



Saturday,
June 20, 2020

22nd Annual JACKIE KALLAL TRIATHLON Sprint



YELLOW CREEK STATE PARK

170 Route 259 Hwy - Penn Run, PA 15765

TRANSITION & REGISTRATION

Open @ 7:30 - Race @ 9:00
Individuals and Relay Teams or
Athena/Clydesdale Divisions

Runner's High Chip Timing

All Proceeds Benefit:

Habitat for Humanity of Indiana County

Visit our website @

www.habitatforindianacounty.org

INDIANA, PA 15701

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Indiana, PA 15701

P0 Box 663

JACKIE KALLAL TRIATHLON

Habitat for Humanity of Indiana County

In the consideration of the acceptance of this entry in the **22nd Annual JACKIE KALLAL TRIATHLON** to be held **June 20, 2020**, I, the undersigned participant, (and if participant is under 18 years of age, parent or guardian), intending to be legally bound, do hereby for myself and others, my heirs, executors, and administrators, waive, release, and forever discharge any and all damages which may be sustained or suffered by me in connection with this race. I also attest that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in this triathlon and that no physician or qualified individual has advised me against competing.

Runner's High will use ChampionChip Timing System to score this event. Rental chips will be issued on race morning and removed at the finish line. There is a \$35.00 fee for each lost chip.

SIGNATURE _____ DATE _____
(Individual or Team Captain)

SIGNATURE _____ DATE _____
(Team Member 2)

SIGNATURE _____ DATE _____
(Team Member 3)

2017 TOP 3 FINISHERS

1st Place - Dan Mikula

2nd Place - Don Gibbon

3rd Place- Dan Antonacci

THE RACE COURSE

Swim

- *.5 Mile * Clean Lake *Wetsuits permitted
- *Average Water Temp 72 Degrees

BIKE & RUN are now Open Courses

Bike

- * 9.5 Miles * Rolling Hills

- Helmets Required - NO EXCEPTIONS

Run

- * 3.2 Miles * Aid Station every mile
- * No walkmans/iPods - NO EXCEPTIONS

PRE-RACE OVERVIEW

- * Provided Friday Night (optional)
 - * Recommended for first-timers
- 7:00pm @ Lakeview pavilion

Massage Therapists

Photographer TBA

Cabins @ Yellow Creek

www.dcnr.state.pa.us/stateparks/yellowcreek

Phone: 1-888-PA-PARKS

REGISTRATION

PRIOR TO June 6:

Individual \$55, Team \$80

T-Shirt **guaranteed**

AFTER June 6: (NEW for 2020!)

Individual \$65, Team \$90

T-Shirt **NOT** guaranteed

Register by mail

or www.runsignup.com

For questions contact Becky@
HFH_Triathlon@hotmail.com

1 FREE REGISTRATION

with \$250 or greater sponsorship

Not Attending This Year?

Send your donation with this form

FEE INCLUDES

Chip Timing and Post Race
(food, drink, awards & door-prizes)

NO ALCOHOL IN THE PARK

AWARDS AND AGE GROUPS

Top 3 Overall

Top 3 Female - Top 3 Male

Top 3 Athena - Top 3 Clydesdale

FEMALE/MALE GROUPS

19 & Under, 20 - 24; 25 - 29; 30 - 34;

35 - 39; 40 - 44; 45 - 49; 50 - 54;

55 - 59; 60 - 64; 65 +

TEAM DIVISIONS: Male, Female, Co-Ed

REGISTRATION - Detach and return by June 18, 2020

* Enclose entry fee, make checks payable to: **Habitat for Humanity**

* Mail to: **Jackie Kallal Triathlon**, P.O. Box 663, Indiana, PA 15701

* **ALL ATHLETES MUST SIGN WAIVER ON REVERSE**

Using OWN chip - list #'s here _ _ _ _ _

Individual or Team Captain: _____

Team Name: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Circle: **M** **F** Age on race day: _____ Phone: _____

ER Contact: _____ Phone: _____

If **TEAM** circle leg: SWIM - BIKE - RUN **T-SHIRT size:** S M L XL XXL

FOR Individual: Circle **ONLY IE:**

CLYDESDALE (Male>200 #) or **ATHENA** (Female>150 #)

Team Member 2: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Circle: **M** **F** Age on race day: _____ Phone: _____

ER Contact: _____ Phone: _____

Circle leg: SWIM - BIKE - RUN **T-SHIRT size:** S M L XL XXL

Team Member 3: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Circle: **M** **F** Age on race day: _____ Phone: _____

ER Contact: _____ Phone: _____

Circle leg: SWIM - BIKE - RUN **T-SHIRT size:** S M L XL XXL