



The Great Island Race Series

a Rotary Service Project to benefit the Clinton County NonProfits

HELPFUL RACE DAY DETAILS – G.I.A.T. & G.I.S.T. (Great Island Adventure Triathlon & Great Island Swim Triathlon)

Notes About the Course:

- The GIAT & GIST will have identical bike and run courses. Participants will all be in the same transition area.
- The swimming portion of the GIST is all downstream. Swimmers will begin at Riverview Park and exit the water at the boat launch to transition to the bike.
- The bike course is new again this year! All turns will be visibly marked with volunteers at most intersections to help direct you and control vehicle traffic.
- There will be a water station at the amphitheater on the levee for the run.

Ironman Team Competition (G.I.A.T. & G.I.S.T.): *(This is not to be confused with Relay Teams. Relay Teams are able to compete exactly as in years past.)* The Ironman Team Competition involves individual triathletes on teams of 3 to 5 people. Times for the first three from each team will be combined, and the team with the lowest combined time will be crowned Victors!

Registration, Packet Pick Up & Transition Area: Registration and the Transition for both Triathlons will be located in the parking lot for the Woodward Twp Boat Launch. *We will not be using the pavilion that had been used in the past. Look for the big tent and the registration signs. (If you are using a GPS, use the [354 Coudersport Pike, Lock Haven, PA for the approximate location.](#))* You may register or pick up your packet on Friday evening (June 24th) from 5—6:15 pm. or Saturday morning from 6-7:30 am. *If you pick up your packet Friday, you will still need to check-in on Saturday morning for your timing chip and body marking (swimmers and kayakers).*

Parking: Parking is available at the pavilion, which is located on the NORTH side of Rt 664 and is on the other side of the road from the Registration Area. Please note, parking is **not** permitted in the Boat Launch Parking Lot, however, you may pull in long enough to unload your kayak, bike, and gear.

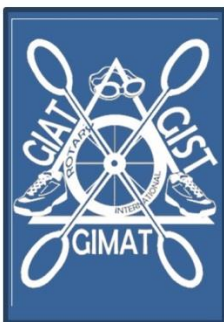
Chip Timing and Splits: Second Wind Timing is providing Chip Timing that will provide Splits for both Triathlons.

Starting Lines and Start Time: There will be two different Starting Lines. The GIAT Starting Line will be the same location as in prior years, which is at the Boat Launch near registration. The GIST Starting Line will be approximately 1/2 mile up river from the transition. More details will be provided at registration and during the Mandatory Pre-Race Orientation Meeting. ***Race Start Time for BOTH EVENTS is 8:00 am!***

Mandatory Pre-Race Orientation Meeting: **The mandatory pre-race orientation will be at 7:30 a.m. near the Transition Area.** Please allow yourself plenty of time to check in and set up your transition area prior to then. The registration/check in table will open Saturday from 6 – 7:30 am.

Post-Race Refreshments: We will be providing typical post-race refueling (e.g. bagels w/toppings, oranges, bananas, etc.) in addition to pizza after the race. The registration area will change to a refreshment area as soon as the races begin, so there will be food and drinks available as soon as you cross the finish line. ***We will also have several food vendors on site this year for non-participants and those who want more food.***

Race Day Registration: If you have other friends or family members interested in either event, Race Day Registration will be open from 6 am until 7:30 am, so recruit as many additional participants as you'd like!



G.I.A.T. & G.I.S.T.
(Great Island Race Series)

See us at: [Facebook.com/GreatIslandTri](https://www.facebook.com/GreatIslandTri)
Register at: www.Active.com
Email us at: TriGIAT@gmail.com
www.GreatIslandRaceSeries.org