



**French Creek Triathlon
& SwimFest
May 16-17, 2026
Athlete Guide**

From the Director

Dear French Creek Racing Athletes,

Thank you for choosing to race with us for the 2026 French Creek Racing Triathlon & SwimFest! Please read the entire Athlete Guide. If you have any questions regarding the content of this document, please contact me at races@frenchcreekracing.com. Our team will have limited access to email beginning Thursday afternoon, May 14 through Sunday midday, May 17. French Creek Racing Staff will be on location at French Creek State Park throughout race weekend.

I look forward to seeing you for an awesome weekend at French Creek State Park!

Happy Racing!

John Kenny

Race Director

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Event Information

Location:

French Creek State Park - 843 Park Rd. Elverson, PA 19520

Use Google Maps Location: [French Creek Pool & Boats](#)

Directions:

- From the Philadelphia / King of Prussia area: Take 422 West past Pottstown to the first red light. Turn left onto River Bridge Road. Cross the bridge and make a right onto PA-724. Follow 724 West for 0.7 miles, then turn left on Red Corner Road. After 2.1 miles, make a left at the stop sign onto Shed Road. After 2.0 miles, the road will come to a T. Turn left on PA-345 South, then a quick right on Park Rd into the actual Park. Continue on Park Road for 2 miles and you'll see Hopewell Lake on your left. Continue to the next left after the park office. Continue to the top of the hill and park near the swimming pool.
- From PA Turnpike (points south and west) – Take the Morgantown exit (298) of the PA Turnpike. Take I-176 North for 0.1 miles to exit 1A. Turn right on PA-10 North and follow for 0.5 miles. Turn right on Joanna Road. After 0.9 miles, turn right on Elverson Road. After 0.6 miles, make a slight left onto Hopewell Road. Hopewell Road turns to Park Road. Pass South Entrance Road. After 3.8 miles on Hopewell / Park, turn right before the park office. (If you pass Hopewell Lake, you went too far). Continue to the top of the hill and park near the swimming pool.

Event Schedule:

Thursday, May 14

5-7PM — Triathlon Packet Pickup (Trooper Open Water Location)

Friday, May 15

7:15-8:15AM – Triathlon Packet Pickup (Lawrence Park Swim Club)

5-7PM – Triathlon Packet Pickup (French Creek State Park)

Saturday, May 16

5:00AM - Registration & Transition Opens

6:30AM - Upper road closes

6:45AM - Transition area closes

7:00AM - Olympic Triathlon begins in heats

7:09AM - Sprint Triathlon begins in heats

7:18AM - Duathlon begins

10:45AM – Upper road reopens & Approximate start of Awards Ceremony

Sunday, May 17

7-10AM - Packet pickup for SwimFest and Splash & Dash

8AM - 3 Mile Swim event

8:05AM - Adult splash and dash

8:10AM - 11+ Youth Splash & Dash

8:15AM - 10U Youth Splash & Dash

10AM - 1 Mile Swim event

11AM - 1/2 Mile Swim event

11:30AM - Awards ceremony for all events.

**** NEW THIS YEAR ****

Wetsuit Rentals for all events compliments of our sponsor Sailfish! If you are interested in borrowing a wetsuit from us for this event, please complete this form:
French Creek Racing Sailfish Wetsuit Sign Up – Fill out form

sailfish

Parking:

Parking will be available in the upper (Day use) lot at the park. The upper parking lot will be closing to traffic at 6:30am. After that anyone arriving will need to park in the lower parking area and walk up to the transition area. **If you park in the upper lot you may not leave until after 10:45 or when the last racer finishes. If you wish to leave the event prior to 10:45, you MUST park in the lower lot.** No racers, spectators, workers, sponsors, or volunteers may park on any grass. Anyone parking on grass may be subject to disqualification from the race.



