

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 - IM ABLE Foundation grant presentation of adaptive equipment

