



**Evergreen Lake  
Triathlon (& SwimFest)  
June 29, 2025  
Athlete Guide**

# From the Director

Dear French Creek Racing Athletes,

Thank you for choosing to race with us for the 2025 French Creek Racing Evergreen Lake 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](mailto:races@frenchcreekracing.com). Our team will have limited access to email beginning Saturday morning, June 28 through the event on Sunday, June 29. French Creek Racing Staff will be on location at Evergreen Lake throughout race weekend.

I look forward to seeing you for an awesome weekend at Evergreen Lake!

Happy Racing!

John Kenny

Race Director

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# **Event Information**

## **Location:**

Evergreen Lake  
2375 Benders Drive  
Bath, PA US 18014  
Use Google Maps Location: [Evergreen Lake](#)

**IMPORTANT NOTE: ABSOLUTELY NO PETS ARE PERMITTED ON THE PREMISES. ANYONE BRINGING A DOG OR ANY OTHER NON-SERVICE ANIMAL WILL NOT BE PERMITTED TO RACE. If you have a service animal, please contact us directly prior to arrival.**

## **Event Schedule:**

Saturday, June 28

5-7PM — Triathlon Packet Pickup

Sunday, June 29

6:00 AM - Registration & Transition Opens

7:15AM - Transition area closes

7:30AM – Adult Super Sprint Triathlon and 400m Swim Start

7:35AM – Kids 11-15 Super Sprint Triathlon Start

7:40AM – Kids 7-10 Super Sprint Triathlon Start

8:30AM – (Men's) Adult Sprint Triathlon and 800m Swim Start

8:33AM – (Women's) Adult Sprint Triathlon and 800m Swim Start

8:36AM – Kids Sprint Triathlon Start

10:15AM – Hot food available

10:30AM – 1600m Swim Start

11:15AM – Approximate start of Awards Ceremony

### **Parking:**

Park in the grass/gravel lot on the northern side of Benders Drive, across the road from the lake. You will be guided there by signs and traffic directors. Please do not park on the south side of the road (between the road and the lake).

### **Triathlon Packet Pick Up:**

- Saturday, June 28 from 5:00-7:00pm at Evergreen Lake. **If at all possible, we'd love for you to pick up your packets on Saturday. We are short staffed, and Sunday pickups may experience a delay.**
- Sunday, June 29, race day morning, from 6:00-7:00am.

**For the Swimming Only events you can check in at the registration desk 30 minutes before your first swim begins.**

Athlete packets will contain: a running bib, timing chip/ankle band, 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.

# **Triathlon Race Information**

## **Swim:**

- Open water (lake)
- Super Sprint Triathlon: 400 meters
- Sprint Triathlon: 800 meters
- Start is edge of lake (shallow water)
- Counter-clockwise loop
- Keep buoys on your left, except for the last turn on the 800m and 1600m race
- There will be in-water lifeguards

