

**24TH ANNUAL
PISECO LAKE TRIATHLON**
SPONSORED BY THE ADIRONDACKS SPECULATOR REGION CHAMBER OF COMMERCE

SATURDAY, JULY 18TH 2009

Registration/check-in opens @ 7:30 am at the PISECO AIRPORT, Old Piseco Rd.
Registration will close at 8:45 am to allow time for movement to swim start site (Irondequoit Inn beach)
Race begins at 9:00 am

½ Mile SWIM ~ 11 ½ Mile BIKE ~ 3 Mile RUN

Entry Fee: \$25 per racer (pre-registration) \$30 per racer (day of race)

Racers may enter as individuals or as 2 or 3 person*teams.

Medals for first three finishers in each division – Gifts guaranteed for the first 100 entrants – refreshments served after the race.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE # _____ - _____ E-MAIL _____

Male Female 13-15 Team 16-19 Team 20 & Older Team

13 - 15 _____ 16 - 19 _____ 20 - 29 _____ 30 - 39 _____ 40 - 49 _____ 50 - 59 _____ 60 & Up _____

*Team Members: Team age category is determined by oldest team member.

The \$25 fee (\$30 day of race), applies to each team member.

Each will receive a gift (if in first 100 entrants), refreshments of course, and a medal if applicable.

*1. _____ 2. _____

* Please include your address above

3. _____

RELEASE: (MUST BE SIGNED BY INDIVIDUAL(S) OR PARENT/GUARDIAN IF UNDER 18)

I, the undersigned, hereby desire to enter the Piseco Triathlon at Piseco, NY to be held on July 18, 2009. I hereby release and discharge the Town of Arietta, Hamlet of Piseco, The Irondequoit Inn, all members of the Triathlon Committee as well as volunteers, the Adirondacks Speculator Region Chamber of Commerce, it's employees, volunteers and agents from all claims for injuries and/or property damages sustained by me as a result of my participation in said event.

SIGNATURE(S) _____ DATE _____

PARENT/GUARDIAN _____ DATE _____

Approved Helmets Required

Make checks payable and mail entries to:
ASRCC (Adirondacks Speculator Region Chamber of Commerce)
PO Box 184, Speculator, NY 12164

For additional forms and/or information
please call the Chamber at 518/548-4521

Please note – Times of medal winners will be posted on the Chamber website <http://www.adirondackchamber.com>
by Wednesday, July 22nd.
All other participants wishing to know their times may call the Chamber office after Friday, July 24th.

2009 PISECO TRIATHLON

Race Procedures

Race starts at 9 AM sharp. (Pre-race briefing at 8:50 on the beach.)

Swim START from the water.

Swim one lap in clockwise direction: Pontoon boats will be on swimmers' right.

Announce your number as you leave the water for recording splits.

Team members must tag **ON THE BEACH.**

Start BIKE course by going LEFT to exit Irondequoit property onto Old Piseco Road.

USE CAUTION! Road is rough and narrow: no shoulder for first 5 miles.

Turn LEFT onto Route 8 (Mile 5 marker)

Turn RIGHT into Piseco School to bike parking area.

Announce your number and team members tag in parking area.

Start RUNNING course straight across Route 8 from school, down Old Piseco Road.

Turn LEFT down Wild Road for .2 mi. to designated turn-around point.

Turn LEFT into Arrowhead Road loop...turn is marked.

Turn RIGHT into Piseco Airport for Finish Line.

Announce your number at the Finish Line.

Please retrieve bikes and other equipment ASAP.

GENERAL INFORMATION

Parking and Registration located at PISECO AIRPORT. Additional parking at the end of Haskell Rd.

Port-a-Potties are provided at the Irondequoit Inn and Public Restrooms are located at the AIRPORT.

Bike parking area located at/around Irondequoit Tennis Court. NO automobile parking available at the Irondequoit Inn.

Bike-Run transition area is at Piseco School— Route 8 and Old Piseco Road. **Bikes will be attended at the school for 15 minutes after the completion of the race**---bikes left longer are the owners' responsibility. There are three water stations: one on the bike course, one at the bike-run transition, and one in Arrowhead.

Announce your number at all transition points and at the Finish Line.

SAFETY FIRST! Please race safely and exercise good sportsmanship!

HAVE FUN AND GOOD LUCK!

