

Welcome triathletes, families, and volunteers,

On behalf of the Run570, the Freeland YMCA and swim team, and Eagle Rock Resort, we would like to welcome you to our 14th annual Beware of the Barracuda Races.

Address of Eagle Rock: 1 Country Club Dr, Hazle Township, PA 18202

Directions to Base Lodge Parking:

After passing the Guardhouse, turn RIGHT at the second Stop Sign (Walden Drive). Go to the bottom of the hill, and the Base Lodge parking is on your right.

All Athletes **must** park at base lodge parking. All other roads in and out of the lake are used for the run and bike course. **We can not have cars parked on the course.** ***Don't forget your drivers license or photo I.D. bring it with you to the beach for checkin.**

If you are riding your bike to the transition area, please wear your helmet and have it buckled. After parking, make your way to Athlete Check, approx .75 mile down Tuscarora Dr. You will turn right onto Cheyney Dr and continue to the beach.

Upon arrival at the beach there are several important things you need to do before the start of your race:

1. Check in for all athletes
2. Packet pickup
3. Body Marking
4. Put race number on bike helmet and bike in transition area
5. Put race number on FRONT of shirt or on a race belt
6. Electronic timing chip pickup / wear on your ankle

Schedule for Sunday, September 15th:

Transition Opens: 5:00 AMPacket Pickup/Marking: 5:30 - 6:45 AM

Swim Warm-up: 6:30 - 6:45 AM **Race Briefing:** 6:45 AM

RACE STARTS: 7:00 AM // **Awards:** 10:00 AM // **Course Closes:** 10:30 AM

Swim Course:

All athletes must walk across the swim/check mat before the start of the swim. We will start from inside the swim zone at the water's edge, near the far right side of the beach. We will swim out and back, coming in on the far left side of the beach. (essentially a triangle)

Wave 3 will be the super sprint distance 300 yard swim, they will make an earlier left and turn towards the finish.

ALL PARTICIPANTS ARE REQUIRED TO WEAR THE SWIM CAP PROVIDED to help with visibility

Course Markings

All roads are open to traffic. Volunteers will man all intersections and stop traffic when necessary. We have turns posted using signs with purple arrows. Please continue to be cautious and aware any time on open roads, we cannot predict a car that will not stop or is not paying attention.

Bike Course safety:

We are using the same 2 loop bike course from last year.

Our Triathlon team has ridden the updated tri course several times. It is relatively flat and fast, and very spectator friendly.

*DO NOT CROSS THE SOLID YELLOW LINES. And with bike traffic going out and back on some sections of the road, it is an important safety concern.

SuperSprint athletes will be doing the same bike course, but just one loop.

Run Course:

We will exit the parking lot on the lower side following the road out. We will do a short out and back across the breast of the dam/across the lake, and then continue down the run course to a turn around. On your return trip, you WILL NOT repeat the DAM-OUT AND BACK. Volunteers will be there to direct you.

Super Sprint athletes will come directly back to the finish link after the out and back on the dam. (super sprint turns RIGHT / sprint will continue farther LEFT)

Rules:

Littering or unsportsmanlike conduct will not be permitted. Please show respect to the local communities that have allowed us to use their roads, by not littering or dropping your used nutrition containers on the course. Also, please show respect and courtesy towards all other athletes, volunteers, and officials you encounter throughout the day. Please thank volunteers. They have donated many hours of time to help keep you safe today.

Adults, please review the rules concerning drafting, blocking, illegal passing.

SPRINT Awards: Overall, 1st-3rd Age Groups

Super SPRINT Awards: 1st - 5th, no age groups

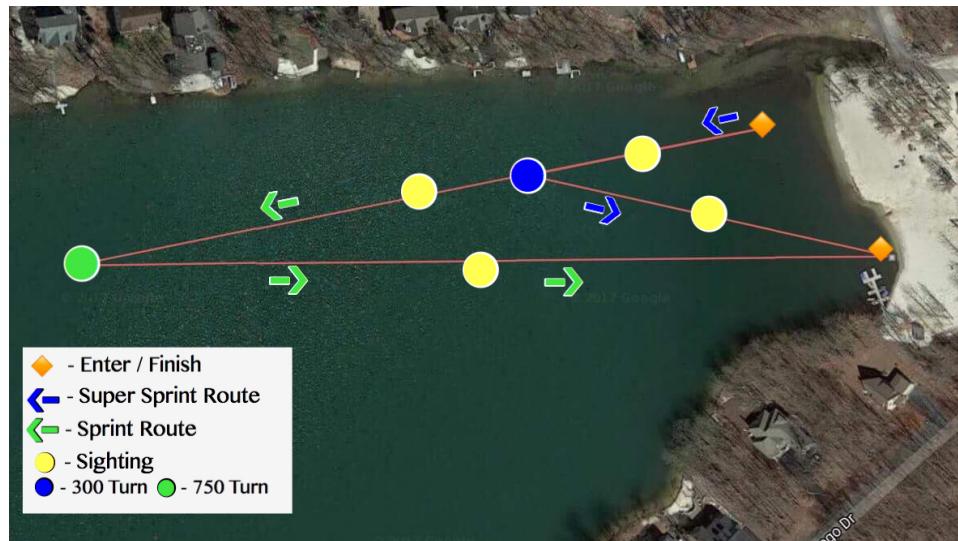
Teams: First Place Only - (Male, Female, Co-ed)

We would like to wish you the best of luck in the race! No matter what your age, or ability, we all have similar goals. RACE HARD, FINISH STRONG, and most importantly HAVE FUN!

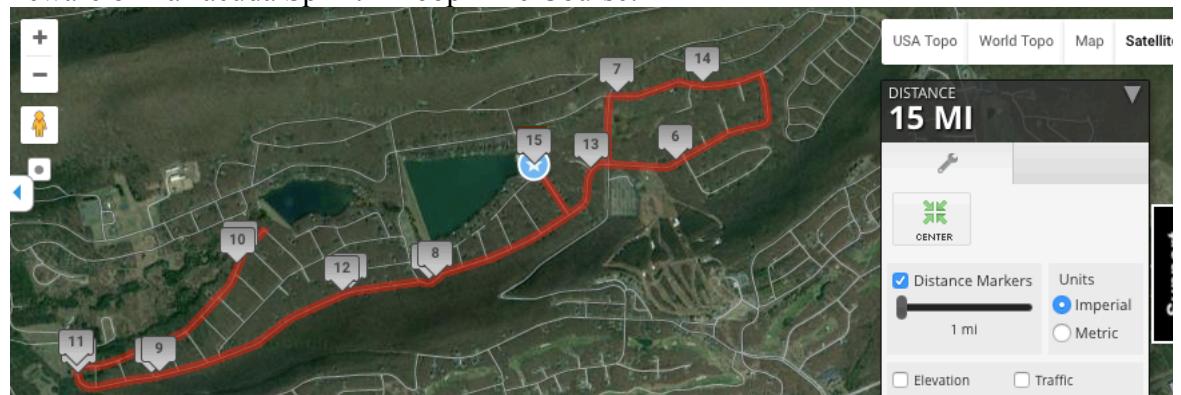
RACE DAY
PARKING PASS
PLEASE DISPLAY
THIS PAGE ON
YOUR CAR DASH
VALID Sept 14th &
15th



Sprint / Super Sprint Swim Course:



Beware of Barracuda Sprint 2 Loop Bike Course:



Beware of Barracuda Sprint 3.1 M Run

