

WELCOME TO THE DAM TRI & THE DAM TRI JR.

INTRODUCING
THE
DAM
TRI
FAMILY
SPORTS
WEEKEND

THE DAM TRI JR.



SWIM

BIKE

RUN

THE DAM TRI III



The Revenge of the Beaver

SATURDAY
JUNE 25, 2011
THE DAM TRI JR.

SUNDAY
JUNE 26, 2011
THE DAM TRI III

FROM YOUR DAM COORDINATORS

We're pleased you have joined us for The Dam Tri III: Revenge of the Beaver! AND...the first-ever Dam Tri Junior. We have been thrilled to be bringing you one of the best races at a beautiful venue in Northwestern Pennsylvania.

The Junior Race is our first endeavor at a Youth Triathlon for those ages 15 and under. It will be held on Saturday, June 25th starting promptly at 9 a.m. We're pleased to say that The Dam Tri Jr. is under the direction of The Kiwanis Club of Meadville, whose primary focus is children. The Kiwanis Club is also the beneficiary of any proceeds made from the Junior event.

The Dam Tri III is only for racers age 16 and older. No exceptions! The Dam Tri III will be held on Sunday, June 26th starting promptly at 8 a.m. Once again, the adult race will benefit the Meadville Family YMCA, whose focus is healthy adults and children. Please note that our waves have changed from the past, so please be aware of your start times as noted within this guide.

Both races are USAT sanctioned, which requires you to adhere to some specific rules that are set by the governing body of the United States Association of Triathletes. Please check out their website at www.usatriathlon.com for details and race rules. However, the day of the race, an official will be making a presentation on the most common violations and how to avoid them.

Please remember that we are all guests of the park (athletes, spectators, volunteers, staff, etc.) Without the help of the park, this race would not be possible, so please be mindful of others and the park rules and treat the area with respect. We are also guests in the townships that the bike course travels through. The municipalities through which we traverse have donated a great deal in help and volunteers so please treat the roads/areas with respect. Failure to follow rules and or directions of staff/volunteers may result in disqualification.

All of our volunteers will be wearing safety green shirts and will be clearly identified in the event you have any questions.

Please be aware that the park roads (except those within the campground) will be closed during the Junior Tri. We are highly concerned about our young racers and are pleased that the park has agreed to close the roads for the short period of time we will be using them. They will NOT be closed for the adult race.

The beach area opens to the public at 11 a.m.; therefore, we need to be mindful and respectful of others using the beach for the weekend. Plus, it is a great place for you to hang around after the race!

Please keep checking the website for updates and use the contact form for any questions. We would prefer to address them in advance than be bombarded with issues on race morning. Thank you!

With that...we look forward to seeing everyone have a safe and fun day. We will see you at the Dam Starting Line!

Your race directors,
Kristoph Kocan
Nina Bell
Steve Bell
Chip Fuller

THE DAM TRI JR. & THE DAM TRI III AGENDA

Friday, June 24

5:00-7:00 p.m. Packet Pick-Up & Late Registration (both races)
Location: Meadville Family YMCA, 356 Chestnut Street, Meadville

Saturday, June 25

7:30-8:30 a.m. Packet Pick-Up for both races
Race-Day Registration for Junior Race (REGISTRATION CLOSSES AT 8:30 AM)
Late Registration for Dam Tri III (there is no race-day registration)
Location: Col. Crawford Park/Woodcock Creek Dam Transition Area

8:45 a.m. Pre-race ceremony at the Finish Line
MANDATORY race briefing for all athletes (parents included)
National Anthem & Invocation

8:55 a.m. Transition Area Closes for all age divisions

9:00 a.m. Start of The Dam Tri Jr. Race
Ages 8-9 will start in waves of 2 each in race number order
(waves will be 2 minutes apart)
Ages 10-11 will start approx. 5 minutes after the final wave of previous age group
also in groups of 2 each in race number order
(waves will be 2 minutes apart)
Ages 12-13 will start approx. 5 minutes after the final wave of previous age group
will be in 1 or 2 groups depending upon total entrants
(this will be determined at the discretion of the race organizers)
Ages 14-15 will start approx. 5 minutes after the final wave of the previous age group
will be in 1 or 2 groups depending upon total entrants
(this will be determined at the discretion of the race organizers)

