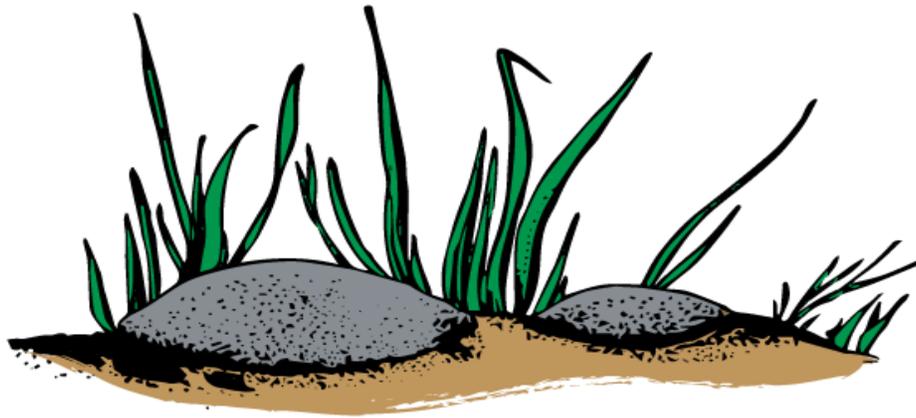


Athlete Guide



Wallis Sands Triathlon
Rye Beach, New Hampshire

September 16, 2017

Dear Athlete,

Welcome to the **Wallis Sands Triathlon and Relay!** This letter will go through some of the important parts of the race, and hopefully answer your questions. Please read over the whole document and contact us with any concerns you might have. We look forward to seeing you on Saturday!

Be sure to check the list of registered athletes [HERE](#) to confirm that you are all signed up. There are multiple tabs for individuals and relays. If you don't see your name or the name of your relay, or you need to edit the info, [please e-mail us ASAP \(info@tri-maine.com\)](mailto:info@tri-maine.com).

While the weather forecast looks great and September in New Hampshire is generally pleasant, though sometimes we have less-than-ideal conditions. Please note that the event will not be cancelled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. There are no refunds in the case of weather-caused changes or cancellations. If canceled, the Wallis Sands Triathlon will not be rescheduled.

Volunteers are still needed for the Wallis Sands Tri. If you know someone who wants to be a volunteer, please have him or her e-mail volunteer@tri-maine.com. All volunteers receive an event t-shirt, coffee, and snacks. Please be sure to thank the volunteers who are working the event. Without them, the race could never happen!

The Wallis Sands Triathlon promises to be a fun and exciting event. We are looking forward to hosting athletes from across New England in this great competition. Thanks again for registering and we can't wait to see you on the 16th of September!

Thank you to all our 2017 sponsors and partners!



EVENT SCHEDULE

Friday, September 15th

3:00 pm Packet pickup at Wallis Sands State Park (Under the tent)
(You will receive your chip on race day!)

5:00 pm Packet pickup ends

Saturday, September 16th

6:15 am Packet pickup at Wallis Sands State Park (Under the tent)

6:30 am Transition area Opens, bike check, body marking and Chip pick-up begins

7:15 am Packet pickup ends

7:30 am Chip pick-up and body marking ends

7:50 am Opening remarks and **mandatory** pre-race meeting on beach

7:45 am Transition area closes for Athletes

8:00 am **First Wave**

10:30 am Awards Ceremony (approximate time)

PRE-RACE INFORMATION



NO DOGS ALLOWED - Dogs are prohibited at the park. Please make prior arrangements for your dog, and do not bring your dog to the park. Please do not leave your dog in a vehicle, even though the weather is cooler, the car can reach over 100 degrees in the sun on a cool day.



