



## FINAL RACE INSTRUCTIONS

**Start Time:** 7:00 a.m., July 25, 2010

**Start Location:** Ocean Beach Park, New London, CT

*We are proud to be a part of the Amica Triathlon Series, a group of sprint distance events held throughout the country. The Series features 10 races – all uniform in distance – 19.7 miles.*

**Directions to Race Start:** MapQuest: Ocean Beach Park is located at the foot of Ocean Avenue in New London, CT. I-

### **Parking:**

Parking at Ocean Beach Park is abundant and included in race fee for all participants.

### **Packet Pick-up:**

USA Triathlon rules require athletes to pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. All athletes must show a photo I.D. and USAT membership card (annual members only). Regarding relays, all relay members must be present to receive the packet, or we will split up the relay packet for each participant.

### **Packet Pickup Schedule**

Saturday, July 24	3 – 5 pm	Niantic Bay Bicycle, Main Street, Niantic
Sunday, July 25	6 – 7 am	Ocean Beach Park – under the Pavilion on the boardwalk

**Still Need to Register?** Late registration is available at packet pickup on July 24 or July 25. There are 75 slots available.

### **Race Day Schedule**

6:00 a.m.	Transition and body marking opens to athletes
6:00 a.m.	Packet pickup opens.
6:50 a.m.	Mandatory pre-race meeting for all athletes – on beach
7:00 a.m.	Race start - 4 waves – 4 minutes between waves
9:00 a.m.	Post Race Celebration – great food, awards, take a relaxing dip.

### **Course Limits**

Swim course: all swimmers must exit water by 7:45 a.m.  
Complete Bike Course: 9:20 a.m.  
Complete Run course: 10:05 a.m.  
Transition closes at 10:30 am  
Bikes must be removed from transition by 10:30 a.m.  
Medical services breakdown by 11:00 a.m.

### **Transition Area – please refer to Transition Map on website**

- ◆ Located on the wooden boardwalk of Ocean Beach
- ◆ Transition opens at 6:00am. Volunteers will be on site to direct and answer questions.
- ◆ Body marking will be done outside Transition. All athletes must be marked before entering Transition on left bicep, right calf and back of right hand. No lotions, Body Glide, Vaseline before marking, please.

## Swim Course

½ Mile Swim begins on the beach using a point-to-point, rectangular course. Swim start is located 200 yds east of swim finish. Swimmers will enter water, swim 340 yds south, turn west for 200 yds, turn north 340 yds and exit water. Large, bright orange buoys will mark the swim course. A short run up the beach to Transition. Beach is made of smooth, white sand. Ocean bottom is smooth sand. Water temperature is 71 degrees. High Tide is 9:34 am. Tide will be coming in during swim portion.

IF YOU LEAVE THE WATER AND DO NOT COMPLETE THE SWIM FOR ANY REASON DURING THE RACE, YOU MUST REPORT DIRECTLY TO THE WATER SAFETY DIRECTOR ON OCEAN BEACH. FAILURE TO DO SO WILL RESULT IN PERMANENT DISQUALIFICATION FROM HMF EVENTS.

Jellyfish: Sporadic jellyfish sightings in the waters around New London. Lots of jellyfish one day and none the next. We will have white vinegar spray bottles in Transition should you be stung during the swim. If you are severely allergic to bee stings, it is recommended that you not participate in the swim portion of this race. Please contact the Race Director at 860-652-8866 to discuss options.

## Swim Rules:

- Athletes who wear glasses or have other special needs may place these items on the table at the swim finish prior to the start. Be sure to label them with your name and race number.
- You will be called to the swim staging area beginning at 6:50 a.m. You will be required to cross a timing mat to complete the swim check-in process.
- A time penalty may be imposed on any athlete who is not at the swim start area five minutes prior to the race start.
- Do not wear your bib number under your wetsuit during the swim. The water will quickly destroy the bib fabric.
- Wearing swim goggles is recommended but not required.
- No fins, paddles, snorkels or flotation devices of any kind are allowed.
- No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.
- Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
- If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance from the water safety personnel.
- Any swimmer, who receives assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
- No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.
- The swim course will close 35 minutes after the final swim wave start. All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue on with the event.
- As you exit the water, you will cross timing mats on your way to T1.

