



MAY 6, 2023

Athlete Guide

Version 1

Thank you to all our 2023 sponsors and partners!



Dear Athlete,

Welcome to the Polar Bear Triathlon / Duathlon. We're SO excited to have this race back to near full capacity and appreciate all of your support! We'd also like to give a special welcome to the Dartmouth Triathlon Team, Go Green!

To help make your race experience a smooth and enjoyable one, we have provided a detailed Athlete Guide for you. Many of the important parts of the race are outlined, and it is to your benefit to read over the **ENTIRE DOCUMENT** before race day.

Please feel free to [contact us](#) at any time with any questions still not answered or concerns you might have. More information can also be found on the race website at www.Tri-Maine.com.

The Polar Bear has seen the best and worst of what May weather has to offer. The event will not be canceled for any reason other than severe conditions that pose extreme danger to athletes and volunteers (heck, we raced in the DOWNPOURS this past weekend at the Wallis Sands Half). 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 2023 Polar Bear will not be rescheduled, but let's be real, it will take a lot to cancel, we couldn't **bear** not to have the race three years in a row (see what we did there?). That being said, the weather looks GREAT!

VOLUNTEERS ARE STILL NEEDED!! If you know someone who wants to be a volunteer, please have him or her [contact us by e-mail](#). All volunteers receive t-shirts, coffee, and snacks and are eligible for a free entry into a future race. Also be sure to thank the volunteers who are working the event. Without them, the race could never happen!

If you like the Polar Bear, and are interested in signing up for other races, please check out our [website](#) to learn more about the Sebago Lake Triathlon at St Joseph's College, and the Wallis Sands Triathlon and Wallis Sands Half Marathon in Rye, NH!

The Polar Bear 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 May 6th !

EVENT SCHEDULE

Thursday, May 4

- 4:00 p.m. Packet pickup hosted by Cyclemania begins (Portland location - for directions, [click here](#))
- 5:30 p.m. Packet pickup ends

Friday, May 5

- 2:30 p.m. Transition Clinic with Kurt from PBM Coaching
- 3:30 p.m. Packet pickup at the Farley Field House, Bowdoin College
- 5:30 p.m. Packet pickup ends
- 5:30 p.m. Swim orientation / question and answer – Greason Pool/Farley Field House

Saturday, May 6

- 6:30 a.m. Packet pickup at the Farley Field House
- Transition area opens, bike check-in begins, body marking begins, and race number/timing chip pickup available at the Farley Field House at Bowdoin College
- 7:30 a.m. Packet Pick-up ends
- 7:30 a.m. Swim warm-up begins
- 8:00 a.m. Race number and timing chip pickup ends (outdoor sound starts)
- 8:00 a.m. Transition area closes
- 8:00 a.m. Swim warm-up ends
- 8:15 a.m. Opening remarks and **mandatory** pre-race meeting in the pool area. All athletes must be out of the Transition Area.
- 8:20 a.m. Final call for 1st “wave” participants
- 8:30 a.m. Triathlon 1st “wave” starts
- 9:00 a.m. Duathlon starts
- 11:00 a.m. Duathlon awards
- 11:15 a.m. Overall Awards Ceremony (Approximate time)

PRE-RACE INFORMATION

Packet Pickup

There are three different times that you can pick up your packet. We **highly encourage** you to pick up your race packet on Thursday or Friday (especially if this is your first triathlon), both for your own peace of mind and so that we can figure out any issues that may arise. Directions to the race venue are available online on the [Bowdoin website](#).

BRING YOUR PHOTO ID WITH YOU! YOU ARE REQUIRED TO SHOW IT WHEN YOU PICK UP YOUR PACKET.

NO ID, NO RACE.

YOU MUST PICK-UP YOUR OWN PACKET.

THE ENTIRE RELAY TEAM MUST BE PRESENT TO PICK-UP THEIR PACKET

WE DO NOT MAKE EXCEPTIONS TO THIS RULE

Every participant must present his or her photo ID at packet pickup. If you are an annual member of USA Triathlon (USAT), and you provided your annual membership information at the time of registration, you do NOT need to show your USAT card, just a photo ID. All members of a relay team must show up at the same time. **Additionally, STUDENTS must present their valid student ID to pick-up their race packet.**

You will receive a race packet - which will include race information printed on the packet, a run number and a sticker sheet. The sticker sheet includes a bike frame number, a helmet number (please use the correct helmet number, as well as fun stickers.. You will also receive an official Polar Bear t-shirt and don't forget to pick-up some safety pins, they are NOT in your packet. Please double-check that you have everything you need for the race before you leave packet pick-up.

