



22nd Annual JACKIE KALLAL TRIATHLON

*SPRINT * Bike 9.5 mi * Run 3.2 mi*

NO SWIM
**Due to major park renovations
in the beach area for 2019**

Transition & Registration:
Open @ 7:30 - Race @ 9:00
Individuals and Relay Teams or
Athena/Clydesdale Divisions

Runner's High Chip Timing

YELLOW CREEK STATE PARK

Penn Run, PA 15765

All proceeds benefit:
Habitat for Humanity of Indiana County
Visit our website @
www.habitatforindianacounty.org

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U.S. POSTAGE
PAID
PERMIT # 129
INDIANA, PA 15701

Habitat for Humanity of Indiana County
JACKIE KALLAL TRIATHLON
PO Box 663
Indiana, PA 15701

In the consideration of the acceptance of this entry in the **22nd Annual JACKIE KALLAL TRIATHLON** to be held **June 8, 2019**, I, the undersigned participant, (and if participant is under 18 years of age, parent or guardian), intending to be legally bound, do hereby for myself and others, my heirs, executors, and administrators, waive, release, and forever discharge any and all damages which may be sustained or suffered by me in connection with this race. I also attest that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in this triathlon and that no physician or qualified individual has advised me against competing.

Runner's High will use ChampionChip Timing System to score this event. Rental chips will be issued on race morning and removed at the finish line. There is a \$35.00 fee for each lost chip.

SIGNATURE _____ DATE _____
(Individual or Team Captain)

SIGNATURE _____ DATE _____
(Team Member 2)

NO Swim in 2019

THE RACE COURSE

BIKE and RUN now an open course

Bike

- * 9.5 Miles * Rolling Hills
- * Helmets Required - NO EXCEPTIONS

Run

- * 3.2 Miles * Aid Station every Mile
- * No Walkmans/iPods - NO EXCEPTIONS

Pre-race Overview

- * Provided Friday Night *Optional
- * Recommended for first-timers
- 7:00pm @ Lakeview pavilion

Massage Therapists

Photographer TBA

Cabins @ Yellow Creek

www.dcnr.state.pa.us/stateparks/yellowcreek

Phone: 1-888-PA-PARKS

INDIANA, PA Accommodations

- Quality Inn.....724-349-9620
- Ramada by Wyndham.....877-859-5095
- Hampton Inn.....724-349-7700
- Hilton Garden Inn.....724-349-2222
- Holiday Inn Express.....724-465-7000

PRE-REGISTRATION

Individual \$55 Team \$80

ON-SITE — Race Day

Individual \$65 Team \$90

Register by mail or - www.active.com

For questions contact Becky@

HFH_Triathlon@hotmail.com

1 Free Registration
with \$250 or greater sponsorship

Fee includes:

T-Shirt, Chip Timing and Post Race
(food, drink, awards & door-prizes)

NO ALCOHOL IN THE PARK

AWARDS AND AGE GROUPS:

Top 3 Overall

Top 3 Female - Top 3 Male
Top 3 Athena - Top 3 Clydesdale

Female/Male Groups:

19 & Under, 20 — 24; 25 — 29;
30 — 34; 35 — 39; 40 — 44;
45 — 49; 50 — 54; 55 — 59;
60 — 64; 65 +

Team Divisions:

Male, Female, Co-Ed

REGISTRATION - Detach and return by June 6, 2019

* Enclose entry fee, make checks payable to: **Habitat for Humanity**

* Mail to: **Jackie Kallal Triathlon**, P.O. Box 663, Indiana, PA 15701

* **ALL ATHLETES MUST SIGN WAIVER ON REVERSE**



Using **OWN** chip - list #'s here _ _ _ _ _

Individual or Team Captain: _____

Team Name: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: _____ Age on race day: _____ Phone: _____

ER Contact: _____ Phone: _____

If TEAM circle leg: BIKE - RUN

T-SHIRT size: S M L XL XXL

FOR Individual: Circle **ONLY** IF:

CLYDESDALE (Male>200 #) or **ATHENA** (Female>150 #)

Team Member 2: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: _____ Age on race day: _____ Phone: _____

ER Contact: _____ Phone: _____

Circle leg: - BIKE - RUN

T-SHIRT size: S M L XL XXL

2017 Top 3 Finishers

1st Place - Dan Mikula

2nd Place - Don Gibbon

3rd Place - Dan Antonacci