## **Wetsuits:**

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:**

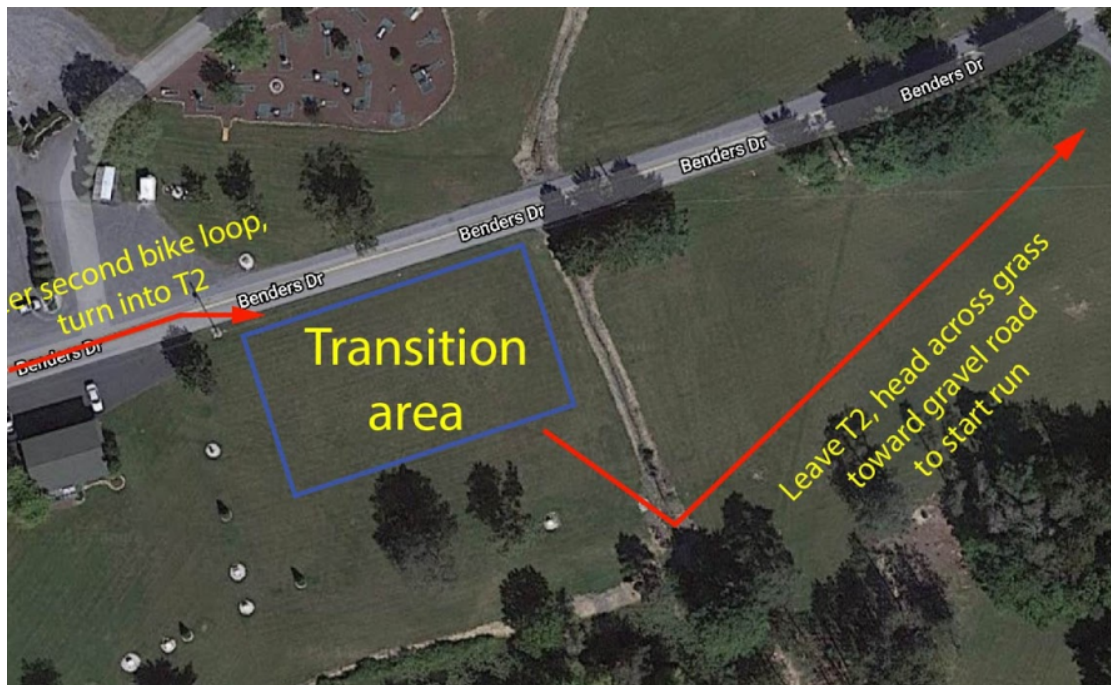
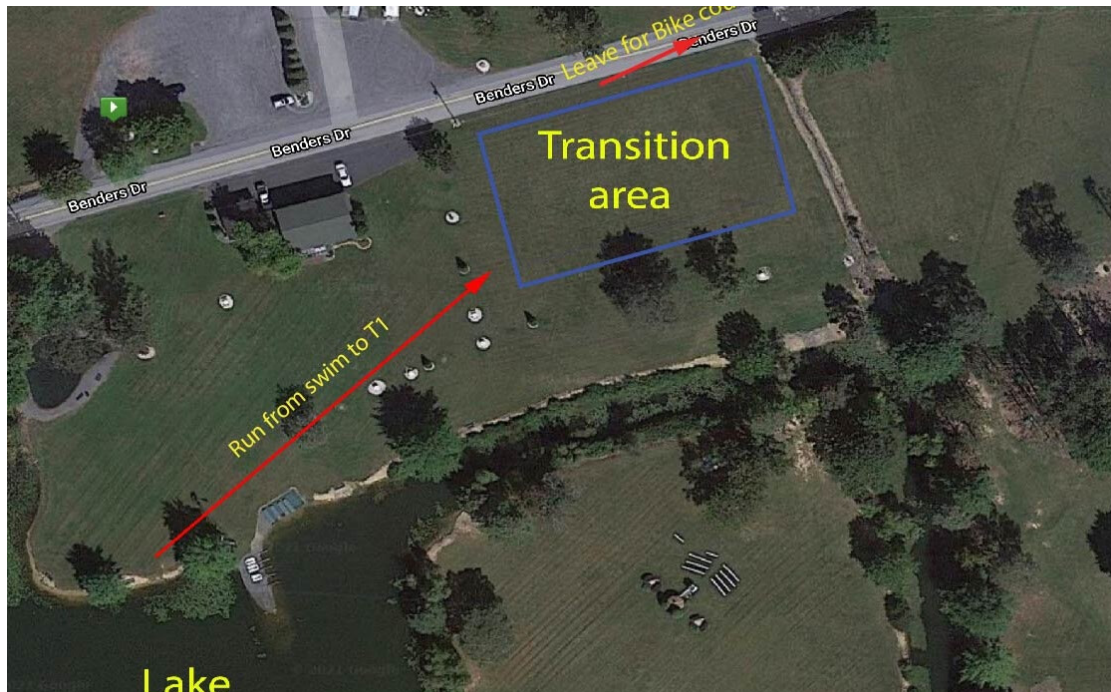
Athletes are more than welcome to wear swim safety buoys for the swim portion of the triathlon. If an athlete chooses to use a swim safety buoys, he / she will need to enter the water at the end of their race distance groups to reduce sighting concerns for the other athletes. Swim buoys are available 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 needs to raise a hand to signal a water support volunteer if one has not already attended to his/her needs. The edges of the lake are shallow, so swim to the edge of the lake if you're able. Please do not pull or hold onto any of the kayaks, if possible. All kayaks have a lifeguard torpedo on board.

