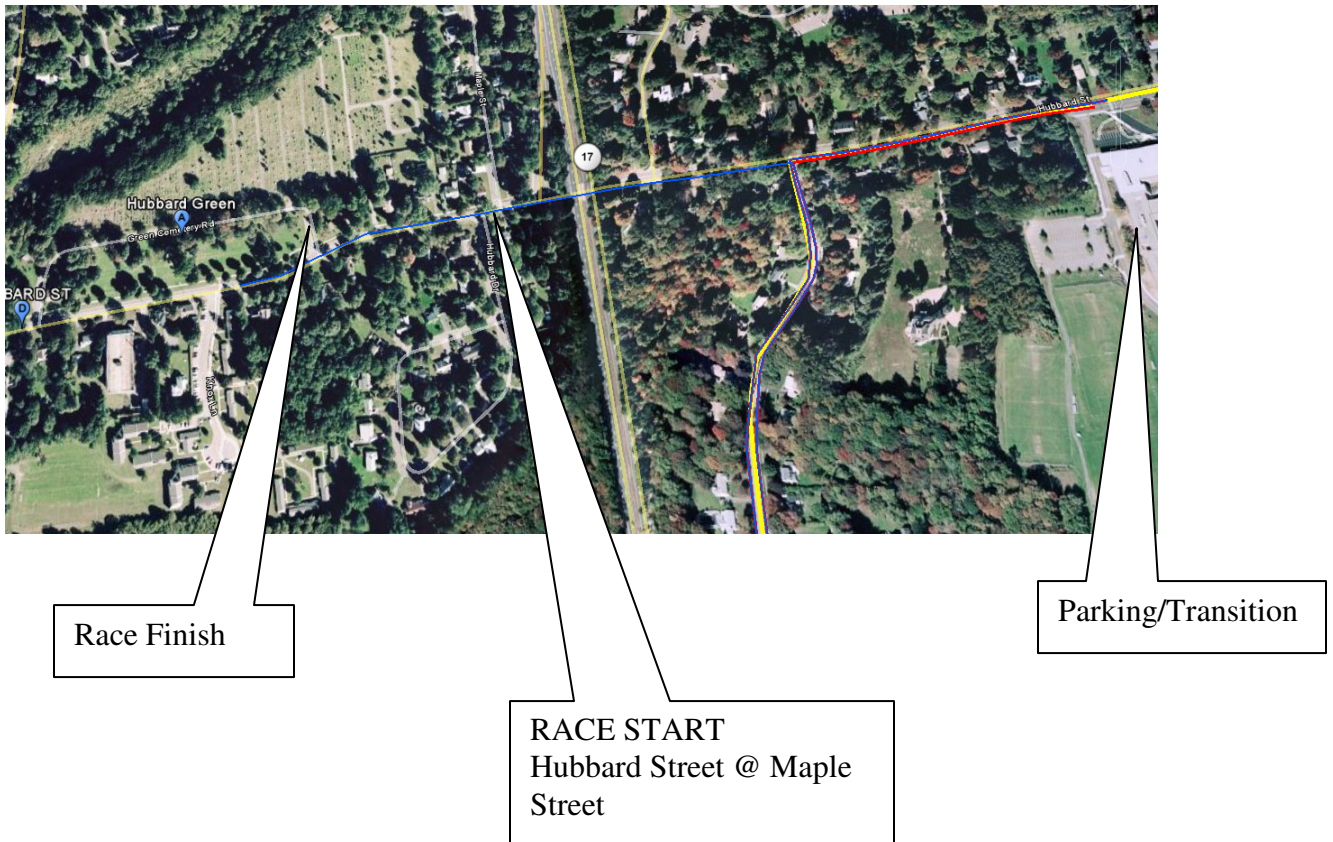


GLASTONBURY'S ANNUAL Shamrock DUATHLON

Logistics Information for Athletes, Volunteers and Spectators



The Shamrock Duathlon will change its venue in 2009.

All parking will be at Glastonbury High School, Hubbard Street, Glastonbury, CT. There is plenty of parking for all athletes and spectators and volunteers.

The Transition Area (run to bike/bike to run) is also located at Glastonbury High School. It is in the paved parking lot in front of the main entrance to GHS on Hubbard Street. Transition opens at 6:30 am and remains open until 45 minutes after last finisher. Security will be stationed at Transition until that time.

The Race Start and Race Finish is located at Hubbard Green, 1/3 mile from Glastonbury High School. Sidewalks line the entire distance.

We recommend you follow these instructions for preparing on race day:

Arrive at Glastonbury High School (GHS) in plenty of time to prepare yourself and your gear before Race Start at 7:30 a.m.

Park in designated parking lots: Athlete and spectators park in rear lots; volunteers park in lots located to the right of the school entrance (west side).

Athletes:

Report to Athlete Registration/Package Pickup to get your packet and bib number. (you may skip this step if you have gotten your packet at Cycling Concepts on Saturday, May 16).

Enter Transition Area and set up your bike gear at your designated rack.

Head to Race Start located on Hubbard Street @ Maple Street. This is a 1/3 mile walk from GHS.

Race Start is 7:30 a.m.

Volunteers:

Please park in lot located on west side of GHS.

Check in at Volunteer Area located under the portico of GHS main entrance.

Jenny Tarczali, our Volunteer Coordinator, will give you your assignment and t-shirt.

If you are working on the course, you will drive to your location.

If you are working at Hubbard Green, you may walk or drive.

For Spectators:

First, why are you just watching? Why not be a volunteer and help us! Free t-shirts to all volunteers.

We recommend that spectators walk to Hubbard Street @ Buttonball to see Race Start.

This is 1/10 mile from GHS.

After race start, spectators may watch the action at Transition at GHS.

After your favorite athlete is off on the bike course, walk to Hubbard Green to be ready to cheer them on for the Race Finish.

We will have a free shuttle cart available to transport any spectator that would find walking difficult. Shuttle pickup at GHS is located to the west side of the school. The shuttle will drop off at Hubbard Green.