

What you need to know:

[Check One](#)

Registration Fees

Triathlon fees

\$55 USAT member till 5/10/08
\$65 Non USAT member till 5/10/08
\$75 everyone 5/11/08 thru race day
\$105 Team relay fee

Duathlon fees

\$45 USAT member till 5/10/08
\$55 Non USAT member till 5/10/08
\$65 everyone 5/11/08 thru race day
\$90 Team relay fee

Register and pick up your packet at the same time Saturday, May 17th from 3:00 to 5:00 p.m. and Sunday (Race Day), May 18th from 5:45 to 6:15 a.m. at the Conewago Day Use area just outside the building that rents the boats and bikes.

Race Description

Swim - 1/2 mile inverted triangle swim in Pinchot Lake or, for Duathlon

First Run - 2 mile trail run will be clearly marked with flags and volunteers throughout the Conewago Day Use area.

Bike - 2 laps on an **OPEN COURSE** with volunteers at each turn

Leaving Conewago Day Use area make a right onto Alpine Road, right onto East Campground Road, right onto Old York Road (RT 74), right onto (RT 177) in Rossville, right onto Alpine Road, and right back into the Conewago Day Use area after the 2nd lap. Approx. 18 miles.

Final Run – 3 mile trail run will be clearly marked with flags and volunteers throughout the Conewago Day Use area.

See website for maps.

Waves will be evenly distributed depending on the number of athletes in each age category. Wave start times will be determined on Saturday at packet pick up.

Age Groups

19 & Under	40 - 44
20 - 24	45 - 49
25 - 29	50 - 54
30 - 34	55 - 64
35 - 39	65 +

Awards are given to the top three men & women in each category and overall top male & female. Awards will be given to the top teams in each category All Female, All Male, and Coed.

- **The race is chip timed.** This is our method of timing the race and helps to get complete results fast. You will pick up your timing chip the morning of the race. Look for a separate table around the registration area where volunteers will be handing them out. You will attach this to your ankle by a velcro strap during the entire race. Relay members must pass it to each other during transitions. You must turn it in at the finish line. If you do not finish the race, please bring the chip to the finish line. If you do not return the chip, you will be charged \$35.
- It is up to you to read the race application and all the information on the website and understand all rules and regulations.
- Athletes are responsible for reviewing the course beforehand and for knowing all turns and hazards along the course.
- Read the transfer and refund policy fully.
- Race will proceed rain or shine.
- Race Director reserves the right to cancel or change event if weather conditions warrant.
- Wetsuits are optional provided the water temperature does not exceed 78 degrees as stated by USAT.
- A bike helmet is mandatory.
- No drafting is allowed.
- Every participant & volunteer receives a special limited-edition T-shirt.
- Post event food available to participants and volunteers **ONLY.**
- No abuse of volunteers, police or others will be tolerated. Any abuse will lead to disqualification.
- Awards must be picked up at the race. No mailing of awards.
- There is a 500 total athlete limit.
- Results will be posted on the web: www.multisportmaniacs.org & www.runhigh.com 24 hrs after race completion.
- The transition area will open at 6:00 A.M.

Refunds - 50% up to 30 days before the event. Refund will be issued one week after the event. No Refunds within 30 days of the event.

Transfers - Will be accepted with a \$15 fee. No transfers allowed the day of the race. Transfers must be done one week before the event.

Directions: Go to www.mapquest.com.

Type in directions to 100 Alpine Road, Lewisberry, PA 17339. Conewago entrance will be on your right, just over 2 miles past the mapquest location listed above.

Triathlon

Duathlon

Mail in Registration and make checks payable to Multisport Maniacs
P.O. Box 61175
Harrisburg, PA 17106
or **Register Online at: www.multisportmaniacs.org**
Registration fee and signed waiver must accompany payment.

Name: _____

Address: _____

Age on race day: ____ Sex: M - F (circle one)

Birthdate _____ USAT # _____

Phone: _____

E-Mail: _____

Relay: Male, Female or Coed (circle one)

Team member 2 name _____

Age __ Email _____

Team member 3 name _____

Age __ Email _____

Waiver (must be signed by all participant)

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge MultiSport Maniacs, and all associated sponsors of all claims and damages, demands, actions whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I have fully read and understood the race application, rules and information whether on the web site or on the application and will abide by all the rules therein.

Each Relay Members Must Sign Below:

Team Name _____

Swim(Tri) _____

Run(Dua) _____

Bike _____

Run _____

Participant Signature (Parents if under18) Date _____

For more information: call Chad -- 717--991--9102

or e-mail: chad.krebs@vmcagharrisburg.org

Multisport
P.O. Box 61175
Harrisburg, PA 17106

Triathlon/Duathlon
Sunday, May 18,
2008

7:30 am start



SWIM/RUN



½ mile swim for triathlon or
2 mile run for duathlon



BIKE

18 mile road bike



RUN

3 mile final run

A portion of the Proceeds Benefit
Harrisburg Area YMCA



Pinchot Park

Law offices of

PINSKY & FOSTER

