





Mecklenburg County YMCA in conjunction with Occoneechee State Park (Clarksville, VA) will be hosting our first ever (INAUGURAL) Dual Triathlon... the **"PADDLE, or SPLASH, PEDAL, and DASH TRIATHLON"** on Saturday, October 6, 2018 at 9:00 AM at Occoneechee State Park (Rain or Shine).

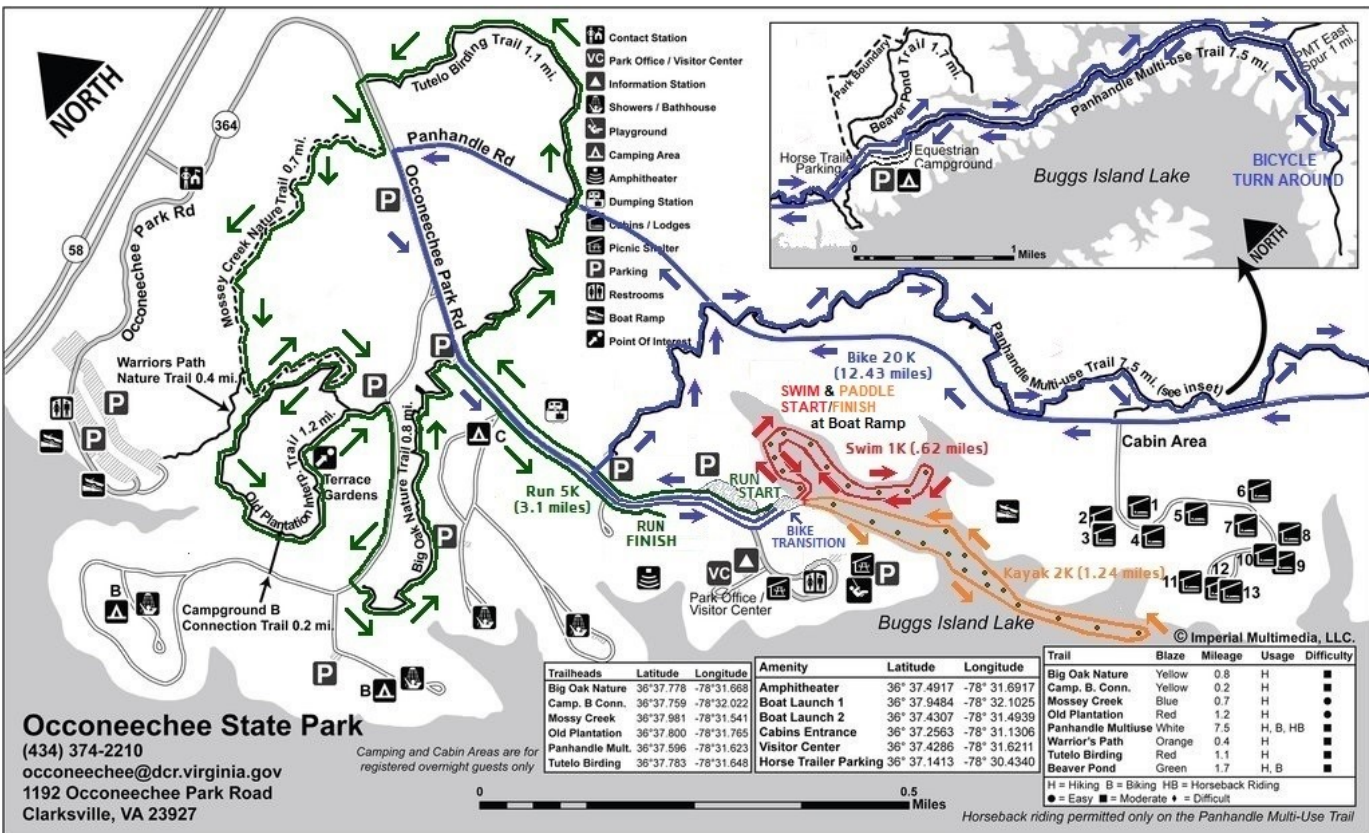
This Dual Triathlon will be comprised of two races running simultaneously (see map below). Participants may compete as an INDIVIDUAL, or as a TEAM (2 or 3 team members - any gender/any age). There will be age and gender divisions for INDIVIDUALS. Participants will either:

Swim 1K (.62 mile);  **OR** Kayak/Canoe 2K (1.24 miles);  ...**then** Trail Bike 20K (12.43 miles);  ...**and finally** - Run 5K (3.1 miles). 