## Transition Area:

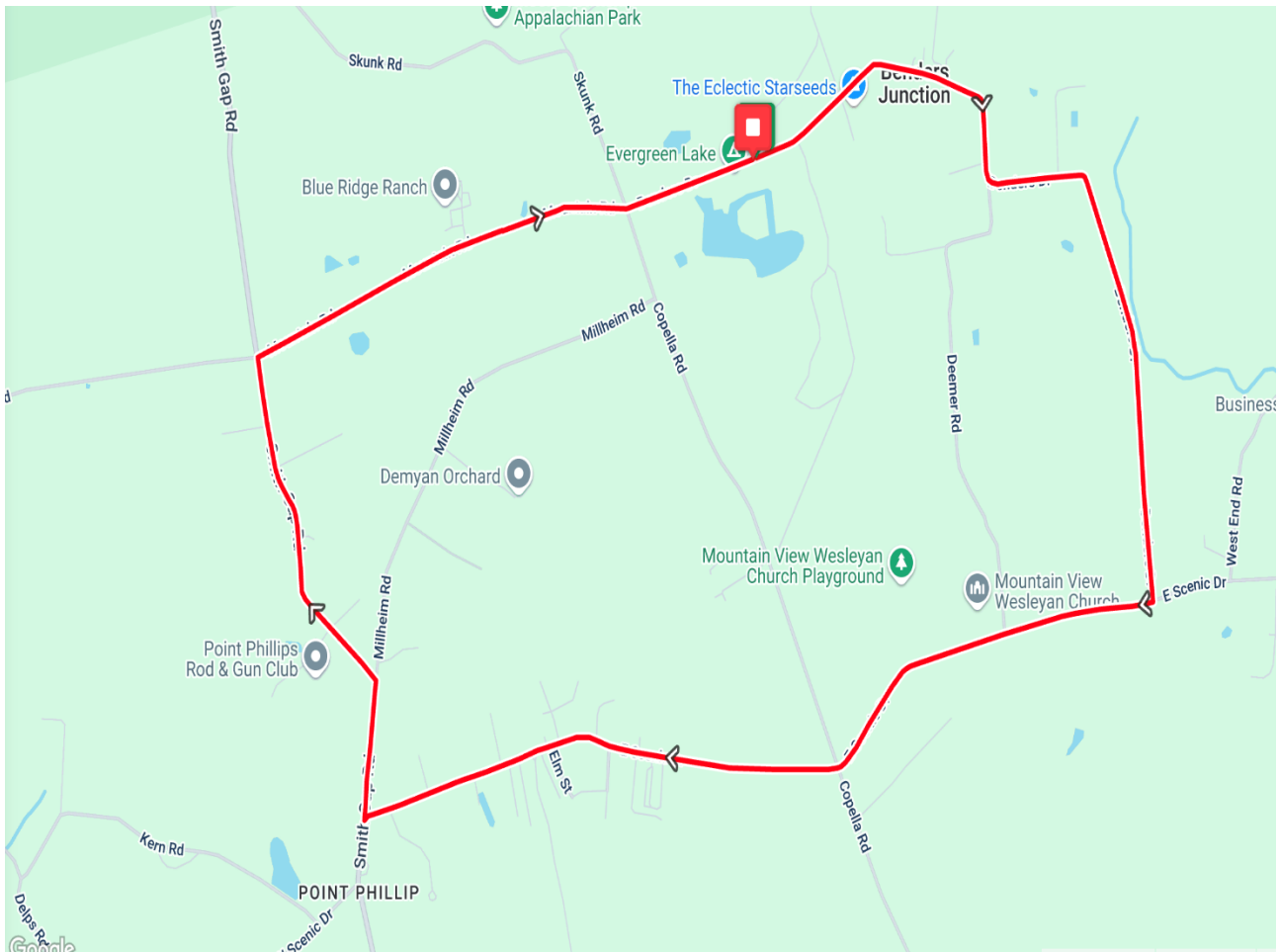
Transition will be open from 6:00-7:15am on Sunday Morning. Transition will operate as a one-way pass through. You will enter through one end and exit through the other for both the bike and the run. Bike racks will be along the sides of the transition area; please see posted signs on race morning for the correct bike racking area for your distance.



## **Bike:**

- Super Sprint: 5 miles total. One loop of a 5-mile course.
- Sprint: 10 miles total. Two loops of a 5-mile course.
- Roads are flat to slightly rolling, with no large climbs.
- ANY bike you have is fine (except an E-bike, of course). Road, mountain, gravel, hybrid, BMX, triathlon bikes all acceptable. Bikes must have operational brakes.
- Roads will not be closed, but the area is rural with very light traffic on a Sunday morning.
- No drafting. (Do not ride immediately behind another rider.)
- Please stay on the far right side of the road, except to pass another rider.
- Pass other riders only on their left, when it is safe to do so.
- PLEASE DO NOT CROSS THE DOUBLE YELLOW LINE UNDER ANY CIRCUMSTANCES. Stay right.
- **ALL RIDERS MUST HAVE A BIKE HELMET**
- Course marshals will be at each intersection directing athletes where to turn.
- Directions (course will be marked, but you should be familiar with the route prior to race day):
  - Turn RIGHT out of transition area onto BENDERS Dr.
  - Stay Left on BENDERS Dr.
  - Turn RIGHT onto SCENIC Dr.
  - Turn RIGHT onto SMITH GAP Rd.
  - Stay LEFT on SMITH GAP Rd.
  - Turn RIGHT onto MOUNTAIN Rd.
  - Stay STRAIGHT onto BENDERS Dr.
  - This returns you to the lake/race site. If you are finishing your FIRST loop of the Spring, continue STRAIGHT and repeat the above directions for your second loop. If you're finishing your SECOND loop (or first loop on the Super Sprint), turn RIGHT into the transition area.
- After second loop, get off bike at DISMOUNT line. Move toward transition area.
- Enter transition area where it says "BIKE IN".

