

Please fill this out and bring it with you to registration the day of the event!!



To benefit the Essex County Trail Association –
help us to preserve and maintain the beautiful trails in our communities!

Inaugural ECTAthlon

Saturday, June 4, 2011, 10:30 am
Bradley Palmer State Park
Asbury Street, Topsfield, MA

Entry Fees - \$200 per Team

Sponsors: Platinum – EBSCO
Gold: Institution for Saving, Ipswich Ale, REI
**Silver: New England Running Co., New England Smallcraft,
The Equestrian Shop, Pinnacle Bikes**

In consideration of this entry being accepted, I do hereby waive and release the race organizers, sponsoring organizations and companies and their agents, land owners, representatives and successors and the town and the state where the event is being held from all claim of action which I may at any time acquire as a result of my participation in this event. I understand this is a potentially dangerous activity and have trained sufficiently and understand the inherent risks involved.

Name _____ Phone _____

Address _____

Email _____

Date: _____

Signature _____

Parents signature for Participants under 18 _____

2011 ECTAthlon Participants' Instructions

Runners: You are the first to go: Start is at 1030 sharp at Bradley Palmer State Park HQ (**Please plan to be there at 945 for registration**). (24 Asbury St, Topsfield). Your course is about a 3.5 mile long loop and ends where you started. Course will be marked with pink arrows. When you finish, you can go watch the rest of the race and then head off to EBSCO for the Grand Finish.

Bikers: You also start at Bradley Palmer HQ as your runner comes in. (I suggest also being at the start for registration at 945). Your course is about 3.8 miles, winds through Bradley Palmer and ends near the southern end of Winthrop St. When you finish, you will hand the pinnie to a volunteer who will get it to the equestrian. Course will be marked with orange arrows. You will be required to wear a helmet during the race. You will need to get yourself/bike back to BP HQ.

Equestrians: Your course starts at the jump field on the southern end of Winthrop St. (Hamilton) (there will be signs and volunteers to guide you for parking) and winds through Groton House and Arbella Farms. Please be at the start by 10:30 – ready to ride by 11:15. See below for more details.

Kayakers: Your course starts at the Winthrop Street Bridge near the intersection of Topsfield Rd and Winthrop St. in Ipswich. Please come in from Topsfield Road and park in the open field on the right. I recommend arriving no later than 1045 so you can drop your kayak off and park your car. The Kayaks will be stored on the Hamilton side of Winthrop Bridge. There will be a volunteer to guide you for drop off and parking. 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. The other is a railroad bridge you will pass under at the three mile point. The end of the kayak segment is at the Peatfield St takeout near Riverview Pizza. You will then run the concluding quarter mile segment to EBSCO along Estes St, so I suggest you wear some type of shoes.

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 packet at their respective start/registration and must have the registration waiver filled out fully and signed to be able to compete.

Your packet contains 4 tickets: a green for a drink, a blue for lunch, a yellow for your t-shirt and a red for a raffle for an REI tent and 2 sleeping bags. You can pick up your t-shirt at the ECTA table at the Finish (EBSCO). You can submit your raffle ticket at the REI tent at EBSCO.

Any questions prior to the race, please call 978-312-1548. Any problems during the race, please call 978-289-7667.

ECTATHLON COMPETITOR INFORMATION

EQUESTRIAN PHASE

COURSE

- **START** : Black Oak Jump Field on Winthrop St.
- **Be READY TO RIDE BY 11:15!**
- **FINISH**: Field between Winthrop St Bridge and Topsfield Rd.

PACE AND DISTANCE : As in a hunter pace, the Equestrian leg of the ECTATHLON will be run against an OPTIMUM TIME (*NOT against the clock*) based on a distance of 4 MILES at a **STEADY AVERAGE TROT** (8-10 mph), reduced to 6-8 mph to allow for ground conditions. Exact OT will be established by a pace setter.

Where footing is bad, it may be necessary to walk, but time can be made up by cantering in the appropriate places.

EXCESS SPEED will be penalized (*minutes under optimum time X 2*), and penalty added to the team total.

WILLFUL DELAY ("stalling" to kill time after speeding) within sight of the finish will incur a 5 min. penalty.

REQUIREMENTS : - Helmet with chin harness
- Someone to hold horse for pinny transfer at start and finish. (Can be same person.)
Volunteers will be available.

• *Competitors who do not want to ride alone can have a mounted friend accompany them on course.*

• *Enter Winthrop Street from Highland St. **PARKING** on right side of Winthrop Street **ONLY**.*

Teams

Team Number

1

Registrant

Wendy Zwicker

2

Eric Krathwohl

3

Rosanna Garcia

4

Deb Hamilton

5

Gatey Kagan

6

Priscilla Welch

7

Susan Favalaro

8

LynnAnne Hagar

9

Bill Erdman

10

Ashley Hill

11

Jodie Hanson

12

Chris Sandulli

13

Janet Egan

14

Jennifer Tougas

15

Christine Beard

16

Abigail Scherer-Hoock

17

Morgan Sperry

18

Jennifer Langford

19

Leslie Milne

20

Jan Lindsay

21

Jody Weaver

22

Eric Hutchins

23

Elizabeth Collins

24

Peter Campot

25

Kat Kenney