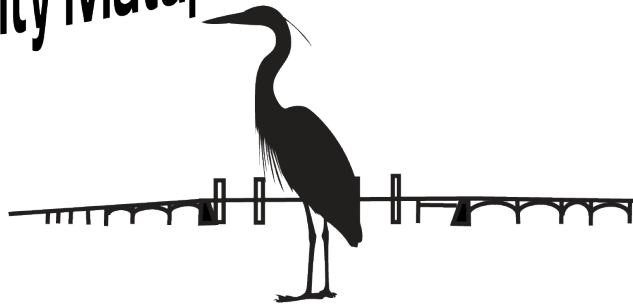


Mighty Matapeake Multisport Festival



2020 Mighty Matapeake Multisport Festival Athlete Guide

WELCOME

Welcome to the 2020 Mighty Matapeake Multisport Festival, consisting of a ½ mile swim, , 12 mile bike ride and 3.1 mile run. By now, we are all fully aware of COVID-19 in our communities but we have been pushing hard to be able to put on a LIVE race for you to enjoy! With that in mind, all of our COVID-19 Mitigation strategies can be found at the top of the webpage at www.MightyMatapeakeTriathlon.com and we invite you to look them over.

Of particular interest will be the aide stations will have pre-packaged food, in a self serve style, there is no large awards ceremony after, and we will have some pre-packaged foods for you after the event. Swim waves are reduced to 10 persons at a time. IF YOU MUST HAVE SOMEONE AT THE EVENT, PLEASE HAVE THEM SIGN UP AS A VOLUNTEER IN THE CHEER SQUAD!!!!

LOCATION

The Matapeake Beach Club is our home for the event, and can be found by looking up 1112 Romancoke Rd, Stevensville, MD. If you are coming from across the Bay Bridge, it is your first exit to the right (then turn right). If you are coming from Westbound Route 50, it will be last exit (Route 8) before the Bay Bridge. Parking for the event will be public parking lot to the south of the Beach Club. We will be building up transition the night before and creating the Bike In/Bike Out chutes, as well as Swim In/Swim Out, so please don't block those with your vehicles



TIMES

Packet Pickup will start at 645 am on Saturday, 10/17. We encourage participants of the events to be prepared to start at 8am. When you arrive, bring your ID to the SWIM IN /RUN OUT portion of transition, where you will be given a temperature check and directed to your rack.

Swim start will be in groups of 10. You may be in the water, prior to your swim start, but in order to get an official start time, you must exit the water and pass over a timing mat. Instructions for the swim start will come in a more detailed email later. **THE SWIM WILL START AT 8AM!!**

All athletes will be in the water by 8:20 am.

ESSENTIAL GEAR

Welcome to racing in the age of COVID. One of the most important pieces of gear, prior to you starting to race, and when you finish, will be a face covering. PLEASE WEAR A FACE COVERING getting set up in the morning, and then when you are done racing. You do NOT have to wear a face covering while racing, but we DO ask that you stay 6 feet away from everyone when not covered.

Please be sure to bring your helmet for the bike portion of the course. Athletes WITHOUT A HELMET WILL NOT BE ALLOWED TO CONTINUE.

You will be provided with a swim cap and bib and timing chip at Packet Pickup. You will only need to wear your bib on the run portion of the course.

Please be sure to bring your photo ID to transition for verification. This event is a USA Triathlon sanctioned event and all participants must have a valid USA Triathlon membership. This was verified when you signed up for the event.

If you want to check out what you will see in your gear bag, please watch our video at <https://youtu.be/jNmDQvovurE> or at the bottom of the race page at www.MightyMatapeakeTriathlon.com

COURSE


SWIM

Our swim course will be an in water start. Most athletes will find that they are able to touch for a majority of the swim. We will have multiple lifeguards on course, as well as our friends at the Kent Island Volunteer Fire Department. Athletes will find there are TWO turns on the course (right hand u-turn, keep buoy to your right). All other buoys will be placed for sighting.



