

Tuckahoe State Park Triathlon

June 4, 2016

The **2016 Tuckahoe Triathlon** is comprised of a 2-mile run, 10-mile bicycle course, and a 1-mile canoe course. The race starts at 8 a.m. on **June 4, 2016**. Participants should plan to arrive and have their canoes and bicycles in place by 7:30 a.m. There will be a pre-race meeting at 7:45 a.m. at starting line. Questions and comments may be directed to:

Tuckahoe State Park
13070 Crouse Mill Road
Queen Anne, Maryland 21657
(410) 820-1668

Tuckahoe.StatePark@maryland.gov

Course Description

The starting line for the run is by the lake near the large pines west of the Lake Picnic Area in Tuckahoe State Park. The course proceeds along the lake to the comfort station, and then enters the physical fitness trail that winds through the pinewoods for two miles and emerges on the east edge of the parking lot.

The bike rack will be on the east side of the parking lot. (All bikes must be in the rack area and will be monitored by park staff from 7:30 a.m. until the conclusion of the awards ceremony.) Runners will then mount their bicycles, ride to the parking lot entrance, turn right onto Crouse Mill Road and proceed in a clockwise loop, **taking each first right turn** until they return to the bike rack.

From this point, race participants will proceed through the parking lot and down the paved service road towards the lake shoreline where their canoe will be waiting for them. Park personnel will be available to provide assistance in launching canoes. The canoe leg of the race is marked with orange buoys. The finish line is near the large pines in the southeast corner of the lake.

Turns and changes in the run will be marked. It is recommended that all first-time participants visit the race site prior to the event in order to familiarize themselves with the triathlon course. There will be a water station at the end of the run, bike, and at the finish line.

Rules

1. Participants will be at starting area at 7:45 a.m. for a pre-race meeting. Canoes and bicycles must be in place by 7:30 a.m.
2. Because of the narrowness of the trail through the woods, runners should cooperate in reducing the width of the pack by the time they enter the woods. On the physical fitness trail, all runners will make room for passing at the call of "track" or equivalent.
3. Drafting is not allowed on the bike course except by team members.
4. Participants will have assistance carrying their canoe to the water by designated volunteers. Only participants may launch canoes.
5. Inadvertent contact with other participants should be avoided but disqualifying fouls will only be called for apparent willful interference with others. Protest of willful interference may be made at the end of the race.
6. All participants will wear a shirt and keep their assigned number pinned to *the front* of it. The number must be displayed clearly.

7. All types and sizes of canoes may be used. The park staff will decide doubtful cases. Approved PFDs must be in the possession of each participant. Only single blade paddles may be used.
8. The race will be held rain or shine, but will be delayed for thunderstorms, extreme fog or high winds. If these should develop during the race, it will end with the bicycle leg.
9. Participants can park in the Lake Picnic Area parking lot; however once the race gets underway, no cars will be allowed to exit or enter the parking lot until it has ended. Parking is also available on the south side of Crouse Mill Pond. The Lake Picnic Area will be closed after 7:30 a.m.
10. *Bicycle helmets are required to be worn by all participants.*

Registration

The Tuckahoe Triathlon is open to individuals aged 10 and older who are capable of sustained exercise. Teams of a male and female may enter or teams of parent/child.

Call the Tuckahoe State Park office at (410) 820-1668 to request a registration form or print the online form and mail it in. Registration information includes name, address, telephone number, age, sex **and if team or single entry** – please be sure to include all requested information.

A service charge of \$20 will be due for *registration in advance*, \$30 for teams of two.

Participants are responsible for supplying bicycles and canoes; however, a limited number of canoes are available by reservation for an extra charge of \$5.

All participants will receive a Tuckahoe Triathlon T-shirt after participating in the event.

Awards

First and second place plaques will be awarded for each of the following divisions:

- Male (under 40)
- Female (under 40)
- Male (over 40)
- Female (over 40)
- Adult Doubles (under 40)
- Adult Doubles (over 40)
- Parent/Child – (child must be between the ages of 10-15)

Awards will not be given out until all contestants have completed the course.

Spectators

This course provides several nice vantage spots for spectators. The beginning of each leg is a short distance from the parking lot. The berm on the south shore of the lake is an excellent observation point for the whole canoe course and the finish will be right off the shore.

Volunteers

Volunteers are needed to prepare the course, to run water stations, to watch short cuts on running course, to direct traffic at parking lot entrance, guard bicycles, and to monitor turns. If you have family or friends that will be available to volunteer, please contact Debbie Cooper at the park office - (410) 820-1668.

For more information on this and other quality programs at Tuckahoe State Park, contact us at:

Tuckahoe State Park
13070 Crouse Mill Road
Queen Anne, MD 21657
(410) 820-1668
FAX: (410) 364-5615