

Chebeague Recreation Center
QUADATHLON & TRIATHLON
Sunday, August 9, 2015
Tri @ 10 AM & Quad @ 11 AM

Children's Triathlon

25 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!

Quadathlon

0.5 kayak paddle - 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. NEW this year is a family competition, so get your family teams together!

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