

# ***Athlete Guide***



**June 30, 2019**

Dear Athlete,

Welcome to the **Sebago Lake Triathlon Festival!** 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 Sunday!

Be sure to check the list of registered athletes [HERE](#) to confirm that you are all signed up. If you don't see your name, 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 June in Maine is generally pleasant, 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 Sebago Lake Triathlons will not be rescheduled.

**Volunteers are still needed for the event. If you know someone who wants to be a volunteer, please have him or her e-mail [volunteer@tri-maine.com](mailto:volunteer@tri-maine.com). All volunteers receive t-shirts, coffee, and snacks and BBQ. Please be sure to thank the volunteers who are working the event. Without them, the race could never happen!**

The Sebago Lake Triathlon Festival 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 30<sup>th</sup> of June!

**Thank you to all our 2018 sponsors and partners!**



**MAINE**

**STATE CHAMPIONSHIPS**

AGE GROUP \* HIGH SCHOOL

**2019**

## EVENT SCHEDULE

### *Friday, June 28<sup>th</sup>*

- 4:30 pm Packet pickup at Cyclemania in Portland begins  
(You will receive your chip on race day!)
- 6:00 pm Packet pickup ends

### *Saturday, June 29<sup>th</sup>*

- 2:00 pm FREE Swim Clinic – Meet at Alford Center
- 3:30 pm FREE Transition Clinic – Meet at Transition behind Alford Center
- 2:30 pm Packet pickup at Sebago Brewery at 616 Main Street, Gorham, ME  
(You will receive your chip on race day!)  
Come by to pick-up your packet on the brewery floor, take a free tour, enjoy food specials and of course, great beer!
- 4:30 pm FREE SPRINT Bike Course Preview Clinic leaving from Transition behind Alford Center
- 4:30 pm Packet Pick-up ends at Sebago Brewery in Gorham.

### *Sunday, June 30<sup>th</sup>*

- 5:15 am Packet pickup at St Joseph's College Alford Center
- 5:30 am Transition area Opens, bike check, body marking, and chip pick-up begins
- 6:15 am Packet pickup ends
- 6:40 am Chip pick-up and body marking ends
- 6:40 am Transition area closes for Olympic athletes
- 6:50 am Opening remarks and **mandatory** pre-race meeting ON BEACH AT WATERFRONT!
- 7:00 am OLYMPIC and AQUABIKE First Swim Wave
- 7:10 am Transition area closes for Sprint Athletes
- 7:30 am SPRINT First Wave
- 9:30 am Sebago Brewery Post race Barbeque Begins
- 10:30 am Awards Ceremony (approximate time)
- 12:00pm BBQ Ends and event wraps up!

## PRE-RACE INFORMATION

### Scouting the Course

If you are planning to check out the venue **BEFORE RACE WEEKEND**, park in one of the lots. You are more than welcome to preview the run course or swim in the lake, but please obey all posted rules and respect the generosity of our host. No glass or alcohol is allowed on the waterfront.

### Race Packet Pick up

Before you can compete in the Sebago Lake Triathlons, you must pick up your official race packet. There are three available times you can do this:

**Friday, June 28<sup>th</sup> 4:30 pm to 6:00 pm at CycleMania** located at 65 Cove Street. Portland, ME. Directions are available by calling 207-774-2933, or by visiting their website by [www.cyclemania.com](http://www.cyclemania.com). Please keep in mind the store staff isn't involved with the race planning, so it's best to direct your race questions towards us.

**Saturday, June 29<sup>th</sup> 2:30 pm to 4:30 pm at Sebago Brewery 616 Main St., Gorham.**

**Sunday, June 30<sup>th</sup> 5:15am to 6:15am at St Joseph's College Alford Center**

**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, and submitted your number with your registration, you no longer must show it (though it is a good idea to have it if there is a question). You **MUST** have a photo ID. If you are not an annual member of USAT, you have already paid as part of your entry if you registered online. If you are part of a relay, please be aware that IDs are required by each participant.

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, a swim cap, a BBQ ticket, and an official Sebago Triathlon Festival shirt. Please double-check that you have everything before you leave packet pick up and please check the information on your packet!

