



Save the date for...

SWATARA GAP N' BACK OUTDOOR ADVENTURE RACE!!

Saturday May 19, 2018

presented by RIDE FLOAT RUN & SWATARA STATE PARK

***TRIYAKATHON XC IS...** trail running, mountain biking and creek paddling combined together to make an adventure race like no other! **You can race SOLO, TEAM Relay or FREE AGENT Team.** RUN ~4 miles of trail, FLOAT ~3.5 miles on the Swatara Creek, RIDE ~6 miles of rail-trail and ~9 miles of single-track totaling ~15 miles. OVERALL distance ~22.5 miles. This is an entry-level SPRINT distance Triyakathon.

COME ONE COME ALL! Ages 13+ are welcome. 13-15 year olds must be part of a team and may not participate in the kayak leg. The ability to race this as a team-relay, solo or free agent means a **wide range of athletes or weekend warriors can participate.**

MOTHER NATURE IS IN CHARGE SO... due to creek levels and/or trail conditions, the course may change prior to the event. We will keep registered racers with valid email addresses updated accordingly. **This event is rain or shine!**

WAIVERS... are required to be signed by all participants the morning of the race. No exceptions. No refunds.

*Distances are approximate at this time but will be set firm prior to Jan 1 2018.
**Mail-in and on-line registration opens Jan 1 2018. Mail-in registrations will be available at RideFloatRun.org AND at Pretzel City Sports website and events.

Follow us on Facebook for updates on this race and eventually others! [facebook.com/RideFloatRun](https://www.facebook.com/RideFloatRun)

****REGISTER AS...**

Triyakathon Free Agent (\$50), means your lazy friends are an embarrassment, you need to make new ones! RFR will assemble your team from the FA list.

Triyakathon Solo (\$60) because you are a beastly triyaker and you trust no one to race with you!

Triyakathon Team of 3 Relay (\$120), means you are a crew of specialists! Your team has a runner, boater and biker that race relay style!

REGISTRATION PROCRASTINATION

MEANS... price increases \$10 at 12:01am April 21.

AWARDS PRESENTED TO... top 3 overall male & female SOLO Triyakers. 1st place male & female SOLO Triyakers in age brackets Juniors (16-19), Adults (20-39), Masters (40-59) and Grand Masters (60+). Awards for 1st place Triyaking TEAM.

BENEFITS SOMETHING TO FEEL GOOD ABOUT...

The DES Foundation Inc.
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