

ABOUT ROCK THE QUARRY

Goshen Parks & Recreation, who also hosts the areas tremendously successful Kerry's Kids, Kids' and Teens' Triathlon, is pleased to showcase Fidler Pond Park with the Third Annual Edward Jones Rock the Quarry Triathlon and Mile Swim events.

As the former site of the Fidler Inc. rock quarry, the uniquely fitting name of our triathlon was developed out of consideration for this setting. This park venue for our Rock the Quarry Triathlon, boasts 80 acres of pristine open water with an additional 20 acres of scenic land.

The triathlon is USAT sanctioned and consists of a 500-yard swim, 15.8-mile bike ride and a 3.1 mile run. The mile swim event is an open water rectangular course beginning and ending near the same point.

It is our goal to provide a premiere event in Goshen that draws athletes from nearby cities and states, their friends, families and spectators. In 2016, Rock the Quarry attracted 227 participants who represented 64 cities and 8 states. This is truly a destination event!

WHERE IS GOSHEN, INDIANA?

15 miles from the Michigan state line
24 miles from Warsaw, IN
28 miles from South Bend, IN
38 miles from Niles, MI
56 miles from Ft. Wayne, IN
100 miles from Grand Rapids, MI
123 miles from Chicago, IL
151 miles from Indianapolis, IN

EVENT ADDRESS

Fidler Pond Park
1424 Lincolnway East
Goshen, IN 46526

RACE DIRECTOR

Paula Turk, 574-293-1683
paula@stonesouppromotions.com

GOSHEN PARKS & RECREATION

574-534-2901
607 West Plymouth Avenue
Goshen, IN 46526
goshenparks@goshencity.com



Saturday
August 18, 2018

8:00 AM – First Wave
RocktheQuarryGoshen.com

TRIATHLON

500 Yard Swim
15.8 Mile Bike
3.1 Mile Run

MILE SWIM EVENT

ONE MILE
OPEN WATER SWIM



REGISTRATION INFORMATION

This is a USAT sanctioned triathlon. Upon registration, participants must either provide a current USAT membership or purchase a one-day license for \$15. Mile swimmers are not required to have or obtain USAT membership or license.

Registration includes custom shirt, chip-timing, awards and post-race refreshments.

Must be 13 years of age to participate.

REGISTER ONLINE:

IMAthlete.com

RockTheQuarryGoshen.com

(Online registration will close Wednesday, August 15 at 11:59 pm)

REGISTER BY MAIL: Must be postmarked by Friday, August 10, 2017. Mail to Goshen Parks and Recreation, 607 West Plymouth Avenue, Goshen, IN, 46526.

REGISTER IN PERSON: In person registration will be accepted through Wednesday, August 15, 2017, at the Goshen Parks and Recreation Department, 607 West Plymouth Avenue, Goshen, IN, 46526, Monday - Friday, 7 am - 4 pm.

REGISTER ONSITE: Friday, August 17, 2017, (during packet pickup) registration will be accepted, in person only, 4 pm - 7 pm at the race site, Chiddister Pavilion in Fidler Pond Park, 1424 Lincolnway East, Goshen, IN, 46526.

REGISTRATIONS WILL BE ACCEPTED ON RACE DAY ONSITE AT CHIDDISTER PAVILION IN FIDLER POND PARK FROM 6:00 am to 7:15 am. SWIMMERS CAN REGISTER UP TO 8:00 am.

TRIATHLON-INDIVIDUAL

Now - April 30: \$40

May 1 - June 15: \$45

June 16 - August 15: \$50

August 17 onsite at Fidler* \$60

August 18 onsite at Fidler* \$70

TRIATHLON-TEAM

<i>2 Person Team</i>	<i>Date</i>	<i>3 Person Team</i>
\$75	by April 30	\$85
\$80	May 1 - June 15	\$90
\$85	June 16 - August 15	\$95
\$95	August 17 onsite*	\$105
\$105	August 18 onsite*	\$115

MILE SWIM

Now - April 30: \$25

May 1 - June 15: \$30

June 16 - August 15: \$35

August 17 onsite* \$40

August 18 onsite* \$45

AWARDS

TRIATHLON: Top 3 male overall, top 3 female overall, top 3 male in each age group, top 3 female in each age group, finisher towels for everyone.

TRIATHLON TEAM RELAY: Top 3 teams accumulative age under 100 (for each participant), top 3 teams accumulative age over 100 (for each participant), finisher towels for everyone.

MILE SWIM: Top 3 male overall, top 3 female overall, top 3 male in each age group, top 3 female in each age group, finisher towels for everyone.

PACKET PICKUP

Packet pick up is at the race site, Fidler Pond Park, 1424 Lincolnway East, Goshen, IN 46526, Friday, August 17, 4 pm - 7 pm and Saturday, 6:00 am - 7:30 am. Packet pick up is approximately ¼ mile from the transition area, plan accordingly. The first wave is at 8 am. Since this venue is so unique, we strongly encourage participants to come to packet pickup on Friday, to get the lay of the land and to find your bearings. It will help you greatly to see the layout a day before race day!

FREE CLINIC

Roger Antoniu, nationally ranked athlete and Father of Eagle Lake Triathlon, will be hosting a free clinic in the transition area from 5:30 - 7 pm, during packet pickup on Friday, August 17. Learn tips on how to set up your station, how to save minutes in transition, the top ten mistakes most newbies make, and more. Clinic will repeat every 30 minutes, so stop by and pick up a few pointers!



