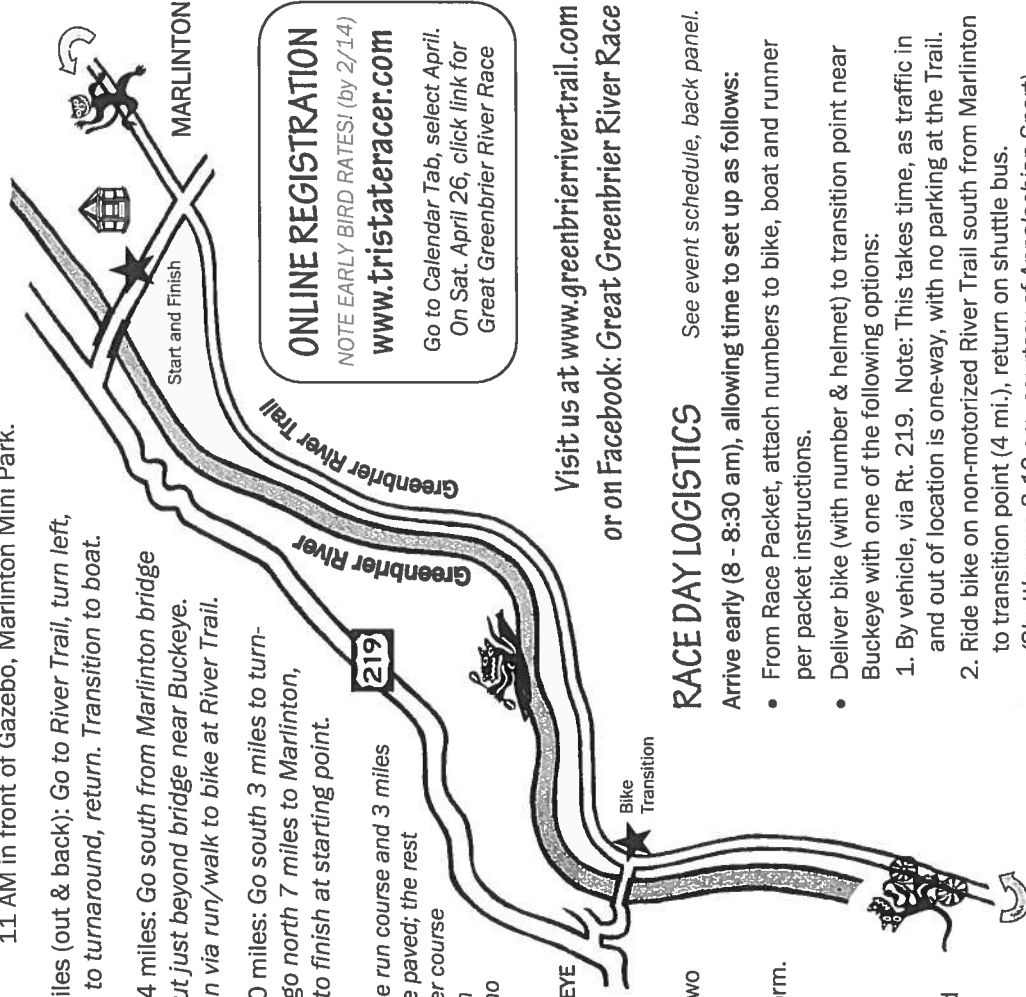


# The RACE

11 AM in front of Gazebo, Marlinton Mini Park.

- RUN** 3 miles (out & back): Go to River Trail, turn left, go North to turnaround, return. Transition to boat.
- PADDLE** 4 miles: Go south from Marlinton bridge to takeout just beyond bridge near Buckeye. Transition via run/walk to bike at River Trail.
- PEDAL** 10 miles: Go south 3 miles to turnaround, go north 7 miles to Marlinton, turn left to finish at starting point.

Approximately half the run course and 3 miles of the bike course are paved; the rest is fine gravel. The river course is mostly shallow with a few fast spots but no real rapids.



**ONLINE REGISTRATION**  
NOTE EARLY BIRD RATES! (by 2/14)  
[www.tristateracer.com](http://www.tristateracer.com)  
Go to Calendar Tab, select April.  
On Sat. April 26, click link for Great Greenbrier River Race

Visit us at [www.greenbrierrivertrail.com](http://www.greenbrierrivertrail.com)  
or on Facebook: Great Greenbrier River Race

## CATEGORIES

- Solo or Teams of two to four people.
- See categories on Registration Form.

## PRIZES

- First place overall team.
- First, second, third in each category.

## RULES

- All participants **MUST** pre-register, online or postmarked by April 4.
- Each boat may have no more than two individuals.
- Bike helmets and life jackets (boat) are required.
- Kevlar boats may be used **ONLY** by SOLO competitors.
- Participants are responsible for transportation of all race equipment.
- Participants **MUST** attend 10:30 am meeting for final instructions.

## RACE DAY LOGISTICS

Arrive early (8 - 8:30 am), allowing time to set up as follows:

- From Race Packet, attach numbers to bike, boat and runner per packet instructions.
- Deliver bike (with number & helmet) to transition point near Buckeye with one of the following options:
  - By vehicle, via Rt. 219. Note: This takes time, as traffic in and out of location is one-way, with no parking at the Trail.
  - Ride bike on non-motorized River Trail south from Marlinton to transition point (4 mi.), return on shuttle bus. (Shuttle runs 8-10 am, courtesy of Appalachian Sport)
  - If team biker, ride River Trail south to transition just after race meeting and remain there.
- Position boat (number attached) on riverbank in Marlinton, with paddle/s and life jacket/s.
- Attend 10:30 am race meeting (with numbers on competitor shirts) and be ready for Race start at 11 am.
- Present meal ticket from Race Packet for post-race picnic.
- Pick up boat following race at Buckeye. If finished by 1 pm, there may be time to do so before picnic/awards ceremony.

