

## AWARDS

### AWARDS (Overall)

Individuals 1st, 2nd, 3rd, Male & Female  
 Teams 2, 3 or 4 Person – 1st, 2nd, 3rd  
 Male, Female, Co-ed

Age Groups 1st - Male, Female, Co-ed  
 19 & Under, 20-29, 30-39,  
 40-49, 50-59, 60 & Over

### Co-ed Teams

2 Person = 1 Male + 1 Female  
 3 Person = 1 Male = 2 Female (Co-ed)  
 2 Male + 1 Female (Male)  
 4 Person = 2 Male + 2 Female (Co-ed)  
 3 Male + 1 Female (Male)

Team age groups determined by age averaging.

**No Duplicate Awards.**  
**All members of winning teams will receive awards.**

## DIRECTIONS

**FROM NY/NJ:** Take the New Jersey Turnpike (I-295) South to the Delaware Memorial Bridge. Follow signs for I-95 South (Baltimore). Take Exit 4A Route 1 South (Dover and Beaches). Take Exit 136 (Odessa & Middleton) onto Route 299 West (through town) to Route 301 South. Continue for 45 miles. Route 301 and Route 50 merge. Immediately take Exit 44A. Follow the brown and white signs to the entrance road. There will be additional parking and equipment drop-off signage.

**FROM BALTIMORE:** Take I-97 South (Annapolis) to Route 50 East. Go over the Bay Bridge. Continue on Route 50 to Exit 43B. Follow the brown and white signs to the entrance road. There will be additional parking and equipment drop-off signage.

**FROM WASHINGTON DC:** Take New York Avenue which turns into Route 50. Travel East towards Annapolis. Go over the Bay Bridge. Continue on Route 50 to 43B. Follow the brown and white signs to the entrance road. There will be additional parking and equipment drop-off signage.

**FROM OCEAN CITY, MARYLAND AND POINTS EAST:** Take Route 50 West. Route 301 and Route 50 merge. Immediately take Exit 44A. Follow the brown and white signs to the entrance road. There will be additional parking and equipment drop-off signage.

**FROM PHILADELPHIA:** Take I-95 South through Delaware to Route 896 toward Middletown. Route 896 will turn into Route 301 West to Bay Bridge. Take Exit 44A. Follow the brown and white signs to the entrance road. There will be additional parking and equipment drop-off signage.

**FROM VA:** Take Route 301 North or I-95/I-495 North (Baltimore) to Route 50 East (Annapolis). Go over the Bay Bridge. Continue on Route 50 to Exit 43B. Follow the brown and white signs to the entrance road. There will be additional parking and equipment drop-off signage.

## SPONSORS



EASTON CYCLE AND SPORT



Adventure Kayak 1-888-KAYACKMD

Annapolis Canoe & Kayak

Safeway

Eastern Shore Adventure Company

Kent Island Family Kayak Rentals

Frederick Sutter Center for Wellness Medicine

Bike Doctor of Kent Island

Grasonville Volunteer Ambulance Department

To Your Health & Wellness

On Your Mark Productions

Cheryl Phillips Design

Joyner & Associates

Tuckahoe State Park

Western Tire & Auto

Moran Insurance

Oliver Michaels Salon

Suburban Power Services

McCrone, Inc.

KRM Development Co.



**Chesapeake Bay Environmental Center**  
 EDUCATION • RESEARCH • RESTORATION • CONSERVATION

## ABOUT CBEC

**CONSERVATION:** The Wildfowl Trust of North America, Inc. was founded in 1979 with the intent to protect wetlands for waterfowl and all avian species. Its physical site, the 510 acre Chesapeake Bay Environmental Center (CBEC), continues the trusts' mission by restoring various habitats as well as acquiring new acreage for preservation.

**RESTORATION:** CBEC has over 120 volunteers who have donated over 10,000 hours per year since 2004 towards bay restoration. To date, CBEC volunteers have planted 7 million oysters, reestablished over 100,000 marsh grasses and created 4 artificial reef areas to rejuvenate fish populations.

**EDUCATION:** One of the missions of CBEC is to inspire stewardship through a "hands-on, feet-wet" approach to learning. In 2007, over 12,000 students attended environmental science programs at CBEC.

**RESEARCH:** CBEC is an invaluable resource for conducting research because of its mid-bay location where conditions are highly variable. In 2004, CBEC established a small aquaculture facility in order to identify methods needed for large-scale, bay grass restoration.

**Parking:** Event day parking is located at or near CBEC. Upon arrival, follow Eco-Triathlon Athlete and Spectator Parking signs and volunteer parking attendants' instructions.

