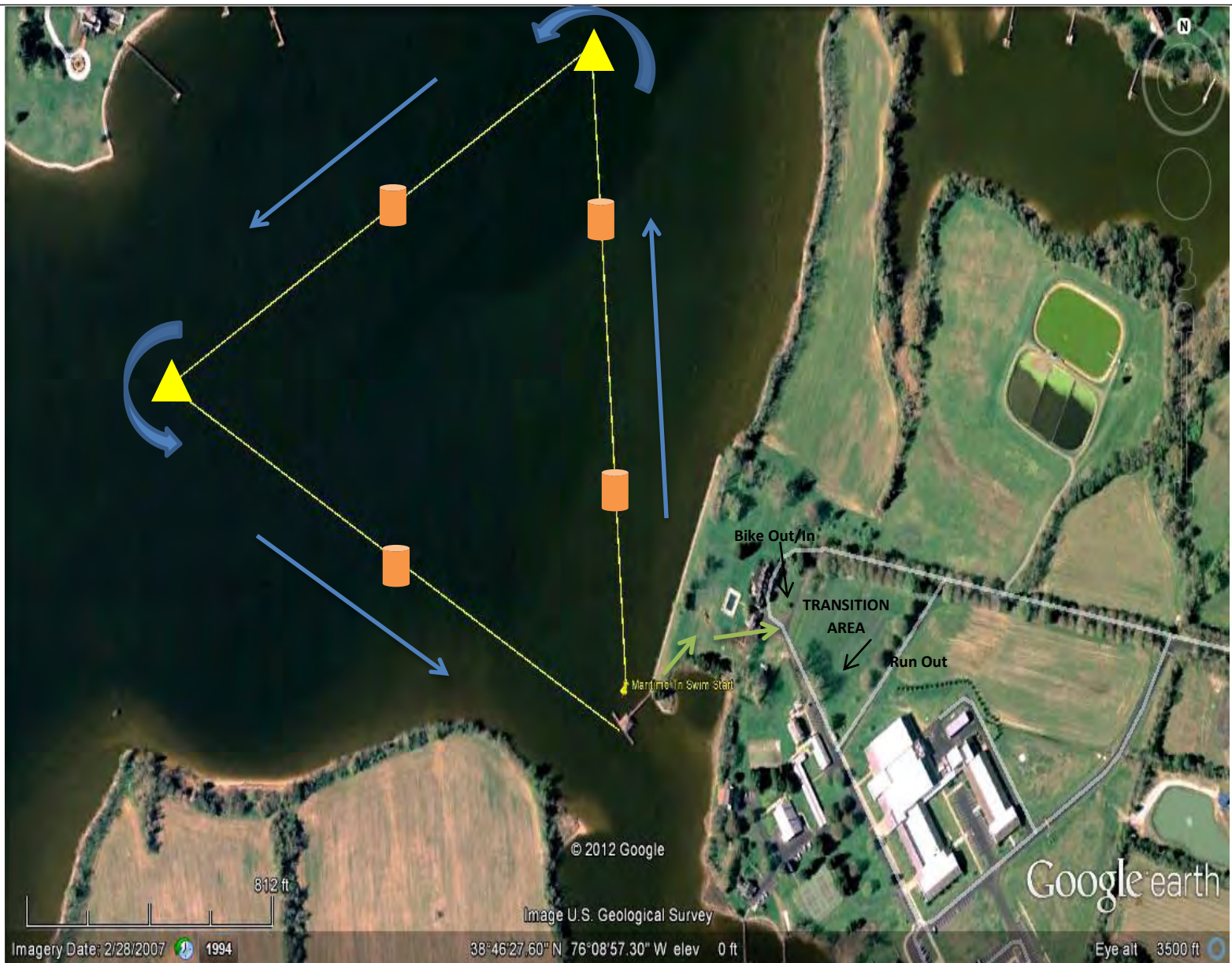


MARITIME TRIATHLON RACE SITE

*Special thanks to the Calhoon M.E.B.A. Engineering School for their generosity in allowing us to hold our event on the grounds of their campus. The campus includes the Merchant Marine Memorial – all athletes and their families are asked to conduct themselves with the appropriate reverence and respect when on the memorial grounds.

- Parking will be on the grass southwest of the Merchant Marine Memorial
 - *Please consider a donation to the MEBA Merchant Marine Memorial Foundation (contact memorial@mebaschool.org)*
- Please do not park in any of the marked paved parking spots, unless directed by a race staff or volunteer, as it may impede with the bike and run courses.
- Please be kind to, and thank, our volunteers!