Chip Timing

The race is being chip timed by [All Sports Events](#). You will need to pick up your

chips **on race morning**, inside the Farley Field house.

Timing chips will be attached to a Velcro ankle band that you will attach to your **LEFT** ankle and wear for the duration of the race. Please return your chip to volunteers just past the finish line. Athletes are responsible for their chip; a \$75 fee will be associated with any lost chips.

Relay hand-off will take place at your designated bike rack and involve passing your chip on to your teammate.

If you must drop out of the race, you will need to report to the timing trailer as DNF (and to let us know that you are safely off the course). You will need to return your chip at this time.

Transition Area, Body Marking, and Pre-Race Meeting

The Transition Area will open at 6:30 a.m. and will close SHARPLY at 8:00 a.m. This area is for athletes only. Body marking will be available at 6:30 a.m. inside the Farley Field House for all athletes right next to chip distribution. **All athletes, including relay members, must be body marked to participate.**

Warm-up in the pool will be available from 7:30 a.m. until 8:05 a.m. There will be a **mandatory pre-race meeting** at 8:10 a.m. in the pool, so you must be in the stands at this time. The first “wave” will start at 8:30 a.m. Swimmers will go in bib order and the start will take roughly 1 hour to start every swimmer.

Race Numbers

You are required to display your race number at all times while competing. This is both for your safety and so that officials can also identify your numbers and your bib can be properly recorded at the finish. Also, it allows the photographers to identify your pictures.

During the swim (Triathlon) or first run portion (Duathlon), your number must be visible. During the bike portion, your number must be displayed on your bike (clearly visible from the left side) using the specific bike frame number you are given at registration and on the front of your helmet with the provided helmet

number. During the run, you must wear your race number on your front. This is especially important for the finish.

If you are planning to wear layers and take 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, though not ideal, is to pin the number to your running shorts and pull them over whatever you were wearing up to that point. The worst thing that you could do is pin your number to the outside of a jacket and then leave that jacket in the transition area (because you'll have to go back and get it before you finish!).

Right and Wrong displays of numbers



SWIM “WAVE” START TIMES

SWIMMERS WILL START IN BIB ORDER BASED ON THEIR ESTIMATED SWIM TIME WHEN THEY REGISTERED

CHANGES TO THE ORDER CAN ONLY BE MADE ON THE SWIM DECK

Swim “wave” start times will be posted next to the race packet pickup table and throughout the pool area.

Swimmers will be seeded into groups. The first group of swimmers (32) will all enter the pool together, but their time will start from their chip when they leave the pool deck. As each person finishes, the lane will be filled by the next person in line to start, from the next group. There will be no waiting until the wave finishes to fill the lane.

Your published wave start time is the ESTIMATED time for the first person in your wave, not everyone will start at the same time in each wave. Your estimated wave start will be on your packet and at race packet pickup, though you should be in the pool and make sure you are on the pool deck in order when your bib number is called. We cannot wait for athletes who are delayed getting to their start time and you will end up going at the END. So please pay attention! You have been assigned to your start time based on your reported swim time. The actual start time WILL CHANGE as not every participant will show up and you WILL start earlier than the assigned time.

The approximate breakdown of waves is as follows:

Approximate Start Time	Wave	Participants
8:30	Wave 1	18:00 min and Slower* Slowest wave of the day
8:45	Wave 2	14:00-18:00min and 60 and older
8:55	Wave 3	7:50 min and faster* fastest wave of the day
9:05	Wave 4	Dartmouth Triathlon Team
9:15	Wave 5	8:00-8:59 min
9:25	Wave 6	9:00-9:59 min
9:35	Wave 7	10:00-10:59 min
9:45	Wave 8	11:00-13:59 min
9:50	Wave 9	Late Registrations
9:00	Wave D1	All Duathletes Duathlon

PLEASE NOTE THIS IS SUBJECT TO CHANGE. START TIMES WILL BE PUBLISHED ONLINE AT WWW.TRI-MAINE.COM AS SOON AS THEY ARE FINALIZED.

