

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.** 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

Check-in: 7 AM - 8:30 AM // Race begins at 9:00 AM

Swim Course/Start:

There will be two waves of youth athletes. Wave 1 will be the 10 and under group and wave 2 will be the 11 and over. The 10 and under will swim one-length and the 11 and over group will swim an out/back.

Transition Area: All adults/spectators must be out of transition for the start of the race. Only our athletes 8 years old and under can receive some assistance during transition.

Awards: We will give out a trophy for the overall winner in each age group (10 and under and 11+) Places 2nd - 5th will receive a medal. All awards are combined by gender, all participants will get a finisher medal.

Thank you for joining us - Have a great race and most importantly - HAVE FUN!

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