Triathlon Packet Pick Up:

For Saturday participants, you selected a packet pick up location during the registration process. Your options included:

- Thursday, May 14, from 5-7pm (Trooper Open Water)
 - Address: 1400 S. Trooper Rd., Norristown, PA 19403
- Friday, May 15, from 7:15-8:30am (LPSC).
 - Address: 293 Langford Rd., Broomall, PA 19008
- Friday, May 16 from 5:00-7:00pm at French Creek State Park
 - Address: 843 Park Rd. Elverson, PA 19520
 - Use Google Maps Location: [French Creek Pool & Boats](#)
- Race Day - Saturday, May 17 from 5:00-6:00am ****Prepaid Only – SOLD OUT****

You may change your choice in RunSignUp under "Manage Registration" until Tuesday, May 12.

Athlete packets will contain: a running bib, t-shirt, and swim cap. Pins will be available in the registration area if you need them to attach your race bib to your shirt for the run portion of the triathlon. All athletes must bring a valid photo ID to be able to get their race packet. If an athlete does not have his/her ID, he/she will NOT be permitted to get the packet. Also, an athlete cannot pick up another athlete's packet.

Valid photo IDs can be driver's license or school ID (can be a photo of it on your phone). Minors need to be accompanied by a parent.

****If you selected pick up on Thursday evening or Friday morning, please note that your packets will not be delivered to the race venue should you not be able to pick up your packet.**

Timing Chip Pick Up: You will pick up your timing chips on race morning prior to entering the transition area. We will have stations for body marking and chip pick up. **You must bring and show us your run bib number with you to pick up your timing chip.**

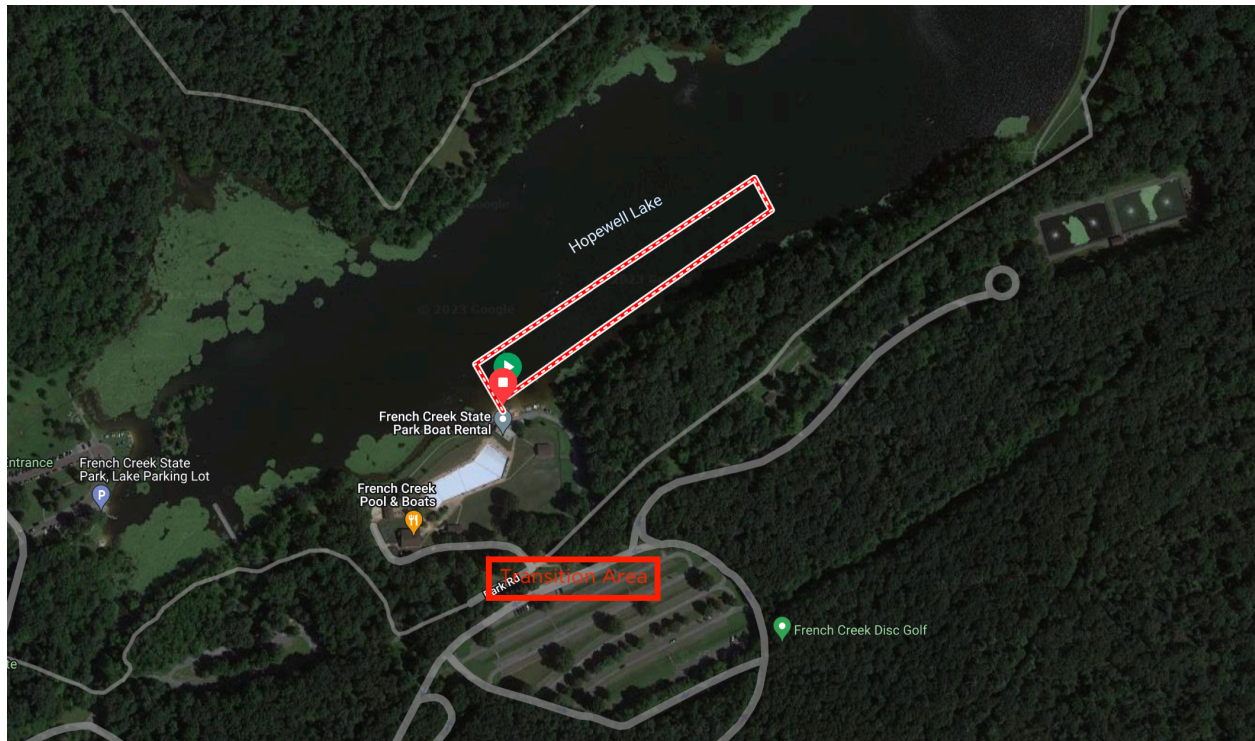
For the SwimFest on Sunday, packets will be picked up at registration on race morning.

