



## About the Duanesburg Area Community Center



### DACC Mission Statement

The Duanesburg Area Community Center (DACC) serves people of all ages and needs from the surrounding communities by providing cultural, recreational and educational programs that promote healthy living and community spirit.

### Our Sponsors

Find out how to get your name listed here. Contact Jenn Dixon to Sponsor this event. 518-895-9500 or [jdixon@dacc.info](mailto:jdixon@dacc.info)

**Presenting Sponsorship**  
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Duanesburg Area Community Center  
221 Victoria Drive  
Delanson NY 12053



221 Victoria Drive  
Delanson NY 12053  
Ph 895-9500  
Fax 895-9501  
Web [www.dacc.info](http://www.dacc.info)



## Second Annual Triathlon September 11, 2010

# About the DACC Triathlon



Swim – 550 yards  
Bike – 10 miles  
Run – 3.1 Miles

**Swim:** The swim portion of the race begins at beautiful Mariaville Lake. We will have an out and back swim.

**Bike:** The bike begins on Batter St. 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 take a left onto 20 and a right onto Rte. 395.

**Run:** The last leg is the run, which starts and finishes in Front of the Duaneburg Area Community Center. The run transition will be stationed at Basset Health.

## Event Information

### Registration

Registration Fees: \$40 for Individuals and \$75 for Teams (non-refundable)

Late fee of \$10 will be incurred on all registrations that arrive after, Friday, September 3<sup>rd</sup>.

### Schedule

#### Day Before the Race — Friday

Friday Packet Pick-up and Swim Body Markings at DACC from 2PM to 6PM.

#### Race Day Schedule — Saturday

**7:00AM — 8:10AM** — Packet Pick-up and Body Markings at the Lake. There are two separate transition areas. Check your running gear at the Basset Health transition Area. Team running member must stay at this station.

**8:10AM** - If you are not in your car going to the Lake at this time — you will not have enough time to check your bike and make it to the swim starting line.

**8:30AM**- All bikes should be checked into the transition area. Bikes are racked on a first come self serve basis. Team members do not rack your bikes. We have a limited rack supply. Team bikers should stay with their bike. Bike race numbers should be attached to the top tube — clearly visible. Helmets must meet current safety standards and should be properly fitted. Your transition gear bag should be properly marked with your race number on it. We are not responsible for lost or stolen items. Team bike members should remain in the transition area for the start of the race.

**8:45AM** — Swimmers should be in their heat corral. Approximately 50 people per heat.

**9:00AM** - Start of Race

**12:00AM** — Awards Ceremony

## DACC September 11<sup>th</sup> Triathlon Event Registration Form

Mail: DACC, 221 Victoria Dr., Delanson, NY 12053  
Fax: 518-895-9501 Phone: 518-895-9500

### Your Information (please print)

Full Name \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Day Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_ Gender: M F Birthdate: \_\_/\_\_/\_\_

Shirt Size: S M L XL XXL

Emergency Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Is this your first Tri? Yes No

### Select Category

\_\_\_\_ Individual

\_\_\_\_ Relay Team (team of 3 only)

(Team Entries: Each member must complete a form and all must be submitted together)

Team name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

### Payment Summary:

Entry Fee (\$40 individual, \$75 team) \$ \_\_\_\_\_

Late Fee ( \$10) \$ \_\_\_\_\_

(entries must be received by Friday, September 3<sup>rd</sup>, 2010 or a late fee will be incurred)

*I am an athlete who loves my sport. I understand that my entry fee only covers a portion of the cost to produce the race I will participate in and that the balance is made up from sponsorships and donations. Please accept my tax deductible donation.*

Donation to DACC \$ \_\_\_\_\_

**Total (payable DACC) \$ \_\_\_\_\_**

*Credit Card Payment can be accepted over the phone at 895-9500.*

**\*\*\* Minimum of 40 pre-registered participants for race to take place.**

*In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I might have against the Duaneburg Area Community Center (DACC), and any officials or promoters of this event and assign for all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the swim, bike, run. A licensed medical doctor has verified my physical condition.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (if participant is under 18 years old) \_\_\_\_\_