PISECO LAKE TRIATHLON

Swim Course

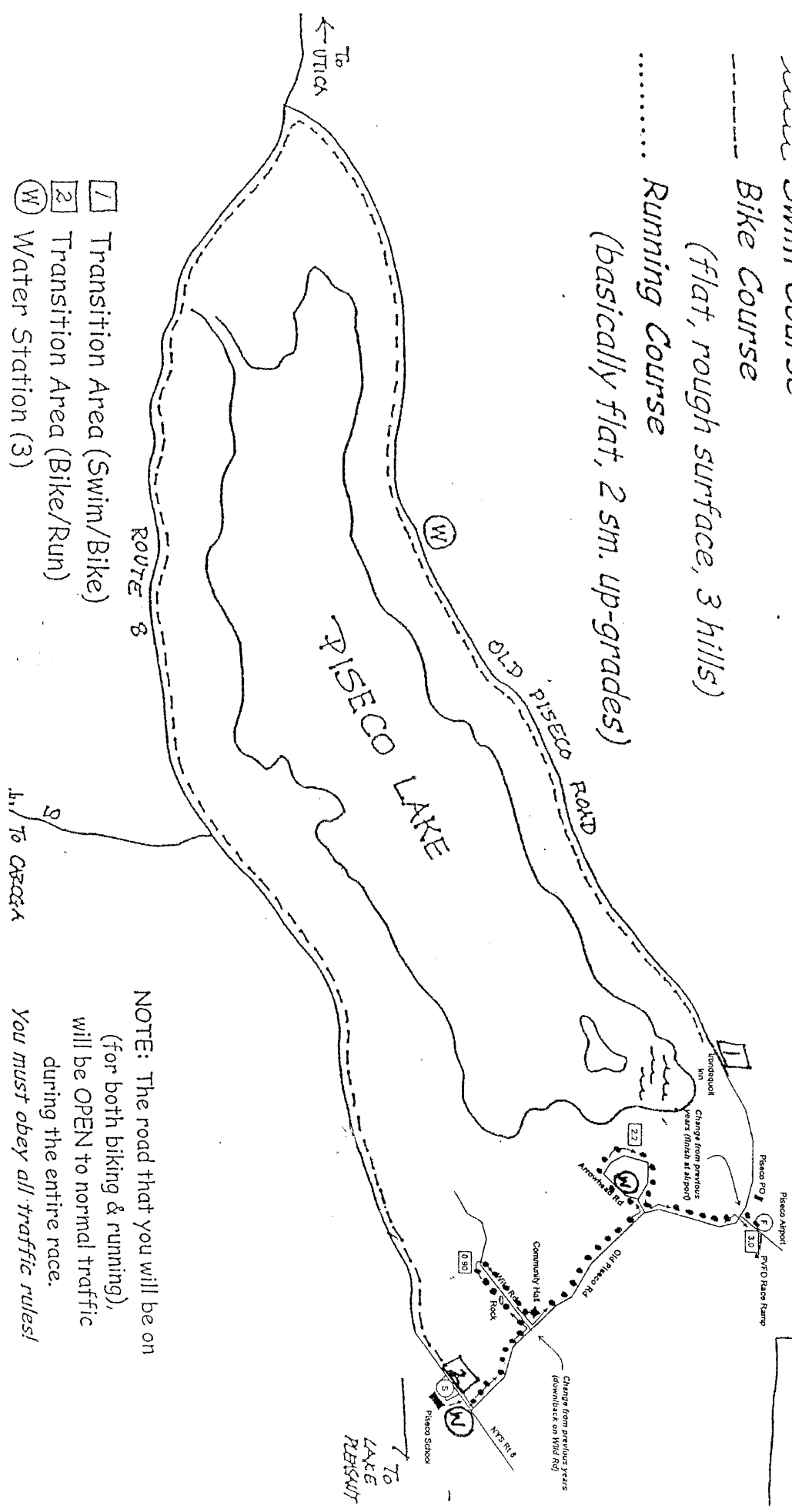
Bike Course

(flat, rough surface, 3 hills)

Running Course

(basically flat, 2 sm. up-grades)

- 1 Transition Area (Swim/Bike)
- 2 Transition Area (Bike/Run)
- W Water Station (3)



NOTE: The road that you will be on (for both biking & running), will be OPEN to normal traffic during the entire race. You must obey all traffic rules!

PISECO TRIATHLON

Run Course

- S Start at Piseco School
- F Finish at Airport (just before the race ramp)
- 1, 2 Transition Area (Bike/Run)
- W Water Station (3)

Approximate distance from start (runners stay to left (during traffic))