

# FRENCH CREEK FLING

## Adventure Race

Sunday, October 9<sup>th</sup>, 2011

**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 Sept. 30<sup>th</sup>.

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:** 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.

2<sup>nd</sup> and 3<sup>rd</sup> 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](http://www.makebreak.com)



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