**About Final Instructions:** All athletes will receive a Final Instruction packet which indicates your acceptance into the Eco-Triathlon and provides additional detailed information regarding event day. The packet will be mailed in early September.

**Volunteers Needed:** Anyone interested in volunteering may contact CBEC at 410-827-6694. Volunteers must be pre-registered.

**Overnight Accommodations:** Tuckahoe State Park located 20 minutes from CBEC, in Queen Anne, Maryland has campsite locations available. Call 1-888-432-2267 to reserve RV sites, tent sites and cabins. Hot showers and bathroom facilities are available.

**Amenities:** Spectator viewing areas are located at the start, finish & transition. Plenty of food and beverages will be available. Enjoy great music and a memorable awards program. Bring the kids and plenty of sunblock!

**NO EVENT DAY REGISTRATION**



CBEC  
 PO Box 519  
 600 Discovery Lane  
 Grasonville, Maryland 21638

**2ND ANNUAL  
 BIKE- KAYAK- RUN**



**Saturday  
 September 20, 2008**

Grasonville, Maryland

Individuals – 2, 3 and  
 4 Person Relay Teams

- Bike
- Kayak
- Run

*"Fast Flat Muddy"!*



**Chesapeake Bay  
 Environmental Center**

EDUCATION • RESEARCH • RESTORATION • CONSERVATION

Bulk Rate  
 U.S. Postage  
**PAID**  
 PERMIT #44  
 Grasonville, MD  
 21638

## OFFICIAL ENTRY FORM

### 2nd Annual 2008 CHESAPEAKE ECO-TRIATHLON • ENTRY DEADLINE- SEPTEMBER 5, 2008

Checks payable and mail to: CBEC, PO Box 519, 600 Discovery Lane, Grasonville, MD 21638  
ALL TEAM MEMBER ENTRIES MUST BE MAILED/FAXED together. (Fax) 410-827-6713

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Email (required) \_\_\_\_\_

Age on Event Day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex Male \_\_\_\_\_ Female \_\_\_\_\_

Name of other Team Members- PRINT CLEARLY- All Team members must complete an application

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

#### Mountain Bike Rating (circle one) 1 is novice 5 is expert

1      2      3      4      5

#### Team Category (Select one from Both A & B)

A.  Male       Female       Coed

B.  Individual       2 Person       3 Person       4 Person

#### Kayak to be provided by:

Triathlete       Eco-Tri (check one)

I WILL  Bike       Kayak       Run (check all that apply)

#### Fees (Kayak Included \*)

		By 7/31/08	8/1 to 9/5/08
Individual (Own Kayak)		\$75	\$95
Individual (CBEC Kayak)		\$110	\$130
2 Person Team (Own Kayak)		\$135	\$165
2 Person Team (CBEC Kayak)		\$170	\$200
3 Person Team (Own Kayak)		\$185	\$225
3 Person Team (CBEC Kayak)		\$220	\$260
4 Person Team (Own Kayak)		\$240	\$285
4 Person Team (CBEC Kayak)		\$275	\$320

#### PAYMENT

Check Enclosed

Credit Card

MC       Visa       Discover

Crd # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Entry Fee \$ \_\_\_\_\_  FOR ME OR  MY TEAM

TOTAL ENCLOSED \_\_\_\_\_

While I cannot attend, I would like to donate \$ \_\_\_\_\_

#### WAIVER/RELEASE

Waiver/Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Chesapeake Bay Environmental Center, Queen Anne's County Public Schools, Department of Recreation, Eastern Shore Adventure Company, Grasonville Volunteer Ambulance Department, Grasonville United Methodist Church, Grasonville Senior Center, Joyner & Associates, West Marine, On Your Mark Productions and all parties, groups, organizations, volunteers, sponsors and (or) any representatives involved in the Chesapeake Eco-Triathlon for injuries that may be suffered by me in this event.

I also hereby agree to comply with all of the rules, regulations and instructions of the event and its directors and attest that I am physically fit and have sufficiently trained for this triathlon, which is a strenuous, difficult and hazardous athletic undertaking. I further permit free use of my name and pictures in broadcast, telecast and the press as they pertain to the Chesapeake Eco-Triathlon.

Signature (parent if under the age of 18) \_\_\_\_\_

Date \_\_\_\_\_

## OFFICIAL RULES

### CHESAPEAKE ECO-TRIATHLON

#### BIKE

- Mountain bikes are required.
- ANSI, Snell or UCSF approved bike helmet is mandatory.
- Bike frame #'s must be attached to the top tube and be visible at all times.
- Bike repair is the athlete's responsibility. Check your bike BEFORE the event.
- Bikes must be in working order: brakes, gearing, tires.

