

This brochure and registration form can be found online.
Go to: www.greenbrierrivertrail.com
and follow links to the Great Greenbrier River Race.

Net proceeds from the 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.



The Greenbrier River Trail

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, it is nearly level (one percent grade) and 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 in several locations.

For further information, visit the following websites:

www.greenbrierrivertrail.com
PocahontasCountyWV.com
www.greenbrierrailtrailstatepark.com

Maps and other literature may be picked up at the Pocahontas County Convention and Visitors Bureau located at 708 Second Avenue, across from the Town Fire Dept.



Great Greenbrier River Race

POCAHONTAS
COUNTY
West Virginia
Nature's Mountain Playground
PocahontasCountyWV.com
800.336.7009

Pocahontas County CVB
P. O. Box 275
Marlinton WV 24954

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MARLINTON, WV

FUN - FITNESS - FINE FOOD



24th Annual
*Great
Greenbrier
River Race*

Saturday, April 24th, 2010
MARLINTON, WEST VIRGINIA

All Participants must REGISTER EARLY. No late registration accepted.. No exceptions!

Don't miss a unique, increasingly popular competitive event for all levels of fitness and skill. In a beautiful setting along the Greenbrier River in Pocahontas County, this family-friendly, 17-mile mini-triathlon features a post-race gourmet picnic with live music, drawings, and great prizes. Registered participants receive tickets to a Pasta Party held the night preceding the Race (courtesy of Forman and Rist Law Firm, Charleston).

The Course: 3 mile rail-trail run, 4 mile flat-water paddle, 10 mile rail-trail bike ride
Approximately half the run course and 3 miles of the bike course are paved; the rest is fine gravel. Most riders use mountain bikes; some use road bikes with cyclocross tires. The river course is mostly shallow with a few fast spots but no real rapids.

For further information regarding lodging, camping, directions, etc. go to: PocahontasCountyWV.com or call 800-336-7009.

Prizes:

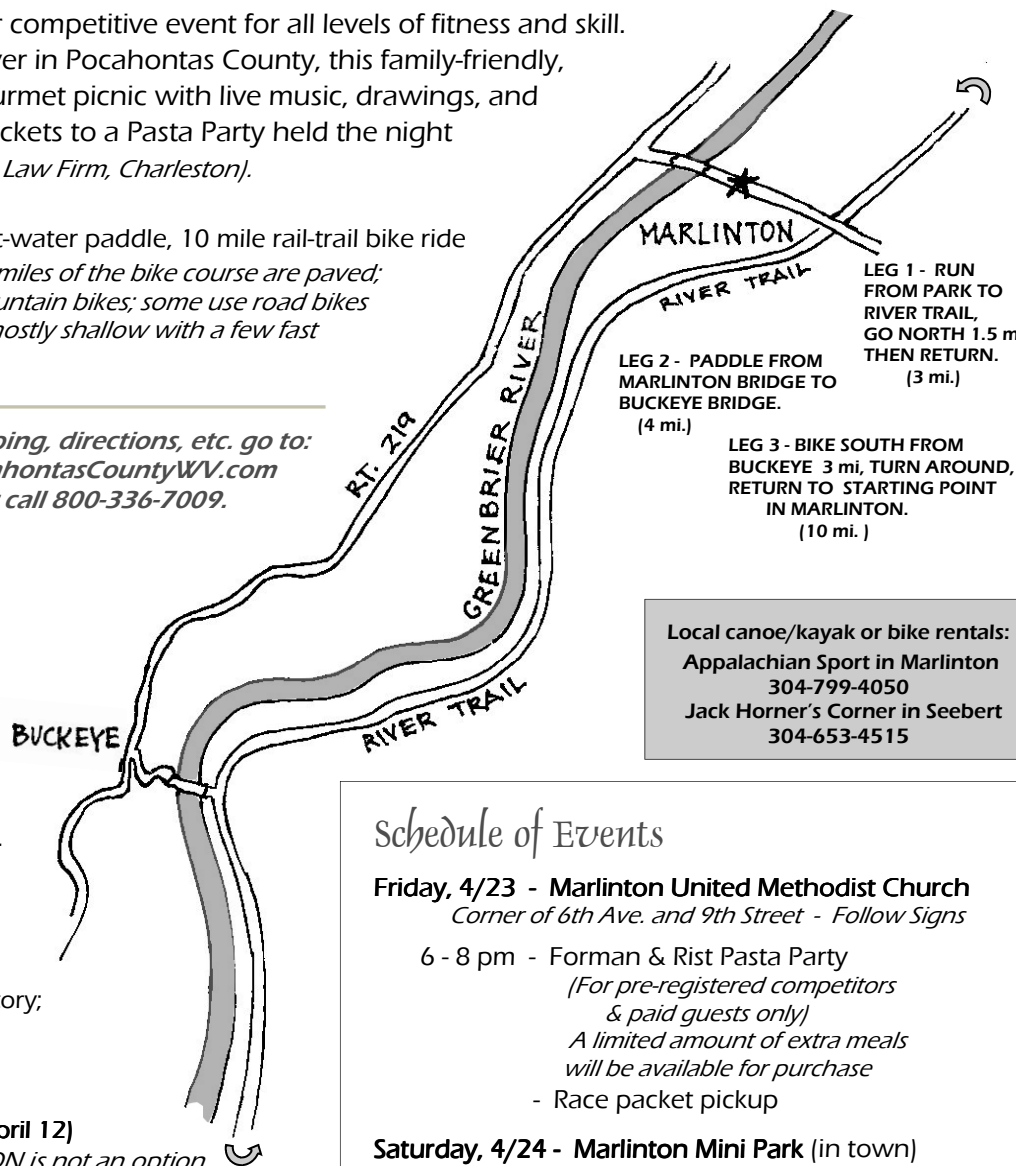
- First, second, third overall teams. (Advantage teams ineligible for overall prizes.)
- First, second, third overall solos.
- First, second, third in each category. (See registration form for category listing.)