10:15 a.m. Approximate time of Kid's Duathlon for ages 7 and under
Event will start when all other waves have completed the bicycle portion of the event
Children will start in transition in groups of 3 or 4 by age, starting with the youngest

11:00 a.m. Awards Ceremony and Bike/Gear Retrieval from Transition area

3:00-5:00 p.m. Packet Pick-Up & Late Registration for The Dam Tri III
Location: Meadville Family YMCA, 356 Chestnut Street, Meadville

Sunday, June 26

6:00 a.m. Transition Area Opens
Packet Pick-Up
NO RACE-DAY REGISTRATION. NO EXCEPTIONS.

7:45 a.m. Pre-race ceremony at the Finish Line
Mandatory Race Briefing
National Anthem & Invocation

AGENDA INFORMATION CONTINUED

- 7:55 a.m. Transition Area Closes for all races
- 8:00 a.m. Start of The Dam Tri III Olympic Race
8:00 a.m. — Olympic Elite Wave Starts
8:03 a.m. — All Men
8:06 a.m. — All Women
8:09 a.m. — All Teams
- 8:45 a.m. Start of The Dam Tri III Sprint Race
8:45 a.m. — All Men
8:48 a.m. — All Women
- 10:00 a.m. Racers can begin retrieving gear from transition area
- 11:30 a.m. Sweep vehicle starts on bike course
- 1:30 p.m. Awards Ceremony for Olympic Elite, Olympic Teams, Olympic Clubs,
Meadville YMCA Top Finishers, & Sprint Overall Awards

AWARDS NOTATION: Both Olympic and Sprint Age Groups awards will be presented at the finish line. Awards will be given to the winners as the athlete crosses the finish line.

(Note: Waves are subject to change on race day as per the coordinators)

DAM SPECTATOR INFORMATION

The Woodcock Dam area features many good areas to watch the Dam Tri III. Some tips, ideas are:

1. For the bike, there are two parking lots on Route 198 at the top of the hill by the dam. This would be a great place to watch athletes as they come up over this climb on the bike as well as watch them run across the dam.
2. There is also a fishing access with parking immediately after crossing the causeway on Shultz Road to watch the cycling leg.
3. There is an overlook area with parking about 1/2 mile past the dam to watch both the runners across the dam as well as the cyclists.
4. Spectators can stay in transition to watch all three legs, but are warned to stay off the route for both cyclists and runners. (If you want to hang around the transition, we'd be happy to put to work as a volunteer!)

For The Dam Tri Junior Race:

1. The entire race is within the Col. Crawford Park. The best place to watch the race would be in the transition area. Please make sure that you remain off of the route for both the cyclists and runners as to not impeded their progress and interrupt their race.
2. Any place along the park roads will be visible to see the cycling leg. Be aware that the roads will be closed to vehicular traffic.

PERSONAL SAFETY

Swim:

Remember, this is an open-water swim. Please be aware of possible currents and water hazards such as sticks or rocks that may be on the lake floor. Please use common sense and safety when swimming in Woodcock Lake. [A note about the Junior Race:](#) We anticipate that there will be enough water support that the route should be fully outlined on both sides of the swim course by both kayakers, canoers and adult swimmers. Parents or guardians of Junior participants who are ages 8-11 ONLY may choose to swim along side their child...but may NOT help them swim, push them along, or assist them in making any forward progress in the water.

Water Temperature and USAT rules: We will be following USAT rules for wetsuit use. If the water temperature is 76.1 or higher, wetsuits may be worn, but athletes will not qualify for awards. At 84 degrees, all wetsuits are illegal during the race. The water temperature of Woodcock Creek Lake is typically in the high 60s to low 70s in June; however, the temperature will be taken by an official the morning of the race. Please review the rules at the USAT website. These rules apply for both the youth and adult triathlons.