MARITIME INTL TRIATHLON SWIM COURSE – 1500 meters



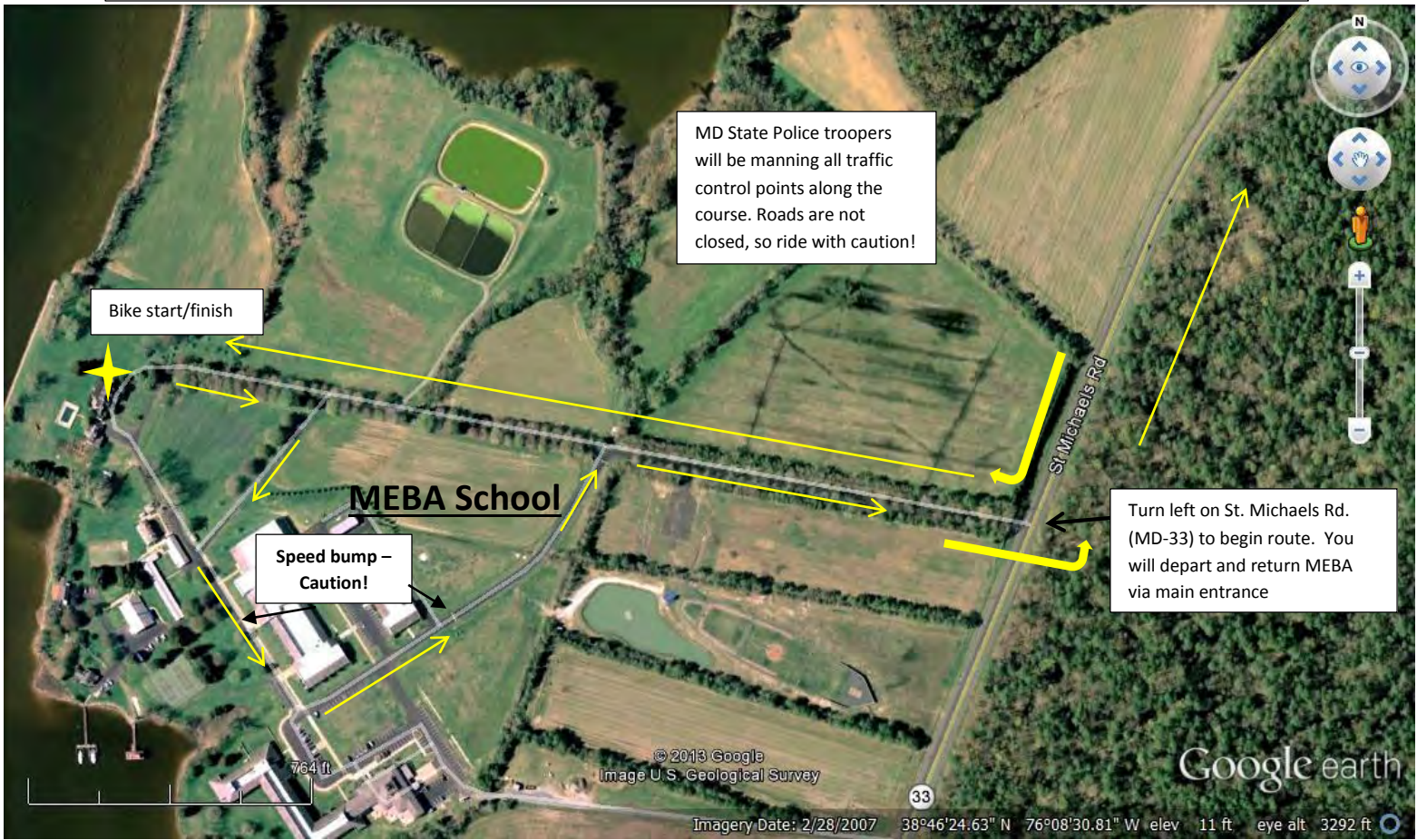
Maritime Tri Intl Swim course – 1500 meters (1 lap)

- In-water start from T-Dock
- Counter-clockwise flow
- Keep yellow triangle turn buoys on your left shoulder
- Orange cylinder buoys are for sighting...you can swim on either side of them
- Keep last turn buoy on your left to swim to exit
- Wiggly Man will be on the end of the dock
- Exit water at boat launch dock submersible platform

