



Paddle - Pedal - Pace

GCC Pathfinder Camporee 1st Triathlon

(Participants will receive a Triathlon pin at the closing program on Sunday)

Paddle/Pedal/Pace – paddle a canoe or kayak 1 mile, pedal a mountain bike 3.1 miles, pace yourself as you run the pavement and trails of Cohutta for 2 miles.

For Camporee this year, we are planning a Pathfinder Triathlon. This event will take place during activity time on Friday. It will not be your typical triathlon however. Our pathfinder triathlon will be an off-road triathlon. Anyone who participates in all three aspects of the activity would be able to earn the Triathlon honor by completing just a few requirements.

The goal of the event is to get as many pathfinders involved in outdoor activities as possible. You may participate either as individuals, competing in all three aspects of the event, or as part of a relay team where different individuals complete each portion. The event is expected to take around an hour to complete, allowing plenty of time for other activities throughout the day.

The paddle portion of the triathlon will require pathfinders to canoe or kayak a distance of approximately 1 mile. Participants may operate a kayak or canoe individually during the paddle portion of the race or they may participate as a two person team to operate a canoe even if they are competing as an individual participant. Life jackets must be properly worn and fastened during the entire paddle portion of the race.

The pedal portion of the event will be a two loop mountain bike ride on the trails at Cohutta covering a distance of 3.1 miles. There will be some mountain bikes available for use during the activity. If you would prefer to bring your own bike, please know that no bikes are to be ridden at any time during the camporee except during participation in the bike portion of the race. All participants will be required to wear a helmet during the biking portion of the race. If you are on your bike, your helmet must be on and the chin strap must be buckled – this includes staff.

The Pace portion of the event is a two loop run totaling just over 2 miles. The course will take you through the ball field to Mountain Lore by way of the trails. It will cross the bridge and return to camp by way of trail to the road behind the cafeteria where runners will complete a second loop before returning to the finish line.