

## 2017 TRIATHLON COURSE DESCRIPTION

**KAYAKS/CANOES** (3 miles): The triathlon will start with participants launching their kayaks and canoes at the bridge located at Locust Beach for 3 mile paddle on the Juniata River to Cooper's Recreational Area. Participants should be prepared for timed exit to the right side of the Juniata River at Cooper's Recreational Area. Kayaks/canoes may be placed on the grassy bank. Participants will run up a fairly steep grassy bank for a distance of approximately 40 yards to access the H&BT Rail Trail.

**RUN** (5.4 miles): The first 1 mile section beginning at Cooper's Recreational will be on a flat share the road section of the trail to include a more durable road surface ( gravel/dirt road surface material) and approximately 100 ft cement parking pad. The remaining 1.7 miles then changes to a flat crushed stone/dust compressed type surface. You will also run on a newly re-decked bridge surface (350 ft reinforced structural fiberglass type surface). Runners will turn around at the Cypher Trailhead and run back to the Cooper's Recreational Area. Total running distance from Cooper's Recreational Area to Cypher Trailhead and back will be approx. 5.4 miles.

**BIKE** (13.6 miles): Participants will retrieve their bike from bike rack at the Cooper's Recreational Area . The first 1 mile section beginning at Cooper's Recreational will be on a flat share the road section of the trail to include a more durable road surface (gravel/dirt road surface material) and approximately 100 ft cement parking pad. The next 1.7 miles then changes to a flat crushed stone/dust compressed type surface. You will also bike on a newly re-decked bridge surface (350 ft reinforced structural fiberglass type surface) continuing beyond the Cypher Trailhead crossing East Cypher Road (paved road surface). The trail surface continues as a flat crushed stone /dust compressed surface for the next 4 miles but becomes a little more challenging with a 1% grade over approximately a 1 mile portion of this section of trail. Road bikes with skinny tires are not recommended. A better choice would be a hybrid mountain bike with cross country tires as heavy tire tread won't be needed. Average speed 15-20 MPH. Bikers will turn around at the gate just prior to Tatesville Trailhead and bike back to the Cooper's Recreational Area. Total biking distance from Cooper's Recreational Area to Tatesville and back will be approximately 13.6 miles.