

17th ANNUAL

THE DANCE

This one-day event set in the Allegheny National Forest will challenge your endurance in these areas:

THE DIVISIONS

SOLO - One person, every event!

TWO-PERSON COMPLETE - Two person Tango where each person competes in all events together.

RELAY - Up to 6 people may compete on one team. Pairs are required for the orienteering and canoeing legs. Teams must use a canoe. ONLY PARTICIPANTS IN THE SOLO DIVISION ARE PERMITTED TO USE A KAYAK.

Special Team Divisions

- Corporate
- Corporate Community
- High School
- Open
- Womens

Team Finder

If you want to be part of a team and need help, contact:

Jena Swanson
814-726-0110
jenafox@warrenymca.org

Parental or guardian release signature required along with CEO approval for any participant under 16 years of age.

DISTANCE RUNNING - The 13.1-mile course starts at the YMCA in Warren, Pennsylvania and leads you along the scenic Allegheny River.

BIKING - This 13 mile ride consists of paved roads and mid-level technical mountain biking. Approximately 80% of the ride is trail. Road bikes are NOT recommended.

SWIMMING - The next leg will give you a chance to cool off during the 2.2-mile swim. Swim fins and resting will be permitted. All teams must have a safety canoe or kayak accompanying them.

ORIENTEERING - Time for a trek on foot through Cornplanter Country. Well marked points will be located over a rugged 6+ mile course.

SPEED RUNNING - Running-Back on foot for a 4 mile run from Kinzua Beach back to the Kinzua Dam. Finishes at the tailwaters.

CANOEING - 8 mile paddle from the tailwaters to Point Park in Warren. Must supply own canoe.



DISTANCE RUNNING



BIKING



SWIMMING



ORIENTEERING



SPEED RUNNING



CANOEING



KINZUA COUNTRY TANGO

This form along with a Kinzua Country Waiver form for each racer must be completed and returned to the Race Director by 7:00 p.m. on Aug 4, 2023.

Participant Information

Division: (Check One)

- Complete Tango** (two people completing each leg together)
- Solo** (must meet criterion)
- Relay** (2-6 People)
- Corporate** All members must be actively employed by the same company with the exception of one team member.
- Corporate Community** Sponsorship by corporate without employee requirements.
- High School** May include students graduating June 2023
- Open** Any combination of participants who do not qualify in the other team categories will be in the open relay division.
- Womens** Team is all female

Name (Team Captain) _____

Team Name (if applicable) _____

Street or Rd _____

City, State, Zip _____

Phone _____

Email _____

Sex - M F Date of Birth _____ Age _____

Completed waivers for each participant must accompany this form. Waivers available at kinzuacountrytango.com.

All race teams are responsible for getting their canoes to the transition point at big bend boat launch below the Kinzua Dam.

Event	Racer Name	Shirt Size (circle one)	Shirt Style (Male) (Female)
13.1 mile run		S / M / L / XL / XXL	M / F
13 mile bike		S / M / L / XL / XXL	M / F
2.2 mile swim		S / M / L / XL / XXL	M / F
Orienteering - Racer #1 (2 racers needed on relay teams)		S / M / L / XL / XXL	M / F
Orienteering - Racer #2		S / M / L / XL / XXL	M / F
4 mile run		S / M / L / XL / XXL	M / F
8 mile canoe - Racer #1 (2 racers needed on relay teams)		S / M / L / XL / XXL	M / F
8 mile canoe - Racer #2		S / M / L / XL / XXL	M / F

Mail application to:
TANGO
Warren County YMCA
212 Lexington Ave.
Warren, PA 16365

KINZUA COUNTRY TANGO RACE APPLICATION

Team Entry Fees

Entry fee must accompany this application.

Solo Tango

\$100 on/before March 31st
\$150 April 1st through June 30th
\$200 July 1st through August 4th

Complete Tango

\$125 on/before March 31st
\$200 April 1st through June 30th
\$250 July 1st through August 4th

Relay Tango

(please send one check)

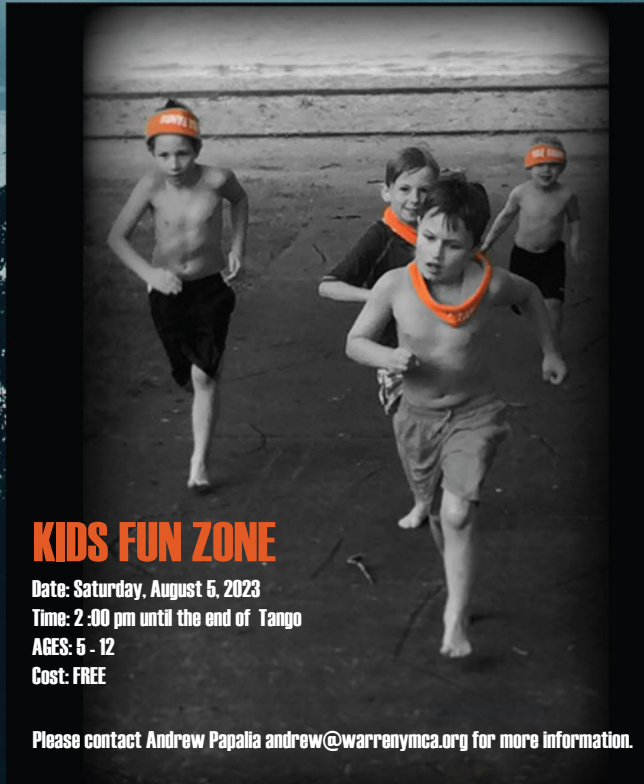
\$175 on/before March 31st
\$250 April 1st through June 30th
\$300 July 1st through August 4th

Method of Payment (check one)

- Cash** **Check** (\$30.00 fee on returned checks)
- Credit** (Credit card information will be taken online, in person at the YMCA front desk, or by calling 814-726-0110)

Important Information

At least one member of the race team must attend a race informational meeting at 7:00 p.m. on Friday, Aug 4th, 2023 at the Warren YMCA, 212 Lexington Ave, Warren, PA 16365. All waivers must be turned in before 7pm.



KIDS FUN ZONE

Date: Saturday, August 5, 2023
Time: 2:00 pm until the end of Tango
AGES: 5 - 12
Cost: FREE

Please contact Andrew Papalia andrew@warrenymca.org for more information.

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AUGUST 5, 2023

#KCT2023

Tango race registration opens
January 1st, 2023

August 4th 
Warren YMCA

• Packet pick up - 6:00pm

• Race informational meeting - 7:00pm

(See back panel for more info)

For race details, contact:

Jena Swanson

814-726-0110

jenafox@warrenymca.org

KINZUACOUNTRYTANGO.COM

