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**Come! Participate! Conquer! - Duaneburg's Next Great Race.**

## **First Annual Triathlon**

### **September 12, 2009**

**Swim - .31 Miles - Bike-10.4 miles - Run - 3.1 Miles**

**Swim:** The swim portion of the race begins at beautiful Mariaville Lake.

**Bike:** The bike begins on Shore road and winds around the lake onto Rte. 159. Riders will then take a right onto Lake Road and bike through the scenic area near Featherstonhaugh Lake, and Lake Road's state and County forests. At the end of Lake Road, Bikers will turn left onto Churches Rd. and right on Mudge Rd, and right onto Skyline Dr. and left onto Knight Rd. At this point participants will begin a steep descent onto Rte. 20 and take a left on Rte. 395.

**Run:** The last leg is the run, which starts and finishes in Front of the Duaneburg Area Community Center.

**Our Sponsors!!!**

Please remember to patronize and thank our sponsors. An event of this caliber would not take place without local support.

Mariaville Lakeside Store  
Bassett Health  
Indian Lookout  
Fred's Sanitation Service  
Mariaville Bed and Breakfast

Your business name can go here. For more information on how to become a sponsor of this event please contact Jenn Dixon at 895-9500 or [jdixon@dacc.info](mailto:jdixon@dacc.info)