- Bike course map: <https://ridewithgps.com/routes/49245738>

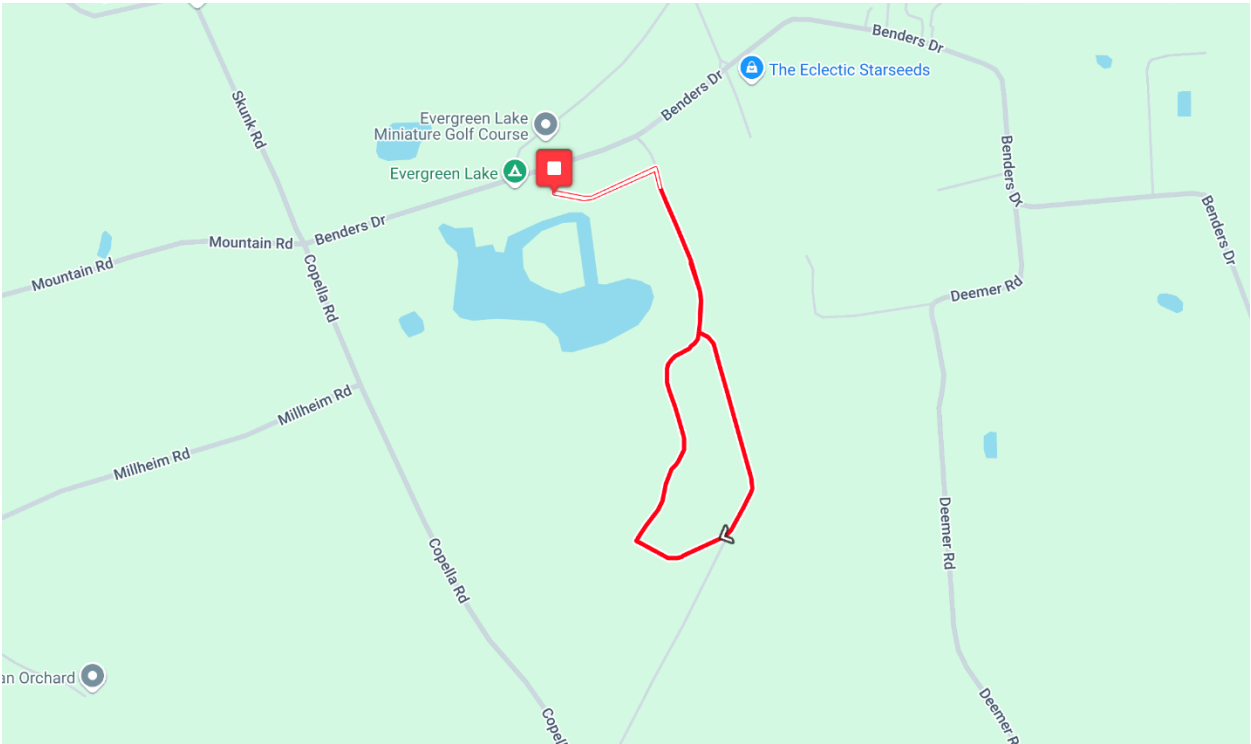




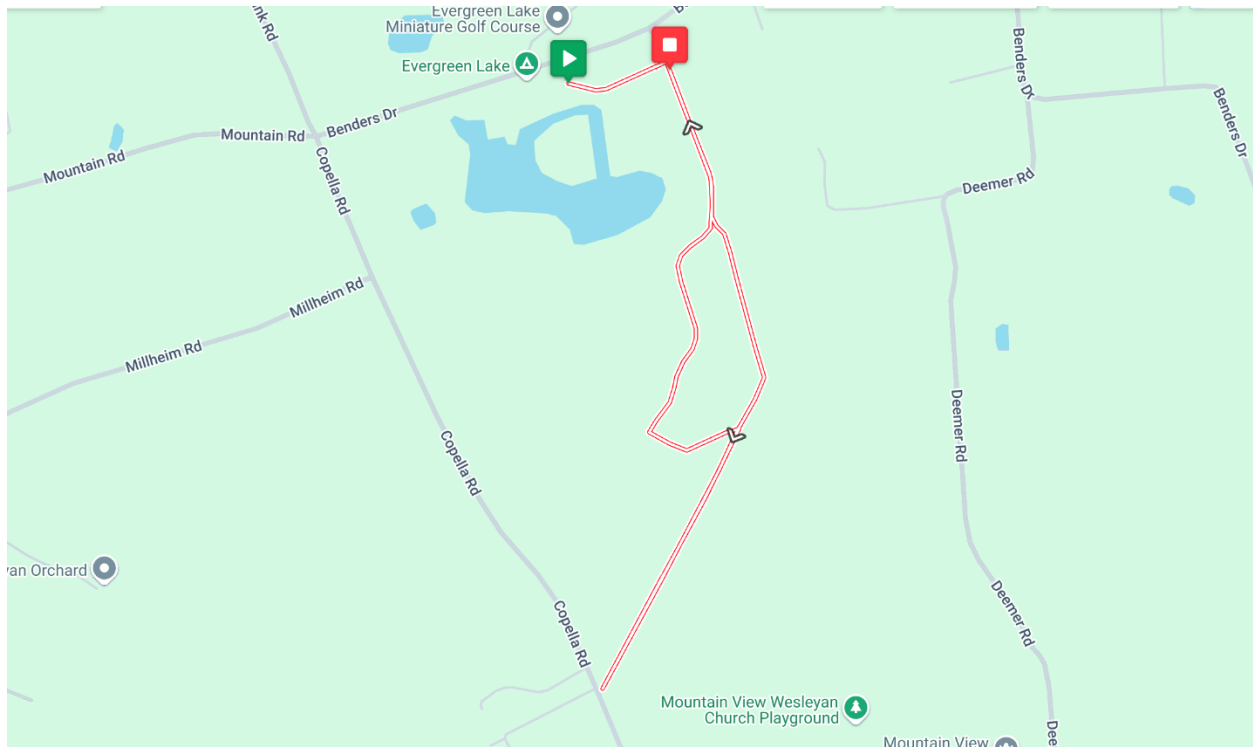
## **Run:**

- Follow signs/cones/volunteers.
- Directions:
  - Super Sprint
    - Leave transition area heading across grassy field towards gravel road
    - RIGHT on gravel road
    - FOLLOW gravel road loop clockwise, as indicated by signs/volunteers
    - Bear LEFT off gravel road following signs and cones towards finish area
    - The Super Sprint run is the entire route in the map below (including clockwise around the lower loop).
    - Super Sprint run course map (1 loop): <https://ridewithgps.com/routes/49425407>
  - Sprint
    - Leave transition area heading across grassy field towards gravel road
    - RIGHT on gravel road
    - FOLLOW gravel road south
    - Stay straight on the gravel road toward Copella Rd.
    - Turn around before the end of the road at the U-turn sign
    - Turn hard left on the gravel road loop, continuing clockwise, as indicated by signs/volunteers
    - Turn around before the grassed area (do not come all the way back to transition) and do the entire loop twice
    - At the end of the 2nd loop, Bear LEFT off gravel road following signs and cones toward finish area
    - Sprint run course map (2 loops): <https://ridewithgps.com/routes/49245760>

Super Sprint Map:



## Sprint Map:



Sprint Duathlon: 1.1 mile run, 10 mile bike, 5K Run

### **Aid Stations:**

There will be 1 aid station on the run course, which will be near the middle of the loop portion of the run. 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. It's very spectator friendly!

### **Awards:**

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

- SwimFest (19U, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Adult Super Sprint/Sprint/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+).
- Kids Super Sprint/Sprint Age Groups are per USAT standards: 7-8, 9-10, 11-12, 13-15
- Overall winners are not eligible for age group awards.

### **Lodging:**

Lodging is available through campsites at Evergreen Lake which may be reserved by calling the camp office. More information can be found here: <https://www.evergreenlake.net/camping/>

If you would like to stay in a hotel, there are several nearby you can choose from. Please visit here for a list of nearby hotels: <https://www.playeasy.com/events/215c21e2-c118-453a-ba5a-6a1d8a5beb27/hotels/live>

## 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](mailto:trisafe@usatriathlon.org).

If you have any additional questions or concerns, please email [trisafe@usatriathlon.org](mailto:trisafe@usatriathlon.org).

Thank you.