RACE COURSE DESCRIPTION:

Swim: 0.5 mile in Summit Lake (cool water temperature)

Bike: 17.1 miles from Summit Lake to Cranberry Mountain Nature Center on State Route 39/55 (hard surface with hills)

Run: 6.2 miles from Nature Center to locked gate below Cranberry Glades and back (rolling terrain with varying surface)

DIRECTIONS:
The Summit Lake access road is approximately 8 miles East of Richwood, WV on Route 39/55. Turn left just past the North Bend Picnic area.

REGISTRATION FEE

<table>
<thead>
<tr>
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<th>Pre-Registered USA Triathlon Members</th>
<th>Pre-Registered Non-USA Triathlon Member</th>
<th>Late Registered USA Triathlon Member</th>
<th>Late Registered Non-Member USA Triathlon Member</th>
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<tbody>
<tr>
<td>Individual</td>
<td>$75.00</td>
<td>$85.00</td>
<td>$95.00</td>
<td>$105.00</td>
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Please register early to avoid late registration fee

No refunds after MAY 1.

AGE GROUPS:

†19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Awards:

**+Male and Female Overall: 1st, 2nd, and 3rd
Male and Female Groups: 1st, 2nd, and 3rd
*Team Overall:
Male & Female Teams 1st, 2nd, and 3rd (each group)
Mixed Teams 1st, 2nd, and 3rd

*Cash award for overall winners!
†Official USAT State Championship awards

Free T-shirt and post-race cookout for all racers!
Others can eat for a small donation.
Presented by
The Richwood Area Chamber of Commerce

FOR MORE INFO OR TO REGISTER:
The Richwood Area Chamber of Commerce
(304) 846-6790

Mail this registration to the Chamber or Register online at https://aptiming.com/ScenicMountainTriathlon

We look forward to seeing you!

Check out our website at http://richwoodchamberofcommerce.org for additional event coverage and lodging information. Also, like us on our Scenic Mountain Triathlon Facebook page.

Richwood Area Chamber of Commerce
38 Edgewood Avenue
Richwood, WV 26261

Packet pick-up at the Sterling Spencer Sculpture Garden, next to the Whistle Punk Grill and Tap House, on Main Street (on the left), Sat., July 13, 2019 from 3-7. Discounts for area restaurants will be included in your race packet.

Bike or run the course Saturday. However, no swimming is allowed at Summit Lake except during the actual Triathlon.

5mm wet suits are allowed but floatation devices may NOT be used during the swim.

Helmets are required during the bike. No drafting is allowed.

Limited shuttle service will be provided back to Summit Lake for participants.

Parking lot and restrooms available at Summit Lake and Cranberry Mt. Nature Center.

Post-race cook out and refreshments free for race participants. Spectators, please make a donation.

Start ~ 10 AM ~ Summit Lake

The Richwood Area Chamber of Commerce
South, July 14, 2019

Packet Pick-Up

Bike & Run the Course Saturday. However, NO SWIMMING is allowed at Summit Lake except during the actual Triathlon.

10am - 4pm, July 13, 2019

Packet Pick-Up Site:
The Sterling Spencer Sculpture Garden, next to Whistle Punk Grill and Tap House, on Main Street.

www.rwdchamber@frontier.com
richwoodchamberofcommerce.org