

# BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES

[www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)

## REGISTRATION

### PRE-REGISTRATION

The first 350 participants will be guaranteed a t-shirt. There will be no race changes on race day. Please contact the YMCA if you wish to change your race any reason, there will be a \$5 fee assessed. Online registration closes Friday, August 1 @ 11:00AM.

### DUATHLON, INDIVIDUAL & TEAM TRIATHLON

All registrants will receive a tri-blend shirt.

### DAY OF RACE REGISTRATION

Race registration for the day of the race will be available from 6:30am to 7:45am at Canoe Creek State Park.

## RACE PACKET PICK-UP

### BEFORE THE RACE

Race packets are available at the Blair Regional YMCA on Thursday, July 31 12p-8:30p & Friday, August 1 5am-7pm

### DAY OF THE RACE

Race packets will be available at the race registration area at Canoe Creek State Park from 6:30am to 7:45am.

	Early Registration (Until 7/19)	Pre- Registration (7/20 - 8/1)	Day Of RACE Registration
Triathlon Team Rate	\$75	\$87	\$99
Triathlon/ Duathlon Rate	\$40	\$50	\$60
5k/2m walk Ind. Rate	\$26	\$33	\$40
5k/2m walk Family Rate <small>(2 or more from the same household)</small>	\$25 each	\$30 each	\$40 each
Ages 5 & U <small>(5k/2m walk only)</small>	FREE	FREE	FREE
<b>Shirts &amp; bibs included in registration</b>			

## COURSE DESCRIPTIONS

*\*\*\*Bike course is same as 2024 (Beaver Dam Road)\*\*\**

### TRIATHLON (SWIM, BIKE, RUN)

The swim is a half mile out and back open water course that begins at the main beach at Canoe Creek State Park. The bicycle course is a 13-mile loop around the lake consisting of both flat areas and rolling hills. A 5k run completes the triathlon in a loop around the park with rolling hills.

### DUATHLON (RUN, BIKE, RUN)

The first run portion of the race consists of 2 miles (same course as the walk). Start for the duathlon is at 7:50AM and will be at the top of the transition area where the 5k and 2 mile walk starts. Once you run back into the park you will be directed to the transition area to complete the same 13 mile bike course the triathletes complete. After the bike portion you will complete the same 5k course as the triathletes.

### 5K RUN

The 5k race is the same course used by the triathletes during the last leg of their event. It covers a loop around the park with rolling hills.

### 2 MILE RUN & WALK

One of the most scenic and beautiful courses in the wellness series for walkers, this timed walk is fun for competitive walkers and families alike!

**DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM WEARING HEADPHONES.**

**Race Maps at: [www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)**



**#CWCS #YRUN**

# CANOE CREEK RACES

Register online at: [www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)

Mail registrations to: Blair Regional YMCA  
1111 Hewitt Street, Hollidaysburg, PA 16648

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_

Sex  M  F

Tshirt Size  Youth M  Youth L  S

M  L  XL  XXL (+\$2)

Race  Triathlon  Duathlon

5k Run  2 Mile Walk

### Payment Method

Check  MasterCard  Visa  Discover

Credit Card # \_\_\_\_\_

Expiration \_\_\_\_/\_\_\_\_ Three digit code \_\_\_\_\_

**Waiver:** In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Blair Regional YMCA, the Commonwealth of Pennsylvania and the Department of Conservation and Natural Resources, and all event sponsors, event volunteers and workers and their offices, directors, agents, successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties."

Signature \_\_\_\_\_

Parent/Guardian if under 18

Date \_\_\_\_\_

BLAIR REGIONAL YMCA  
**COMMUNITY WELLNESS  
CHALLENGE SERIES**



Official Race Series Sponsor



## Race Start Times

Duathlon--7:50am

Triathlon --8:00am

5k Run--8:00am

2 mile Walk--8:05am

## AWARDS CEREMONY

Awards will be given out immediately following the race. We will be awarding medals for the following categories:

Top 3 overall Individual Triathlon & Duathlon winners and top three males & females in each of the following age categories:

16-18, 19-24, 25-29, 30-34, 35-39, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

Triathlon Team awards will be given out to the top three male, female and coed teams in the following age categories: 29 & Under and 30 & Over

Awards will also be given out to the 5k run & 2m walk overall top finishers as well as the top three male and female finishers in the following age categories:

6-8, 9-11, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

**Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.**

### Directions to Canoe Creek State Park from Hollidaysburg:

Take US Route 22 until you arrive in the small town of Canoe Creek (seven miles east of Hollidaysburg, PA), turn left onto Turkey Valley Road for one half mile until you see Canoe Creek Road on the right. Proceed into the park until you come to a stop sign and look for the registration area.



## Canoe Creek Triathlon & Races

**August 2nd 8:00 AM**

Triathlon, Duathlon, 5k Run, 2 mile Walk



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