### **Note:** *USAT rules on wetsuits:*

*Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USAT up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion.*

*Those choosing to wear wetsuits (water temp greater than 78 degrees and less than 84 degrees) are not eligible for awards, prizes or inclusion in the rankings for the event and should be separated in the results file accordingly. There should not be any penalty times added to the final results.*

*Age group athletes shall not be permitted to wear a wet suit in water temperature equal to or greater than 84 degrees Fahrenheit.*

## Wave Start Times - Please see separate document.

## Volunteers Needed

We still need some help on the course. Please email name, email and phone number of your volunteers to [katie@hartfordmarathon.com](mailto:katie@hartfordmarathon.com) Thanks!

**Rules** We try not to have a lot of rules. The few rules we do have are to make sure competitors have a safe course and a good time! But we do have some basic guidelines that you'll need to know before race day.

1. Enjoy the competitive spirit, the great people and the beautiful venue at Ocean Beach!
2. Gear requirements: bike helmet, event issued swim cap, race numbers displayed with body markings for the swim, official bike plate on frame and official run number on the front of your body, Winning Time Chip on Velcro strap on your ankle. (ChampionChips will not work at this event. You must have a Winning Time chip, issued by us, on your ankle).
3. Wetsuits are optional up to 84 degrees. Water temperature today (July 20) is 71 degrees.
4. Transition #2 cutoff time is strictly enforced. You have 2:20 hours to complete the swim and bike. Competitors not making the cutoff may continue on the run, however, they will not receive an official time.
5. Bar ends must be plugged.
6. No MP3 players, iPods allowed at any time during the race.
7. Competitors are responsible for setting up their own gear in transition areas.  
No frantic spouses, overly involved parents or nervous friends allowed in transition.
8. Competitors must walk - not ride - their bike out of the transition area.
9. **Remember ... Be Safe Out There!**

### **USA Triathlon Members:**

Annual members must show their current USAT membership card along with a photo ID at packet pickup. If you cannot provide proof of membership, you will have to purchase a one-day license for \$10 or renew your membership if you want to compete.

Non-members must purchase a one-day license in order to participate. The cost is \$10. If you did not purchase during the registration process, you may do so at packet pickup.

### **USA Triathlon Age Group Policy**

All athletes will be grouped based on their age on December 31 of the race year, not by their age on race day. Therefore, your birth date is required on our entry form in order to calculate your age on December 31 of this year. For more information on the age-up rule, visit [www.usatriathlon.org/Membership/membership\\_news.htm](http://www.usatriathlon.org/Membership/membership_news.htm)

***Bike and Run Course Maps available at [www.hartfordmarathon.com](http://www.hartfordmarathon.com) (Click on Amica 19.7 Ocean Beach Tri page)***

### **Bike Course**

The bike course is a loop course and measures 16.1 miles. Monitors and police will be posted at intersections. Roads are open to traffic. Do not cross the center line! You are responsible for your own safety. *Use Caution!*

### **Bike Course Conditions**

You are expected to concentrate fully during the race, especially during the bike portion. The following areas deserve your special attention on the bike course:

Great Neck Road – frost heaves throughout with some bumps

Great Neck Road – south of Quarry Road – road is one lane only. Use extreme caution in this area. Road has severe sink holes on east side and is barricaded off from all traffic.

Gardner Ave: construction on side of road.

Throughout the bike course: several potholes, the larger holes have been patched by municipalities; some sand patches. As required in USAT rules, you are responsible for knowing the course and the hazards on them. We do our best to alert you to areas of concern.

### **Bike tech tips & other details**

Bike inspection is not mandatory although technicians will be available at Transition compliments of Niantic Bay Bicycle Shop. Athletes are ultimately responsible for the condition of their own bikes. Race officials may, at their discretion, make final judgment as to the soundness of each bicycle.

