

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

**3<sup>rd</sup> 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!

**6<sup>th</sup> 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](http://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