**If you need assistance - Roll on your back and wave your hand in the air – we will come to you.*

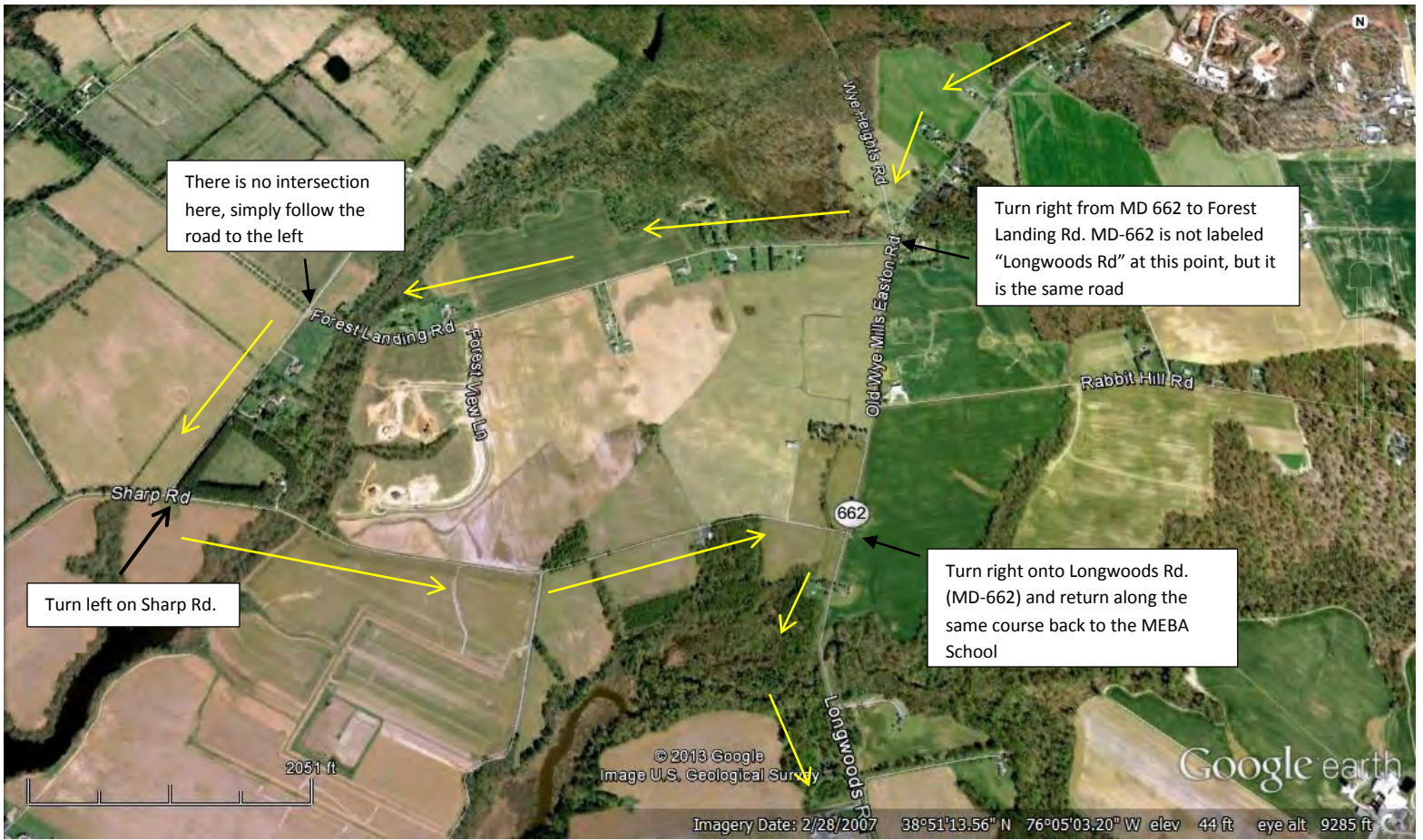
If you do not finish the swim, for any reason, it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.

SET UP EVENTS "MARITIME TRIATHLON" BIKE COURSE – 24 MILES









There is no intersection here, simply follow the road to the left

Turn right from MD 662 to Forest Landing Rd. MD-662 is not labeled "Longwoods Rd" at this point, but it is the same road

Turn left on Sharp Rd.

Turn right onto Longwoods Rd. (MD-662) and return along the same course back to the MEBA School

2051 ft

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Image U.S. Geological Survey

Google earth

Imagery Date: 2/28/2007 38°51'13.56" N 76°05'03.20" W elev 44 ft eye alt 9285 ft

MARITIME INTERNATIONAL TRIATHLON

Maritime
International
Triathlon Run
Course – 6.2 miles



- Two Loop Course -Water Aid Stations every 1-1.5 miles with water, HEED drink, and Hammer Gels
- Exit Transition Area, follow pennant line path on grass and run on road heading SE and follow around parking area
- Follow access road exit (dirt and some gravel) and turn right on St. Michaels Rd. Remain on right side of shoulder, as there is two-way runner traffic. Cones will be placed every 45' along the edge of the shoulder and the road
- Turn right on Perry Hall Rd.
- Turn left at the end and then turnaround on driveway in front of Perry Hall house
- Turn left to return to MEBA School on St. Michaels Rd. Remain on right side of shoulder heading back to MEBA
- Turn left at access road and proceed to turnaround point to begin 2d Lap
- After 2d Lap, continue past turnaround point and turn right towards main entrance
- Turn right into Merchant Marine Memorial parking lot = FINISH CHUTE!