Prior to bike check-in at Transition, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. For security and safety reasons, bikes will not be allowed out of Transition once bike check-in begins. Spectators or family members will not be allowed to enter Transition.

On race day, Niantic Bay Bicycle Shop mechanics will be at Transition and on the bike course to aid in emergency repairs.

### **Run Course**

The run course measures 3.1 miles and traverses the beach community along beautiful Pequot Ave. and its neighboring streets. Be aware! Monitors and police will be posted at intersections. Roads are open to vehicular traffic. You are responsible for your own safety. *Use Caution!*

No Split clocks on the course.

Water and Gatorade will be at 3 locations on the course.

### **Medical**

There will be medical staff at the swim venue to handle any medical needs that arise during the swim. Trained individuals will be stationed along the swim course – in boats and on rescue boards – to assist you in case of an emergency.

Additionally, there will be a medical station located at the finish. The medical station at the finish will close 4 hours after the race start.

Particular dangers during triathlon events include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint that you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

We can never over-emphasize the importance of hydrating prior to and during the event. Our Medical Director recommends you begin hydrating heavily several days before the race and drink enough fluids so your urine is clear, colorless and copious by race day.

### **Results**

Your timing and results are provided by a computerized Winning Time Chip timing chip worn on a Velcro strap on your ankle. Results will be posted at [www.hartfordmarathon.com](http://www.hartfordmarathon.com) by 5 pm on race day.

### **Restrooms**

Plenty of restroom facilities located at Ocean Beach Park.

### **Fluids**

Water, Gatorade available at Start/finish, Transition and at mile 1 and 2.5 of the run course. HammerGel will be dispersed at mile 1 of the run.

### **SAG Transportation**

Should you not be able to complete the bike course, a sag vehicle will monitor the route to provide transportation back to Ocean Beach Park. In order to dispatch the Sag Van, please tell passing athletes to alert the next course monitor or police officer. They will pass along the communication and the sag vehicle will be dispatched to you when safe to do.

### **Relay Exchange Zones**

Participants in the Team Relay will exchange the timing chip and Velcro strap at their Transition spot. The biker should be at the assigned spot in Transition waiting for the swimmer to arrive and hand over the timing chip and strap. The strap with chip must be securely fastened on the ankle before leaving Transition. The same logistic will be done between the runner and biker at Transition.

***Good Luck Athletes!***

**All competitors please read. It is your responsibility to know the rules!**



**A message from the Head Referee to all age-group competitors...**

Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the Competitive Rules in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules.

**I have reduced the Position Rules to the following concepts, which everyone can remember: (5.10)**

- RIDE ON THE RIGHT SIDE OF YOUR LANE
- KEEP THREE BIKE LENGTHS BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU
- PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT
- COMPLETE YOUR PASS WITHIN 15 SECONDS
- IF PASSED, YOU MUST DROP COMPLETELY OUT OF THE ZONE, TO THE REAR, BEFORE ATTEMPTING TO REPASS

Remember you are racing in a USA Triathlon sanctioned event and there are trained referee on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties.

**Marshals commonly cite the following violations:**

- Illegal Position or Blocking- riding on the left side of the lane without passing [5.10 (F & D)]
- Illegal Pass- passing on the right [5.10 (e)]
- Overtaken- failing to drop back three bike lengths before repassing [5.10 (g)]
- Drafting- following a leading cyclist closer than three bike lengths and failing to pass or exit the draft zone within 15 seconds. [5.10 (a & b)]

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations you will be disqualified.

Always have your chinstrap securely fastened! The chinstrap rule is easiest to follow, but some folks always seem to forget-that's a DQ! (In the transition area it is a variable time penalty. Anywhere else on the course a DQ) [5.9 (b)].

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified. [3.4 (b)]

All handlebar ends must be solidly plugged in the race. Tape alone is insufficient. You will be disqualified if your bar ends are not solidly plugged [5.11 (i)]

**All that being said, I hope you have a great race, lots of fun, and achieve all your goals.**