Race Packet Pick up

Before you can compete in the Wallis Sands Tri, you must pick up your official race packet. There are two available times you can do this:

Friday, September 15th from 3:00 pm to 5:00 pm at Wallis Sands State Park

Saturday, September 16th 6:15am to 7:30am at Wallis Sands State Park

You MUST PICK UP YOUR OWN PACKET. THIS IS A USAT / INSURANCE REQUIREMENT. YOU ARE NOT ALLOWED TO PICK UP ANOTHER ATHLETE'S RACE PACKET

Bring your photo ID with you to registration! You are REQUIRED to show it when you sign in. NO EXCEPTIONS

If you are an annual member of USA Triathlon, you MUST present your current USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$15). If you are not an annual member of USAT, you have already paid as part of your entry if you registered online.

Not all members of a relay team must show up at the same time. Each member will be given his or her own packet. If any one member of the team does not check in or sign the USAT waiver, the team will not be allowed to participate.

You will receive a race packet that includes a run number, a bike number, a helmet number, safety pins, a swim cap, and an official Wallis Sands Triathlon long sleeve tech shirt. Please double-check that you have everything before you leave packet pick up and please check the information on your packet!

Directions to Wallis Sands State Park Route 1A, Rye, NH

<https://www.nhstateparks.org/visit/state-parks/wallis-sands-state-beach.aspx>

Parking

There is plenty of parking right at the beach!

Race Day To-Do List

If you have not signed in before race day, we recommend that you do the following things, in this order:

1. Park your vehicle in the appropriate lot. You will be greeted by volunteer parking attendants upon your arrival and assisted with where to park.
2. Carry all your gear to packet pick-up.
3. If you need to pick up your race packet, proceed to the big tent on the other side of the TA and pick-up your packet.
4. Pick up your timing chip and go through the body marking line near the Transition Area.
5. Check-in at the Transition Area with your bike and gear.

If you have already picked up your packet, you should go straight to chip pick-up and body marking, located next to the Transition Area.

Remember - you don't get your timing chip until race morning!

Race Day Packet Pick-up

Packet pick-up begins at 6:15 and ends at 7:15 am.

Transition Area, Chip pick-up, Body Marking, Pre-Race Meeting

The Transition Area, chip pick-up and body marking will open at 6:15 am on Saturday next to the Transition Area. **All athletes, including relay members, must be body marked to participate.** If there are mild temperatures, the front of thighs will also be marked. body marking ends at 30 minutes before the start, 7:30 am.

There will be a mandatory pre-race meeting on the beach at 7:50 am on Saturday. for all athletes, so you must be on the beach at this time! The first swim wave will start at 8:00 am and there will be three waves.

Race Numbers You are required to display your race number at all times while competing. This is both for safety and to make sure our volunteers can see you for back-up timing. Numbers also allow the photographers to identify your pictures. If they can't see your number your picture will most likely not be matched with you!

For the swim leg, your number will be written on your body. The bike leg requires your number must be displayed on your helmet (visible from the front) using the specific helmet number given to you, and on your bike (clearly visible from the side) using the specific bike frame

number given to you in your packet. During the run, your **race number must be worn on the front**. This is especially important for the finish.

If you are planning on wearing layers and taking them off as you go, find a way of displaying your number the entire time. A good option is to use a race number belt that you can clip and unclip very easily. Another idea is to pin the number to your running shorts and pull them over whatever you are wearing up to that point.



RACE INFO

Swim

The swim is a 1/3 mile counter-clockwise rectangular course that starts and finishes on the beach. The conditions are typically calm, and the water is typically in the low 60s. There will be buoys marking the course, which you will keep to your left EXCEPT for the last buoy. The ONLY BUOY you will keep on your right will be GREEN and be the last turn towards the swim finish.

We **highly recommend wearing a wetsuit**. Although it is highly unlikely, race management reserves the right to require wetsuits if they deem it is too dangerous to go into the water without one. If there are unusually cold conditions, and we determine that wetsuits are required, we will post a notice on www.tri-maine.com 48 hours before the race. Wetsuits can be rented from wetsuitrental.com. If wetsuits are required and you don't have one, you won't be allowed to compete in the swim, but will be allowed to do the rest of the race for an unofficial time.

REMEMBER - Safety First! There will be several kayaks in the water and lifeguards on the shore and in kayaks monitoring the race. If you need assistance during the swim, raise your arm in the air, or swim to the nearest kayak/boat. You may stop and rest on the boat without a penalty as long as you do not make any forward progress.