Triathlon Race Information

Swim:

750m Swim: Sprint - 1 loop; Olympic - 2 loops

Wave Start: Swimmers will enter the water beginning at 7:00AM in waves.



7:00 AM OLYMPIC START	7:09 AM SPRINT START
Men Age Under 45	Men Age Under 45
Men Age 45+	Men Age 45+
Women	Women

Wetsuits:

The water temperature is typically in the high 60's. A measurement will be taken per USAT rules at 6:00 AM on race morning and an announcement will be made concerning wetsuit usage. If the water temperature is 78 degrees or below, the race will be wetsuit legal. If the water temperature is above 78 degrees, the race will not be wetsuit legal. If the race is not wetsuit legal, but an athlete feels more comfortable wearing a wetsuit, he

or she can still choose to wear one. Their number will be recorded as they enter the water and provided to the timer. These athletes will be excluded from the official results and awards. If the water temperature is above 84 degrees, no wetsuits will be permitted during the swim portion of the race.

Swim Safety Buoys:

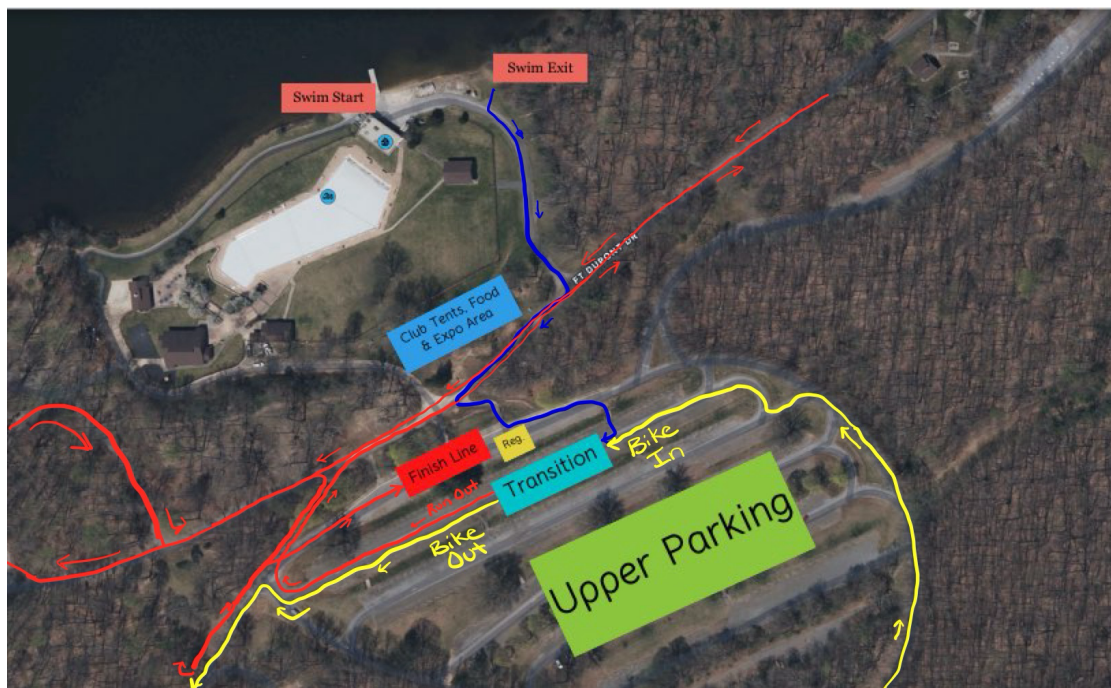
Athletes are more than welcome to wear swim safety buoys for the swim portion of the triathlon. If an athlete chooses to use a swim safety buoy, he / she will need to enter the water at the end of their race distance groups to reduce sighting concerns for the other athletes. Swim buoys are available for purchase at the merchandise expo area for \$35.

