



Hunting Island Adventure Biathlon
 c/o The Extra Mile
 336 King Street
 Charleston, SC 29401

EXPeCt THE UNExPeCted!



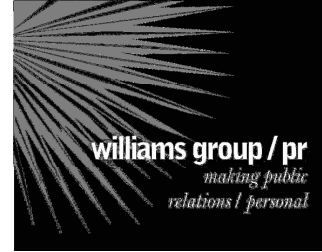
March 6, 2010

Race Starts at Noon

Sea Island Rotary's
 6th Annual
 Hunting Island State Park
**ADVENTURE
 BIATHLON**

Kayak & Trail Run

THANKS TO OUR in-KIND SPONSORS:



Benefiting Sea Island Rotary Club
 Local and International Charities.



Official Race Headquarters:
 2121 Boundry St.,
 Beaufort, SC 29902
 (843) 379-4327

LIABILITY WAIVER & RELEASE

Upon acceptance of my entry, I, for myself, my heirs, executors, & assigns, hereby release the sponsors & officials of the Hunting Island Adventure Biathlon, The Extra Mile, Sea Island Rotary Club, The Kayak Farm, Hunting Island State Park, SC Dept. of Parks, Recreation & Tourism, Beaufort County, USA Triathlon and any and all event officials, sponsors, volunteers, directors and their representatives and will hold them harmless for any and all liability arising from illness, injury, or death I may suffer as a result of my participation in this event. None of the above will be responsible for the loss of personal items or an injury during the race. I attest that I am physically fit and have sufficiently trained for this event and I am aware that my participation, in some circumstances, could result in physical injury. If participating as a paddler, I will wear a personal flotation device (PFD) at all times when in the boat/ kayak. Should officials determine that completion of this event would be injurious to my health, I consent to be removed and treated by any medical professionals in attendance at their direction. I give permission of free use of my name and picture in any broadcast, marketing or written account of this event. I understand that my entry fee is NON-REFUNDABLE. Pets, baby strollers, and headphones are not allowed on the course for safety reasons. You must have your BIB Number when you cross the finish line to qualify for award.

Signature _____

Parent/Guardian (if under 18 years of age.) _____

Date _____

Team Member's Signature _____

Parent/Guardian (if under 18 years of age.) _____

Date _____

RACE REGISTRATION FORM

Make Checks Payable to:

Sea Island Rotary Club

\$40.00 Individuals \$55.00 Teams

Late Fee: \$10.00 if not received by Feb. 27th

Or register online at: www.active.com

Name: 1) _____

(if team) 2) _____

(if team) Team Name: _____

Street: _____

City: _____ State _____ Zip _____

Best Contact Ph# (_____) _____

Email: _____

Emergency Contact (for you and your team member)

Name: _____ Ph#: _____

Name: _____ Ph#: _____

Sex: M F (if team) Sex: M F

Age on Race Day _____ Age on Race Day _____

DOB ____/____/____ DOB ____/____/____

T-shirt: S M L XL T-shirt: S M L XL

CATEGORY: (must select only one)

INDIVIDUALS:

- _____ 1. Male Solo
- _____ 2. Female Solo
- _____ 3. Male Master Solo (age 50 and older day of race)
- _____ 4. Female Master Solo (age 50 and older day of race)

TEAMS:

- _____ 5. Relay All Male
- _____ 6. Relay All Female
- _____ 7. Relay Mixed
- _____ 8. Tandem All Male
- _____ 9. Tandem All Female
- _____ 10. Tandem Mixed

Mail Check and Signed Form to:

The Extra Mile For More Information:
 336 King Street (843) 853-9987
 Charleston, SC 29401 or www.Active.com

RACE FACTS

WHEN: Saturday, March 6, 2010

6:00 a.m. Park Opens
 10:00 a.m. Late Registration Opens
 11:30 a.m. Racers' Meeting
12:00 p.m. Race Start
 3:00 p.m. Awards Ceremony
 4:00 p.m. Post-race Party at Boondocks

WHERE: Hunting Island State Park

Race starts in the Lagoon, near Parking Lot "J"
 2555 Sea Island Parkway
 Hunting Island, SC 29920
 (843) 838-2011 or huntingisland@scprt.com

WHAT: 6 mile Kayak and 4.5 mile Trail Run

(distances are approximate)

The race starts with a kayak paddle (~6 miles) that begins in the lagoon, goes into Fripp Inlet, circles a buoy and returns to the lagoon. The trail run (~ 4.5 miles) is mostly on dirt and sand trails through the State Park. Expect the Unexpected!

HOW: There are several Race Categories:

SOLO:

Male and Female Racers in the solo category will be grouped between Masters (those of age 50 and older) and Non-Masters.

TEAMS: (a Team is made up of two racers)

There are two Categories of Teams: **RELAY** and **TANDEM TEAM**. A **RELAY** Team is where one person paddles the kayak and the other member runs the trails, either all male, all female or mixed male and female teams. On the **TANDEM** Team, both members paddle a Tandem kayak, and then both must run the Trails and finish together. The last person on the Tandem Team to finish scores the time for the Team. Tandem Teams are also divided into all male, all female or mixed male and female teams.

IMPORTANT: Entrance to Hunting Island State Park requires a \$4.00/adult; \$2.50/SC Seniors and \$1.50/child. **The gate to the park backs up quickly.**

PLAN TO ARRIVE EARLY!!

KAYAKS

Any type of kayak may participate including: Touring, Recreational, Surf Ski, Racing, and Tandem kayaks. No canoes or other type of paddle boats allowed. Race Officials reserve the right to disqualify any questionable watercraft. NO PEDAL POWERED KAYAKS!

A personal floatation device (PFD) must be worn at all times when in the kayak. NO EXCEPTIONS!

RENTAL OF KAYAK FOR RACE:

We have made arrangements with **The Kayak Farm** to rent ruddered touring kayaks for the race. They will deliver and pick-up the kayak for you at Hunting Island and will have a limited supply of kayaks for late registration. You are **strongly encouraged** to reserve your kayak in advance by calling them directly at (843) 838-2008 or visit www.thekayakfarm.com for more details.

AWARDS

There will be 52 awards given for the following categories:

- Top Eight Male/Female Solo Finishers
- Top Three Male/Female Masters Solo Finishers
- Top Three All Male Team Relay Finishers
- Top Three All Female Team Relay Finishers
- Top Three Mixed Male/Female Team Relay Finishers
- Top Two All Male Team Tandem Finishers
- Top Two All Female Team Tandem Finishers
- Top Two Mixed Male/Female Team Tandem Finishers

Award ceremony immediately following the conclusion of the race at Hunting Island.

POST RACE PARTY

Join your fellow racers at Boondocks, 1760 Sea Island Parkway, Saint Helena Island. Free food and beer for all participants.

TEE-SHIRTS

Custom moisture-wicking race logo shirts are guaranteed to the first 200 pre-registered participants.

REGISTRATION

Online at: www.active.com (major credit cards accepted)

By Mail: The Extra Mile (Checks Only)
 336 King Street
 Charleston, SC 29401

Fees: \$40 per Individual (Solo); \$55 per Team
 \$10 Late Fee if not received by Feb 27, 2010.

THANKS TO OUR MAJOR SPONSORS:



Beaufort Memorial HOSPITAL



B.P. Barber & Associates, Inc.



Robinson Grant & Co., P.A.
CERTIFIED PUBLIC ACCOUNTANTS