

# Guilford Lake Triathlon

Hanoverton, OH

**Saturday**

**August 18, 2018**

**Guilford Lake's Inaugural Sprint Triathlon**



**Triathlon - 750 meter Swim / 15-mile Bike / 5k Run**  
**Duathlon: Aqua/Bike Run/Bike/Run Relay Option**

## INFORMATION:

**Start Location:** Guilford Lake Beach  
6000 Camp Blvd. Lisbon, OH 44432  
GPS - Latitude: 40.8038 Longitude: 80.8854  
<http://parks.ohiodnr.gov/guilfordlake>

**Triathlon:** 750 meter Swim/15-mile Bike/5k Run  
**Duathlon:** 1-mile Run/15-mile bike/5k Run  
**Aqua/Bike:** 750 meter Swim/15-mile Bike

### **Awards for events:**

Overall Top 3 M/F - Triathlon only  
Overall Top 3 Masters Division M/F - Tri only  
Overall 1<sup>st</sup> place only - Relay  
Male/Female age groups in all divisions

### **Age Groups for all events:**

18-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-64, 65-69, 70 and up  
National Senior Olympic Qualifier



For more information contact: Janie Crowl, Race Director  
[crowl@salemcommunitycenter.com](mailto:crowl@salemcommunitycenter.com)

Salem Community Center 330-332-5885  
1098 N. Ellsworth, Salem, OH 44460

Like our Facebook page: Guilford Lake Triathlon for  
courses, maps, elevations and more!  
<https://www.facebook.com/GuilfordLakeTriathlon/>

## REGISTRATION:

**Transition opens: 6:00 a.m.**

**Beach Wave starts begin at: 7:30 a.m.**

7:30 a.m. Duathlon - Run/Bike/Run  
7:35 a.m. Full Tri Relay  
7:40 a.m. Triathlon  
7:45 a.m. Aqua Bike

**Cost: Sprint Triathlon or Duathlon:**

\$45 through July 31<sup>st</sup>

\$50 after July 31<sup>st</sup>

**Relay Team:** \$75, after July 31<sup>st</sup> - \$90

*No Race Day Sign-ups; Registration cut off 7:00 p.m. 8/17/18*

Register at [www.RunSignUp.com](http://www.RunSignUp.com)

"Guilford Lake Triathlon"



## WHERE TO STAY:

Guilford Lake State Park camping with advance reservations.

If camping is not your style... try the historic  
Spread Eagle Tavern & Inn, Hanoverton, OH 44423.  
<http://spreadeagletavern.com/>

Holiday Inn Express 240 N. Cunningham Rd. Salem, OH

*Teams coming together to support Fit Kids Triathlon!*