Rules:

- Solo or Teams of 2 to 4 people.
- No more than two individuals to a boat.
- Life jackets (boat) and bike helmets are required.
- Teams using Kevlar boats or tandem bikes must register in the Advantage category.
- Competitors are responsible for transportation of all equipment.
- Attending the 10:30 am race meeting is mandatory; essential info is given out at that time.

Hints & Suggestions:

- **Register EARLY. (Forms MUST be postmark by April 12)** No Exceptions. *LATE or RACE DAY REGISTRATION is not an option.*
- Arrive early and give yourself plenty of time to set up before the 10:30 am meeting. This is a non-motorized trail.
- Ride your bike to Buckeye; it's only four level miles and a good warm-up. Between 8 and 10 a.m. a shuttle van (courtesy of Appalachian Sport) will run between Buckeye and Marlinton. There is no parking at the Buckeye transition.
- Provided you finish by 1:00, you'll have ample time to pick up your boat from Buckeye and return for the picnic and awards ceremony.



Local canoe/kayak or bike rentals:
Appalachian Sport in Marlinton
 304-799-4050
Jack Horner's Corner in Seebert
 304-653-4515

Schedule of Events

Friday, 4/23 - Marlinton United Methodist Church
 Corner of 6th Ave. and 9th Street - Follow Signs

6 - 8 pm - Forman & Rist Pasta Party
(For pre-registered competitors & paid guests only)
 A limited amount of extra meals will be available for purchase
 - Race packet pickup

Saturday, 4/24 - Marlinton Mini Park (in town)

8 - 10 am - Drop off boats just above bridge
 - Solos leave bikes at Buckeye transition

10:30 am - Race meeting at gazebo (mandatory)
 11:00 am - Race start; team cyclists ride to Buckeye
 1:30 pm - Post-race picnic, live music, socializing and tales of triumph and woe
 2:30 pm - Awards ceremony

Clip and mail to: Pocahontas County CVB - P. O. Box 275 - Marlinton, WV 24954 For more info, contact CVB (1-800-336-7009)

REGISTRATION FORM You must REGISTER EARLY!
Sorry, no exceptions!

Contact Information

Phone _____

Solo Competitor or Team Captain Name _____

Address _____

City _____ State _____ Zip _____

Solo Information

Sex: M__ F__ Age: _____ Shirt Size: __S __M __L __XL __XXL

Team Information

Team Name _____

Team Member Names	Sex	Age	Shirt Size
Runner:			
Paddler:			
Paddler:			
Cyclist:			

Category: (Must choose only one)

SOLO	TEAM
<input type="checkbox"/> Youth (16 & under)	<input type="checkbox"/> Youth (16 & under)
<input type="checkbox"/> Male	<input type="checkbox"/> Male
<input type="checkbox"/> Female	<input type="checkbox"/> Female
<input type="checkbox"/> Male Master (50 +)	<input type="checkbox"/> Coed
<input type="checkbox"/> Female Master (50 +)	<input type="checkbox"/> Family
	<input type="checkbox"/> Advantage
	<input type="checkbox"/> Master (all 50 +)

Note: All racers must sign a liability release upon packet pick-up. Parents must sign for children under 18.

Will you/your team attend the Pasta Party? Y__ N__ # of tickets _____

Payment	Forms MUST be postmarked by April 12. THERE WILL BE NO LATE or RACE DAY REGISTRATION	Amount enclosed
Solo	Registration - \$40	
Team	Registration - \$40 ea. member X _____	
Extra Pasta Party Tickets	\$8 ea. X _____	
Extra Post-race Picnic Meals	\$10 ea. X _____	
Make checks payable to: Greenbrier River Trail Association	TOTAL	