After the am pre-race meeting, volunteers will stage participants into waves. Each wave is marked by a different color swim cap. You will be assigned a wave based on your age category.

| | | | |
|--------|--------------------------------|------|-------------------------|
| Wave 1 | Men (Age Group and Clydesdale) | 8:00 | FLORESCENT GREEN |
| Wave 2 | Women (Age Group and Athena) | 8:03 | FORREST GREEN |
| Wave 3 | Novice and Relays | 8:06 | Powder Blue |

****Please note that the wave assignments and start times are subject to change.***

Transition Area

The transition area will not have assigned spots. You are welcome to select an area that is comfortable for you. Please only take up the space you NEED, so there is enough room for everyone. No one is allowed into the Transition Areas except athletes and race staff/volunteers at any time! You must be body marked with your number prior to entering the Transition Area before the race, and to check your bike out after the race. Be aware of other athletes in the transition area at all times as well as their space. Please do not move anyone else's belongings without permission and do not let your belongings take up more than your fair share of space (typically a couple of feet on one side of your bike). When you are ready to begin the bike leg of the race, exit out the opposite end of the TA from where you entered. You may not ride your bike until you have exited Transition and reached the designated mount/dismount line.

You MUST have your helmet buckled before you get on your bike. If you mount your bike

without your helmet fastened on your head, you risk disqualification. The same is true if you take your helmet off before you dismount your bike. When you return from the roads, you must re-rack your bike in the same spot where it was originally racked. It is a very good idea to understand the flow of the Transition Areas before the race begins.

Bike

The Sprint bike course will be a 14.5 mile course with varied terrain, including a rural neighborhoods, low traffic country roads and busy route 1A. There are no aid stations, but there will be a lead and sweep vehicle. All athletes must be off the course by 10:30 a.m. If you are not finished with the bike leg by that time, you may be picked up by a sweep vehicle and returned to the transition area. You will be allowed to finish the rest of the race, but your time will be considered unofficial and you will not be eligible for awards. The course will be marked with arrows, signs, and cones. **Please exercise caution while cycling and keep your speed under control, especially if the pavement is wet.**

Once you leave the park the roads will be open to vehicles during the race, with police controlling traffic at big intersections. Please pay attention to the signs and volunteers warnings. ***Stay as far to the right on the road as possible and obey all rules of the road regarding cycling.*** If you have bike trouble, please notify the nearest volunteer/officer so a support vehicle can be dispatched to pick you up. Repairs on the road will be limited, so you may consider bringing a flat kit with you.

There will not be a water station on the bike course. Plan to bring whatever water you will need for the ride. When you finish the ride, you must dismount your bike at the mount/dismount line, and make your way to the Transition Area. Remember - rack your bike in the same spot it was in before.

Run

The run is a 5k out-and-back course on 1A, finishing on the beach. Follow the volunteers, signs, and arrows that are marking the route. Water and electrolyte replacement (Gatorade) drink will be available at approximately each mile. The run course is open to cars, so care should be shown and you should stay on the far right of the road. You will travel north on 1A to Odiorne State park go around the cones and run back to Wallis Sands.

All course maps can be found at the end of this guide.

POST-RACE

The transition area will be open following the last cyclist finishing at approximately 9:30 am. Please do not ask to retrieve your gear before this time, out of respect for the athletes who are still competing. **If you are prone to getting chilly, plan ahead and store any warm clothes outside of the Transition Area, or with friends.**

The awards ceremony will take place at approximately 10:00 am. Awards that are not claimed will not be shipped.

Photography

Look for links on our website, and in our post-race follow-up email for information on

complimentary photos sponsored by Tri-Maine and All Sports Events.

RULES AND OTHER CONSIDERATIONS

A Message from USA Triathlon to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

Position Rules:

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 re-pass. Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees 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:

Position– riding on the left side of the lane without passing.

Blocking – left side riding and impeding the forward progress of another competitor

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths before re-passing

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

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.