Bicycling:

While on your bicycle, please be aware that the roads are not closed to regular vehicular traffic for The Dam Tri III. Although the course will be marshalled, the roads must remain open for local traffic. Please remember that drivers are not accustomed to numerous bicyclists on the roads, so please exercise caution. Also, please ride to the right of the road and adhere to the official USAT rules. Pack riding is illegal in this triathlon and drafting will result in a time penalty. **YOU MUST WEAR AN APPROPRIATELY FITTED HELMET (STRAP FASTENED) WHILE ON YOUR BICYCLE.** Please remember that you must wear your helmet when riding your bicycle to and from the race site - this includes before and after the event while you are in the park. Violators may be disqualified. Please review the USAT rules on helmet requirements and bicycling during the race. [A note about the Junior Race:](#) The entire bicycle portion of the event is held within the park, which will be closed to vehicular traffic during the race. However, please instruct your child to ride on the right side of the road. The bicycle route is an out-and-back course and cyclists will be riding in both directions.

Running:

Although the run is completely contained within Col. Crawford Park, the trails and roadways for The Dam Tri III is not closed to others interested in using the park facilities. Numerous volunteers will be stationed at the park/trail entryways to caution visitors of the ongoing race. We will make every effort to make your race as smooth as possible. [A note about the Junior Race:](#) Most of the run course will be closed to traffic. During the 1-mile run that will be part of the course for the 14-15 age group, the turn-around point is along the road that leads to the boat launch area. While this portion is closed during the cycling leg of the event, it may be reopened during the run. It will be manned by volunteers and auxiliary police, however, youth should stay on the right side of the road during this segment of the run.

Weather:

The race will occur rain or shine, so please be prepared. This includes both The Dam Tri Jr. and The Dam Tri III. In the event of lightning or any other natural disaster, the race coordinators along with the park personnel will make a determination that morning on an hourly postponement to await the storm (i.e. starting later than scheduled), partial cancellation (i.e. canceling or shortening the swim portion), or cancelling altogether.

Overall:

Please remember that triathlon is a fun and exciting sport. We want you to remain safe while you are part of The Dam Tri III. Adhering to these personal safety notations will ensure a positive experience for all.

RACE MORNING INSTRUCTIONS

Parking:

Volunteers will guide you to designated parking spaces. Please follow their directions. They are there to ensure that every person has a place to park for the race.

Check in and Transition:

This area will open at 7:30 a.m. for The Dam Tri Jr. and 6:00 a.m. for The Dam Tri III. All entrants **MUST** check in at registration, even if you have picked up your race packet. At check-in, you will be directed to pick up your timing chip and proceed to the body marking area. All entrants must check in no later than 8:30 a.m. for the Youth Triathlon, and 7:30 a.m. for the Adult Triathlon.

A note about the Junior Racers Age 7 and under:

While we understand that there will be a time lapse between registration and the start of this particular race, we have no choice but to have all racers arrive no later than 8:30 a.m. This is because we are closing the roads to motor vehicle traffic to ensure stronger safety measures for our young racers during the bicycle portion of the event. The park road will be closed between the beach area and boat launch from 9 a.m. until the end of the older youth race. Therefore, if you arrive after the race start, you will not be able to drive to the starting area. In addition, the Junior Race Ages 7 and under also traverses one of the main roads that we **WILL** close during this race. This particular road includes part of the road to the parking lot. While we understand the time delay with young children creates parental concerns for travel and attention span, we are more concerned with your child's personal safety while they are riding and running. Please know that we are taking your child's health into our best interest. We encourage you to bring some activity for your child during the waiting period. Our apologies for the inconvenience; however, we cannot stress enough our strong concern over safety.

Body Marking:

Please do not apply sunscreen until **AFTER** you are marked. Everyone will receive body marking as follows:

The Dam Tri Jr.: Race number on both arms, Age on back of Left calf. (Body marking not required for Age Group 7 and under. All others **MUST** be body marked before entering transition.)

The Dam Tri III: Race number of both arms, Race Division (S=Sprint; O=Olympic), on back of right calf, Age on back of left calf (E for Elite or R for Relay).

Transition:

The Dam Tri Junior: Bikes for age groups 8-15 will be racked by division on one side of the transition area; bikes for those ages 7 and under will be racked and/or placed on the other side of the transition area. Volunteers will be on site to assist children with bike racking. It is preferred that parents and spectators stay out of transition to reduce congestion. There should be enough help for your child to rack his/her bicycle and set up their transition area. However, one parent will be able to assist with set-up for the junior race. No parents will be permitted in transition **DURING** the race.

