

## ***2012 ECTAthlon Competitor Instructions***

***Runners:*** You are the first to go: Start is at 1030 sharp at Bradley Palmer State Park HQ (24 Asbury St, Topsfield). **Please plan to be there at 945 for registration.** 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 and your bike back to BP HQ or to EBSCO.

***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.

***New this year: Any member of your team may run the last quarter mile section from Peatfield Street to the grand finish line in the EBSCO parking lot. You may also choose to have all 4 team members run this last section together.***

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.

Note: Participants under 18 must submit a waiver signed by a parent or guardian prior to the start of the event.

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 a mountain bike donated by REI Reading. 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). Where footing is bad, it may be necessary to walk, but time can be made up by cantering in the appropriate places.

Exact OT will be established by a pace setter. **New this year: Rider closest to the established optimum time will have ONE MINUTE deducted from total team time.**

Penalties: No penalties will be incurred if time falls within the OT range (24-30 minutes). Time over/below optimum time will be 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. (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**.*