#### KAYAK

- If bringing your own kayak: you must provide your own paddle and US Coast Guard approved personal flotation device (PFD).
- If the Eco-Tri is providing your kayak, all the paddles and personal flotation devices (PFD's) will be provided (no exceptions).
- All kayakers must wear a fully fastened "PFD".
- Boat or sturdy rubber-soled shoes must be worn. No bare feet or flip flops allowed. Sneakers OK.
- In case of high winds, rough water or unsafe conditions, the kayak leg will be cancelled or modified.

#### RUN

- Runners may not be assisted in any way.
- Contestants must run on the right side of the road unless otherwise instructed.

#### GENERAL TRIATHLON RULES

- Wear bib number on front. No folding or cutting.
- No headphones (strictly enforced).
- Pick-up of bike will occur at kayak transition.
- Event organizers reserve the right to disqualify athletes for medical reasons or misconduct and may alter the course to assure safety.

#### SCHEDULE OF EVENTS:

##### PRE-RACE DAY, FRIDAY, SEPTEMBER 19, 2008

4:00-7:00PM      OPTIONAL PACKET PICK-UP AND EQUIPMENT DROP-OFF AT CBEC

##### RACE DAY, SATURDAY, SEPTEMBER 20, 2008

7:30-9:15 AM      CHECK-IN, PACKET PICK-UP  
8:30-9:30 AM      KAYAKER & RUNNER TRANSPORT  
9:30 AM      FINAL BRIEFING, BIKE  
10:00 AM      FINAL BRIEFING, TRANSITION AREA  
10:00 AM      TRIATHLON START  
1:30 PM      AWARDS CEREMONY  
1:00-4:00 PM      BIKE/KAYAK PICK-UP

## EVENT INFORMATION

SATURDAY, SEPTEMBER 20, 2008

### CHESAPEAKE BAY ENVIRONMENTAL CENTER (CBEC) • GRASONVILLE, MARYLAND

10:00 am START      2ND ANNUAL BIKE – KAYAK – RUN

Come join us on the Chesapeake for a truly unique triathlon filled with challenge, natural beauty, varied terrain and the splendor of our 510 acre environmental preserve. Bike and run on trails (dirt or mud), paved roads, gravel paths and fields. You'll be the attraction for our ducks, muskrats, owls, foxes and other natural denizens. Kayak on Prospect Bay over oyster bars and artificial reefs.

#### ENTRY DEADLINE - SEPTEMBER 5, 2008

**BIKE** — 10 miles through the Chesapeake Bay Environmental Center, Perry's Corner Road and adjacent properties. **Mountain bike required.**

**KAYAK** — 3 miles out and back, through a traffic-controlled, buoyed course on Prospect Bay.

**RUN** — 4 miles on varied terrain culminating in a spirited finish near our Visitor Center.

#### ENTRIES: Limited to 300

##### Individuals or 2,3,4 Person Relay Teams

Individual: (Bike-Kayak- Run)

2 Person: (Bike-Kayak), (Kayak- Run ), 2 in Kayak

3 Person: (Bike ), (Kayak), (Run)

4 Person: (Bike), (Kayak-Kayak), (Run) 2 in Kayak

Team Limits: 2 Person (40 Teams), 4 Person (30 Teams)

#### SEEDING:

Circle the mountain bike rating on entry form based on skill level

1      2      3      4      5  
Novice      Experienced      Expert

#### WAVE STARTS:

- Beginning at 10:00 AM
- We will need your bike rating

**Mountain bike required**

#### CHIP SCORING:

- By ChampionChip
- Results www.compucore.com
- Transition Clocks
- Water Stops
- Transition Bag Transport

**Triathletes may bring their personally owned kayaks or kayaks will be provided by the Eco-Tri.**

#### MINIMUM AGE REQUIREMENTS:

18 for individual or 3 person team kayakers.  
12 for all other triathletes.

**Clinics:** Available to registered athletes only.

Kayak Demonstration & Clinic, Saturday, September 6, 11:00 am at CBEC  
Advance registration necessary.  
Call 410-827-6694. Fee: \$30 (payable to CBEC).

Mountain Bike Clinic & Course Preview, Saturday, September 6, 9:00 am at CBEC  
Advance registration necessary. Limit 20 people per skill level. Call 410-827-3771. FREE.

CBEC  
PO Box 519  
600 Discovery Lane  
Grasonville, MD 21638

#### Information:

410-827-6694  
732-381-0318  
mzrace@oymp.net

#### Online Registration:

www.bayrestoration.org  
www.oymp.net  
www.active.com

