



2019 Tri Tilghman Athlete Guide

WELCOME

Welcome to the 2019 Tri Tilghman event, consisting of a 3 mile kayak, 10 mile bike ride and 3.1 mile run. This event has traditionally been put on by the staff at the Phillips Wharf Environmental Center as a benefit to their program. This year the event was out of the mission of their agency and was on the chopping block. We, at TCR Event Management, have been a part of the event every year and wanted to keep the event going. We are going to make it bigger and better than you have ever seen it, so we are glad that you could join us for this re-boot of the event!

LOCATION

Phillips Wharf Environmental Center is located at 6129 Tilghman Island Road, Tilghman Island, MD. Parking will be on the property, as will the transition area. There is a kayak launch on property.

TIMES

Packet Pickup will start at 7am on Saturday, 9/21. We encourage participants of the events to be prepared to push off, and start, at 8am with the kayak portion of the event. The total number of participants for the event will determine how many kayaks will start at a time. All kayaks will start in water.

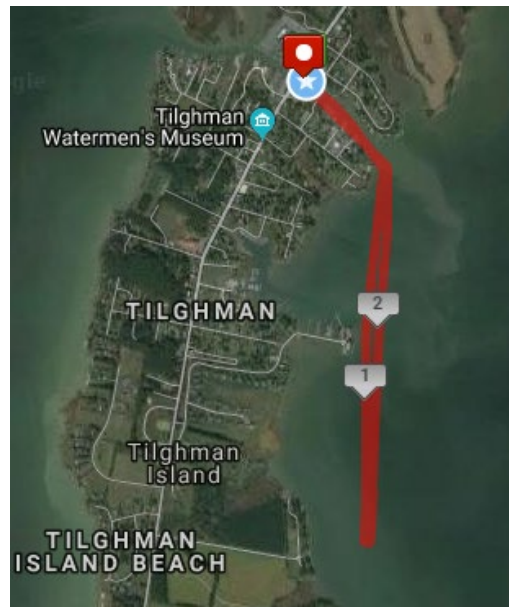
Bike Ride/Run Only Start Time – If you are participating in the RIDE or RUN only, you will be asked to start when the first rider and/or the first runner from the full event begins their section. This will ensure that our safety and volunteer personnel are ready to assist.

START TIME WILL BE 8AM FOR WAVE ONE OF THE KAYAK

COURSE

KAYAK/SUP

The Kayak portion of the event will start with all kayakers/Stand-Up Paddleboards in the water. You are able to launch your craft right from the PWEC property. We ask that you wear a Personal Flotation Device (PFD), for your safety. This applies to all Stand Up Paddleboarders as well. If you do not have your PFD, please let organizers know and we will try to accommodate you.



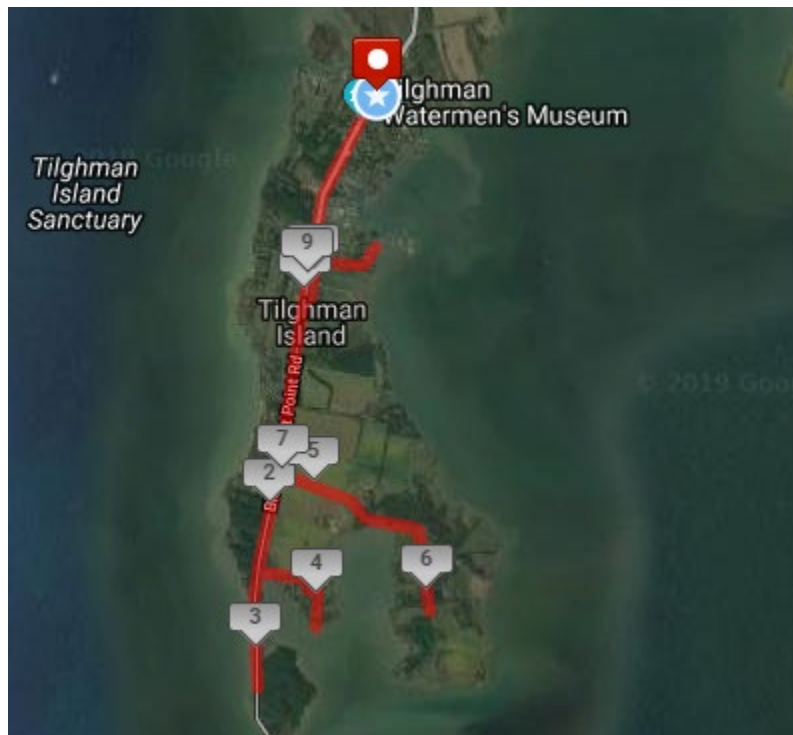
You can also see the course at <https://www.mapmyrun.com/routes/view/2682774925>

