

# Tri, Tri Again!

RUN  BIKE  SWIM

## *1<sup>st</sup> Annual Backwoods Mini-Repeated Triathlon*

Buzzard's Glory ... Mifflinburg, PA  
Saturday - July 19, 2008 ... 9AM - Noon

### **Purpose:**

The purpose of this wild and good time is to help the less fortunate of the world, by beating yourself up! 100% of the proceeds from this race go directly into a local mission trip fund, which helps to feed, clothe, and shelter the world's less fortunate. But don't be fooled by the good cause...it's still a highly vigorous, challenging, and demanding event which can kick your butt back into last week if you're not physically prepared. Never try any strenuous activity without checking with your doctor or scale first...you might hurt yourself.

**Course Description:** There will be only one hydration station on the course, located at the transition area, unless you drink lake water.

This 3.75 mile trail course takes place entirely on private land in beautiful central Pennsylvania. The run is a hair over 2 miles, beginning with an uphill ascent that can only be described as grueling, continues with rolling, mountainous ridge trails, offering scenic views through pine, hardwood, and scrub brush forests. **NO iPods!** The trail run ends (a half mile past the cliff climb) at the transition area where it started, where you will hop on to your mountain bike, and prepare for a mile and a half of some of the craziest bike trail you've ever been on. **Helmets MUST be worn by ALL participants!** I hope your mind can keep your horse legs going up the hills, and be able to brake in time before crashing into the pine forest near the end of the bike course. Not mentally drained yet? Once done with your little bike ride, you're now back at the transition area. Now you've got a simple little 150 yard swim (75yds out and back) in a large pond. Once out of the water, you'll get a tally mark on your arm, proving that you have successfully completed the mini-triathlon...but you've only just begun. Now, get your trail shoes back on and do it all again...and again...and again...as many as you can do in the 3 hour time frame, each time receiving a tally mark on your arm, proving your strength, toughness, and courage. Each loop (run, bike, swim) must be started on the minute, by the starter near the transition area so that all loops may be timed. As long as you've started your last loop before noon, you may take the time necessary to finish your final tri loop. If you're not tough enough to keep going continuously, you may take breaks between loops, and then see the starter to begin again, when ready.

**Awards:** There are no age group separations in this event.  
You may compete individually, or as a team. Awards include prizes for:

### **Individual Awards:**

- **most completed laps** male and female
- **fastest individual loop**, male and female
- **bloodiest award**, male and female
- **youngest & oldest finisher** of one successful loop
- **most money pledged** toward the mission trip fund

### **Team Awards:**

- **most completed laps**, regardless of gender
- **fastest individual loop**, regardless of gender
- **most money pledged** toward the mission trip fund

## **Directions:**

Mifflinburg is in the heart of beautiful central Pennsylvania.  
This event is on Shamokin Mountain, AKA New Berlin Mountain.

Mapquest it! (Mapquest.com) **633 Buzzard Lane - Mifflinburg, PA - 17844**

If your directions bring you from 304 to Smith Rd. and Buzzard Lane, you're at the right place! Parking in the field along Buzzard Lane, and walk your bike another ¼ mile to the end of Buzzard Lane, where you'll find Mark's home and the registration and transition stations, near the start of the race. Check in between 7:30 and 8:30 AM. Pre-race info begins at 8:45 AM.

**Entry Fee:** Team rates are per team, **not** per individual on your team. Teams may be divided any way you wish, and you may even take turns with each event!

Individuals: Pre-register by July 5 for \$55.00 / \$65.00 Day of Race  
2-3 Person Teams: Pre-register by July 5 for \$60.00 / \$70.00 Day of Race  
(Please make checks payable to First Lutheran Church)

**Bonus Pledges for "The Cause":** Bonus pledges do not replace standard race fee.

Bonus pledges may be collected by your friends, co-workers, family, and colleagues. They are optional, and much like a 10 year old child collects pledges for a fundraiser to help his/her school, boy/girl scout troop, or baseball/softball team, you will be able to do the same. However, additional monies raised by your collection of pledges will not buy uniforms or playground equipment. Your additional pledges will go directly into the mission trip fund, helping send unpaid volunteers to less fortunate areas of the world, including the United States, in order to assist others with food, shelter, and clothing. In other words, it's for a good cause. The highest amount of money pledged will receive an award by mail approximately 2-3 weeks following the race, allowing time for all pledges to be collected by the race participant. **In addition, the high pledge collector, raising a minimum amount of \$100, shall be given a coupon to enter the race the following year for only \$1.**

Interested in collecting pledges? Every penny helps, so start getting your optional pledges today. You may collect either a **flat donation** for completing one complete loop (from people who think you can't do it!), or a **loop pledge**, which is a set amount for each successful loop completed by you or your team. The single highest pledge winner (individual **and** team) shall be awarded their coupon within 30 days of event completion, to allow athletes to collect, organize, and mail in all pledges based upon the total number of loops successfully completed.

**EXAMPLE:** You get a **flat donation** of \$10 from Fred, your boss, because he likes the idea of you possibly injuring yourself. You complete one successful loop, or 5 loops...it doesn't matter. He owes you \$10, and you have 14 days to mail all pledge monies collected to: **Tri, Tri Again - Mark Alexander - 633 Buzzard Lane - Mifflinburg, PA 17844**

**EXAMPLE:** You get a **loop pledge** from your ex-wife for obvious reasons...she wants you to suffer long hard pain. She pledges \$5 per loop. You suffer long hard pain for 3 hours on race day, and complete 5 successful loops. She owes you \$25, and you have 14 days to mail all pledge monies collected.



To ENTER THIS EVENT, complete this page in full and mail, along with entry fee, to:  
**Tri, Tri Again - c/o Mark Alexander - 633 Buzzard Lane - Mifflinburg, PA 17844**

(Please make entry fee personal check, certified check, or money order made payable to: **First Lutheran Church**)

Participant ENTRY information:

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** (\_\_\_\_\_) \_\_\_\_\_ **Sex:** M F

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Race day AGE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **Shirt Size (Circle one):** S M L XL XXL

**I am competing as a team:** NO YES (If yes, then please send all applications together)

**Team Captain's Full Name:** \_\_\_\_\_

**Other team members' last names** here (if applicable): \_\_\_\_\_ / \_\_\_\_\_

The IMPORTANT stuff:

**WAIVER:** I know that participating in a trail triathlon is a potentially hazardous activity. I should not enter and run, bike, and swim unless I am medically able and properly trained. I also know that there will be wild animal traffic, hazards, debris and poor footing on the course and assume the risk for running, biking, and swimming on it. I also assume any or all other risks associated with competing or attending the race including but not limited to falls, contact with other participants, the affects of the weather, getting lost, wildlife and insect attacks and all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the property owners, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER;

**SIGNATURE** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**SIGNATURE OF GUARDIAN (If less than 18)** \_\_\_\_\_

**This is a non-refundable activity. If, due to unforeseen circumstances, you are unable to attend the event due to injury, loss of a loved one, or other good excuse, please send Mark a letter of explanation as to why you are/were unable to attend, and you MAY receive a free entry into next year's Tri, Tri Again. Once again, your entry fee will not be refunded, however MAY be applied to next year's event. Shirts will not be mailed to entrants who have paid, however do not show up on race day. You must torture yourself on the course in order to physically receive an awesome shirt! For pictures of the course, bring a camera on race day. Next year we will have a web site posting dates, pictures, results, etc.**