

# Got The Nerve? Triathlon *in Mt. Gretna, PA*

500 yd. swim - 16 mi. bike ride - 3.1 mi. run

**6 am** - Registration & transition areas open (space is limited so pack tight). During registration, you will receive a race bag, bib#, swim cap with wave #, timing chip, and body marking. Stage all gear including bike, running shoes, bags

**8 am** - Registration & transition areas close. Competitors will assemble in transition area for race announcements

**8:05 am** - National Anthem. Off to the lake for the first wave of swimmers

**8:10 am** - Assemble on beach and listen for your wave to be called

**8:15 am** - Start of Got the Nerve? Triathlon

**Post-Race** - Award ceremony for age groups and team awards will begin once results are in, IM ABLE Foundation presentation of hand cycle and racing wheelchair to Rob Deller and Jessica Rogers, swag toss and closing comments will wrap up 2010

