

2014 ECTAthlon Competitor Instructions

How it Works: The ECTAthlon is a team relay. Each team member will pass a team wristband to the next team member as a “baton.” The overall race clock runs continuously – it starts when the runners set off and ends when the team wristband crosses the finish line. You should try to be efficient at the handoff points, but also safe. Never approach a horse at a run – walk up to your rider to pass off or receive the wristband! We are recording individual times this year as well and have awards for the top finishing male & female in each division.

Runners: You are the first to go: Start is at 10:30 am sharp at Bradley Palmer State Park (24 Asbury St, Topsfield). **Registration is from 9:00 – 9:45 am.** You will be given the orange team wristband and your race number when you check in. Your course is about a 3.5 mile long loop and ends where you started. Course will be marked with **yellow arrows**. Your individual running time will end when you hand the wristband to your mountain biker. When you finish, you can watch the rest of the race and then head off to EBSCO for the Grand Finish. **If you will be running the wristband in from Peatfield Street to the finish line, please be ready to meet your kayaker by 12:00 pm.*

Bikers: You also start at Bradley Palmer as your runner comes in. **Registration is from 9:00 – 9:45 am.** You will receive a race number when you check in (Your course is about 3.4 miles, winding through Bradley Palmer and ending near the southern end of Winthrop Street). When you finish, you will leave your bike in the “corral” and walk over to your equestrian to hand them your team wristband. Course will be marked with **green arrows**. Your individual time will begin at the run/bike handoff and will end when you enter the “bike corral.” Your rider will be waiting on the other side of the “corral.” Approach your rider at a walk and slowly hand them the wristband. (Do not run or wave your arms around in front of the horse). You will be required to wear a helmet during the race. You will need to get yourself and your bike back to Bradley Palmer or to EBSCO.

Equestrians: Your course starts at the Black Oak jump field on the southern end of Winthrop Street in Hamilton and winds through Groton House Farm and Turner Hill Farm. The course ends in a field at the north end of Winthrop Street. *Enter Winthrop Street from Highland Street. PARKING on right side (northeast side) of Winthrop Street ONLY.* Volunteers will help you park along Winthrop Street. **Check in at the jump field between 9:30 and 10:15 am – be ready to ride by 11:00.** (Last year the first team arrived at the equestrian area at 11:06, and the last team arrived at 11:36). You will receive a cotton pinney at registration. Your biker will hand you the team wristband. Your biker will enter the “bike corral,” drop their bike, and walk over to your horse (you’ll be on the other side of the “corral”). We’ll have volunteers who can help hold your horse if they are nervous but you may also want to have a helper with you. You are required to wear a helmet with a chinstrap.

From the handoff, you will safely ride over to the Winthrop Street crossing. A volunteer will be there to stop traffic. We will do our best to hold traffic and keep you moving, but it is a possibility that you will have to wait a few seconds to let a car pass. **Please listen to our volunteers – they are there to make sure you safely cross this public road!** Your individual time will start once you cross Winthrop Street. You will be following **white arrows**. The finish line (for individual time) will be marked at the end of the course. You will walk back up Winthrop Street to get back to your trailer.

To ensure the safety of our riders, and to preserve the footing over our countryside, the equestrian phase is restricted to an optimum time of 25 minutes. The OPTIMUM TIME is based on a distance of 4.2 MILES at a STEADY AVERAGE TROT (appx 10 mph). Where footing is bad, it may be necessary to walk, but time can be made up by cantering in the appropriate places.

PENALTIES: Elapsed time over the optimum time (> 25 minutes) will not be penalized. Elapsed time under the optimum time (<25 minutes) will be doubled and added to the team total. (ie a time of 24 minutes will incur 2:00 penalty minutes added to the overall time, a time of 23:25 minutes would incur 3:10 penalty minutes added to the overall time).

WILLFUL DELAY: You should approach the finish line at a trot. Stopping, circling or walking to make up for excess speed within sight of the finish will incur a 5 min. penalty (we're mainly concerned with riders that are coming in under the optimum time...if you or your horse need to walk because you're tired, that's ok!)

- *Competitors who do not want to ride alone can have a mounted friend accompany them on course. Companions do not need to pre-register but **MUST** check in at the start and sign a waiver before they can ride.*

- *There are no water crossings on the course, but there is a vehicular wooden bridge over the river, and a small plank bridge over a little creek. There is also another vehicular wooden bridge on Winthrop Street that you must cross to get back to the trailer area. There will be assistance at the two larger bridges but not at the small bridge.*

- *For those needing to trailer their horses to the finish at EBSCO: There is limited trailer parking available in the lot closest to Topsfield Road. (First left off of Saltonstall Street). Please bring water for your horses and be sure to leave the EBSCO parking area immaculate!*

Paddlers: Your course starts in the field near the intersection of Topsfield Road and Winthrop Street in Ipswich. The kayaks will be stored on the Hamilton side of Winthrop Bridge. There will be volunteers to guide you for drop off and parking starting at 9:00 am. **We recommend arriving no later than 10:45 so you can drop your kayak off, park your car and check in.** You'll get a green mesh pinney when you check in.

You will wait for your equestrian in a roped off area. When you hear your team number called (or if you see your teammate approaching) you can walk up to meet your rider at the finish line to receive the wristband. You'll then run over the Winthrop Street bridge down to the kayak area. Your individual time will start when you cross the bridge and enter the trail to the kayak area. Your individual time will end when your kayak lands at Peatfield Street in downtown Ipswich.

