

BLAIR REGIONAL YMCA COMMUNITYWELLNESSCHALLENGE SERIES

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 for any reason: there will be a \$5 fee assessed. Online registration closes Friday, July 31st at 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-7:45am at Canoe Creek State Park.

RACE PACKET PICK-UP

BEFORE THE RACE

Race packets will be available at the Blair Regional YMCA on Thursday, July 30th from 12:00pm-9:00pm and Friday, July 31st from 5:00am-7:30pm.

DAY OF THE RACE

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

DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM WEARING HEADPHONES.

RaceMaps at: www.BlairRegionalYMCA.org

Shirts & Bibs included in Registration	Early Until 7/18	Pre- 7/19-7/31	Day Of Race
Triathlon Team Rate	\$75	\$87	\$99
Triathlon/ Duathlon Team Rate	\$40	\$50	\$60
5K/2M Rate Individual	\$26	\$35	\$40
5K/2M Rate Family 2 or more from same household	\$25 each	\$30 each	\$40 each
5 & Under 5k/2m Walk Only	FREE	FREE	FREE
Shirts & Bibs included in registration			

COURSE DESCRIPTIONS

****BIKE COURSE IS SAME AS 2025 (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 (same location for the 5K Run and 2M 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 at the triathletes.

5K RUN

The 5K Run 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 WALK

This walk is fun for competitive walkers and families alike. It is one of the most scenic and beautiful walking courses in the Community Wellness Challenge Series.

UPCOMING RACES

October Half Marathon & Races

Saturday, October 3 at 7:30am

Races: Half-Marathon (7:30 Start), 10k Run, 5k Walk (8:00am Start)

Perry Wellington 4.5M Turkey Trot Race

Saturday, November 28 at 8:30am

Races: 4.5 Mile Run, 2 Mile Run, 2 Mile Walk

Twilight Race

Thursday, December 31 at 4:00pm

Races: 5k Run - 4:00pm,
2 Mile Run - 4:30pm, 2 Mile Walk - 5:00pm

CANOE CREEK TRIATHLON & RACES

Register online at: 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 ☐ Male ☐ Female

Tshirt Size ☐ Youth M ☐ Youth L ☐ S

☐ M ☐ L ☐ XL ☐ XXL (+\$2)

Race ☐ Triathlon ☐ Duathlon

☐ 5K Run ☐ 2M Walk

Beginning March 1st, 2026, there will be a Flex Fee of 3% imposed on all credit card transactions, which is not greater than our cost of acceptance. This fee will not apply to cash, check, or debit card transactions.

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 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

UNDER ONE ROOF FOR ALL GENERATIONS

CAPITAL CAMPAIGN 2025
BLAIR REGIONAL YMCA



TOGETHER
WE CAN BUILD
A STRONGER
COMMUNITY

For over a century, the Blair Regional YMCA has been a beacon of connection, wellness, and opportunity. Together, we can ensure that the Blair Regional YMCA remains a vital resource for our community. Join us in building a brighter future—Under One Roof, For All Generations.

DONATE NOW!



VOLUNTEER OPPORTUNITIES AVAILABLE

We are looking for volunteers to help as road marshals along the race course. As a road marshal you will receive a race t-shirt and food after the race. Ask a friend, family member or co-worker to come along with you and enjoy all the excitement of helping out and cheering on the race participants! If you are interested in volunteering for the race or have any questions, please contact Frank Kopriva at 814.695.4467 ext 217 or FKopriva@blairregionallymca.org

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 3 males & females in each of the following age categories: 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & Over.

Triathlon Team awards will be given out to the top 3 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 and 2M Walk overall top finishers, as well as the top 3 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, and 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. Follow the signs/Road Marshalls for directions to the parking lot.



#CWCS #YRUN

SPONSORSHIP OPPORTUNITIES AVAILABLE

When you become a YMCA Sponsor, you are MORE than just a logo on a t-shirt. You are a partner in Building A Better Blair County...you are a partner in our cause For Healthy Living...you are a partner in creating a community of belonging...because at the BRY, everyone BELONGS...

Contact: Phyllis Baker | 814.695.4467 ext 218
pbaker@blairregionallymca.org



BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES

CANOE CREEK TRIATHLON & RACES

August 1st, 2026

DUATHLON: 7:50AM

TRIATHLON: 8:00AM

5K RUN: 8:00AM

2M WALK: 8:05 AM

CANOE CREEK STATE PARK



Official Race Series Sponsor