The Dam Tri III: Sprint and Olympic participants will have separate rack areas within the transition area. Relay Teams will have their own designated rack at one end of transition. All racks will be groups according to race number. Please use common sense and do not take up any more room than absolutely necessary for transition. **YOU WILL NOT BE ABLE TO ENTER TRANSITION WITHOUT A RACE NUMBER AND BODY MARKING.** No family, friends, children, etc. will be permitted in the transition area as this is reserved for athletes only. **NO EXCEPTIONS.** We will have volunteers at the transition entrance/exit to enforce this rule.

Please make sure that your bicycle number is affixed to your bike, as volunteers will be checking to see if your bike number matches your body marking in order to set up your transition as well as retrieve your gear at the end of the race.

RACE MORNING INSTRUCTIONS (CONTINUED)

Specialized bike racks:

The Dam Tri provides a bicycle rack space for every cyclist. Specialized racks WILL NOT be permitted. These racks are often trip hazards within the transition area. In the event a racer's bicycle does not fit on the designated rack, an exception to this rule may be made ONLY WITH PERMISSION OF THE RACE DIRECTOR. Should this occur, the specialized rack will be placed within the bicycle racks so that it cannot block the path for other racers. For the Dam Tri Jr., we understand that most of the smaller bicycles will not fit on the bicycle rack. In these cases, the racers may use their kick-stands, lean their bikes on the rack or lay them on the ground. These issues will be addressed individually as the racers arrive on site.

PACKET PICK-UP & USAT FORMS

Both The Dam Tri Jr. & The Dam Tri III:

At packet pickup a photo ID MUST be shown (parents/guardians need their ID for the youth packet pick-up). If you are a USAT member, you MUST provide proof of current membership via a USAT Membership Card or a temporary card printed off the USAT website. While in the past we have allowed others to pick up packets for others, we cannot continue this practice because we are under USAT sanctioning rules.

What to Bring to Packet Pick-Up:

Photo ID (e.g. driver's license)

USAT Membership Card or Temporary Card

-if you do not have a membership, you will be required to purchase a one-day license.

See details below.

FOR THE ADULT RACE: YOU CANNOT PICK UP A RACE PACKET FOR ANYONE ELSE OTHER THAN YOURSELF. This is a USAT rule...NO EXCEPTIONS.

FOR THE YOUTH RACE: PARENTS/GUARDIANS CAN ONLY PICK UP PACKETS FOR THEIR CHILD. The parent/guardian who sign the pre-registration form MUST be present to pick up the youth packet. NO EXCEPTIONS.

Details on USAT Waivers and Agreements: You will be required to sign the formal USAT waiver at packet pick-up. This is a USAT rule and we cannot deviate from it under any circumstances. If you DO NOT have a USAT membership, you will be required to sign and pay for the 1-day USAT license agreement/membership form at the time of packet pickup. If you are a current USAT member, you will be required to show proof of current membership (via a USAT Membership card or temporary card printed off the USAT website). For the adult race, if you cannot provide proof of current USAT membership, you must sign a 1-day waiver and pay the \$10 1-day membership fee. For the youth race, if your child does not have a USAT youth membership, you will still need to sign the 1-day USAT agreement/membership form but the Kiwanis Club has opted to purchase the \$5 youth membership for every child participant. This membership is a one-year full membership that offers your child numerous benefits including a youth triathlon magazine subscription as well as many online benefits. Visit the USAT website for more details. When you see a Kiwanis member....say THANK YOU!

Additionally, if you paid the USAT member rate for entry but DID NOT provide a USAT membership number on your race registration form, you will be required to show proof of current USAT membership or pay the additional \$10 fee and sign the 1-day agreement/waiver before we can allow you to pick up your race packet. If you registered as a non-USAT member, then you have already paid for the 1 day agreement/membership as part of your race registration and only need to sign the form at packet pickup.

THE DAM BIKE

The Dam Tri Jr.:

7 and under: The bike course will leave transition area from the far side and travel a circular loop between the transition area and parking lot and re-enter transition from the beach side.

