

The Lonesome Pine District is hosting a triathlon on September 30, 2017 at Camp Shawnee in Floyd County. This triathlon will include canoeing/kayaking, biking, and trail walking/running. We invite scouts, leaders, scout families/friends to try the Lonesome Pine Triathlon. Those who register will receive a t-shirt, sticker, patch, and some cool bragging rights. Top finishers will also receive commemorative prizes.

2017 Lonesome Pine District Triathlon

- **What:** A triathlon reserved for our scouts, leaders, and scout family/friends.
- **About:** A triathlon is defined as a “multiple-stage competition involving the completion of three continuous and sequential endurance disciplines.” This triathlon will involve canoeing/kayaking (2 miles), biking (4 miles), and walking/running (2.8 miles) = 8.8 total miles.
- **When:** Race check in between 8-8:30am on Saturday, September 30, 2017. Triathlon begins at 9am and will conclude around noon. There is optional lodging in the Camp Shawnee bunkhouses for Friday and Saturday nights.
- **Cost:** \$25 per participant. Participants will receive a commemorative patch, sticker, and t-shirt. Only those who pre-register will receive a t-shirt and are guaranteed a sticker and patch. Even those who are volunteering will need to register.
- **Participant Requirements:** Those who participate MUST:
 - Be at least 11 years old or a registered Boy Scout if under 11.
 - Have proof of passing the BSA swim test. If not passed or taken, must be in the canoe with an adult who has passed the BSA swim test.
 - Provide their own bikes (bikes need to be trail bikes—not road bikes). Provide their own helmets (no helmet=no compete).
 - Provide own PFD (life jacket) if possible.
 - If you have a canoe and wish to bring it, then that would be great. We have some but not enough for everyone.
 - Kayaks are not provided. Scouts who kayak must have the kayaking merit badge.
- **Categories:** There are four categories of participant: Scouts, Leaders, Family/Friends, and Volunteers. Within each category (except volunteers) there are two divisions: competitor and finisher. Prizes will be given for top 3 in each competitor division. See participant registration information section for more details.
- **Registration:** www.bgbsa.org by Wednesday, September 13, 2017.
- **Contact:** Keith Lockhart ([606-424-9330](tel:606-424-9330)) or Mitch Estep (606-616-1565).

Itinerary

- **Friday, September 29, 2017:** Anyone who is staying the night before may check in after 6pm at the upper level of Camp Shawnee. We will be staying in the new bunkhouse, which is between the outdoor chapel and cafeteria (it's the 3 story building). Please eat dinner before you arrive. We will not be opening the kitchen until Saturday morning, except to store refrigerated goods and make coffee.
- **Saturday, September 30, 2017:**
 - ◆ Breakfast on your own around 7-7:30am. We will have the cafeteria open for breakfast, but your troop will need to designate an adult or older, more responsible youth to be in charge of cooking/ cleanup for your group. The cafeteria must be cleaned so that we do not have to pay a cleaning fee.
 - ◆ Check in from 8am-8:30am for those arriving on Saturday morning.
 - ◆ Flag ceremony, equipment check, and safety meeting at 8:30am. Please plan to load your own bike onto the trailer for the bike shuttle and plan to drop off your boats at the boat drop off location (boats can also be dropped off on Friday evening). Both are in rather close proximity.
 - ◆ Race begins at 9am.
 - ◆ Awards will begin at around 11:30-noon, or as soon as the racers have completed the course.
 - ◆ Like breakfast, you can prepare your lunch in the cafeteria (an adult or a responsible youth or two), but again, it must be cleaned to original shape after lunch. Same goes for supper.
 - ◆ After this point, racers-friends-family may leave or are welcome to stay another night.
- **Sunday, October 1, 2017:** Breakfast with your troop around 8-8:30am. Scout's Own service at 9am. Please be sure that the entire camp is cleaned before you depart so that we can continue to use the camp at no cost.

Supplies (if staying the night). Items with an * need to be put in a day pack for racing:

Each participant should bring:

Personal supplies (clothes, toiletries, towel, etc.)
Sleeping bag, pillow
*Water bottle (30 oz.)
*Closed toe shoes and extra shoes
*Extra small towel in daypack for the race
*Snacks (high protein) in daypack
*Class B shirts to wear while racing
Medicines with instructions (please give to unit leader)
Extra trash bags
*Day pack
PFD if you have one
Bicycle helmet

10 essentials

Sunglasses
Headlamp
Rain gear
Cool weather gear
*Day pack
Mess kit
Powder
Bug spray
*Small 1st aid kit in daypack
Bicycle (check brakes & tires)

Note: When packing, please be aware of the forecast and prepare for the weather conditions, as they could change quickly. Also be aware that while racing, you have to carry what you pack. Buddy up and share some items to share the weight, if you plan to partner with someone during the race. Your pack should be light.

Unit Supplies

Each unit is responsible for bringing:

- Breakfast & dinner fixings for your unit for Saturday (all day) & breakfast Sunday.
- First aid kit (bring your good one, because we are approximately 30 minutes away from the nearest medical facility).
- Copies of BSA physicals and insurance cards for each participant. All adult participants 18 and over who are spending the night must have up to date Youth Protection Training. Please have a folder or notebook with easy access to these. Any person who has CPR, First Aid, and Severe Weather and other applicable trainings should have those certificates on hand in your notebook as well. It is the responsibility of each unit leader to gather this information and have it available. ***Those who do not have this information may not participate.***

Participant Registration Information

There are four categories of participant

Volunteer—help is needed during different stages of the race, t-shirt, patch and sticker included

Scout—Any registered Scout over the age of 11

Leader—Any registered adult leader

Friends/Family—Any other friends/family members over the age of 11 who meet participant requirements

There are two divisions in each of the categories, except volunteer

Competitor—Indicate this division if you wish to compete for 1st, 2nd or 3rd place trophy—all times will count

Finisher—Times will not be considered, just bragging rights and the satisfaction of completing the challenge

Notes

Due to the potential publicity of this trip, we would like for all of our participants to dress in Class B's during the race.

Camp Shawnee is located at 1303 Squaw Valley Rd., Prestonsburg, Kentucky 41653.

Lonesome Pine District Triathlon

REGISTRATION DEADLINE—Wednesday, September 13, 2017

District _____ Troop # _____ Crew # _____

Leader Name _____

Address _____

City, ST, Zip _____

Daytime/Cell Phone _____ Home Phone _____

E-mail _____

Lodging Needed (check one):

Friday only Saturday only

Both None

Select One			Participant Name (First and Last Names)	Volunteer	Finisher	Competitor	Swimmer	Non	Check if Needed		T-shirt Size - Adult Sizes					
Scout	Leader	Friend/ Family/							Canoe	PDF	Youth	SM	MD	LG	XL	2X
1																
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Make copies of this form as needed

of Scouts _____ x \$ 25 = \$ _____ Please charge my: Visa MasterCard AmEx Disc

of Adults _____ x \$ 25 = \$ _____ Card # _____

of Friends/Family _____ x \$ 25 = \$ _____ Exp. Date _____ CVV code: _____

TOTALS (attending) _____ \$ _____ Zip Code of billing _____

Event Code: 6LPHIKE 

Mail with payment to: Blue Grass Council, BSA, Triple Crown Outdoor Adventure, 2134 Nicholasville Rd., Suite 3, Lexington, KY 405093
or fax with credit card information to 859-252-3785

FOR COUNCIL USE ONLY:

TOTAL PAID: \$ _____ **INVOICE NUMBER:** _____ **DATE:** _____