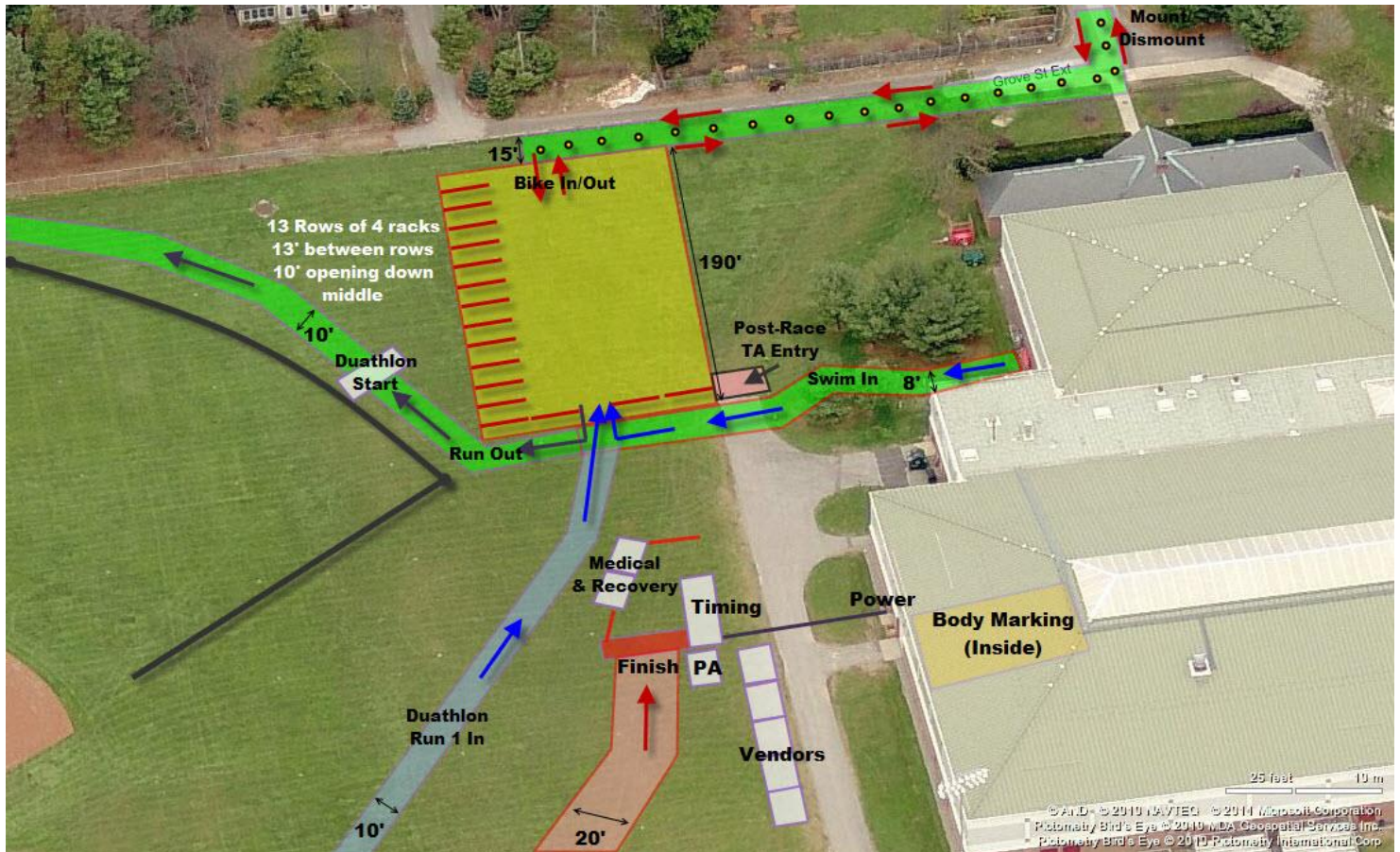
VENUE MAP AND INFORMATION

Farley Field House at Bowdoin College, Brunswick, ME 04011

Directions - For directions to Bowdoin's campus, go to [Bowdoin College website](#).

Parking - Participants and spectators should plan to park in the Farley Fieldhouse parking lots. However, if that fills to capacity, you should park along the following roads: Longfellow, South Street, and Park Row. **Please do not park on Harpswell Road/Rte. 123, as this is part of the bike course.**

Bathrooms - The Farley Field house has Men's and Women's locker rooms downstairs as well as restrooms upstairs.



