

# **8 WING/CFB TRENTON**

## ***25th Annual Surf `n Turf Relay Race***

### ***25 Years Strong***

#### **EVENT INFORMATION SHEET**

##### **History:**

8 Wing/CFB Trenton's own 424 Squadron was responsible for introducing this event to the personnel of 8 Wing Trenton in 1987. The event was originally presented as a challenge by the Search and Rescue Technicians (SAR Techs) to all Units / Squadrons on base. The race was originally a 38 km course consisting of two canoeists, two speed cyclists, two runners and one brave swimmer. Back in 1987, the race had a total of sixteen teams that participated, with the team entered by the Physical Education and Recreation Instructors (PERI) taking home the trophy.

##### **Present:**

The numbers have grown to last year's total of over 600 participants. In addition to the team entries there are typically various other entries into the "Tin" person/mate category, who in all their guts and glory, complete all legs of the event on their own or with a mate. The course is now approximately 60 km in length and includes the following legs: 7.4 km Run, 4 km Canoe, 15 km Road Bike, 5 km Cross Country Run, 9 km Mountain Bike, 7.4 km Run, 500 m Swim and a 3 km Run. Note: All legs and distances are subject to change. For the 2008 race, the event was opened to Military personnel from across the nation, as we welcomed members from the Defence Community. Civilians were also welcomed to participate in this sporting event in all categories, as of 2008 and for 2011 we continue to extend this opportunity to the community at large. We have been especially pleased with the community support as this has been a great new feature of the event.

The course typically starts at 8 Wing/CFB Trenton then stretches into the Quinte West areas of Frankford, Batawa and Trenton before finishing back at 8 Wing / CFB Trenton.

##### **Participants:**

The Event, in the past, has included mostly military members, but there have also been teams from local corporations and businesses. Historically now the event sees over 600 participating racers with another 100 plus volunteers. This year's event has the promise of participants again exceeding the 600 mark, due to continued additions to the event, the celebration of the 25<sup>th</sup> Annual and the continued partnership with the city and its agencies.

##### **When:**

The race will be held on **10 June 2011** rain or shine beginning at the gymnasium of 8 Wing/CFB Trenton.

**NEW:** 2011 brings some exciting new changes. 2011 marks the 25<sup>th</sup> Anniversary of this outstanding sporting event. Once again a nationwide challenge has been issued to all Canadian Forces Bases to compete in this Extreme Fitness Event. Building on the Espirit de Corps and camaraderie associated within the CF; teams of 8 from all Bases and Wings are now given the opportunity to showcase their fitness talents. In addition, the Greater Quinte community is encouraged once again to participate along side our military members as support of their commitment to Canada's young men and women. The race is officially open to anyone choosing to participate in the categories listed below.

Another new feature carried over from years past will be the Tin Mate category. Teams of 2 only, will compete in the 8 legged event. This category will be a great stepping stone for those trying to achieve the Tin Person event in the future.

Once again 2011 will boast the feature of a timing company who will tally, log and time all results of the race. Results will be published to the World Wide Web, and the race will be posted nationally. To see last year's results please log onto [www.chiptimeresults.com](http://www.chiptimeresults.com) and follow the results to June 11, 2010.

### **Team Composition:**

A team can enter in to one of the below categories (8 participants per team or fewer). Also, individual members may register as a "Tinperson" and complete all legs of the race on their own. **Note:** A Tinperson may participate as a member of a Team but can only compete in the first leg of the race (the 7.4 km run) as part of that Team. New: We welcome Tin Person participation from both the military and civilian demographics.

### **Team Categories:**

- |             |   |
|-------------|---|
| Open        | - open to any mixture of age and gender                         |
| Mixed       | - must have a minimum of two females or two males               |
| Female      | - all female team   |
| Masters     | - minimum age is 35 years of age for all participants           |
| "Tinman"    | - one male completes all legs of the race                       |
| "Tinwoman"  | - one female completes all legs of the race                     |
| "Tin Mate"  | - two participants will compete as a team of just 2             |
| High School | -participants are made up of coach and 7 athletes or 8 athletes |

### **Race Organizer – Health Promotion Manager, Lisa Refausse, at 613-392-2811 local 5429.**

**Volunteers are needed to help with the organization of this event. Please contact Volunteer Coordinator Amy Dawson at local 2825 or email [amy.dawson@forces.gc.ca](mailto:amy.dawson@forces.gc.ca) if you would like to become part of the organizing team.**