



The Great Island Race Series

a Rotary Service Project to benefit the Clinton County NonProfits

HELPFUL RACE DAY DETAILS - GIMAT (Great Island Mini Adventure Triathlon)

Notes About the Course:

- 1k Kayak, 8k bike and 2k run course.
- For returning racers, this is the same course as last year.
- The kayak portion is all downstream! Kayaks will enter at Riverview Park, and exit at the boat launch.
- The bike course is not a fully-closed course. Please remind young participants to watch for traffic!

**New in 2017
Relay Teams Are Permitted!!**

Family Team OR G.I.M.A.T. Competition: If you didn't specify your family or G.I.M.A.T. team when pre-registering, please let the volunteers at the registration area know your family team name on race day. Top three times per team get combined to determine the fastest overall team in both the Family and in the G.I.M.A.T. divisions. (3 or more family members = a Family Team OR 3 or more individual athletes (not related) = a G.I.M.A.T. Team) **"G.I.M.A.T. Team" division – This is the same as the "Family Team", but team members do not need to be related!**

Registration, Packet Pick Up & Transition Area: Registration and the Transition Area 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.)

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 equipment.

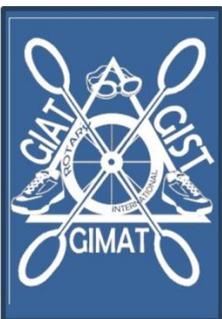
Chip Timing and Splits: In order to keep the costs low, we cannot offer Chip Timing or Splits for this event. We will have overall finishing times, though.

Starting Lines and Start Time: The GIMAT Starting Line will be approximately 1/2 mile up river from the transition area. More details will be provided at registration and during the Mandatory Pre-Race Orientation Meeting. ***Race Start Time is 6:30PM!***

Mandatory Pre-Race Orientation Meeting: **The mandatory pre-race orientation will be at 6:15 PM at Riverview Park (which is the location of the STARTING LINE.)** 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 at 5:00 pm.

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 also have a food vendor on site for those not participating or for those who may want more food.***

Race Day Registration: If you have other friends or family members interested in participating, Race Day Registration will be open from 5:00 pm. until 6:15 pm, so recruit as many additional participants as you'd like! **If you would like to register or pick up your packet for the larger GIAT or GIST being held on Saturday (June 25th), you may do so during Friday's registration time or Saturday morning before the races.**



G.I.M.A.T.
(Great Island Race Series)

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