



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 for hikers and bikers, it is nearly level (one percent grade) and is 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 locally.

For further information, visit the following:

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, Marlinton, WV.

Net proceeds from the Great Greenbrier River 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.

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

www.greenbrierrivertrail.com
GREAT GREENBRIER RIVER RACE



PocahontasCountyWV.com
800.336.7009



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

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PAID
PERMIT #51
MARLINTON, WV

Run, Paddle, Pedal, & Party!






26th ANNUAL GREAT GREENBRIER RIVER RACE

A family-friendly
seventeen mile mini-triathlon
with post-race gourmet picnic,
live music and door prizes.

Saturday April 28, 2012
Marlinton, West Virginia

All Participants must PRE-REGISTER,
postmarked by April 6. No exceptions!

The RACE: 11 AM in front of Gazebo, Marlinton Mini Park.

-  1. RUN 3 miles (out & back): Go to River Trail, turn left, go North to turnaround, return. Transition to boat.
-  2. PADDLE 4 miles: Go south from Marlinton bridge to takeout just beyond bridge near Buckeye. Transition via run/walk to bike at River Trail.
-  3. PEDAL 10 miles: Go south 3 miles to turnaround, go north 7 miles to Marlinton, turn left to finish at starting point.

Approximately half the run course and 3 miles of the bike course are paved; the rest is fine gravel. The river course is mostly shallow with a few fast spots but no real rapids.

NOTICE: In the event of high water, the race will be changed to a Run/Bike/Run course.

CATEGORIES:

- Solo or Teams of two to four people.
- See category breakdown on Registration Form.

PRIZES:

- First place overall team.
- First, second, third in each category.

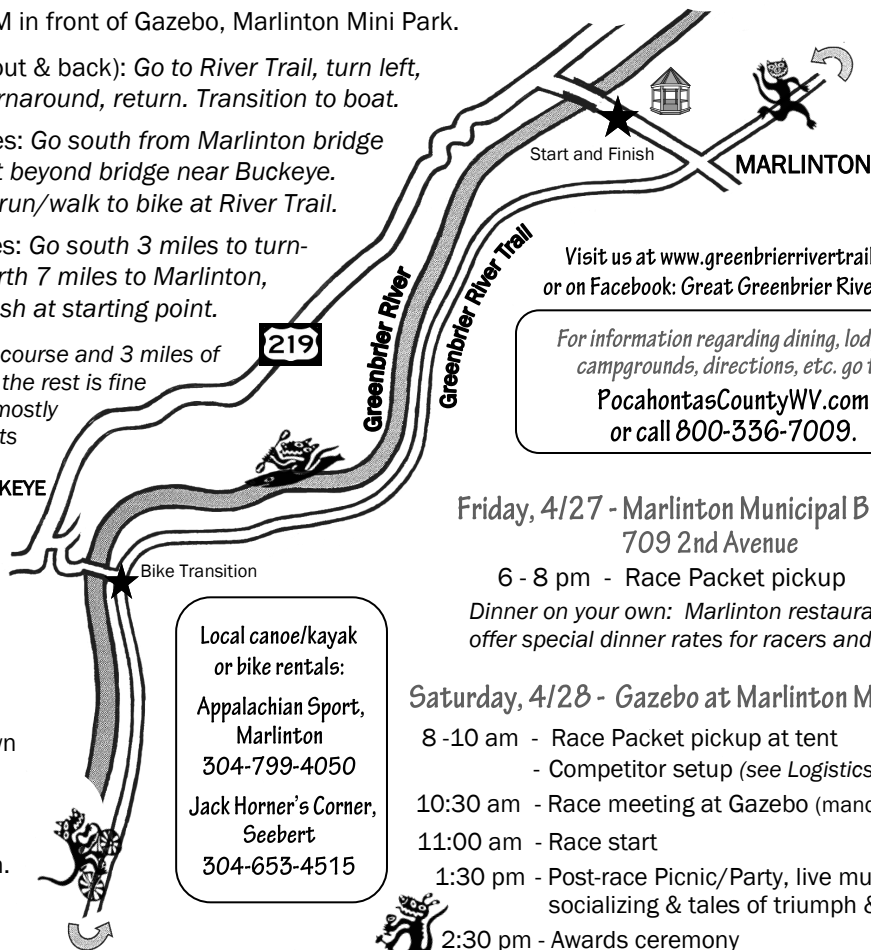
RULES:

- All participants **MUST PRE-REGISTER, postmark by 4/6.**
- Each boat may have no more than two individuals.
- **Bike helmets and life jackets (boat) are required.**
- Kevlar boats may be used **ONLY** by SOLO competitors.
- Participants are responsible for transportation of all race equipment.
- **Participants MUST attend 10:30 am meeting for final instructions.**

LOGISTICS:

Arrive early (8 - 8:30 am), allowing plenty of time to set up as follows:

- From Race Packet, attach numbers to bike, boat & runner per instructions.
- Deliver bike (with number & helmet) to transition near Buckeye with one of these options: 1. By vehicle, via Rt. 219. Note: This takes time, as traffic in and out of transition location is one-way, with no parking at the River Trail. 2. Ride bike on non-motorized River Trail south from Marlinton to transition point (4 mi.), return on shuttle bus (8-10 am, courtesy of Appalachian Sport). 3. If team biker, ride to transition just after race meeting and remain there.
- Position boat on riverbank in Marlinton with number, paddle and life jacket.
- Attend 10:30 race meeting & be ready to start (with number attached) by 11.
- Present meal ticket from Race Packet to get meal at post-race picnic.
- Pick up boat after race at Buckeye. If finished by 1 pm, there may be time to do so before picnic and awards ceremony.



Visit us at www.greenbrierrivertrail.com
or on Facebook: Great Greenbrier River Race

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

Friday, 4/27 - Marlinton Municipal Building
709 2nd Avenue

6 - 8 pm - Race Packet pickup

Dinner on your own: Marlinton restaurants will offer special dinner rates for racers and guests.

Saturday, 4/28 - Gazebo at Marlinton Mini Park

8 -10 am - Race Packet pickup at tent
- Competitor setup (see Logistics below)

10:30 am - Race meeting at Gazebo (mandatory)

11:00 am - Race start

1:30 pm - Post-race Picnic/Party, live music, socializing & tales of triumph & woe

2:30 pm - Awards ceremony

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

REGISTRATION FORM

Must be postmarked by April 6, 2012. No Late or Race Day Registration.

Contact Information

Solo Competitor or Team Captain Name _____

Email _____ Phone _____

Address _____

City _____ State _____ Zip _____

Solo Information

Sex: M ___ F ___ Age: ___ Shirts: ___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

- Youth (16 & under)
- Male
- Female
- Male Master (50 +)
- Female Master (50 +)

TEAM

- Youth (16 & under)
- Male
- Female
- Coed
- Family
- Master (all 50 +)

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

PAYMENT

MUST be postmarked by April 6
THERE WILL BE NO LATE or RACE DAY REGISTRATION

Solo Registration - \$45

Team Registration - \$42 per member X _____

Extra Post-race Picnic Meals \$10 ea. X _____

Make checks payable to:
Greenbrier River Trail Association TOTAL

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