Swimmer Safety:

There will be several lifeguards in the water during the swim portion of the race. Lifeguards will be in kayaks, and on the shore. Any athlete that develops a safety concern during the race should try to raise a hand to signal a water support volunteer if one has not already attended to his/her needs. Please do not pull or hold onto any of the kayaks, if possible. All kayaks have a lifeguard torpedo on board.

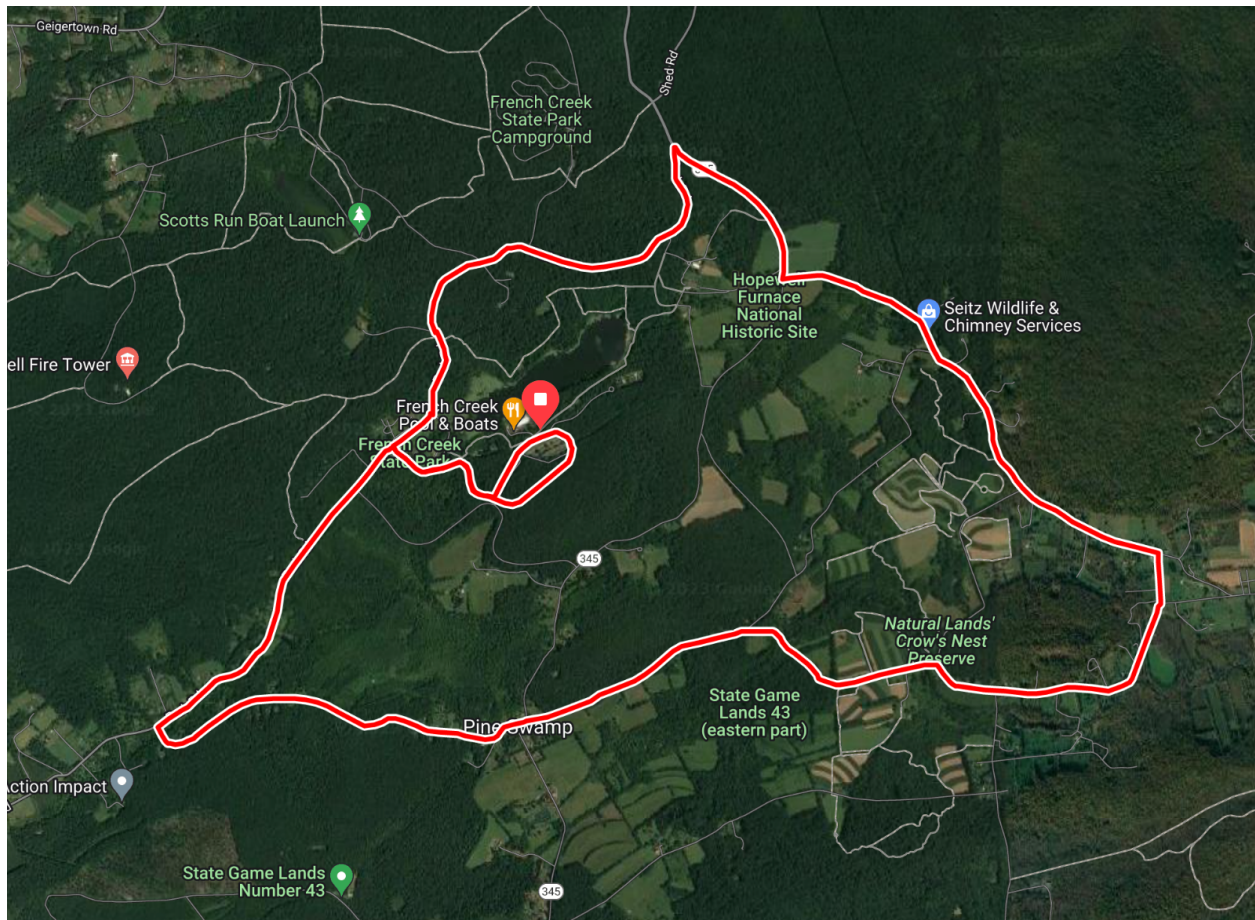
Transition Area:

Transition will be open from 5:00-6:45am on Saturday Morning. Transition will operate as a one-way pass through. You will enter through one end and exit through the other for both the bike and the run. Bike racks will be along the sides of the transition area; please see posted signs on race morning for the correct bike racking area for your distance.



