Chebeague Recreation Center
QUADATHLON & TRIATHLON
Sunday – August 4, 2013
Tri @ 11am & Quad @ Noon

3rd Annual Children’s Triathlon
10 Meter Ocean Swim – 2.4 Mile Bike – 1 Mile Run
- Start and finish of all events at the Boatyard
- Individual Participant or Teams of no more than 3
- Ages 6 to 12
- Towels for all participants
- Trophies for the Winners
- Life Jackets and/or wetsuits for the swim are permitted and encouraged. Safety: Run and bike are on open road. Certified helmets are required!

6th Annual Quadathlon
0.5 mile Row - 0.25 Mile Ocean Swim – 4.6 Mile Bike – 2.3 Mile Run
- Start and finish of all events at the Boatyard
- Individual Participant or Teams of no more than 4
- Ages 13 and up
- Towels for all participants & Trophies for the Winners
- Life Jackets and/or wetsuits for the row and swim are permitted and encouraged. Safety: Run and bike are on open road. Certified helmets are required!

Each team member must complete an application & pay registration fee! Team Entry’s must be complete on race day in order to compete.

REGISTER EARLY to ensure a spot in this year’s competition.

For additional information, Contact: The Chebeague Island Recreation Center at 207-846-5068 or www.islandrec.net

Entry Fees
Registration Fee: Triathlon....... $75 per team or $40 per individual athlete
Registration Fee: Quadathlon............... $100 per team or $75 per individual athlete

REGISTRATION FORM

Check One:
QUADATHLON
TRIATHLON

TEAM NAME: _______________________________ Is this a Family Team? ________

Participants:
1. ___________________________ Under 18 □ YES □ NO
2. ___________________________ Under 18 □ YES □ NO
3. ___________________________ Under 18 □ YES □ NO
4. ___________________________ Under 18 □ YES □ NO

Team Captain: __________________________

EVENT PARTICIPANTS (if known):
• Swim: ___________________________
• Bike: ___________________________
• Run: ___________________________
• Row: ___________________________

Contact Information:
Address: ___________________________________________________________________
Phone: ________________________________________________________________________
Email: ________________________________________________________________________

Completed forms may be dropped at the Recreation Center with payment or Mailed to:
Chebeague Island Recreation Center
382 North Road
Chebeague Island, ME 04017