

**10TH ANNUAL
Johnstown YMCA
Triathlon**

A triathlon takes strength, physical and mental endurance, strong human spirit and discipline.

Can you meet the challenge?

**Register online @ active.com
QUESTIONS?**

Call the YMCA at 814-535-8381
www.johnstownpaymca.org

**JOHNSTOWN YMCA
TRIATHLON**

JULY 24, 2010

400 METER SWIM

16 Lengths in the YMCA swimming pool.

35K BIKE (21 Miles)

The bike course starts and finishes at the YMCA. A helmet is required. Course is mostly flat with 2 moderate hills. Water stop at midpoint.

5K RUN (3.1 Miles)

The run starts and finishes at the YMCA. Course is flat. Water available on the course.

AGENDA

Friday, July 23

-Race packet pick-up at the YMCA after 4:00 pm

Saturday, July 24

6:30-7:15 am

RACE DAY

Check-in, race packet pick-up and day-of-race registration.

7:30 am

Mandatory pre-race meeting.

8:00 am

Race begins with staggered start times. Waves every 12 minutes.

1:00 pm

Awards presentations.

ENTRY INFORMATION

1. This year's race will be limited to 184 athletes. Race-day registration will be based on available space.
2. Entrants will only be accepted with a fully completed entry form with signed YMCA Waiver and a check for the total entry fee. Incomplete entries will not be processed.
3. This year's event is NOT A SANCTIONED EVENT.
4. There will be a \$5.00 retainer fee for all entries withdrawn. No refunds will be given after July 5, 2010.

TEAM INFORMATION

1. To be eligible for awards, teams must consist of three persons: one swimmer, one cyclist, and one runner. Entries must include all three team members' completed and signed entry forms and check(s) for the total entry fee in the same envelope.
2. Corporate relay team entries must include three people who are employed by the same company or employer.
3. School team entries must include either:
 - a. Three students who are enrolled within the same school district or university or 2) two enrolled students and one faculty/staff member of the same school district or university.
4. Family relay team must consist of at least one parent and their child or children.
5. There will be a \$5.00 additional charge for any/all changes requested including changes to team rosters. This includes changes on race day.
6. Team participants are responsible for getting team members. The YMCA cannot put teams together or be responsible for finding members for team participation.

TIMING:

1. Premier Sports, chip timing service, will assure a well timed race.
2. All participants will be given a chip timer that **MUST BE WORN** for the entire event.
- 4 Race begins with staggered start times.
5. Heats will start in 12 minute waves. It is up to participant to check heat boards for times. Race staff will not be responsible for missed starts.

ADDITIONAL RULES AND INFORMATION:

1. Absolutely no MP3 players or walkmans may be used by participants on the race course.
2. Transition area will be secured. Absolutely no biking through the transition area.
3. Participants should not use YMCA Parking area. This is provided for members.
Participant parking will be designated
4. Participants may use the YMCA showers and locker room.

AWARDS / T-SHIRTS

- Awards will be given to:
- Top three overall male and female winners
 - 1ST place only in Male and Female Masters Category
 - 1st, 2nd & 3rd place in each Male and Female Categories excluding Masters
 - 1st, 2nd, & 3rd place team winners in each category.

T-shirts: Pre-registered participants will receive a t-shirt. Late registrants will not be guaranteed a t-shirt.

PUT YOUR LOGO HERE!

And be a part of the YMCA “Wall of Fame”

SPONSORSHIP AVAILABLE

Contact vclark@johnstownpaymca.org for more information.

2010 TRIATHLON INFORMATION

6:30-7:15 am Check-in, race packet pick-up and day-of-race registration.

7:30 am Mandatory pre-race meeting

8:00 am Race begins with staggered start times. Waves every 12 minutes.

REGISTRATION AND CHECK-IN

All participants must check in upon arrival. Pre-registration and race day registration will be set up in the YMCA gym area. Participants will enter through the middle double doors of the YMCA building. Registration, packet pick-up/sign-in, body marking and chip pick-up will be in this area. Chip timer must be worn for the entire event. Registration is limited to 184 participants. Race day registration will be based on available space. All team members must complete a team registration form and all forms must be submitted together. **The YMCA reserves the right to modify waves and the transition procedures as needed.**

SWIM

The swim will be conducted in the 6 lanes of the YMCA pool. Heats will start in 12 minute increments. Heats will be listed on the wall of the dry hallway heading toward the pool area nearest the locker rooms. All swimmers must be ready at their designated heat time. The YMCA and Triathlon Committee are not responsible for missed heats. Swimmers will enter the pool area through the Willow Street doors outside the YMCA located at the corner of Willow and Franklin St. The distance of the swim is 400 meters or 16 lengths of the pool. Swimmers should complete swim in allotted time to maintain 12 minute waves. Swimmers will exit the pool area through the interior pool doors located at the other end of the pool and exit through the designated door, roped off lane and then to the transition area. This area will be where your chip timing will be taken. Non-participants and spectators are asked to keep this area open.