Bike:

[12.1 Mile Bike](#) - Sprint, 1 loop. Olympic, 2 loops. After loop 1, continue straight on Park Rd. instead of turning right to go back up the hill into transition. Olympic racers should not turn up the hill toward transition before their second loop.



Please note:

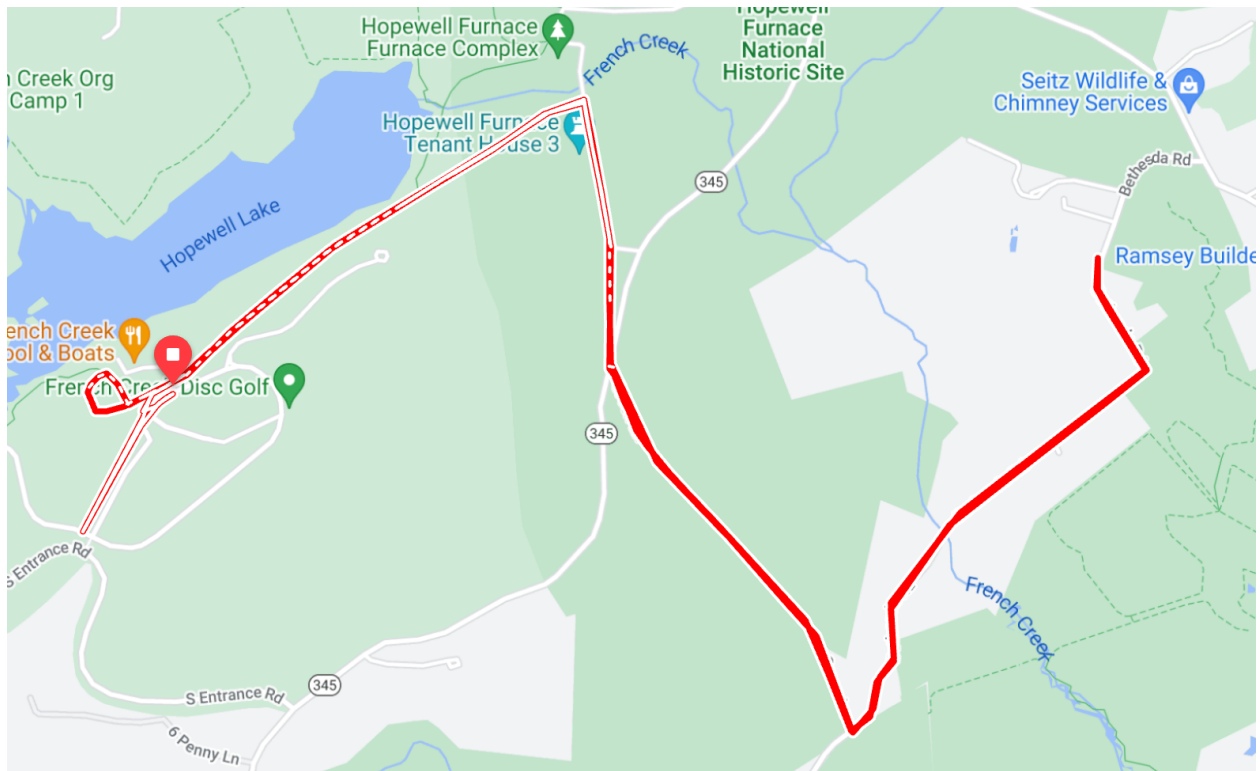
Pennsylvania roads are notorious for potholes, so keep your eyes up and watching for bad pavement.