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

COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right-hand side of the lane of travel unless passing.

Illegal Pass--cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans (does anyone still have these?), ipods, mp3 players, or

personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon 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 wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

Variable Time Penalties

| Distance Category | 1st Offense | 2nd Offense | 3rd Offense |
|-------------------|--------------|---------------|------------------|
| Sprint | 2:00 minute | 4:00 minutes | Disqualification |
| Intermediate | 2:00 minutes | 4:00 minutes | Disqualification |
| Long | 4:00 minutes | 8:00 minutes | Disqualification |
| Ultra | 6:00 minutes | 12:00 minutes | Disqualification |

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

Inclement Weather

The Wallis Sands Triathlon will not be canceled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race Management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. There are no refunds in the case of weather-caused changes or cancellations. If canceled, the Wallis Sands Triathlon will not be rescheduled.

First Aid

The race will be monitored by paramedics, Fire/Rescue personnel, lifeguards, volunteers and Police who are in close contact with race management. If at any point during the race you have

a medical concern, notify a race official or a volunteer immediately for assistance. There will be an ambulance provided by The Town of Rye available for the event.

Medical Services

Emergency.... Call 911

If you have any pre-existing conditions that race management should know about, please make them aware before the race. Please e-mail any concerns or information to info@tri-maine.com.

Other Considerations

Age Groups - You will be assigned to an age group based on your numerical age as of December 31, 2017, so if you are going to turn 50 at any point in 2017, you will race in the 50-54 group. Age groups are every 5 years male and female starting at 19 and under, up to 65 and over. There will be awards for the top 3 finishers in each age group; Top Relay over-all.

Relays - Relay chip hand-offs take place inside the Transition Area at your designated rack position. Each member of the relay team must collect their own packet and numbers. There will be awards for the Top Relay over all.

Timing - The Wallis Sands Triathlon will be chip timed by **All Sports Events**. Your results will include five splits in addition to your overall time - swim, transition from swim-to-bike, bike, transition from bike-to-run, and run time.



Results - Live and searchable results are available during the race. Check the results link [HERE](#) or go to our website, www.tri-maine.com and follow the links race week to choose your favorite athletes for web tracking or to download a mobile app for real time athlete web tracking! On the website you can choose your "favorite" athletes to follow, and those participants will be at the top of the screen all of the time with the last time they went through a timing point and the location.

Volunteers - Volunteers will be stationed throughout the course for your support. Let one of them know if you have a question or concern about the race; they are there to help you. After the race, be sure to thank the volunteers who are working the event. Without them, this race could never happen!

Race Day Checklist

What to bring on the big day?

Whether you're a seasoned pro or a nervous newbie, everyone makes mistakes and forgets things. Be sure to bring the following items with you on Race Day and keep this checklist handy for future races!

General

- USAT Membership Card (if applicable)
- Picture ID
- Athlete Packet (Directions, maps, Etc)
- Money
- Race Numbering (from Packet Pickup)
- Timing Chip (from Packet Pickup)
- Water, Gel Packs, Energy Bars, Etc
- Sunscreen
- Sunglasses
- Change of Clothes
- Good Attitude!

Swim Gear

- Bathing Suit or Tri Shorts
- Wetsuit
- Swim Cap (from Packet Pickup)
- Goggles
- Water Bin for Transition

Bike Gear

- Bike
- Helmet
- Helmet # (from Packet Pickup)
- Bike Shoes
- Socks
- Tire Pump/CO2 Cartridges
- Spare Tubes and Tires
- Tools
- Bike Numbering (from Packet Pickup)

Run Gear

- Running Shoes
- Extra Safety Pins for Race
- Numbers or race belt if you have one

Transition Area

- Socks
- Towel
- Bin/Bag to keep Gear Contained

Other Personal Items

- _____
- _____
- _____
- _____

Race Information

Race: _____
Location: _____
Start: _____
Notes: _____

www.tri-maine.com

WALLIS SANDS TRIATHLON SWIM COURSE



WALLIS SANDS RUN COURSE

