: Competitive start Participant start (See Swim in Race Procedures)

Please check Individual or Team:

Individual (male or female) Team (teams will not have male/female categories)

Age category for INDIVIDUAL participants: please check one

18 to 25 26 to 35 36 to 45 46 to 55 56 and above

Age category for TEAM participants: (team category determined by oldest team member)

18 to 40 41 and above

Release form: Must be signed by all athletes:

I, (We), the undersigned, hereby desire to enter the Peck's Lake Challenge Sprint Triathlon to be held on August 1, 2015. I hereby release and discharge the State of New York, County of Fulton, Town of Caroga, Town of Johnstown, Town of Bleecker, Peck's Lake Enterprises, Inc., Brookfield Power, Fulton Montgomery Regional Chamber of Commerce and its members, employees and agents, Fulton County Chamber Foundation, Peck's Lake Protective Association, Peck Associates, Inc., Wendell Taylor Corp., NYS Dept. of Transportation, Corporate Sponsors, all members of the Triathlon Committee as well as volunteers, judges, officers, directors or members of the same from all claims for injuries and/or property damages sustained by me as a result of my participation in said event. I HAVE READ THIS WAIVER CAREFULLY, UNDERSTAND IT, AND SUBMIT TO ITS CONDITIONS.

Signature(s)/date/Team member info:

Signature _____ Date _____ Print _____

Email _____ (County/State) _____

Signature _____ Date _____ Print _____

Email _____ (County/State) _____

Signature _____ Date _____ Print _____

Email _____ (County/State) _____

NO REFUNDS WILL BE GIVEN.

Checks made payable to: Fulton County Chamber Foundation

Entries and checks should be mailed to:

Fulton County Chamber Foundation / Peck's Lake Challenge Sprint Triathlon

2 North Main Street, Gloversville, NY 12078

Phone: (518) 725.0641 / Fax: (518) 725.0643 / Email: tourism@fultonmontgomeryny.org

Race Procedures

Swim

The swim will have a staggered start between the competitive group and the participant group. There will be a five minute lag between starts. The competitive group will start at 8:30 A.M. from Sunrise Bay (see map). **Athletes will self-select either Competitive or Participant category to start race. Please sign-up for competitive category if your swim time is less than 21 minutes for a half-mile.** Swimmers will swim in a clockwise direction around buoy markers to the swimmers' right. Swimmers must tag bikers on the beach or in the transition area. Split times will be recorded by a volunteer.

Bike

The biking will commence at Sunrise Bay from the designated transition area. The bike course will be marked along Maplewood Dr., North Shore Rd., a short segment on a non-paved surface and South Shore Road (see map). **Be aware of two-way bike and possible motor vehicle traffic along the bike course.** Leaving the transition area, the bicyclist will travel down Maplewood Dr. (west) toward Rt. 29A. From Maplewood Dr., the bicyclist will continue on North Shore Rd. onto a **short non-paved spur** to Peck Lake Rd. and past Peck's Lake Marina. The racers ride the length of South Shore Rd. around a marker at the end of the road and follow the same course back to Sunrise Bay. **Ride on the right side due to two-way traffic.** All bike riders will be asked to dismount from their bikes prior to entering the transition area at Sunrise Bay. Team members must tag in the transition area. All bike racers need to wear a certified helmet.

Run

The run will start from the transition area at Sunrise Bay. Runners will proceed up North Shore Rd. (in a northeast direction; a right turn out of Sunrise Bay) for 1.5 miles. A marker is circled by the runner and then the runner continues back to Sunrise Bay on the same course to the finish line. (A water station will be located at the 1.5 mile mark where the cone marker is circled)

General Information

- ~ Parking will be located along North Shore Rd. past the west entrance of Maplewood Dr. Parking will be only in designated areas. Attendants/ volunteers will be available to assist.
- ~ Check-in is at Sunrise Bay. Please be ready for the event by 8:15 A.M.
- ~ Transitioning from swim to bike and from bike to run will be at Sunrise Bay.
- ~ Volunteers will announce a dismount command for bikers for safety.
- ~ Portable toilets will be located at Sunrise Bay.
- ~ Refreshments will be available for all participants after the race at Sunrise Bay.
- ~ Complimentary race mementos will be guaranteed to the first **100 racers** who sign up for the triathlon and distributed at check-in.
- ~ Volunteers will be wearing orange vests to assist and support participants of the triathlon.
- ~ Awards in each category will be presented directly after the triathlon.
- ~ Final times of the participants will be posted on the Fulton County Tourism website, www.44lakes.com/blog.
- ~ **Athletes will self-select either Competitive or Participant category to start race. Please sign-up for competitive category if your swim time is less than 21 minutes for a half-mile.**
- ~ No **dogs** will be allowed in or around the registration tables and transition area.
- ~ Questions and information on the Triathlon, Fulton County, and Peck's Lake, call the Fulton Montgomery Regional Chamber at (518)725.0641 or visit www.44lakes.com.
- ~ For elevation information for the race route, please email tourism@fultonmontgomeryny.org
- ~ **A portion of the proceeds will be donated to the Mental Health Association in Fulton and Montgomery Counties.**

Revised: 4/15/15

Thank you to our Sponsors!

