

Bedford County's 6th Annual Rails to Trails Triathlon

- Date: Saturday, May 13, 2017 Start Time: 10:00 AM on the H&BT Rail Trail
- You must be positioned to start promptly at 10:00 AM.
- Pre-register/pre-pay by May 1, 2017 to guarantee shirt size. Download application at events link www.railstotrailsofbedfordcounty.org
- You must allow enough time to drive to canoe/kayak site at Locust Beach to drop off your canoe/kayak (Allow 20 min to then drive your vehicle/bike to Cooper's Recreational Area).
- Live registration at Cooper's Recreational Area on Sat., May 13, 2017 7:00 AM - 9:00 AM
- All participants must sign a waiver during live-registration.
- Mandatory pre-race meeting to cover rules at 9:15 AM at Cooper's Recreational Area at conclusion of live registration.
- Shuttle service available to take participants (not canoes/kayaks) from Cooper's Recreational Area to Locust Beach.
- Canoeing/Kayaking 3 miles on the Juniata River starting at Locust Beach with timed finished at Cooper's Recreational Area.
- Running 5.4 miles on the H&B T Trail from Cooper's Recreational Area to Cypher trail head and back.
- Biking 13.6 miles on H&BT Trail from Cooper's Recreational Area to Tatesville and back
- Recommend off road bikes; hybrid mountain bike tires, avoid road bikes with skinny tires
- 75 min cut-off times
- Timer's number must be worn on easy to read location.
- Approved bike helmets must on before leaving transition area and must be worn during the entire race.
- Personal Floatation Devices (PFD) and whistles must be worn when canoeing/kayaking.
- Competitive entry fee \$45 per person if pre-registered/\$55per person at live registration
Competitive = use of equip built for competition/racing purposes
- Recreational entry \$45 per person if pre-registered/\$55 per person at live registration.
Recreational = use of average biking, kayaking and canoeing
- Entry fee includes long sleeve t-shirts and lunch (Half Marianna Sub, bag of chips, yogurt, cookie and drink to all participants). Lunch will be available for \$ 5 donation for others.
- Door prize and raffle drawing at 1:30 PM
- Awards ceremony 1:45 PM at Cooper's Recreational Area with medals to 1st, 2nd and 3rd place winners.
- If you are only planning to participate in 1 or 2 categories and want to "team-up" with others, please visit us at www.railstotrailsofbedfordcounty.org for Facebook posting.
- Free primitive camping for tents, campers and RV's with non-flushable bathroom available at Cooper's Recreational Area. Advanced registration required at info@railstotrailsofbedfordcounty.org
- Contact the following for availability on rental equipment:
 - Fat Jimmy's Outfitters located at 109 Railroad Street, Bedford, PA 15522
Phone: (814) 624-3415 or visit online at www.fatjimmys.com for details
 - Riddlesburg River Rats at 789 Hickory Hill Rd, Six Mile Run, PA 16679 Phone: (814) 635-2146
- Benefits Huntingdon & Broad Top Rails to Trails www.railstotrailsofbedfordcounty.org
- Tours of the Keystone Foundry Museum located on Fulton St, Hopewell, PA from 2-4 PM