8-9 Age Group: The bike course will leave transition from the far side and travel out the main road toward the park exit to a turn-around point 1/4-mile out and return the same direction, re-entering transition from the beach side.

10-11 Age Group: The bike course will leave transition from the far side and travel out the main road toward the park exit to a turn-around point 1/2-mile out and return the same direction, re-entering transition from the beach side.

12-13 Age Group: The bike course will leave transition from the far side and travel out the main road toward the park exit, turn right toward the boat launch area, then another right into one of the shelter areas, around the parking area and return the same route. Re-enter transition from the beach side.

14-15 Age Group: The bike course will leave transition from the far side and travel out the main road toward the park exit, turn right toward the boat launch area, then another right into one of the shelter areas, around the parking area, out to the road to the boat launch, right to the boat launch and around the entire boat launch area in the direction of vehicular traffic, return directly from the boat launch area road to the transition area (do not turn down the shelter area on the return trip). Re-enter transition from the beach side.

The Dam Tri III:

The bike course is open to traffic at all times. Please obey normal traffic rules and keep to the right of the road. Intersections and or turns will be marked and volunteers will also be there to guide you in the right direction. Please follow their directions and say thank you as often as you can. Although the course is marked, please be aware that it is your responsibility to be familiar with the course.

Olympic Race: This is a two-loop course. After the first loop, participants DO NOT re-enter the park, but continue passed the entrance and start the second loop. On the second loop ONLY, there is an added section before the climb on Dickson Road... This will be a right-hand turn onto Fischer Road - but on the second loop ONLY.

Sprint Race: This is a one-loop course that follows the same route as the Olympic Race. You will re-enter the park when you return after the first loop and head into transition.

FOR ALL RACES: There will be absolutely no drafting. USAT officials will be on the course to track violators. You need to keep a minimum distance of 3 bike lengths between you and the rider in front of you at all times. If you are passing, you have 15 seconds to complete your pass. If being overtaken, you must fall back the 3 bike lengths before attempting to re-pass the athlete that passed you. Drafting, failure to pass within 15 seconds, and/or failure to fall back after being passed may result in a penalty. There will also be no blocking, which is largely riding on the left side of the road that impedes other riders' progress. Please consult the rules at the USAT website for more details and penalties.

THE DAM RUN

The Dam Tri Jr.:

7 and under: The run will leave transition from the far side and head straight to the finish line.

8-9 Age Group: The run course will leave transition from the far side, head through a short grassy trail toward an adjacent picnic shelter, turn around at a designated cone (volunteers will be there to assist) and return via the same route to cross the finish line.

10-11 Age Group: The run course will leave transition from the far side, head through the short grassy trail toward an adjacent picnic shelter, and run around the shelter parking lot (volunteers will be there to assist and direct) and return via the same route to cross the finish line.

12-13 Age Group: The run course will leave transition from the far side, head through the short grassy trail toward an adjacent picnic shelter, run partway up the hill toward the main road and turn around at the water station. Volunteers will be there to assist and direct. Runners return the same way and cross the finish line.

14-15 Age Group: The run course will leave transition from the far side, head through the short grassy trail toward an adjacent picnic shelter, and run up the hill to the main road. Runners will be directed to turn right toward the boat launch area for a short distance and turn around (this will be the 1/2-mile marker). Runners return the same way and cross the finish line. Volunteers will be there to direct and assist.

The Dam Tri III:

The run takes place on park roads, a multi-use trail and across the Woodcock Dam. These roads and trails are open to the public so please be aware of vehicle and pedestrians at all times. The multi-use trail is a well-packed crushed gravel trail and is excellent for running. All efforts will be made ahead of time to take care of/identify any uneven or rough areas on the trail.

The Sprint racers will head in the same direction as the Olympic racers, but will turn around BEFORE getting to the dam. If you reach the dam and are a Sprint racer, you have gone too far. There will be signs and volunteers to help guide and assist you; however, it is your responsibility to know the course.

