

FARM ISLAND HISTORY

Discovered by American Indians centuries ago, Farm Island has a rich and diverse history. Lewis and Clark are known to have stopped at the island to collect elk for meat. The early fur trappers planted and tilled gardens in the rich soil of the island.

The Civilian Conservation Corps (CCC) constructed the causeway spanning the north fork of the Missouri River in 1934. Ownership of the island passed from the City of Pierre to the State of South Dakota in 1946.

The island served as a recreation area until Big Bend Dam was constructed in 1965. At that time, facilities were moved off the island when almost half of the island's land area was flooded.

Today, much of Farm Island has returned to its original wilderness state.

Facilities

Camping and Cabins

90 electrical campsites. Two camping cabins with electricity, each sleep four people. For reservations visit www.CampSD.com or call 1-800-710-CAMP (2267).

Fishing/Boating

Fishing license required. Walleye, white bass, small-mouth bass, northern pike, perch. Two boat ramps. Accessible fishing dock.

Swimming

Swimming beach, bathhouse and ski beach.

Trails

Miles of trails on the island suitable for hiking, bicycling (rentals available) and cross-country skiing.

Recreation

Basketball, canoeing and paddleboating (rentals available), historical interest, four picnic shelters, playground, volleyball and polo field.

riverman riverwoman sprint triathlon

Where the Missouri River meets the rolling plains is the picturesque setting for the Riverman/Riverwoman competition.

The competition will be divided into several divisions with separate classes for men, women and teams.

Teams will compete as a group. Mens' and womens' individual classes will be divided into the following age groups:

- 19 & under
- 20 to 29
- 30 to 39
- 40 to 49
- 50 to 59
- 60 and older

Medals will be awarded to the top two finishers in each division.

Early registration, postmarked by July 11, 2008, is \$20 per individual and \$40 per team (comprised of any age men, women or youth). Early registration also comes with a free T-shirt. Late registration, July 12, 2008, and after, is \$30 per individual and \$60 per team. Registration and check-in runs from 6:30 a.m. to 7:30 a.m. Entries will not be accepted after registration has closed. The rules meeting will be at 7:40 a.m., you must be present to compete. The race will start immediately following the rules meeting.

Event breakdown is as follows:

- Swim: .4 mile along the beach
- Bike: 18 miles on SD 34
- Run: 3.5 miles on the island trail

For safety reasons, brightly colored skullcaps and bicycle helmets will be required.

Park entrance licenses are required to enter the park.



Registration

Riverman/Riverwoman
Sprint Triathlon

Name/Names _____

Address (if team, please list one contact person)

Home Phone _____

Work Phone _____

Division Men Women Team

Age group _____

Shirt Size S M L XL

Payment \$20 Individual or \$40 Team
(postmarked by July 11, 2008)

\$30 Individual or \$60 Team
(July 12, 2008, and after)

Check/Money Order (payable to SD GF&P)

Cash (At park office or day of event only)

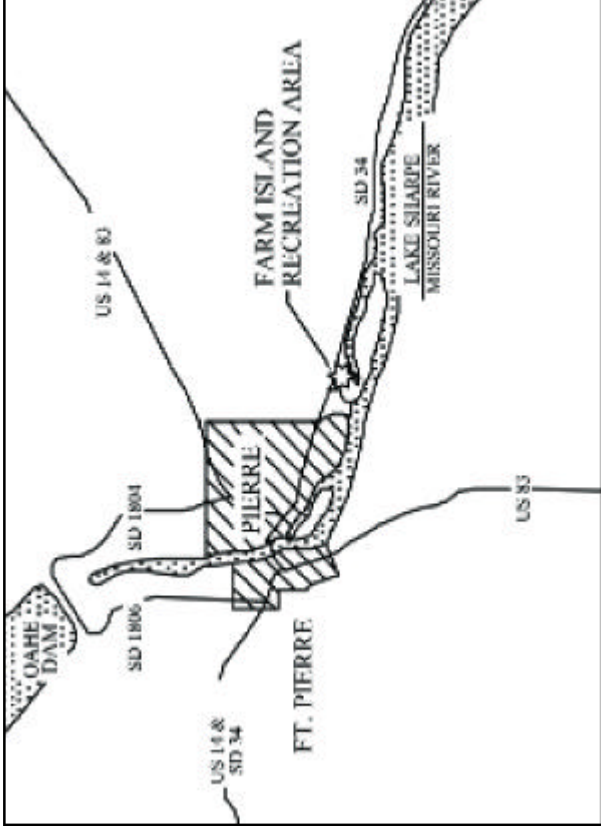
Send registration with payment to:

Farm Island Recreation Area
Riverman/Riverwoman Triathlon
1301 Farm Island Road
Pierre, SD 57501

Questions?

Call Farm Island at (605) 773-2885. Ask for the park programmer/naturalist.

www.sdgfp.info/parks/Regions/OaheSharpe/FarmIsland.htm



Farm Island Recreation Area
is located 4 miles east of
Pierre on Highway 34.

Contact:
(605) 773-2885
FarmIsland@state.sd.us

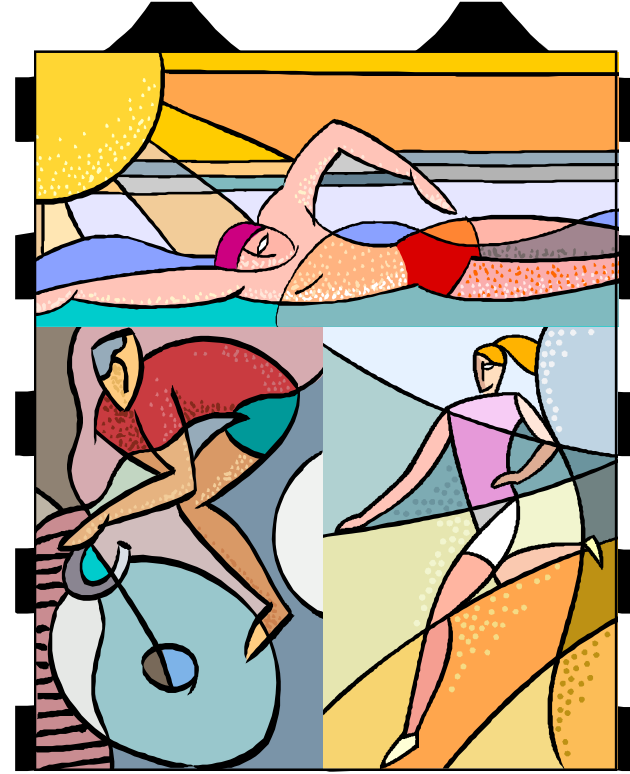
Camping reservations:
www.CampSD.com
1-800-710-CAMP (2267)

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1301 Farm Island Road
Pierre, SD 57501

farm island recreation area presents the

riverman riverwoman

sprint triathlon



august 2, 2008