**NOTICE: IN THE EVENT OF HIGH WATER, THE RACE WILL BE CHANGED TO A RUN/BIKE/RUN COURSE.**

# REGISTRATION FORM

Must be postmarked by April 4, 2014. No Late or Race Day Registration.

<b>Contact Information</b>			
Solo Competitor or Team Captain Name _____			
Email _____		Phone _____	
Address _____			
City _____	State _____	Zip _____	
<b>Solo Information</b>			
Sex: M ___ F ___	Age: ___	Shirt: S ___ M ___ L ___ XL ___ XXL ___	
<b>Team Information</b>			
Team Name _____			
Team Member Names _____	Sex _____	Age _____	Shirt Size _____
Runner: _____			
Paddler: _____			
Paddler: _____			
Cyclist: _____			
<b>Category (Must choose only one)</b>			
<b>SOLO</b>	<b>TEAM</b>		
<input type="checkbox"/> Youth (16 & under)	<input type="checkbox"/> Youth (16 & under)	<input type="checkbox"/> Male	<input type="checkbox"/> Male
<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Coed	<input type="checkbox"/> Family
<input type="checkbox"/> Female	<input type="checkbox"/> Male Master (50 +)	<input type="checkbox"/> Female Master (50 +)	<input type="checkbox"/> Master (all 50 +)
<input type="checkbox"/> Male Master (50 +)	<input type="checkbox"/> Challenged Athlete	Note: All racers must sign a liability release upon packet pick-up. Parents must sign for children under 18.	
<input type="checkbox"/> Female Master (50 +)			
<b>PAYMENT</b> MUST be postmarked by April 4. THERE WILL BE NO LATE or RACE DAY REGISTRATION			
Solo		Early Bird Registration by 2/14 - \$45	Amount enclosed
		Registration 2/15 - 4/4 - \$50	
Team		Early Bird by 2/14 - \$42/member X _____	
		Registration 2/15 - 4/4 - \$47/member X _____	
Extra Post-race Picnic Meals \$10.50 ea. X _____			
Make checks payable to: Greenbrier River Trail Association			<b>TOTAL</b>

Clip and mail to: Greenbrier River Trail Association PO Box 203 Marlinton, WV 24954 For more info, contact CVB (1-800-336-7009)



## The Greenbrier River Trail

is a West Virginia State Park which follows the C&O Railroad right-of-way along the Greenbrier River from Cass to Caldwell, a distance of 77 miles. Open year-round for hikers and bikers, it is nearly level (one percent grade) and is closed to motorized vehicles.

There are picnic and primitive camping areas along the entire length, as well as swimming holes, boat pull-outs and some of the finest scenery in the State. Overnight lodging and meals lie within short distances from the Trail. Bicycles and canoes can be rented locally.

For further information, visit the following:

[www.greenbrierrivertrail.com](http://www.greenbrierrivertrail.com)

[PocahontasCountyWV.com](http://PocahontasCountyWV.com)

[www.greenbrierrailtrailstatepark.com](http://www.greenbrierrailtrailstatepark.com)

Maps and other literature may be picked up at the Pocahontas County Convention and Visitors Bureau located at 301 8th Street, Marlinton, WV.

Net proceeds from the Great Greenbrier River Race go to the Greenbrier River Trail Association, a private non-profit advocacy group dedicated to improvement and promotion of the Greenbrier River Trail and related facilities.

This brochure can be found online. Go to: [www.greenbrierrivertrail.com](http://www.greenbrierrivertrail.com), follow links to the Great Greenbrier River Race.

[www.greenbrierrivertrail.com](http://www.greenbrierrivertrail.com)



## GREAT GREENBRIER RIVER RACE

### Friday April 25

Marlinton Municipal Building - 709 2nd Ave.

6 - 8 pm - Race Packet pickup

Dinner on your own at area restaurants.

7:30 pm - Jenny Reynolds & Cherry Hill

A Lynchburg, VA band playing blues to rock to folk. Pocahontas County Opera House - 818 3rd Ave. - \$8

### Saturday April 26

Gazebo in Marlinton at Mini Park

8-10 am - Race Packet pickup at tent

- Competitor setup

(see Logistics, inside panel)

10:30 am - Race Meeting at Gazebo (mandatory)

11:00 am - Race Start

1:30 pm - Post-race Picnic/Party,

live music, socializing & tales of triumph & woe

3:00 pm - Awards Ceremony

#### LOCAL CANOE/KAYAK OR BIKE RENTALS:

Appalachian Sport, Marlinton 304-799-4050

Jack Horner's Corner, Seebert 304-653-4515



Nature's Mountain Playground

For information regarding dining, lodging, campgrounds, directions, etc. go to:

[PocahontasCountyWV.com](http://PocahontasCountyWV.com)

or call 800-336-7009.

Run, Paddle, Pedal, & Party!



28th ANNUAL

# GREAT GREENBRIER RIVER RACE

A family-friendly

seventeen mile mini-triathlon

with post-race gourmet picnic,

live music and door prizes.

**Saturday April 26, 2014**  
**Marlinton, West Virginia**

**CHIP TIMING & ONLINE REGISTRATION**

All Participants must PRE-REGISTER, online or with postmark by April 4.

No exceptions!