

Thanks for registering for the **Step Outdoors TRYathlon and 5K Trail Run / Walk!** Expect a great event and memorable experience! Proceeds support activities of the Step Outdoors Network in the Tioga County area.

New this year: custom wooden medallions for all completing the course! We're really excited about doing this in the spirit that it's not about coming in first, but the personal challenge and pushing yourself to meet YOUR own goals. Since there's no award ceremony, you don't need to hang out too long, but why not?

We'll have the Mansfield University **Radio on location** with some tunes all morning and into the afternoon, delicious food as we've had the last couple years at reasonable prices, and the perfect atmosphere to hang out, share your race stories and cheer on others as they cross the finish line.

Additionally and as in recent years, we will have a **raffle** after the last participant crosses the line with some great and exciting gear will be sure to enhance your next adventure!

Event Day:

- Registration 8:30am – 9:30am (look for the red/white tent)
- Pre-race Talk 9:45am (review of course, rules and reminders – ie: PFD's must be worn on the water & helmets must be worn on the bike)
- Start for both TRY and 5K 10:00am (from the white tent near the beach)
- Arrive early to place your boat and bike or to drive the biking route
- Spectators welcome along the course and at the beach transition and finish area – invite family & friends!

Find more information about the event including course maps, past results, photos, and more at www.stepoutdoors.org

Like our Facebook page for event updates too:

<https://www.facebook.com/StepOutdoorsTiogaPA>

Don't have a kayak or a bike? Here are a couple rental sources:

- Canyon Cruises www.canyoncruises.com , 814-435-2969, event sponsor & offers a \$10 rental special / delivery
- Pine Creek Outfitters www.pinecrk.com , 570-724-3003

Have a bit of a drive to get here? Consider Hills Creek State Park as an excellent option to stay overnight with campsites, hot showers, and even a few places you can rent with walls and a roof such as our popular cottages or yurts. Start online at www.visitPAparks.com and you can even make reservations there. If you have specific park questions, contact the park at hillscreeksp@pa.gov or call 570-724-4246. Looking for a hotel, motel, BNB, or even other things to do while in the area, check out www.visittiogapa.com

Make a day of it and attend the **blues concert Saturday evening** at the Deane Center in Wellsboro. Special discounts will be offered at our event. Check out more about the show at <http://deanecenter.com/>

Thanks for registering and see you at the starting line!

Tim Morey
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