The dual triathlon will begin at the same location (*boat ramp near the Visitor Center*), the swim portion is a 1 kilometer loop (see red arrows) the kayak/canoe portion (*participants must wear a certified flotation vest*) is a 2 kilometer loop (see orange arrows). Swimmers and paddlers will return to the boat ramp and move to the Bicycle Transition area (50 feet from ramp) to begin the Trail Bike portion of the race, a 20 kilometer loop (see blue arrows). The trail bike portion of the race includes semi-rugged trail riding (12%), crushed gravel surface road (67%), and asphalt roads (21%) and will return to the Bicycle Transition area (*Mountain/Trail, or Hybrid bicycles are recommended - Cyclists are required to wear helmets and stay to the right*). The running portion of the race, a 5 kilometer loop (see green arrows) will be a trail run on grass (35%), and forest paths (65%). Finish line will be in the field across from the Bicycle Transition area in front of the Park Visitor Center. (*Competitors must provide their own bicycles, helmets, flotation vests, kayaks and/or canoes.*)

the Y FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY
MECKLENBURG COUNTY YMCA
DUAL TRIATHLON
 OCTOBER 6, 2018

OCCONEECHEE STATE PARK ~ 9:00 AM
 (CLARKSVILLE, VIRGINIA)
INAUGURAL
PADDLE, or SPLASH...
...PEDAL, and DASH

MECKLENBURG COUNTY YMCA

Clarksville location:
 1567 Noblin Farm Road
 Clarksville, Virginia 23927
 (434) 374-5858
 Fax: (434) 374-9700

Chase City location:
 208 Third Street
 Chase City, Virginia 23924
 (434) 372-4288
 Fax: (434) 372-1418

Website:
mecklenburgcountyyymca.org

Facebook:
<https://www.facebook.com/MecklenburgYMCA/>

Occoneechee State Park
 (434) 374-2210
 occoneechee@dcr.virginia.gov
 1192 Occoneechee Park Road
 Clarksville, VA 23927

Camping and Cabin Areas are for registered overnight guests only



REGISTRATION INFORMATION (Please Print)

Illegible and/or incomplete applications will not be accepted. Make checks payable to: **Mecklenburg County YMCA**

I am competing as an INDIVIDUAL.

We are competing as a TEAM.

(Below - check one only)

Swim/Bike/Run

Paddle/Bike/Run

Name: _____

INDIVIDUAL, OR TEAM LEADER

Name: _____

TEAM MEMBER #2

Name: _____

TEAM MEMBER #3

Telephone: (____) _____

Mailing Address: _____

City/Town: _____

State: _____ Zip: _____

E-mail: _____

Age* on Race Day: _____ Gender: Female

(*Not Necessary for TEAM Entries)

Male

Tee Shirt Size: Small Medium

(#/Sizes for TEAM entries)

Large XL 2XL

\$ _____

(Total Submitted)

Mail to:

Mecklenburg County YMCA
1567 Noblin Farm Road
Clarksville, Virginia 23927

Be a part of HISTORY by competing in the **FIRST EVER Mecklenburg County YMCA - "PADDLE, or SPLASH, PEDAL and DASH" - Dual Triathlon!** Saturday, October 6, 2018 (9:00 AM) at Occoneechee State Park, this event will be inaugurated in conjunction with the Town of Clarksville's Bicentennial celebration. We plan for this to be an ANNUAL event as part of the Virginia State Park Triathlon Series.

