

Location

Northeast Park
3421 Northeast Park Drive
Gibsonville, NC 27249

Directions

Entering from Downtown Gibsonville

- Go NORTHWEST on W MAIN ST / NC-100 toward NC-61.
- Turn Right onto NC-61 Continue to follow NC-61 for 2.0 miles.
- Stay Straight onto FRIEDEN CHURCH RD, continue for 4.8 miles.
- Turn Right onto HIGH ROCK RD, continue for 2.5 miles.
- Turn Right onto NORTHEAST PARK DR.

Entering from US-29

- Take the HICONE RD. exit and turn right if coming from the South/ left if coming from the North onto HICONE RD. Continue for 5.3 miles, till the road ends.
- Turn left onto HUFFINE MILL RD, continue for 1.1 miles.
- Turn left onto HIGH ROCK RD, continue for 0.3 miles.
- Turn right onto NORTHEAST PARK DR.

Entering from the South on US-220

- Go South on US-220.
- Follow BATTLEGROUND AVE / US-220 S for 6.3 miles.
- Take the WENDOVER AVE EAST / US-220 S ramp.
- Merge onto W WENDOVER AVE and stay on WENDOVER AVE for 2.3 miles.
- Take the HWY 29 exit and stay on HWY 29 for 5.0 miles.
- Take the HICONE RD. exit.
- Turn Right onto HICONE RD, continue for 5.3 miles.
- Turn Left onto HUFFINE MILL RD, continue for 1.1 miles.
- Turn Left onto HIGH ROCK RD, continue for 0.3 miles.
- Turn Right on to NORTHEAST PARK DR.

Entering from I-85, I-40, US-421, & North US-220

- Take the Gibsonville/ NC-61 North Exit
- Go NC-61 North towards Gibsonville for 1.7 miles.
- Veer right and continue on NC-61 North for 3.4 miles.
- Turn Right onto NC-61 Continue to follow NC-61 for 2.0 miles.
- Stay Straight onto FRIEDEN CHURCH RD, continue for 4.8 miles.
- Turn Right onto HIGH ROCK RD, continue for 2.5 miles.
- Turn Right onto NORTHEAST PARK DR.

OFF 'N RUNNING
2014 Pisgah Church Rd
Greensboro, NC 27455

Triad Triathlon

At Northeast Park



Sunday, August 10, 2008
8:00 AM – Greensboro, NC
Northeast Park

300 Meter Pool Swim
10 Mile Bike
5k Trail Run

Join us for The Triad Triathlon at Northeast Park. This race is the perfect distance for a beginner or the more advanced triathlete.

For more info

www.off-n-running.com



Mail to:
2014 Pisgah Church Rd.
Greensboro, NC 27455

Race Application

Register online www.off-n-running.com

Make check payable to:
OFF'N RUNNING

Last Name _____ First Name _____

Birthday _____ Age on race Day _____ Select One: Male Female

Address _____

City _____ State _____ Zip _____

Home Phone _____ Email _____

Estimated 300 Meter Swim Time _____

RACE CATEGORY - SELECT ONE

	<u>Before July 1</u>	<u>After July 1</u>
<input type="radio"/> Open/Age Group	\$40.00	\$50.00
<input type="radio"/> Clydesdale/Athena	\$40.00	\$50.00
<input type="radio"/> Relay	\$70.00/team	\$90.00/team

T-SHIRT – SELECT ONE

- Adult Small
 Adult Medium
 Adult Large
 Adult X-Large

Relay Team Name

If Applicable

*Each relay member must submit a form.
Turn in all forms together*

Signature (Parent if under 18 years of age)

Date

RACE WAIVER: I know that participating in this event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, ice on roads, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will obey all traffic laws during the ride and yield to cars, cyclists and pedestrians. I understand that trail races contain many hazards including but not limited tripping, falling, slick surfaces, rocks, roots. I understand these risks and will not sue if I am injured. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the OFF'N RUNNING, the City of Gibsonville, City of Greensboro, Guilford County, State of North Carolina, the race organizer, all sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images taken of me in further publicity or advertising.

Race Details

Race Date and Time

Sunday, August 10
6:30 AM - 7:30 AM Late Registration
6:30 AM - 7:30 AM Packet Pickup
8:00 AM Race Start
11:00 AM Awards Ceremony

Packet Pickup

August 9
Noon - 7:00 PM
OFF'N RUNNING
2014 Pisgah Church Rd

Race Distances

300 Meter Pool Swim
10 Mile Bike
5k Run

Course Description

The Triad Triathlon at Northeast Park is the perfect distance for a beginner. The course offers enough of a challenge for the more advanced participant as well. The swim will be in the new Northeast Park Aquatic Center. The bike will be on the rolling hills of northeast Guilford County. The run will be a 5k trail run all within Northeast Park.

Race Timing/Chips

Participants will need to pick up a timing chip on race morning. Chips should be worn on the left ankle. If you do not wear a timing chip you will not receive an official finishing time.

Awards

- Top 3 Overall
- Top 3 Age Group 5k (5 year age groups)
- Top 3 Relay Teams

Spend a Day in the Park

Bring the family and spend the entire day at the newest park in Guilford County. The pool will open at noon for the entire family to spend the day at the pool. Other amenities of the park include: Picnic Shelters, Playgrounds, Hiking, Biking, & Equestrian Trails.

Cut & Return