

FRENCH CREEK FLING

Adventure Race

Sunday, October 10th, 2010

Breakaway Sports will be hosting a two person team adventure race at French Creek State Park. The race will be held rain, snow or shine.

Registration: Deadline is Oct. 1st by mail or Oct. 3rd online.
Race starts at 9am. (Pre race meeting at 8:15am).

Race limit: Race is limited to the first 50 teams.

Divisions: Coed, male, female and masters (both members 40+).

Race details: Mt. Bike leg: 11 miles.
Running leg: 6-7 miles
Canoe leg: 2 miles

Entry fee: \$120 per team

The goods: Long sleeve race shirt, plus other goodies and plenty of hot food.

Includes: Insurance, One day boat permit, canoes, life vest and paddles. (There is no park fee).

Awards: First place team in each division.
2nd and 3rd place teams in each division. (Based on number of teams – 5 and 10 per div. respectively).

Support: You will be totally self sufficient. The course will take you through the transition area for needed changes.

Directions: French Creek State Park is located just south of Birdsboro, PA on Rte. 345. It is about 10 miles outside of Reading, PA. In park, look for signs to race.

www.makebreak.com



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and beyond.*