There will be some motor support out on the water, but please be sure to take your cellphone with you, in case of emergency. You will be given a number to call, should you need assistance.

BIKE – HELMETS MANDATORY

If you are doing the bike ONLY, we ask that you wait for the first person to complete the Kayak portion of the event, so that we can have all of our volunteers and safety assets in place for the event

This is an open bike course, so there will be vehicle traffic on the course. You will not cross over the flow of traffic, but please make sure to be aware of vehicles.



You can also see the course at <https://www.mapmyrun.com/routes/view/2682755140>

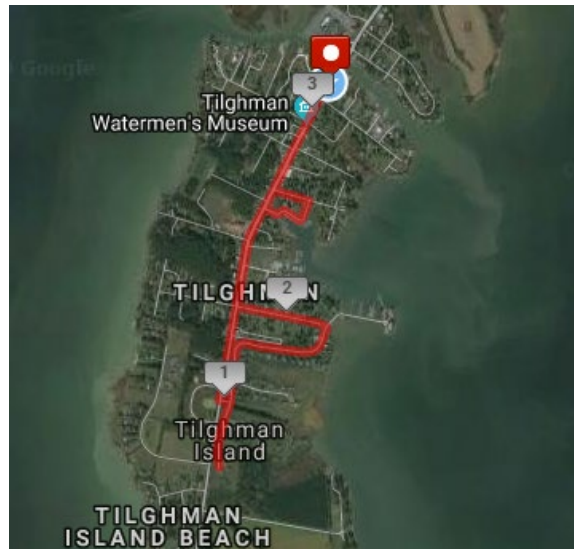
- Turn left out of PWEC Parking Lot
- Travel to the end of Black Walnut Point to turnaround volunteers
- Turn around
- Turn Right on to Fairbanks Drive to cul de sac
- Turn around and follow Black Walnut Road/Tilghman Island Rd
- Turn Right to Bar Neck Road to turnaround volunteers
- Turn around and make a Right back on to Black Walnut Road
- Turn right on Island Club Road to cul de sac
- Turn around and make right on to Black Walnut Road and return to PWEC

The course will be marked with yard sign arrows and large, orange arrows, taped on the ground

RUN

The Run will consist of a 3.1 mile run from the Phillips Wharf Environmental Center property. If you are signed up to ONLY do a run, we ask that you wait until we have our first FULL TRIATHLON participant on course, so that we know that support will be available for you.

This is an open run course, so please use caution when running. You will be running WITH the flow of traffic.



Exit PWEC property and run WITH the flow of traffic

Turn left in to Island Club Road

Immediate Right on Island Club Road to cul de sac turnaround

Continue on Island Club Road to WATER STOP

Left over grass area to Wharf Road

Right on to Black Walnut Point Road

Right to Dogwood Harbor Road

Veer left to go around Marina

Left on to Gibsontown Road

Right on Black Walnut Point Road

FINISH at PWEC

RENTAL EQUIPMENT

If you have selected to rent a kayak or bicycle, these will be at the property at PWEC on race morning.

AWARDS

All finishers will receive a medal, commemorating their achievement.

Awards for TOP MALE, TOP FEMALE, And Top 2 Male and Female for:

- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and Over

QUESTIONS?

Any additional questions, please reach out to Jason at Jason@TCREventManagement.com and we look forward to seeing you all on Saturday morning at 7am!! Race Starts at 8!!!