



First Annual Peck's Lake Challenge Sprint Triathlon

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

Registration/check in begins at 7:30 A.M. at Sunrise Bay on North Shore Rd.

Competitive start begins at 9:00 A.M. at Sunrise Bay; Participant start begins at 9:05 A.M. at Sunrise Bay

1/2 mile Swim ~ 9 mile Bike ~ 3 mile Run

Entry fee: \$35 per racer for pre-registration; \$45 per racer on day of the race
Racers may enter as individuals or as 2- or 3-person teams; limit to 150 total athletes

Name (or names if participating as a team) _____

Address (one address per team required) _____

City _____ State _____ Zip _____

Phone # _____ Email _____

Please check one: Competitive/Elite start Participant start

Please check Individual or Team:

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

Age category for INDIVIDUAL participants: please check

18 to 30 31 to 40 41 to 50 51 to 60 above 61

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 participants:**

I, (We), the undersigned, hereby desire to enter the Peck's Lake Challenge Sprint Triathlon to be held on August 7, 2010. I hereby release and discharge the State of New York, County of Fulton, Town of Caroga, Town of Johnstown, Town of Bleecker, County of Fulton, State of New York, Peck's Lake Enterprises, Brookfield Power, Fulton County Regional Chamber of Commerce & Industry and its employees and agents, Peck's Lake Protective Association, NYS Dept. of Transportation, Corporate Sponsors, all members of the Triathlon Committee as well as volunteers 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 _____ **Print** _____
 _____ **Print** _____
 _____ **Print** _____

Check payable and mail entries to :

Fulton County Regional Chamber of Commerce & Industry Foundation, Inc.

(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: terrys@fultoncountyny.org

First Annual Peck's Lake Challenge

Sprint Triathlon

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 9:00 A.M. from Sunrise Bay (see map)

Swimmers will swim in a clockwise direction with the boats on the swimmers' right. Team members must tag on the beach. Split times will be announced by a volunteer, but no split times will be recorded.

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 29a 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 29A and to Peck Lake Rd. 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. Please do not park along any segment of the bike course.
- Registration is at Sunrise Bay. Please be ready for the event by 8:45 A.M.
- Transitioning from swim to bike and from bike to run will be at Sunrise Bay in a designated area. Volunteers will announce a dismount command for bikers for safety.
- Port-o-potties will be located at Sunrise Bay.
- Refreshments will be available for all participants after the race at Sunrise Bay.
- T-shirts will be guaranteed to the first 100 racers who sign-up for the triathlon. T-shirts will be distributed at registration. Volunteers will have designated T-shirts also to assist and support participants of the triathlon.
- Awards for the top three winners in each category will be presented directly after the triathlon.
- Final times of the participants will be posted at the Fulton County Chamber website, www.fultoncountyny.org.
- Athletes will self-select either Competitive/Elite or Participant category to start race
- Questions about the triathlon should be directed to Event Coordinator Mick Brenno at (518) 725-9041 or mbrenno@nycap.rr.com
- For information on Fulton County and Peck's Lake, call the Fulton County Chamber at (518) 725-0641 or visit www.44lakes.com or www.fultoncountyny.org
- **A portion of the proceeds will be donated to the Gloversville (NY) Boys and Girls Club**