REGISTRATION



ONLINE:

<https://runsignup.com/Race/VA/Clarksville/PADDLEorSPLASHPEDALandDASHDualTriathlon>

MAIL IN, or DROP OFF:

Registration forms may be picked up and/or dropped off at either location of the Mecklenburg County YMCA (Chase City, or Clarksville). Registration forms may also be downloaded from our website: <http://mecklenburgcountyyymca.org/triathlon1.php> and mailed to:



Mecklenburg County YMCA
1567 Noblin Farm Road
Clarksville, Virginia 23927

Checks should be made out to the **Mecklenburg County YMCA**. Please include registration form with payment.



AWARDS



Trophies will be awarded to:

-Overall male & female finishers in the categories of:

-INDIVIDUAL TRIATHLON (Swim/Bike/Run);

-INDIVIDUAL TRIATHLON (Paddle/Bike/Run);

-Overall TEAM finishers in the categories of:

-(Swim/Bike/Run)

-(Paddle/Bike/Run)

-Top 3 male & female finishers in each age-group for:

-INDIVIDUAL TRIATHLON (Swim/Bike/Run)

-INDIVIDUAL TRIATHLON (Paddle/Bike/Run)

Age Groups:

(14 years and younger), (15 to 19), (20 to 29),

(30 to 39), (40 to 49), (50 to 59), (60 - 69),

(70 -79), (80 and older)

REGISTRATION FEES

	Fee
INDIVIDUAL (Registration rate before *September 28th)	\$75
TEAM (Registration rate before *September 28th)	\$125
INDIVIDUAL (Registration rate <u>after</u> *September 28th)	\$85
TEAM (Registration rate <u>after</u> *September 28th)	\$135
<i>*Tee Shirts <u>must</u> be purchased separately at event <u>if</u> registered after September 28th, and may be limited with regard to size and/or availability.</i>	\$15
<i>Day of Triathlon Registration -7:30 AM until 8:45 AM</i>	

ENTRY FEES INCLUDE:

- Registration for Triathlon,
- One tee shirt per competitor (*if registered by September 28th*),
- Medal for completing the Triathlon,
- One Occoneechee State Park - Day Parking Pass,
- Bottles of water and snacks before/after race,
- Electronic timing chip wristband (*returned after race*),
- One (per participant) meal/drink ticket to redeem from any vendor at the event (*Vendors will be selling items to spectators and participants throughout the day*).

LOCAL ACCOMODATIONS

- Occoneechee State Park Cabins & Camping (434) 374-2210
<http://www.dcr.virginia.gov/state-parks/occoneechee#general-information>
- Lake Motel & Efficiencies Clarksville (434) 374-8106
<http://www.conradusa.com/>
- Magnuson Hotel on the Lake Clarksville (434) 375-5023
<http://www.conradusa.com/>
- Cooper's Landing Inn & Traveler's Tavern Clarksville (434) 374-2866 <http://cooperslandinginn.net/>
- America's Best Value Inn South Hill (434) 447-7116
<https://www.redlion.com/south-hill?>
- Best Western Plus South Hill Inn (434) 955-2777
<https://www.bestwestern.com>
- Comfort Inn & Suites South Hill (434) 447-2200
<https://www.choicehotels.com>
- Days Inn South Hill (434) 955-2800 <https://www.wyndhamhotels.com>
- Fairfield Inn & Suites by Marriott South Hill (434) 447-6800,
[South Hill, VA http://www.marriott.com/hotels/travel/ricst-fairfield-inn-and-suites-south-hill-i-8](http://www.marriott.com/hotels/travel/ricst-fairfield-inn-and-suites-south-hill-i-8)
- Hampton Inn South Hill (434) 447-4600
<http://hamptoninn3.hilton.com>
- Holiday Inn Express & Suites South Hill (434) 447-2055
<https://www.ihg.com/holidayinexpress/hotels/us/en/reservation>
- Quality Inn South Hill (434) 447-2600
<https://www.choicehotels.com/virginia/south-hill/quality-inn-hotels>