



Long course 50 meter training swims
Memorial Day through Labor Day

Open Water Swims
April 1st through October 31st

Triathlon held at the beautiful
French Creek State Park - May 21st

1 mile, 5k, and Marathon
Open Water Swims

Swim and Triathlon Coaching



Swim Director
John Kenny

Swim Director: John Kenny
john@frenchcreekracing.com



Multiple Indoor
Pool Locations

Join to have fun, to get into shape, or for friendly competition in a positive environment. Train for fitness, for a triathlon, an open water swim, or any other competition. Swimmers will be assigned to lanes with others of similar ability. Swimmers may include former high school/college swimmers, competitive swimmers, experienced triathletes, open-water swimmers, entry-level triathletes, or adult fitness swimmers with no previous swim team experience.

John is a 5-time US National Champion and 7-time US National Team member in open water swimming.



2017 Race Dates

- 1/1** Polar Bear Swim, Winter Aquathlon, and 5k Run
- 2/23-2/28** Austin Tri Camp
- 5/10** Open Water Race #1
- 5/20** ToughKids Philly Youth Triathlon
- 5/21** French Creek Triathlon
- 5/31** Open Water Race #2
- 6/21** Open Water Race #3
- 7/19** Open Water Race #4
- 8/5** River Day - 1 mile and 5k swims
- 8/9** Open Water Race #5
- 8/27** Aquathlon (200m/1k swim, 5k run)
- 9/1** Valley Forge Marathon Swim and Relay
- 9/6** Open Water Race #6



We hope you'll join us!

info@frenchcreekracing.com