Run Aid Stations for The Dam Tri III:

There will be an aid station approximately every mile, located as follows:

1. As you exit the transition area from the bike to run
2. At the base of the wooden bridge in the field heading toward the dam
3. At the turn-around point on the dam
4. At the base of the wooden bridge heading back from the dam
5. At the water tower access road
6. At the lower section of the down/back section of the Olympic course

Water and sports drink will be served at each aid station. Please discard cups at the end of aid stations to help with cleanup.

Littering of any kind at any time will not be tolerated and may result in disqualification.

Please check out the course maps at www.thedamtri.com

(Note: the Junior Race Course maps are not posted as they have yet to be finalized)

OTHER DAM INFORMATION

Transitions Exiting and Entering:

There will be NO riding of bicycles through transition. This includes both the Junior and Adult races. You may run or walk your bicycle out of transition and mount it at the Mount Line. Volunteers will be there to direct and assist. Failure to follow this rule will result in disqualification. A note to parents of young children racers: Please instruct your children that they are not allowed to ride their bicycles in transition. This action is dangerous to other athletes, and will be strictly enforced.

Bike helmets must be put on AND fastened before you remove your bicycle from the transition rack.

Upon returning to transition after the bicycle portion, ALL RACERS must re-rack or place their bicycle in the same location. There will be NO throwing of bicycles and/or helmet in transition. This action is dangerous to other athletes and will be strictly enforced. Parents are asked to talk to their child racer about re-racking their bicycle when they return. Any child caught throwing their bicycle will be disqualified. NO EXCEPTIONS.

Race numbers MUST be worn during the run portion of the event. They can be worn throughout the entire event, but are REQUIRED during the run and must be positioned on the front of the athlete.

For all races: All participants will enter transition from the beach side and exit at the far side...for both swim to bike and bike to run segments.

Relay Racers for the Olympic Course of The Dam Tri III:

Relays will follow the same rules/courses as the individual Olympic athletes with the exception of transition. Relay team swimmers will exit the water, run up the beach, into transition and head to the far back left of the transition area. Team bicyclists will be in that area. The swimmer should hand-off the timing chip to the bicyclist, who will then walk/run their bicycle out of transition and mount it at the designated area. Upon return, the bicyclist will dismount at the appropriate area outside of transition, walk/run their bicycle back to the same team hand-off area and transfer the timing chip to the team runner. The team runner will then complete the course and run across the finish line.

There are NO RELAYS for The Dam Tri Jr. race.



THE EXTRA DAM STUFF

The Dam Tri Jr.:

Post Race: Food will be served starting around 10 a.m. in the awards/registration area. The post-race food is for racers and volunteers only. The park has a concession stand for family, friends, and spectators.

Awards: Age groups 8-15 awards will be presented as soon as the final finisher has crossed the finish line. The awards will likely begin around 11 a.m. (This greatly depends upon the number of racers).

Age group 7 and under will receive their award as they cross the finish line. All participants in this age division will receive a medal.

The Dam Tri III:

Post Race: Food will be served starting approximately at 10:30 a.m. The post-race meal is for athletes and volunteers only. The park has a concession stand for family, friends, spectators, etc.

Awards: All awards will be presented at the finish line to reduce the time needed to hold a formal Awards ceremony. The Relay Teams, Meadville Family YMCA, and Club Awards will be presented in a formal fashion as soon as the scores have been tallied. This will be approximately at noon.

Awards will be given as follows:

Sprint Race:

- Top 3 male/female overall
- Top 3 male/female in each age division

Olympic Race:

- Top 3 male/female Elite race
- Top 3 male/female in each age division
- Top finisher male/female from the Meadville Family YMCA
- Top teams (all female, all male, coed, and corporate)
- Top club (best time of club members combined...minimum of 5 finishers w/at least 2 females)

Special Prizes (must be an individual racer finishing the race within a 25% margin of the overall winner's time):

- Fastest Male and Female Swim Split
- Fastest Male and Female Bicycle Split
- Fastest Male and Female Run Split

Special Give-Aways:

We will have some special give-aways, which will be drawn during the race. Please check the prize table at the post-race meal to see if you have won anything.

PLEASE NOTE: If you are not racing in the Elite race, you are NOT eligible for an overall award even if you turn in the fastest time of the day! Conversely, if you are racing as an Elite, you are NOT eligible for age group awards,.

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