

Forestport Triathlon, Entry Form

Sunday August 28th 2016

400 meter swim, 12.4 mile bike, 3.1 mile run

Sponsored by: Toe Path Trekkers, to benefit Wounded Warriors Project

Entry Fees: Single Iron Person: \$15 without shirt, \$23 with shirt. Team of 2 or 3 athletes, \$25 without shirts, or add \$8 for each team member who wants a shirt. Each individual or team member must complete an entry form. Make checks payable to: **Toe Path Trekkers.**

Awards: Overall Male, Female, Team winners & top 3 in Age Groups:

(Under 19, 20-29, 30-39, 40-49, 50-59, 60+)

Mail registration to: Forestport Triathlon, c/o Julie Landcastle, 6232 West Carter Rd. Rome, NY 13440. For further information contact Julie Landcastle at marc1@twcny.rr.com or (315) 335-0184

Race day Registration: Starts at 8:30 a.m. Race starts at 10:00 a.m.

All participants **must wear a helmet** during the Bike stage. **No MP3 players permitted** during race.

The Swim- The event starts with a 400 meter swim on the Forestport Reservoir on Rt. 28. The course is and out and back loop, which starts at the beach on the reservoir. It travels East 80 meters to a right turn at a buoy. Then the swimmers go 120 meters under the Rt. 28 Bridge before making a right turn at a buoy, swimming back 200 meters to the start.

The Bike- The biking leg of the triathlon is a Loop of 12.4 miles. It begins at the West end of the reservoir and follows Dutch Hill & Millers Wood Road North 5.9 miles to Hawkinsville. It turns right on Hawkinsville Rd. for 300 meters, crossing a steel deck bridge over the Black River before making a 180 degree turn onto Edmonds Road. It then follows Edmonds Road parallel to the Black River for 2.7 miles before it turns right over a wooden bridge which you will have to walk across the Black River before riding up the hill .65 miles. Then left turn back onto Millers Woods Road & Dutch Hill for 3.1 miles back to the Foresport Reservoir.

The Run- The last leg is a 3.1 mile run which is an out and back route. The run starts at the town bridge in Forestport, going 300 meters up Dutch Hill Road where it turns right onto the Forestport Feeder Canal Trail. It continues out on the Canal Trail for 1.4 miles before making a 180 degree turn following the same route back to the Finish Line.

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Circle: **Single Iron Person** or Team: Swimmer Biker Runner Team Name _____

