



Essex County Trail Association
 PO Box 358
 Hamilton, MA 01936

Do you trail run? Do you prefer racing on a mountain bike? Is equestrian trail riding your passion? Or, how about enjoying the views as you paddle downriver?

The ECTAthlon is a friendly relay competition held at Bradley Palmer State Park in Topsfield and Hamilton and on private trails in Ipswich where teams or individuals compete in running, mountain biking, horseback riding and kayaking events.

This unique event, which will be held on Saturday, June 1st, was envisioned as a way to bring diverse trail users together in a fun and exciting way, and to highlight the incredible network of trails in our area. The June 1st date also coincides with American Hiking Society's National Trails Day, a series of nationwide events celebrating trails and trail access.



3rd Annual ECTATHLON

RUN-BIKE-RIDE-PADDLE

Saturday, June 1st

2013



www.ectaonline.org
 978-468-1133



Date & Time

Saturday, June 1st, 2013

Registration/Check-in: 9:30 am

Pre-race meeting: 10:00 am

Race Start: 10:30 am

Location

Run & Mountain Bike Start:

Bradley Palmer State Park, Topsfield

Equestrian Start: Black Oak Farm, Hamilton

Kayak Start: Winthrop Street Bridge, Hamilton

Finish Line Celebration:

EBSCO Publishing, Ipswich

Entry Fees & Registration

ECTA Members: \$50 per person

Non-members: \$65 per person

Register on-line at www.ectaonline.org

Finish Line Celebration

Friends and family are all invited to attend the Finish Line Celebration in downtown Ipswich. We will have food, drinks and music for everyone to enjoy. The cost of the competitor's lunch is included in entry fee.

Awards

Prizes will be awarded to all members of the first, second and third placing teams. We will also have special awards for Best Team Name, Best Team Attire, Highest Combined Age, Youngest Combined Age and top finishing "Iron Man" (for an individual completing all 4 phases).

Trail Run

Runners will kick off the first leg of the relay with a 3.5-mile trail run through Bradley Palmer State Park.

Mountain Bike Ride

Runners will loop back to the start where they will meet up with their mountain bike teammate. After a quick pinny exchange, bikers will set off on a 3.8-mile course through Bradley Palmer State Park to Black Oak Farm where they will end in the "bike corral" and walk over to their unmounted equestrian.

Equestrian

After receiving the team pinny from their mountain biker, equestrians will mount and set off on a 4-mile course from Black Oak Farm to the north end of Winthrop Street over private bridle trails. The equestrian phase will be ridden in an OPTIMUM TIME of 8-10 mph. Riders that complete the course under 24 minutes will be penalized. Equestrians may choose to ride with a non-competing partner for safety.

River Paddle

Paddlers will meet their equestrians on the north side of the Winthrop Street Bridge to receive their pinny, and will then run back across the bridge to the kayak/canoe launch. They will paddle downriver for 4.4 miles to the landing at Peatfield Street. There are two hazards on the paddling course, including a two foot drop and a railroad bridge.

Finish

Kayakers will end at the Peatfield Street landing. Any member of the team may run the last section to the finish line at EBSCO Publishing in Ipswich.

Tips & Safety

All four phases of the relay are appropriate for intermediate level participants and above. We will run the event rain or shine, but will cancel in the event of lightning. Refunds will not be issued unless the event is cancelled.

Rules & Requirements

Mountain bikers are required to wear a helmet. Paddlers are required to wear a PFD. Equestrians are required to wear a helmet with a chin strap.

Putting a Team Together

Participants are encouraged to form their own teams. However, ECTA can coordinate with interested participants to help complete a team. Individuals interested in joining a team should email us at ashley@ectaonline.org.

Individuals can compete in as many legs of the relay as they would like (including all 4!)