### Directions to St Joseph's College

#### From the South<sup>[SEP]</sup>

Take Exit 48 Portland/Westbrook off the Maine Turnpike. Bear right at the toll booth (following signs to North Windham) and proceed 1.5 miles to the third traffic light. Turn left onto Rt. 302 west for 11 miles to North Windham. BE CAREFUL at the rotary to stay on Rt. 302 (2nd exit or half way through the rotary.) See instructions below from North Windham.

**Alternate route: See directions below for From the North.**

**From the North**

Take Exit 63-Gray off the Maine Turnpike (95) and turn left onto Rts. 202 and 115 (west). After four miles, be sure to bear right at the "T" intersection and proceed into North Windham center. Route 115 ends at the Rt. 302 intersection. See instructions below from North Windham.

**From North Windham**

In North Windham on Rt 302, continue north past the shops, restaurants, cinemas and Windham Mall. After passing Wendy's on your right and Applebee's on your left, turn left at the next set of lights onto Whites Bridge Road. The campus is 2.8 miles on the right. On campus, you will be directed where to park, likely on the left when you arrive.

**From New Hampshire or Vermont**

Visitors traveling from the west can enter Maine on Rts. 302, 25, or 202. Route 25 connects with Rt. 35 in Standish; Rt. 202 connects with Rt. 302 at the Windham rotary (see from the south); and Rt. 302 proceeds directly to No. Windham (see from No. Windham).

Parking

**Race Day To-Do List**

If you have not checked in and picked up your packet 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 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 Alford Center to get your race packet. No Bikes inside the Alford Center!
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 is from 5:15 to 6:15 AM on Sunday in the Alford Center right by transition.

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

The Transition Area, chip pick-up and body marking will open at 5:30 am on Sunday and will close 10 minutes before the pre-race meeting. Chip pick-up and body marking will take place adjacent 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 20 minutes before the start, 6:40 am.

There will be a mandatory pre-race meeting on the beach at 6:50 am on Sunday for all athletes Olympic and Sprint, so you must be on the beach at this time! The first swim wave will start at 7:00 am for Olympic and 7:30 am for the Sprint.

**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 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 counter-clockwise course that starts and finishes on the beach. The conditions are typically calm, and the water is typically in the mid-60s though the spring has been cool and the lake is little colder than typical. Current temperature as per the buoy in the lower bay is 66 degrees. There will be buoys marking the course, which you will keep to your LEFT.

**WETSUITS ARE Recommended.** Wetsuits can be rented from [wetsuitrental.com](http://wetsuitrental.com). DO NOT WAIT ANY LONGER IF YOU NEED A WETSUIT!

**REMEMBER - Safety First!** There will be a number of boats in the water and lifeguards on the shore and in kayaks monitoring the race. If you are in need of assistance during the swim, raise your arm in the air, or swim to the nearest kayak/boat. You are allowed to 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, we will stage participants into waves. Each wave is marked by a different color or colors of swim cap. You will be assigned a wave based on your age / category.

Wave 1	Olympic Men	7:00	NEON YELLOW
Wave 2	Olympic Women Relays Aquabike (Men & Women)	7:03	WHITE /PURPLE
Wave 3	Sprint Novice (Men, Women, Relays)	7:30	MEN-SILVER WOMEN-GOLD
Wave 4	High School (Men & Women)	7:32	ORANGE
Wave 5	Age Group Men, Clydesdales & Relays	7:40	BLUE
Wave 6	Age Group Women and Athena	7:43	BRIGHT PINK

This order of waves eliminates much of the concern for bike crossover between the first athletes starting their second lap and coming back from the bike, and the last athletes going out on the bike. It also minimizes our overall impact on the roads. We recognize that some of the top athletes may encounter more cyclists on the road than other wave formats; however, we start in this order based on overall athlete safety. If you have specific questions, please e-mail [info@tri-maine.com](mailto:info@tri-maine.com).

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

### **Mini Transition Area from Swim to Run**

The distance from the Swim to the transition area is approximately ¼ mile. There will be a “mini transition area” located adjacent to the swim exit where you can leave sneakers or other closed toes shoes if you wish. Anything you have in this space **MUST GO WITH YOU TO THE TRANSITION AREA**. We cannot transport any gear from the mini transition to the main transition. Find the area on the grass that corresponds to your race number.

