

Welcome triathletes, families, and volunteers,

On behalf of the Hazleton YWCA, and Eagle Rock Resort, we would like to welcome you to our 13th annual Beware of the Barracuda Races.

Directions to Base Lodge Parking:

After passing the Guardhouse, turn RIGHT at the second Stop Sign. Go to the bottom of the hill, and the Base Lodge parking is on your right.

All Athletes **must** park at base lodge parking. All other roads in and out of the lake are used for the run and bike course. **We can not have cars parked on the course.**

***Don't forget your drivers license and photo I.D. bring it with you to the beach for checkin.**

If you are riding your bike to the transition area, please wear your helmet and have it buckled.

After parking, make your way to Athlete Check, approx .75 mile down Tuscarora Dr. You will turn right onto Cheyney Dr and continue to the beach.

Upon arrival at the beach there are several important things you need to do before the start of your race:

1. Check in for all athletes
2. Packet pickup
3. Body Marking
4. Put race number on bike and bike in transition area
5. Put race number on FRONT of shirt or on a race belt
6. Electronic timing chip pickup / wear on your ankle

Swim Course:

All athletes must walk across the swim/check matt before the start of the 750 yard swim. We will start from inside the swim zone at the water's edge, near the far right side of the beach. We will swim out and back, coming in on the far left side of the beach. (essentially a triangle) Course maps will be available at the check in tent.

Wave 3 will be the super sprint distance 300 yard swim, they will make an earlier left and turn towards the finish at the blue marker.

Course Markings

All roads are open to traffic. Volunteers will man all intersections and stop traffic when necessary. We have turns posted using signs with purple arrows.

Bike Course safety:

We are using the same 2 loop bike course from last year.

Our Triathlon team has ridden the updated tri course several times. It is relatively flat and fast, and very spectator friendly.

***DO NOT CROSS THE SOLID YELLOW LINES.** This is a USAT rule and carries a DQ as a penalty. And with bike traffic running out and back on some sections of the road, it is an important safety concern.

SuperSprint athletes will be doing the same course, but just one loop.

Run Course:

The 2015 run course was our best ever, and its back again for 2017! We will exit the parking lot on the lower side following the road out. We will do a short out and back across the breast of the dam/across the lake, and then continue down the run course to a turn around. On your return trip, you **WILL NOT** repeat the DAM-OUT AND BACK. Volunteers will be there to direct you.

Super Sprint athletes will come directly back to the finish link after the out and back on the dam. (super sprint turns **RIGHT** / sprint will continue farther **LEFT**)

Rules:

Littering or unsportsmanlike conduct will not be permitted. Please show respect to the local communities that have allowed us to use their roads, by not littering or dropping your used nutrition containers on the course. Also, please show respect and courtesy towards all other athletes, volunteers, and officials you encounter throughout the day. Please thank volunteers. They have donated many hours of time to help keep you safe today.

Adults, please review the rules concerning drafting, blocking, illegal passing. There is a 2 minutes penalty violation for 1st offense of rule violations.

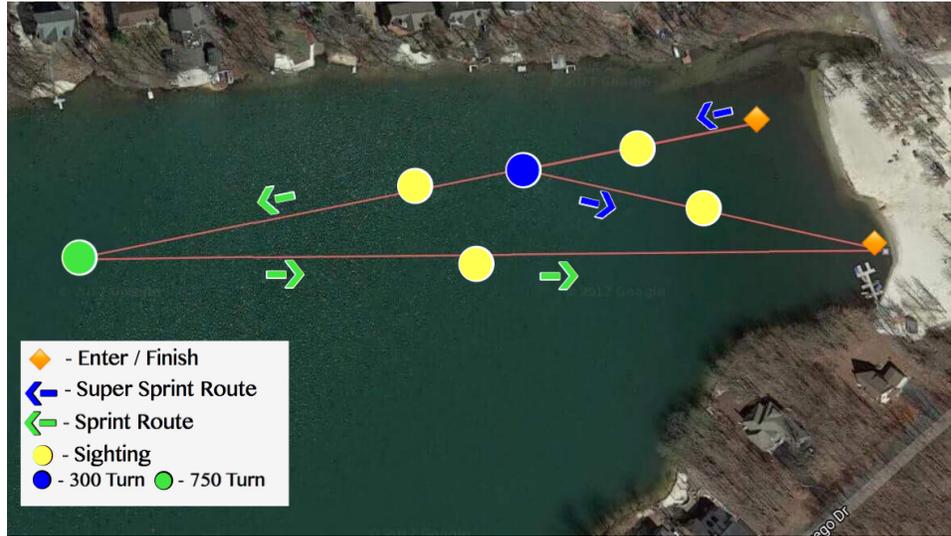
I would like to wish you the best of luck in today's race! No matter what your age, or ability, we all have similar goals. **RACE HARD! FINISH STRONG!** And let today be a measurement of your **PERSONAL BEST!!!**

-Rob Gould

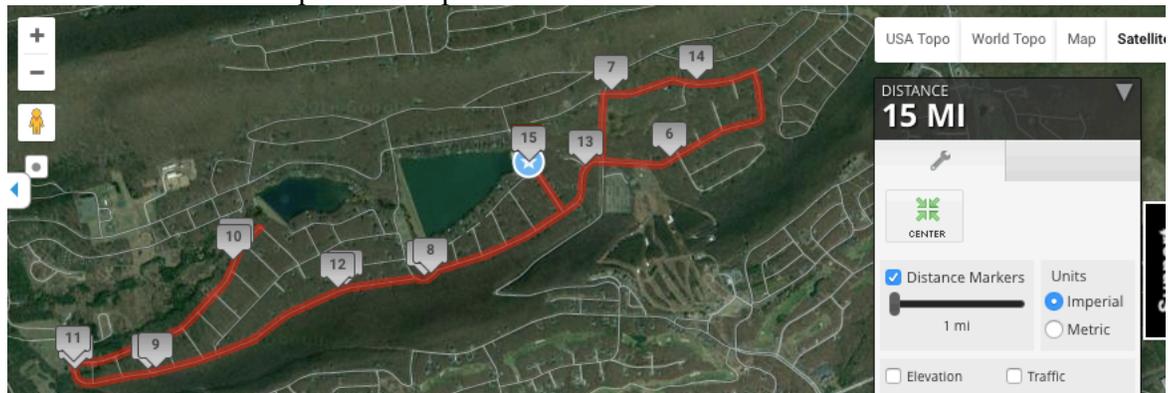
RACE DAY
PARKING PASS
PLEASE DISPLAY
THIS PAGE ON
YOUR CAR DASH
VALID Sept 15th &
16th



Sprint / Super Sprint Swim Course:



Beware of Barracuda Sprint 2 Loop Bike Course:



Beware of Barracuda Sprint 3.1 M Run