COURSE INFORMATION AND MAPS

Swim

The swim portion of the Polar Bear Triathlon s changed in 2019 and will run the same in 2023, every person will have their own ½ lane to swim in, no lane changes, and no needing to pass other participants, but you also won't have to wait for entire waves to finish! Using your chip to start, we'll let each participant start in the next open lane, as soon as the previous participant finishes to reduce waiting times for all participants.

You will be seeded into swim "waves" based upon your expected swim time you provided when you registered. In each "wave" swimmers will start in race number order. Wave one will be in slowest to fastest order, then each wave after that will be from fastest to slowest based on their estimated swim time. The swim will start with "Wave 1". "Wave 2" will be everyone in the 60 years old and older categories from fastest to slowest, followed by everyone in "Wave 3" and so on as noted on the wave plan.

Swimmers will enter their lane in the water individually. NO DIVING. You will swim the length of a lap, then turn on the wall and back down the same lane. Flip turns at the end of each lane are allowed but please be aware of those around you. There will be two athletes in each lane. Continue swimming up and down the lane until you have completed 21 lengths / 525 yards. There will be volunteers to assist you with counting and will signal when you are done 18 and 20 lengths, however, it is your responsibility to count your laps and know when to exit the pool, and head to the transition.

NO DIVING!

Triathlon Pool Etiquette

In a pool swim, there will always be someone in close proximity to you, so please be aware of your surroundings.

If you need a ladder to exit the pool, please let the pool staff know and they will provide you a lane with or near a ladder. After you complete your swim, you can duct under the lane lines to reach a ladder.

Once the race has begun the Transition Area will be CLOSED - even to athletes who are not starting until one of the later “waves”.

Run #1 (Duathlon)

Duathletes will gather at the starting line, (next to the Transition Area) at 8:55 a.m. and will begin at 9:00 a.m. The run is the same course as the triathlon, except it doesn't include the second lap of the trail. It is marked with flags and signs. All course maps can be found on the [race website](#). When you run along Maine Street, please stay on the sidewalk as much as possible. Do not run in the road for your own safety. There will be volunteers along the route to make sure that you are staying on-course and not cutting corners. There will NOT be a water station on the first run of the Duathlon. You will enter the Transition Area from the same end as the triathletes (opposite where you leave on the bike). Be aware that some of the triathletes may be dazed from the swim, so pay attention!

Transition Area

You will be assigned to a specific bike rack based on your race number. If you put your bike in the incorrect spot, it will be moved to the correct spot; and though we will try to notify you, it can't be guaranteed. You cannot use balloons to mark your spot because of the danger they pose when there is wind. **No one is allowed into the Transition Area except athletes and race staff/volunteers at any time!**

Since the Transition Area has such high traffic, you must be aware of other athletes at all times. Please be sure to respect other competitors' space. Please do not move anyone else's things 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 shouldn't mount your bike until you have left Transition and reached the designated mount/dismount line.