**VISIT:
ROCKTHEQUARRYGOSHEN.COM**

TRIATHLON SWIM

If you are comfortable, swimming in open water you will absolutely love this rare opportunity to swim in a quarry nestled in this picturesque setting! The triathlon open water swim will be a triangular counter-clockwise course beginning and ending at the same point. There is a sandy edge around much of the perimeter of the quarry for entrance and exit. Swimmers will enter at the south side of the quarry. The water is very deep; once you begin the 500-yard swim, you will not be able to touch bottom until you reach the exit point. There will be a team of water race staff if assistance is needed or to rest along the way. Swimming is not normally allowed in the pond so this is a once a year opportunity to swim in this pristine quarry!

BIKE COURSE

This is a flat, out-and-back 15.8-mile course with both right and left turns. The first section extends through an industrial park and then into the country to Millersburg and back. The course will be monitored but not completely closed to auto traffic. There are some sections with rough pavement, but also long segments where you can just hammer down (USAT rules apply, no drafting, etc.). Helmets are required in order to participate. Find complete bike course map at RocktheQuarryGoshen.com. Turn by turn: Exit Oak Ln., left on CR 37 (College Ave.), right on Century Dr., left on CR 38, right on CR 31, left on CR 40, right on CR 37, left on CR 140 (Railroad St.), turn around at Eagle Park, Millersburg, and return to Fidler Pond Park via the same route.

RUN COURSE

After returning to the transition, you will complete two laps (3.1 miles) on the flat aggregate track that encircles Fidler Pond. What is nice about the course is you will be able to see the rest of the field and there are plenty of great spots for spectators to cheer you on. Spectators will enjoy great views of their athletes for most of the run portion. There is no chance of missing a turn or getting off track, just two loops and then to the finish line.



TRANSITION AREA

The transition area will be set up just beyond the pond parameter in an adjacent grassy lot that links Fidler Pond Park to Oak Lane where the bike course begins/ends. The transition area is about 700 feet from the swim exit. You will cross the aggregate path (run course) on your way to the transition area from your swim.

MILE SWIM COURSE

If you like to swim in open water, you will love the opportunity to accomplish this swim. This is a rare opportunity to swim in a pristine quarry. Deep, clean, clear water makes for quite the swim experience. The Mile Swim Event will be set up in a rectangular, counter-clockwise course. Swimmers will be chip-timed, and timing will end upon crossing a timing mat placed on land at water's edge of swim exit. There is a sandy rim around much of the perimeter of the quarry for entrance and exit. Swimmers will enter at the south side of the quarry. Once you begin the swim, you will not be able to touch bottom until you reach the exit point. There will be a team of water race staff if assistance is needed or to rest along the way. Swimming is not normally allowed in the pond so this is a once a year opportunity to swim the quarry! The Mile Swim will begin after the last wave of the triathlon, approximately 8:45 – 9 am.



Rock the Quarry - Registration Form

*Saturday, August 18, 2018
First Wave: 8 am*

	Triathlon Individual Entry Mile Swim Entry or Relay Teams enter Swim Team Member	Relay Teams enter Bike Team Member	Relay Teams enter Run Team Member
Name (first, last)			
Team Name (for relay teams only)			
Address			
City, State, Zip Code			
Phone Number			
Birth Date			
Age (as of 12/31/2016)			
Gender			
Shirt Size			
Email Address			
Emergency contact name & phone number (during event)			
USAT Number (*or purchase one day license below)			

Triathlon Individual Entry (Check one)

- By April 30 – \$40
- May 1 – June 15 – \$45
- June 16 – August 15 – \$50
- Onsite, August 17 – \$60
- Onsite, August 18-\$70

Triathlon Team Entry (Check one)

2 Person Team

3 Person Team

- \$75by April 30\$85
- \$80 May 1 – June 15\$90
- \$85 June 16 – August 15\$95
- \$95 August 17 onsite\$105
- \$105.....August 18 onsite.....\$115

Make Checks Payable to City of Goshen

Mile Swim (Check one)

- By April 30 – \$25
- May 1 – June 15– \$30
- June 16 – August 15 – \$35
- Onsite, August 17-\$40
- Onsite, August 18 – \$45
- *USAT One Day License – \$15**

Required for each triathlon participant and team member, unless already a USAT member and have provided your USAT member number above. Not required for Mile Swim.

Total Enclosed: _____

Photography Release: I hereby grant to the City of Goshen the absolute and irrevocable right and permission to use, reuse, and publish all pictures of me or my child taken in the course of City of Goshen business. I fully understand that I hold no control over the use of the image of which my child or I is a part. Further, I grant to the City of Goshen, and those who the City assigns, the right to use me or my child's name if necessary. I hereby release the City of Goshen from any and all claims and demands arising out of, or in connection with the use of the photograph, including any claims of libel. This authorization and release shall also apply to those working with or in connection with the City of Goshen as well as the person(s) who took the photograph. I have fully read the foregoing and completely understand the contents.

Release & Indemnity: In consideration for being permitted by the City of Goshen to participate in the above activity(ies), I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I or my child may have, or which hereafter accrue to me, or my child, against the city as a result of my or my child's participation in the activity(ies). This release is intended to discharge the city, its officers, officials, employees and volunteers, and any other involved public agencies from and against any and all liability arising out of or connected in any way with my or my child's participation in the activity(ies), even though that liability may arise out of the negligence or carelessness on the part of the persons or public agencies mentioned above. I further understand that accidents and injuries can arise out of the activity(ies); knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who (through negligence or carelessness) might otherwise be liable to me, or my child (or my child's heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my and my child's heirs or assigns. In addition, I agree to indemnify and hold harmless the City and its officers, officials, employees and volunteers from and against all claims, damages, losses and expenses including attorney fees arising out of my or my child's participation in the activity(ies) described above, caused in whole or in part by my or my child's negligent act, except where caused by the active negligence, sole negligence, or willful misconduct of the city.

Signature of Participant (if under 18 signature of parent/guardian):

Today's Date: _____