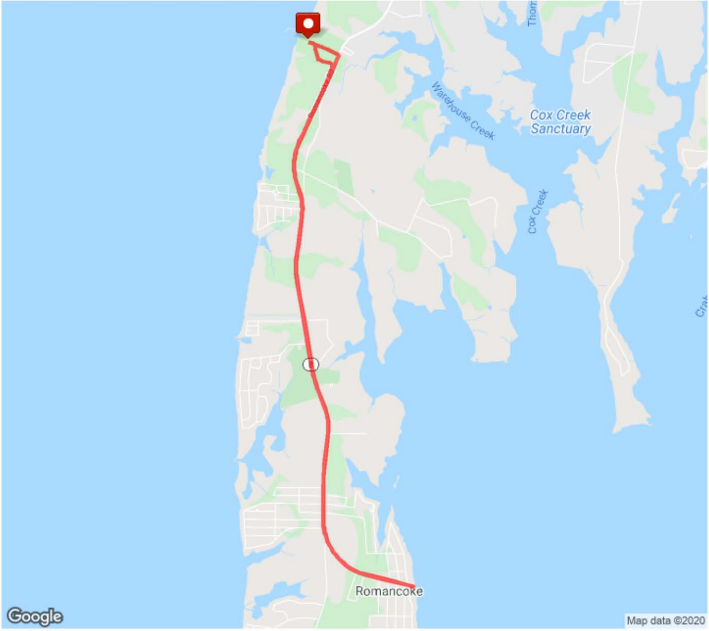
BIKE – HELMETS MANDATORY

This is an open bike course, so there will be vehicle traffic on the course. The Maryland State Police and Queen Anne’s County Sheriff’s Office will be there to provide you with a safe entrance and exit to Route 8 and from there it is GO GO GO!!! You will ride to the Romancock Fishing Pier and turn around at the Trooper. Return back up the roadway on the shoulder for the fastest out-and-back that you’ve ever had! . The course will be marked with ORANGE arrows on the roadway. You will see arrows at approximately 50 yards, 25 yards and 5 yards before any turns.



Matapeake Bike Course
Distance: 11.97 mi
Elevation Gain: 212 ft
Elevation Max: 47 ft

Notes



0.00 mi	Head southeast on Sonny Schulz Blvd toward Aquaculture
0.12 mi	Head east on Sonny Schulz Blvd toward Romancock Rd
0.31 mi	Turn right onto Romancock RdDestination will be on the right
0.38 mi	Head southwest on MD-8 N/Romancock Rd toward Marine Academy Dr
6.01 mi	Head west on MD-8 N/Romancock Rd toward Brick House Rd
11.49 mi	Turn left onto Woodmoor Rd
11.50 mi	Turn right
11.75 mi	Turn right onto Aquaculture
11.90 mi	Turn left onto Sonny Schulz Blvd

You can also see the course at <https://www.mapmyrun.com/routes/view/3416482540>

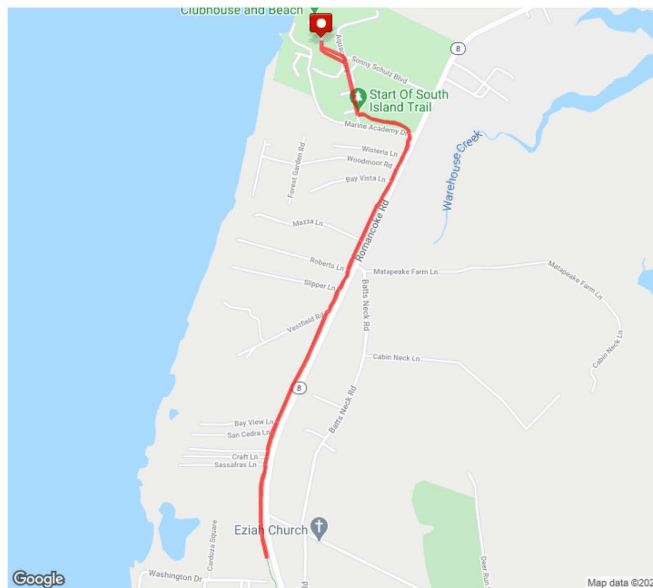
RUN

The Run will consist of a 3.1 mile out and back run on the Rails to Trails system. **This is an open run course, so please use caution when running. There are a few areas where you will cross small roadways. Vehicles will be warned of your presence**



Matapeake Run
Distance: 3.09 mi
Elevation Gain: 45 ft
Elevation Max: 46 ft

Notes



0.00 mi	Head south on Clubhouse Dr toward Sonny Schulz Blvd
0.02 mi	Turn left onto Sonny Schulz Blvd
0.04 mi	Head southeast on Sonny Schulz Blvd toward Aquaculture
0.08 mi	Turn right onto Aquaculture
0.19 mi	Head south on Aquaculture
0.23 mi	Turn left
0.33 mi	Head east toward Marine Academy Dr
0.38 mi	Slight right at Marine Academy Dr
0.88 mi	Turn right onto Vestfield Rd

There will be AT LEAST one aide station with Water and Gatorade on the run course. If temperatures dictate, an additional aide station will be added. This station will have SEALED bottles at it, and will be set out on tables. Please take a bottle and continue. If you are able to hold the bottle, outstanding. If you are not, please do not throw the bottle in to a yard. Put it on the shoulder of the road and we will come back out and get them all.

AWARDS

All finishers will receive a medal, commemorating their achievement.

Awards for TOP MALE, TOP FEMALE, And Top 3 Male and Female for:

- 19 and under
- 20-24 25-29
- 30-34 35-39
- 40-44 45-49
- 50-54 55-59
- 60 -64 65-69
- 70 and Over

Awards for Top 3 Duathlete (Male and Female separate)

Awards for Top 3 Aquabike (Male and Female separate)

Awards for 3 Top Relays

Because of the reduction in our size, all specialty categories (First Responder, Athena, Clydesdale) have been eliminated. All participants will race in the Open Age group. If there is a concern with this, please reach out to us at info@tcreventmanagement.com

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 6:45am!! Race Starts at 8!!!