

Penn-York Valley Triathlon

Saturday, Sept 24, 2022

Race information: PYVTriathlon@gmail.com

Or mail completed registration form
and signed waiver to:

**Sayre Business Association
PO Box 215, Sayre, PA 18840**



General Information

Three-hour course limit.
Participants must be finished by noon.
Trophies awarded to overall Ironman and Ironwoman Winners
First Place winners in age groups receive a trophy.
(Ironman and Ironwoman not eligible for a second trophy).
Trophies Awarded to overall team in each category.
Race Memento Awarded to Second and Third Place finishers.
Headphones are prohibited during entire race event.
All cyclists must wear helmets.
All paddlers must wear personal flotation devices.

Need to rent a Kayak? Call 570-746-9140
Rentals by Endless Mountain Outfitters (EMO)
EMO will have your kayak ready and waiting for you - no fuss, no muss.

Course Information

5 Mile Run
15.3 Mile Bike Ride
7 Mile Paddle on the Susquehanna River

Sign Up Information

Pre-registration discount - until Sun, Aug 1
\$50 for individuals or \$45 for each team member,
regardless of the number of team members
- Pre-registered participants will receive a t-shirt -
Pre-registration is recommended as it guarantees you
a t-shirt.
No discount after Sept 1 until Day of Race:
\$55 for individuals and \$50 for team members.
After this date, t-shirts will be distributed on a first
come-first serve basis.

REGISTRATION DAY - RACE INFORMATION

Registration Desk opens at 7:30am, near the race start, at:
Athens Valley Playground
100 Playland Dr., Athens, PA 18810

Registration closes at 8:30am.

A pre-race briefing will be held at 8:45am.

Race begins promptly at 9am.

Day of the race entry fee: \$55 for individuals and \$50 per team members.

Limit of three people on a team. No tandem kayaks or bicycles.

Waiver and Liability Release must accompany payment.

Questions?

Please email PYVTriathlon@gmail.com or visit us on Facebook
at Penn-York Valley Triathlon.

- Registration Form On Reverse -

The triathlon is sponsored by the Sayre, Athens, and Waverly Business Association.
Financial support is received from area businesses and individuals.

Release Must Be Signed Before Remittance

Penn-York Valley Triathlon Waiver and Liability Release

I acknowledge that a triathlon or multi-sport event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and/or possible property loss. I hereby assume the risks of participating in Penn-York Valley Triathlon's 5 Mile Run through Athens, Sayre and Waverly, a 15.3 Mile Bike Ride on 17C to Nichols (Boat Launch #38 Tioga Downs - west of Nichols), and 7 mile paddle from Nichols Boat Launch to Riverfront Park in Sayre.

I certify that I am physically fit and have sufficiently trained for participation in this event and have not been advised against participating by a qualified health professional.

I assume all risks associated with participating in these events including, but not limited to, the following: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, road conditions and traffic.

I acknowledge that my statements on the release are being accepted by the Sayre, Athens, and Waverly Business Association in consideration for allowing me to participate and by signing, I and anyone entitled to act on my behalf, waive and release the Sayre, Athens, and Waverly Business Association, along with the various race sponsors, organizers, administrators and other groups assisting to put on the race, from all claims or liabilities of any kind arising out of my participation in the event.

Athlete's Signature

Date

For more information email: PYVTriathlon@gmail.com

ENTRY FORM

Please circle the appropriate categories for you or your team.

Male or Female

19 and under 20-29 30-39 40-49 50-59 60-69 70+ (1st, 2nd, 3rd trophies)

Male Team Female Team Mixed Team (three places)

Iron Man Iron Woman (overall winners)

Complete this form and mail it along with your entry fee to:
The Sayre Business Association, PO Box 215, Sayre, PA 18840

Last Name: _____ Middle Initial: _____ M or F

First Name: _____ Age: _____ DOB: _____

Street, PO Box: _____

City, State, Zip: _____

Email Address: _____ Phone: _____

Team Name: _____

Names of Team Members (maximum 3 members per team):

Payment Enclosed: \$ _____

Teams: Please send in all team member's registration forms together.

Circle Shirt Size:

YOUTH: S M L MEN ADULT: Small Medium Large XLarge XXLarge

Sign Up Information

Pre-registration discounted rates effective until Thursday, Sept 1

\$50 for individuals or \$40 for each team member, regardless of the number of team members.

Pre-registration is recommended. Participants pre-registered are guaranteed a t-shirt.

Sept 2 until the Day of Race: \$55 for individuals and \$50 for team members.