



ANTHONY JASENSKI, SR.
CHAIR OF THE LEGISLATURE

NEWS RELEASE

SCHENECTADY COUNTY LEGISLATURE

County Office Building
620 State Street – 6th Floor
Schenectady, New York 12305
Tel: (518) 388-4280 Fax: (518) 388-4591
Website: www.schenectadycounty.com

For Immediate Release:
February 8, 2016

Contact: Joe McQueen
(518) 388-4772

Schenectady County Pedal-Paddle-Run Triathlon is Back for 2016 **“Not Your Typical Triathlon” Provides Exciting Adventure** **on the Mohawk River and Bike-Hike Path**

(Schenectady County, NY) Looking to share time with your family and make new friends? How about testing your endurance and improving your overall wellness? Is paddling the Mohawk on your bucket list? Then you need to participate in the Annual Schenectady County Pedal-Paddle-Run Triathlon on May 7, 2016!

“We are very excited to once again bring this family-friendly, yet competitive, one of a kind experience to Schenectady County,” said Schenectady County Legislator Cathy Gatta, Chair of the Committee on Tourism and Special Events. “I encourage all of our residents, businesses, community groups, and youth organizations to organize a team and join us for this fun and exciting adventure on the Mohawk River and the Mohawk-Hudson Bikeway.”

The event will begin and end at Aqueduct Park in the Town of Niskayuna promptly at 8:00 a.m. Participants will Bike, Kayak/Canoe, and Run along Aqueduct Road, the Mohawk Hudson Bikeway, and the Mohawk River. This is a timed, competitive event, but is also perfect for family, friends and neighbors to come out and explore the Mohawk-Hudson Bikeway and enjoy a day of community wellness and fun.

To participate, create a team (ages 16+), with each member or members completing a different section of the race in relay fashion: Biking (approx. 7 miles on road along Aqueduct Road and the Mohawk Hudson Bikeway), Kayak/Canoeing (approx. 2 miles along the Mohawk River) and Running (3.5 miles along the Mohawk Hudson Bikeway). For those who are up for a challenge, participants can also compete as an individual, completing each section independently.

Early registration is only \$25 per participant and everyone will receive a race shirt and all finishers will receive a medal!

A limited number of kayaks for rental will be made available on site that morning and can be secured during the registration process (first come, first served). If you prefer to rent on your own, several local businesses do rent kayaks and are listed on the Schenectady County website.

Registration is now open at www.schenectadycounty.com/ppr, where you can also find additional information about the race course, fees and rules of the race or how to volunteer.