You will be required to wear a pfd during the race. There are two hazards on the paddling course. The first is a two foot drop one mile into the race (there will be a volunteer stationed here). The other is a railroad bridge you will pass under at the three mile point. Depending on the height of the river, there may be a rocky shallow area near the Mill Road bridge. Kayaks, canoes or paddle boards may be used. You will need to make arrangements to shuttle your car down to EBSCO before the race, or plan for a ride back to kayak start to pick up your car at the end of the race. There will be volunteers near the kayaks at Peatfield Street until the last paddler comes in, but after that all remaining vessels will be left unattended.

Any member of your team may run the last quarter mile section from Peatfield Street to the grand finish line in the EBSCO parking lot. You may also choose to have all 4 team members run this last section together. **You must hand in your team wristband to finish.**

GOOD LUCK!! The GRAND FINISH is at EBSCO publishing at 10 Estes Street in Downtown Ipswich. There is ample parking in the surrounding lots and parking garage.

Other notes: The equestrian section of the ECTAthlon is across private property and for this event only.

Each contestant will pick up his/her number/pinnie at their respective start/registration.

Participants under 18 must submit a waiver signed by a parent or guardian prior to the start of the event.

You will receive an envelope at the end that contains 3 tickets: 1 for a drink, 1 for lunch, and 1 for a raffle for a travel bag donated by REI Reading. You will also get your T-shirt when you pick up your envelope.

Any questions prior to the race, please call the office at 978-468-1133.

Any questions or problems during the race, please call Ashley at 978-500-4014.

DIRECTIONS TO BRADLEY PALMER STATE PARK:

GPS: 24 Asbury Street, Topsfield, MA 01983

From Rt. 1 / Ipswich Road Intersection in Topsfield: Follow Ipswich Road 1.2 miles then take a right onto Asbury Street. The park entrance is located approximately ¼ mile on the left.

From Route 128: Take exit 20N to Route 1A - Hamilton/Wenham, go approx. 2.3 miles to Wenham Center and turn left onto Arbor St. (white church will be on your left). Go approx. 1.4 miles and bear left onto Asbury Street (just after the blinking yellow light). Bradley Palmer State Park is appx 2.6 miles on the right.

One you turn in the park entrance, follow the signs for ECTA (you will bear right at the first intersection in the park)

DIRECTIONS TO BLACK OAK FARM:

GPS: 45 Winthrop Street, South Hamilton, MA 01982

** You must enter Winthrop Street from the South end so you will be facing the right way to park. Please follow these directions (your GPS directions may take you in the north end of the road)

From Rt. 1 / Ipswich Road Intersection: Follow Ipswich Road 1.2 miles then take a right onto Asbury Street. Follow Asbury Street all the way to the end where it intersects with Highland Street (appx 2.8 miles). Make a sharp left onto Highland Street. Travel appx. 1.5 miles and turn left onto Winthrop Street.

From Bradley Palmer State Park: From the park entrance, turn left onto Asbury Street and travel all the way to the end where it intersects with Highland Street (appx 2.6 miles). Make a sharp left onto Highland Street. Travel appx. 1.5 miles and turn left onto Winthrop Street.

From Ipswich Center / Rt 1A: From Rt. 1A turn onto Market Street in downtown Ipswich. Travel appx 1.4 miles and turn left on to Mill Road. After appx. 2.1 miles turn right onto Winthrop Street.

From Route 128: Take exit 20N to Route 1A - Hamilton/Wenham, go approx. 2.3 miles to Wenham Center and turn left onto Arbor St. (white church will be on your left). Go approx. 2.9 miles (passing Pingree School on your right and the entrance to Bradley Palmer State Park on your left). Turn left at next road - Winthrop Street.

DIRECTIONS TO KAYAK AREA:

GPS: 261 Topsfield Road, Ipswich, MA 01930 (this is the address for Carlson Vet Clinic, located directly across from Winthrop Street).

When you pull into Winthrop Street, the main parking area is immediately on your right. You can continue past the parking area and drive over the bridge to drop off your kayak, and then turn around to go back to the parking area.

From Rt. 1 / Ipswich Road Intersection in Topsfield: Follow Ipswich Road appx. 2.4 miles then take a right onto Winthrop Street.

From Bradley Palmer State Park: From the park entrance, turn right onto Asbury Street. Turn right onto Ipswich Road and follow for appx. 1.2 miles then take a right onto Winthrop Street.

From Route 128: Take exit 20N to Route 1A - Hamilton/Wenham, go approx. 2.3 miles to Wenham Center and turn left onto Arbor St. (white church will be on your left). Go approx. 1.4 miles and bear left onto Asbury Street (just after the blinking yellow light). Follow Asbury Street to the end (appx. 2.8 miles). Turn right onto Ipswich Road and follow for appx. 1.2 miles then take a right onto Winthrop Street.

** Although the shortest route will take you to the southern end of Winthrop Street, Winthrop Street is a bumpy dirt road, and will be full of activity with the equestrians parking and getting ready. We recommend the above route instead.

From Ipswich Center / Rt 1A: From Rt. 1A turn onto Market Street in downtown Ipswich. Travel appx 3.2 miles and turn left onto Winthrop Street.

DIRECTIONS TO EBSCO:

GPS: 10 Estes Street, Ipswich, MA 01938

From Bradley Palmer State Park: From the park entrance, turn right onto Asbury Street. Turn right onto Ipswich Road and follow for appx. 4.3 miles. Turn right onto Saltonstall Street (this is the first right after the train tracks).

From Winthrop Street: At the end of Winthrop Street, turn right onto Topsfield Road. Follow appx. 3.0 miles and turn right onto Saltonstall Street (this is the first right after the train tracks).

When you pull on to Saltonstall Street, EBSCO will be directly in front of you. Cars can park in the garage (turn left onto Estes Street to enter). Trailers should take the very first left off of Saltonstall Street to enter the open parking lot before the garage. You must bring your own water.