### **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 we'll try to notify you (but that can't be guaranteed) or you may be given a time penalty. You may not use balloons to mark your spot because of the danger they pose when there is wind. 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 to enter the Transition Area before the race, and to check your bike out after the race.

Since the Transition Area has such high traffic, you must be aware of other athletes at all times and 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 13.1 mile lollipop course with varied terrain, including a few climbs and low traffic country roads. The Olympic bike course is a 22.8 mile 2 loop course. **Make sure you complete both laps.** Enjoy views of the mountains lakes and the scenic Maine Country Side. There are no aid stations, but there will be lead and sweep vehicles. 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.** At the bottom of some hills you will see orange cones guiding you around a sharp right-hand turn. Please stay to the right of the cones.

**IMPORTANT: OLYMPIC PARTICIPANTS DO TWO LAPS. IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU DO BOTH LAPS. THERE WILL BE A BIG SIGN REMINDING YOU TO HEAD TO LAP 2 FOR YOUR SECOND LAP!**

Please be aware of the three speed bumps as you leave campus on your bicycle. Once you leave the college, the roads will be open to vehicles during the race, with police controlling traffic at major intersections. Rte. 35 is a busier stretch of road but does have a wide shoulder. Please ride to the right. Please pay attention to the signs and volunteers warning you about upcoming changes. ***Stay as far 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. We will dispatch a mechanic but cannot guarantee that he will be able to fix your bike on course. We recommend you bring 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.

All athletes must complete the bike course within 2 hours from the start of the last swim wave (approximately 10:00am). If you are still on-course at that time, you will be picked up by the sweep vehicle and brought to the Transition Area. You will be allowed to finish the race, but you will be listed as DNF or DSQ. This rule is in the best interest of the motorists, police, volunteers, and other athletes.

## **Run**

The run winds around trails on the college campus. There is an outer Red Loop and shorter Blue Finish Loop. Follow the volunteers, signs, and arrows that are marking the route. You will complete the red lap or laps first, and finish on the shorter blue lap. Olympic participants must complete two laps of the red loop. Water and electrolyte replacement (Gatorade) drink will be available at approximately each mile. There is one stretch as you complete the first lap where runners will be on the trail, running in opposite directions. Runners should stay to the **right** and be aware that other runners may be coming from the opposite direction. Runners heading to the finish cross over runners beginning their lap, a volunteer will direct you, please pay attention to the "Run Cross Over" signs.

**IMPORTANT: OLYMPIC PARTICIPANTS DO TWO RED LAPS. IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU DO BOTH LAPS. THERE WILL BE A BIG SIGN REMINDING YOU TURN RIGHT FOR LAP TWO.**

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

## **POST-RACE**

Following the race there will be a BBQ Sponsored by Sebago Brewery with Frye's Leap IPA. Light snacks will also be available. There may be a small number of tickets still available. Please ask at packet pick-up. Pre-order is available until Friday 6/28 at 9:00 am.

The transition area will be open following the last cyclist, at approximately 10:00 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 accordingly and store any warm clothes outside of the Transition Area, or with friends.** There are rest rooms and showers available to participants in the Alford Center adjacent to transition.

The awards ceremony will take place at approximately 10:30 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 by Capstone Photography sponsored by TriME and All Sports Events.

## **RULES AND OTHER CONSIDERATIONS**

**There will be USAT Officials on the courses.**

*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<sup>[SEP]</sup>**

**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 Sebago Lake Triathlon Festival 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 Sebago Lake Triathlon Festival will not be rescheduled.

## **First Aid**

The race will be monitored by EMS, Standish 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.

**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](mailto:info@tri-maine.com).**

## **Campus Info**

**Bathrooms and Showers** - There will be indoor restrooms and showers available for use in in the Alford Center directly next to the transition. Restrooms are also available by the start of the swim in the beach house.

**Lodging** - you can make reservations for lodging, in rooms with private baths and shared living areas, right on the campus of St Joseph's College here by emailing [events@sjcme.edu](mailto:events@sjcme.edu) with the following information:

- Check in and Check out date.
- The event they are partaking in.
- How many rooms they need & if they have guests that will be staying with them.
- If they would like bedding/sheets/towels to be provided for them.