Name _____ Age _____ Unisex Shirt size (Circle): Sm Med Lg XL

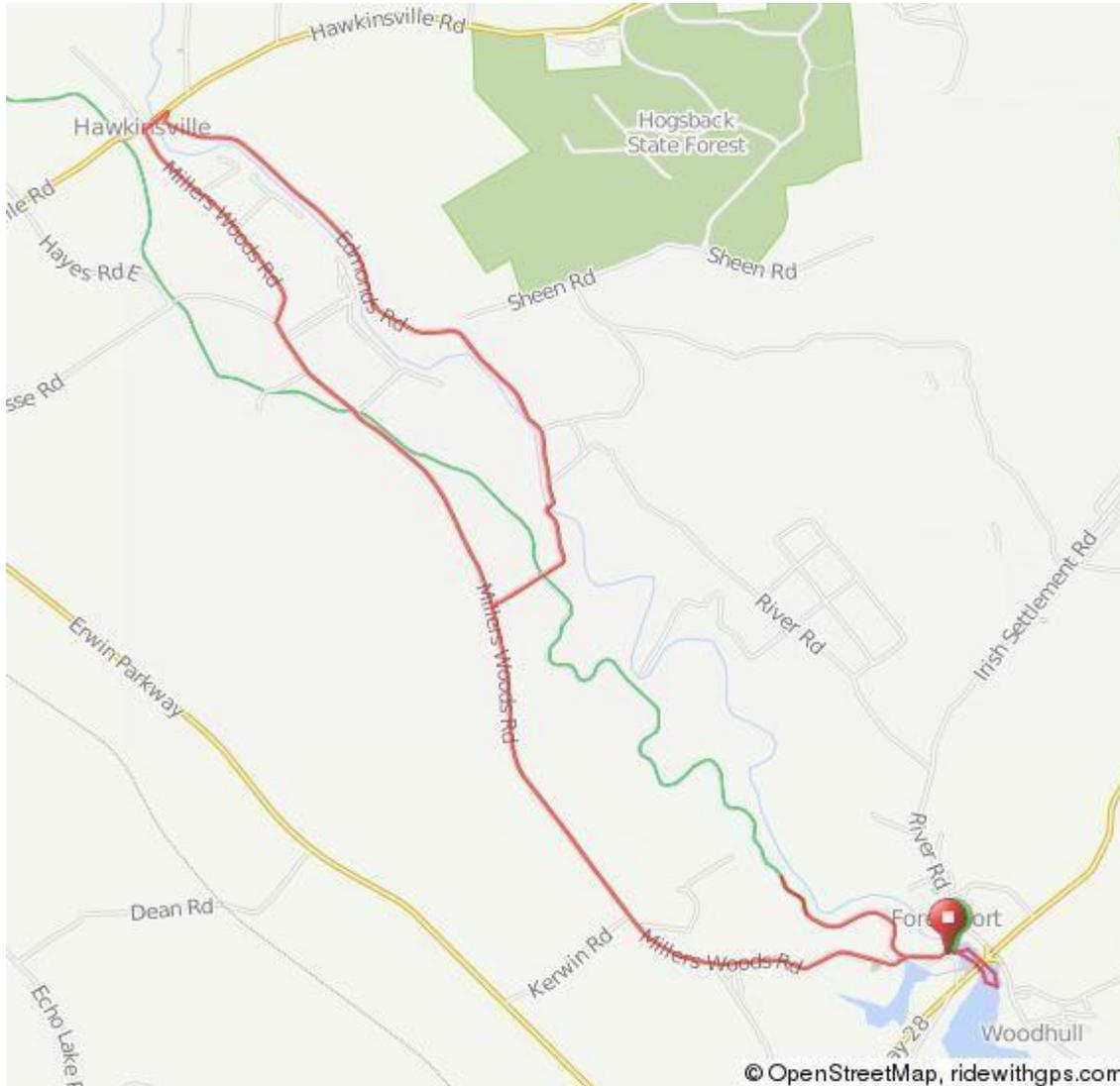
Street _____ City _____ State _____ Zip _____

Email _____ Phone _____

I understand that participating in a swimming/biking/running triathlon is potentially hazardous. I, for myself or on another's behalf, will not enter and/or race unless I am medically able and properly trained. By entering and participating in the event, I assume all risks which could adversely affect my health and life. Hazards include (but not limited to) contact with other participants, the effects of weather, traffic, and the conditions of the race course, the area surrounding the course, wildlife and the general environment, all such risks being known and appreciated by me. Having read this waiver and knowing these facts associated with the Forestport Triathlon in an official capacity, the Town of Forestport, the Town of Boonville, Toe Path Trekkers, Forestport Triathlon and all volunteers and sponsors and their respective officers, directors, agents, and employees, their representatives and successors from all claims or liabilities arising out of my participation in this event or those I represent. I also grant permission for the use of photographs of myself to be used for promotional use.

Signature _____ Date _____

(Parent or Guardian if under 18)



From Utica take Rt 12 North to Alder Creek, then turn right onto Rt 28 to Forestport. Either turn Left onto River Road just before the Greg Huxley Memorial Bridge over the Black River or after crossing over the bridge exit right then turn left into the village of Forestport.

From Rome take Rt 365 to Barneveld then turn North onto Rt 12 to Alder Creek, then turn right onto Rt 28 to Forestport. Either turn Left onto River Road just before the Greg Huxley Memorial Bridge over the Black River or after crossing over the bridge exit right then turn left into the village of Forestport.

From Lowville take Rt 12 South though Boonville to Alder Creek, then turn right onto Rt 28 to Forestport. Either turn Left onto River Road just before the Greg Huxley Memorial Bridge over the Black River or after crossing over the bridge exit right then turn left into the village of Forestport. Parking is limited near the start of the race, but available within ½ mile in the village of Forestport and on River Road or Dutch Hill Road at the little league field.