

# THE DANCE

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



## DISTANCE RUNNING



## BIKING



## SWIMMING



## ORIENTEERING



## SPEED RUNNING



## CANOEING

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

**BIKING** - This 20-mile ride consists of non-technical mountain biking and National Forest roads. Look out for wild turkeys and white tail deer.

**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 4.5 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.

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## 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
- ☐ Open
- ☐ Womens

## Team Finder

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

Chris Dolan

814-726-0110

[chris@warrenymca.org](mailto:chris@warrenymca.org)

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

# 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 5, 2022.

## 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.

☐ **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 \_\_\_\_\_ T-shirt: S M L XL XXL

Completed waivers for each participant must accompany this form. Waivers available at [kinzuacountrytango.com](http://kinzuacountrytango.com).

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

Event	Racer Name	Shirt Size (circle one) Shirt Style (Male) (Female)
13.1 mile run		S / M / L / XL / XXL M / F
20 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
2-4 mile run (to be announced)		S / M / L / XL / XXL M / F
7 mile canoe - Racer #1 (2 racers needed on relay teams)		S / M / L / XL / XXL M / F
7 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 Fee

Entry fee must accompany this application.

### Solo Tango

\$125 on/before July 9th  
\$145 July 10th through July 23rd  
\$185 after July 23rd

### Complete Tango

\$150 on/before July 9th  
\$200 July 10th through July 23rd  
\$240 after July 23rd

### Relay Tango

(please send one check)

\$200 on/before July 9th  
\$240 July 10th through July 23rd  
\$300 after July 23rd

## 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 5th, 2022 at the Warren YMCA, 212 Lexington Ave, Warren, PA 16365. All waivers must be turned in before 7pm.



## TANGO KIDS FUN ZONE

Date: Saturday, August 6, 2022  
Time: 10:00 am - 2:00 pm  
AGES: 5 - 12  
Cost: FREE  
T-shirt: Pre-order \$15.00 / Day of race \$20.00  
Registration: Sign up for race & pre-order / pay for t-shirt at the Front Desk beginning May 1st.

The KIDZ TANGO is held in conjunction with our Annual TANGO Adventure Race located at the Kinzua Beach and will include a bounce house frenzy, open swimming at Kinzua beach, a water slide, and more!

Please contact Andrew Papalia [andrew@warrenymca.org](mailto:andrew@warrenymca.org) for more information.

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**AUGUST 6, 2022**

#KCT2022

August 5th -

Warren YMCA

• Packet pick up - 6:00pm

• Race informational meeting - 7:00pm

(See back panel for more info)

For race details, contact:

Thad Turner

814-726-0110

[thad@warrenymca.org](mailto:thad@warrenymca.org)

**KINZUACOUNTRYTANGO.COM**

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