TRANSITION AREA

Bikes should be set up at the bike racks in the roped off transition area in the lot next to the YMCA building. Bikes must be mounted and dismounted at the BIKE OUT AND BIKE IN MARKERS. No riding will be permitted in the transition area. Ignoring the walk/run rules of the transition area may be grounds for disqualification. Ready for the run will be at your own bike rack location. Please do not interfere with other participants. The run portion of the race will begin at the "RUNNER OUT" marking located at the right hand side of the transition area close to the church.

BIKE PORTION

BIKE HELMETS MUST BE WORN, CHIN STRAPS MUST BE FASTENED. You must walk/run your bike in the transition area. You are NOT permitted to mount your bike until the "BIKE OUT" marking on the road. The bike in/out area is located next to the left as you face the river wall from the transition area. Biker must mount bike at bike out marker. The bike course has several up and down hill routes and a few quick turns. Please be careful to adjust your speed accordingly.

ROUTE - At the BIKE OUT marker biker will turn left toward Franklin Street. Bikers will then turn right and go over the Franklin Street Bridge. Following Franklin Street until it ends bikers will then turn left onto Washington Street. Following Washington Street biker will make a right at the second intersection and go over the bridge. At the end of the bridge bikers will make a left hand turn onto Iron Street. Iron Street will take bikers to the mill gate entrance where bikers will continue through the lot and follow the road along the river, under the Old Stone Bridge and continue to the exit gate where bikers will pick-up Iron Street once again. Following Iron Street bikers will continue onto Cooper Avenue (Route 403) Bikers will follow route 403 along the Conemaugh Gap for several miles. This area is wooded however, water stops will be available. Volunteers/Police Officers will indicate the left hand turn onto Route 711. Biker will follow 711 which is rather uphill with a strong downhill curve and quick left hand

turn through an intersection onto Route 56. Bikers will follow Route 56 through the Seward community into another wooded area along the other side of the Gap. Route 56 will take bikers back into the city of Johnstown with several tight turns leading to a fast left hand turn across traffic. After the left hand turn there will be a fast downhill ride under a highway underpass. A quick right hand turn after the underpass will take bikers onto Broad Street. Bikers will follow Broad Street around a tight right hand turn (around the U-Haul Rental location) to the next intersection of Roosevelt Boulevard and Washington Street at the Stadium location. The route will continue with a left hand turn over the bridge on Washington Street through the next two intersections. At the third intersection you will notice the same buildings and location that you had passed going out. Biker will continue following Washington Street to the intersection of Washington and Franklin Street where biker will take a right hand turn onto Franklin. Route will follow Franklin Street past Central Park once again, over the Franklin Street Bridge. At the very end of the bridge biker will make a quick turn left onto Somerset Street and a quick right to the "Biker In" location. Biker MUST dismount prior to entering transition area.

RUN PORTION

ROUTE-Runner exits the transition area at "RUNNER OUT" marker. Run will continue to the right along Somerset Street to the intersection of Somerset Street and Haynes Street. Runner will turn left at this intersection and continue over the bridge. At the end of the bridge (Bedford Street) runners will make a right (past and auto repair shop). Runners will take the first right (Baumer Street) and continue until Baumer Street meets Horner Street. At this intersection runners will turn right onto Horner Street. Participants will remain on Horner Street staying to the right of the road. Horner Street has several 3 and 4-way intersections which will be manned by volunteers. Runners will remain on Horner Street and over the Horner Street Bridge. At the end of the bridge runners make a right around the car lot. Check point volunteers will be located straight ahead where the mid-point turn around is located. Upon turning runners will turn left over the bridge along the same route on Horner Street turning left onto Baumer Street, out Baumer, past the auto repair shop, over the Haynes Street Bridge to the intersection with Somerset Street. Runners will turn right onto Somerset Street and follow it until you reach the left hand turn at the end of the church building. Runners will turn left and finish through the finish line in front of the church.

TEAMS

The swimmer must run into the transition area and touch the hand of the cyclist at their respective place on the bike rack. Like the individual triathletes, the biker may not mount his/her bike until the BIKE START mark on the road and dismount at the BIKE END mark on the road. The biker will touch the hand of the runner at their respective bike rack location then the runner may proceed to the RUNNER OUT LOCATION.

ADDITIONAL NOTES:

Water stops will be available throughout the bike portion and beginning and end of the run portion. Volunteers will also be available at all major locations and intersections throughout the race for guidance however, ALL PARTICIPANTS ARE RESPONSIBLE FOR FAMILARIZING THEMSELVES WITH THE COURSE.

PLEASE ENJOY THE RACE AND BE CAREFUL!