Run:

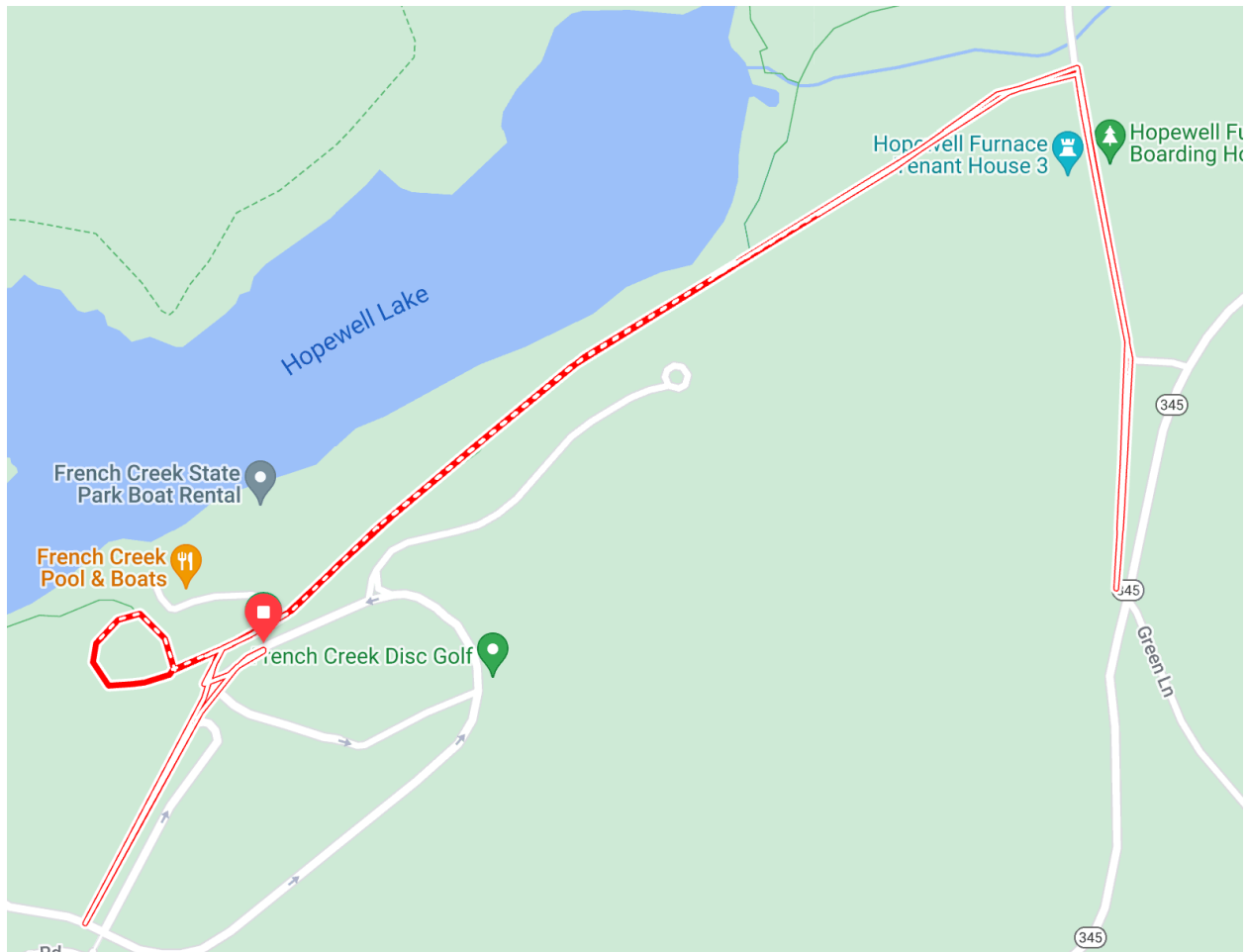
[Sprint: 5K Run](#) & [Olympic: 10K Run](#)

PLEASE NOTE: The run courses are approximately 1/2 paved trail and 1/2 gravel fire road.