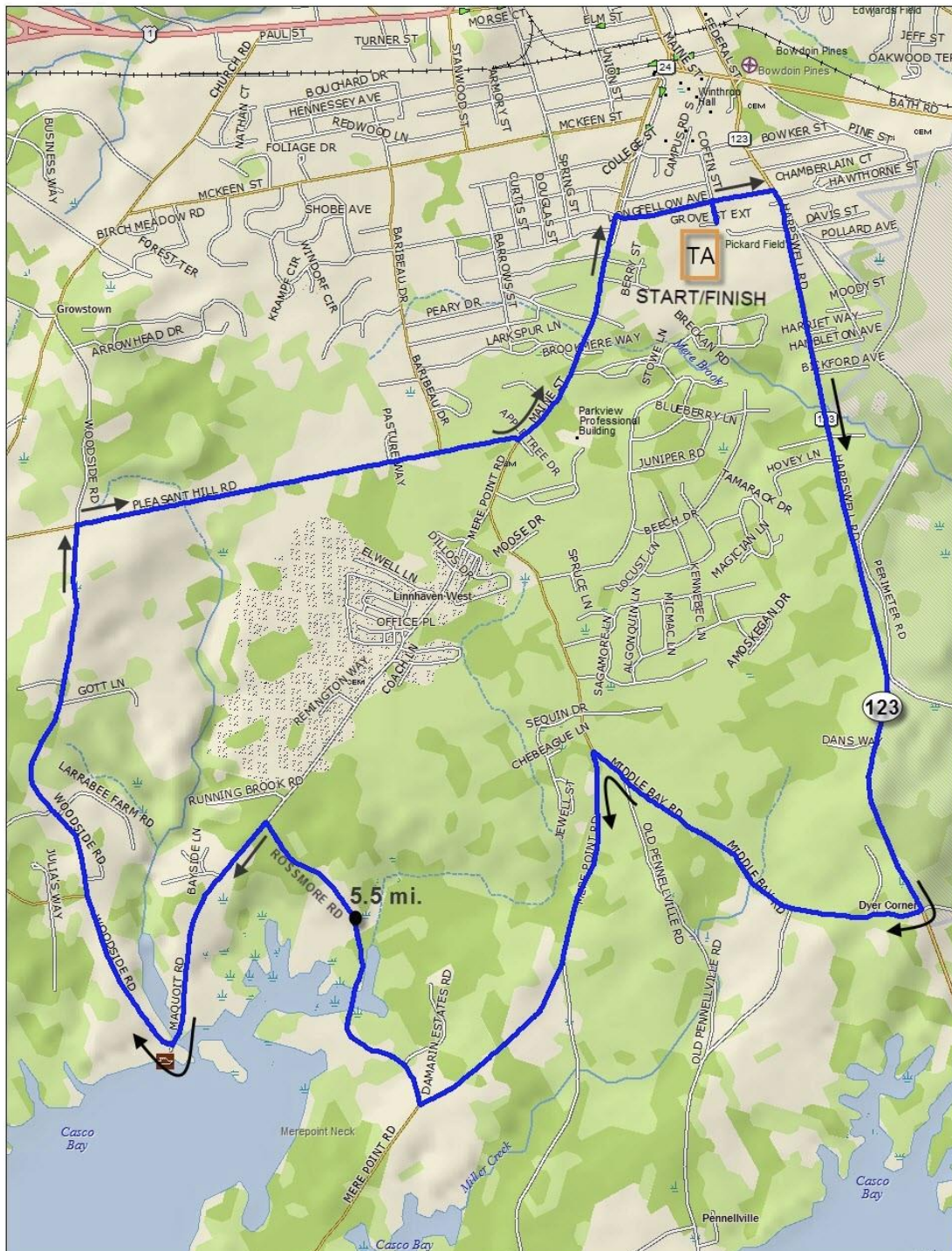
You MUST have your helmet buckled before you remove your bike from the rack. If you remove your bike from the rack, without your helmet fastened on your head, you risk disqualification by an Official. The same is true if you take your helmet off before you rack your bike. When you return from the roads, you must

re-rack your bike in the same spot where it was originally racked. It is a very good idea to know the flow of the Transition Area before the race begins.

Please put your helmet number on your helmet.

Bike

Polarbear Tri/Duathlon Bike Course - ~11 Miles



You can view a PDF of the bike course map, elevation profile, and cue sheet [here](#). The 11-mile bike course is relatively flat, with some rolling hills. It is a loop course on country roads, so there are not many cars. The roads will be open to traffic but Brunswick Police and volunteers will control every major intersection. It is the police's discretion as to whether bike traffic can proceed safely, so do not go through a staffed intersection without police or volunteer approval. Please pay attention to the course signs, arrows spray-painted on the road, and volunteers warning you about upcoming changes in speed and bumpy/uneven pavement. You must obey the volunteers/police, for your own safety and that of everyone else in the race.

Give plenty of space between yourself and other competitors, especially going around tight corners. **Drafting is illegal during the entire bike portion of the race.** You are responsible for knowing what drafting means (it is described in the rules section of the USA Triathlon website - <http://www.usatriathlon.org/>). Stay as far right on the road as possible (for your own safety) and obey all rules of the road regarding cycling. The reality of Maine in May after a long winter is that some of the roads might not be totally clear of sand, pot holes or frost heaves, so be alert and avoid them. We will do our best to sweep the corners, but please pay attention.

There are no water stations on the bike course. When you finish the ride, you must dismount your bike on the pavement before the mount/dismount line and make your way onto the grass before getting to the Transition Area. Remember - rack your bike back in your assigned spot!

All athletes must complete the bike course by 10:45 am. If you are still on-course at that time, you may be picked up by the sweep vehicle and brought back to the Transition Area. You will be allowed to finish the race, but your time will be "unofficial" and you won't be eligible for any awards. Again, this is in the best interest of the town, police, volunteers, and other athletes.

Run



You can view the [run course map here](#) (please note the course is 3 miles with both on- and off-road sections. All course maps can be found on the race website (www.Tri-Maine.com). Do not run in the road on Maine Street - please stay on sidewalk! There will be some volunteers around the route to make sure that you are staying on-course and not cutting corners. Follow the volunteers, signs, arrows, and flagging to stay on-course.

PLEASE NOTE: The run has TWO laps through the woods. It will be well marked with signs, flagging, and fencing, but you are still responsible for knowing the course! Every year, we have 1 or 2 athletes who only do 1 lap, please make sure you do both laps!

Photographs- Race photographs will be taken on course and at the finish line by our photographers. Photographs will be available on TUESDAY after the race. They will be posted online and allow a **FREE** download of ALL photos courtesy of Tri ME and All Sports Events!

AID STATIONS

Water and Gatorade will be available at approximately Mile 1 and Mile 2 of the run course and at the finish line.

POST-RACE INFORMATION

There will be post-race snacks available for all competitors in the post-race area.

Retrieving gear from the transition area

We understand that athletes want to retrieve their bike and gear after the race. We also want to respect those participants who started in later “waves”. We will allow athletes who have finished the race a chance to get gear when possible, but we cannot guarantee this. Each group of Athletes can check-in with the Transition Area Coordinator and enter to QUICKLY retrieve gear. The TA coordinator controls the number of athletes in Transition, so you may have to wait until it is deemed safe to enter. **PLEASE BE RESPECTFUL OF THE TA COORDINATOR** and other athletes. We cannot guarantee you will be able to retrieve your gear before the last athlete finishes the bike portion of the race.

RESULTS AND AWARDS

Unofficial results will be displayed in the *All Sports Events* Results Center at the race. With chip timing, you will receive five different split times: swim (includes run from pool exit to transition area), Transition 1, bike, Transition 2, and run.

Live and searchable results will be available during the race. Click [HERE](#) to view live results! Or visit www.allsportsevents.com

There will be awards for the top three men and women overall, the top three finishers in each age group, the top relays, Bowdoin students, Bowdoin alumni, and Bowdoin staff. You will be assigned to an **age group based on your age as of December 31, 2022**, so if you are going to turn 50 at any point in 2022, you will race in the 50-54 age group. Age groups are every 5 years male and female starting at 19 and under and going up to 70 and over.

RULES AND POLICIES

A Message regarding USA Triathlon Rules 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, we hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

We have reduced the Position Rules to the following concepts, which everyone can remember:

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 officials 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 officials who then decides if a penalty should be assessed. The officials 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 officials 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 your bike is in your possession, 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, we hope you have a great race, lots of fun, and achieve all your goals.

COMMONLY VIOLATED RULES & PENALTIES

1. Helmets / Chin Straps

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 the bike is in your possession, even running to the mount / dismount line. This means before, during, and after the event.

Penalty: Disqualification

2. 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

3. 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

4. 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

5. 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

6. 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

7. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Time penalty

8. 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.

9. 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>

Policies

- ONLY ATHLETES, STAFF, and DESIGNATED VOLUNTEERS are allowed in the Transition Area at any time. NO EXCEPTIONS.
- After the race, athletes may access the transition area to retrieve items from the special entrance on the corner of the TA closest to the pool - NOT at the bike in/out or swim in/run out. Athletes must take no more than two minutes to collect and retrieve gear - any longer and they will be asked to leave by volunteers.
- When exiting, athletes must show proof that their race number matches their bike number. No one will be allowed to exit the TA with someone else's bike, unless there is a medical or emergency reason, or special arrangements have been made.
- The coordinator has discretion as to how many athletes may enter the TA at a

time. Any athlete that enters without permission will be immediately removed and not allowed back in until everyone else has gone through.

- Any athlete that interferes with the progress of a racer, or is disrespectful to staff, volunteers, will face penalties and/or removal from the TA.

Please remember that these rules are in place for the best interest of athletes and volunteers. We recognize the unique nature of this event, in terms of how long it takes, and want to do everything we can to make everyone's experience positive. Please help us by showing respect to your fellow participants and all of the staff and volunteers.

MEDICAL SERVICES

Emergency.... Call 911

The City of Brunswick Emergency transportation will be providing emergency medical and transport services.

If you have a small first aid concern before or during the race (i.e., blisters, sore muscles, cuts) please find a race staff member at the finish and we will do the best we can to assist, if you have a major medical emergency, an ambulance will be on site.

Volunteers and police who are in close contact with medical services will monitor the bike route. The nearest hospital is about a mile from campus.

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

Enjoy the Race!