Olympic Map:



Sprint Map:



Sprint Duathlon: 1 mile run, 12.1 mile bike, 5K Run

Olympic Duathlon: 1 mile run, 22.4 mile bike, 10K Run

Both duathlon distances will start with a 1 mile run starting just below transition. It will be the same first half mile of the run course noted above, out and back. After the 1 mile run, duathletes will join the same course done by sprint and Olympic triathletes for the bike and 2nd run.

Aid Stations:

There will be 3 aid stations on the run course (2 on the sprint course and 1 additional on the Olympic), which you'll go past twice each (4 sprint and 6 Olympic). The first aid station will be right outside of transition. The second will be just prior to the 5K turnaround at 345. The third aid station will be on Bethesda Rd (Olympic only). Aid stations will have water, lemon lime Gatorade, and assorted gels. Water should be in clear cups, and Gatorade in green Gatorade cups. It's 0.8 miles from the last aid station to the finish line. Although it seems like you are nearly done, you should consider taking fluid at the last station because it's a deceptively long distance to the finish line from there. It's very spectator friendly!

Results & Photos:

- Results will be posted live throughout the event. You can access them [here](#).
- Photos will be available on our registration page. It will take a few days for us to get all of the photos posted. You can access them [here](#).

Awards:

There will be overall and age group awards for the top 3 M/F for each event as follows:

- Youth Splash & Dash (8U, 9-10, 11-12, 13-15)
- Adult Splash and Dash (16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- SwimFest (19U, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Sprint/Olympic/Duathlon Age Groups are as per USAT standards, 5-year increments (18U, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+).
- Sprint & Olympic Athena/Clydesdale
- Overall winners are not eligible for age group awards.

Lodging:

Lodging is available in several locations:

- Stay with us at the park. French Creek Racing has reserved Group Camp 2, which is a series of primitive cabins, available for racers, spectators, and volunteers. You can stay with us for the entire weekend. Lodging is FREE all weekend for Volunteers. Any racers who wish to stay at the park, can reserve lodging for a nominal charge of \$20 per person. Sign Up Here: <https://www.signupgenius.com/go/60B0B4BA9A729A0F85-53534611-french#/>

SafeSport

The U.S. Center for SafeSport created the Minor Athlete Abuse Prevention Policies (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive.

The MAAPP was originally released in 2019 to support organizations and individuals in preventing abuse in sport and meeting requirements under federal law. As a member of USA Triathlon and participant at a USA Triathlon sanctioned event, you are required to follow these policies.

The MAAPP focuses on in-program contact between an Adult Event Participant and a minor athlete and covers the following Required Prevention Policies: One-on-One Interaction, Meeting and Training Sessions, Athletic Training Modalities, Massages and Rubdowns, Locker Rooms and Changing Areas, Electronic Communications, Transportation, and Lodging.

All Required Prevention Policies apply at all facilities or locations that are partially or fully under the jurisdiction of USA Triathlon. Partial or full jurisdiction includes the following:

- Any event or competition sanctioned by USA Triathlon
- Any facility that USA Triathlon owns, leases, or rents for competition, training, or practices
- Any hotel or lodging that the team is using when traveling to a sanctioned USA Triathlon event or competition

All Required Prevention Policies must be followed by:

- Adult Event Participants** who have direct contact with minor athletes
- Adult Event Participants** authorized to have direct contact with minor athletes
- Adult Event Participants** authorized to have authority over minor athletes
- Any Adult Event Participant** at a facility that is partially or fully under the jurisdiction of USA Triathlon

As the MAAPP will be enforced at the French Creek Triathlon & SwimFest being held on May 17-18, 2025, please review the [MAAPP and USA Triathlon's SafeSport Policies and References](#) in preparation for the upcoming event.

Mandatory Reporting

As a reminder, all **Adult Event Participants** – including those with one-day memberships – are Mandatory Reporters. If you see or hear a report of any form of abuse, whether it is sexual, physical, mental or another type of abuse you are

required to report that abuse within a 24-hour period. You can file a report to the U.S. Center for SafeSport through its online reporting form or by calling the U.S. Center for SafeSport at 833-587-7233 or USA Triathlon at trisafe@usatriathlon.org.

If you have any additional questions or concerns, please email trisafe@usatriathlon.org.

Thank you.