## Other Considerations

**Age Groups** - You will be assigned to an age group based on your numerical age as of December 31, 2018, so if you are going to turn 50 at any point in 2019, you will race in the 50-54 group. Age groups are every 5 years male and female starting at 19 and under. There will be awards for the top 3 finishers in each age group; top relays in all male, all female, and mixed categories; and the top three men and women overall as well as the top 3 aquabike finishers in each gender.

**CycleMania** - CycleMania will be on-site providing bike mechanic support and selling last-minute race items. Look for their tent and truck near the transition area and finish line.



**Relays** - Relay chip hand-offs take place inside the Transition Area at your designated rack position. The swimmer must bring the chip to the transition. Each member of the relay team must collect their own packet and numbers. There will be awards for the top relay in each category (male, female, mixed).

**Timing** - The Sebago Lake Tris 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](http://www.tri-maine.com) and follow the links race week to choose your favorite athletes for real time athlete web tracking! On the website you can choose your "favorite" athletes to follow, and those participants will be available on their own tab with the time with the last time they went through a timing point.

**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! **IF YOU KNOW SOMEONE WHO MAY WANT TO VOLUNTEER, PLEASE E-MAIL US at [info@tri-maine.com](mailto:info@tri-maine.com)**

# 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

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

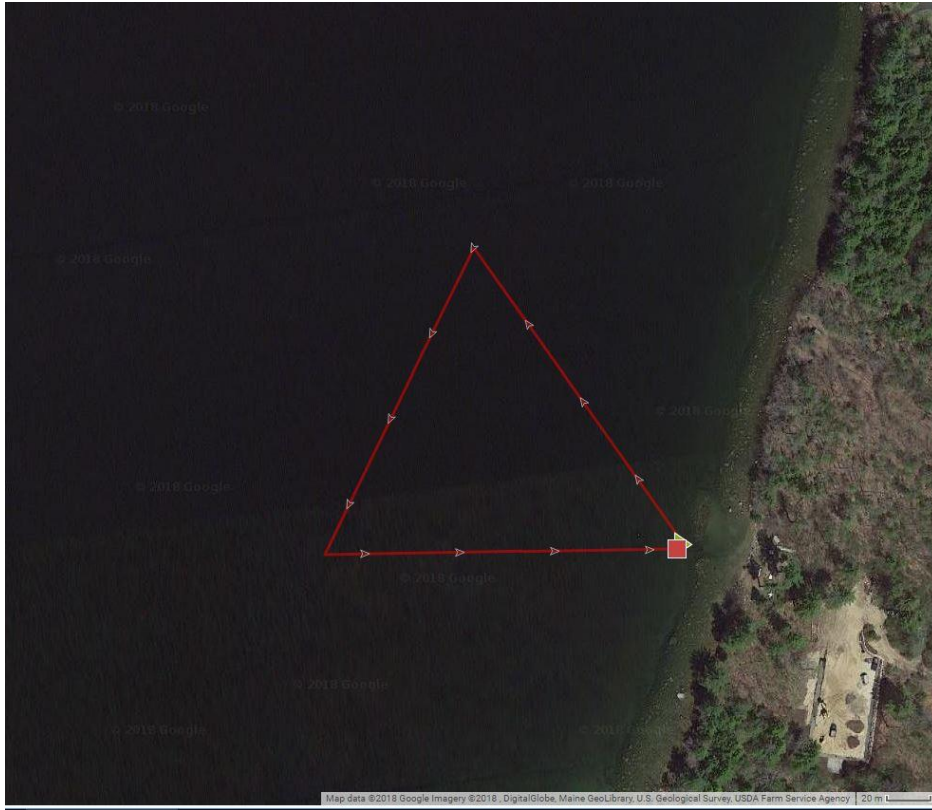
### Race Information

Race: \_\_\_\_\_  
Location: \_\_\_\_\_  
Start: \_\_\_\_\_  
Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[www.tri-maine.com](http://www.tri-maine.com)

# SEBAGO LAKE TRIATHLON SWIM COURSES

## SPRINT



## OLYMPIC





# SEBAGO LAKE TRIATHLON BIKE COURSE



Olympic Course – 22.8 Miles

Sprint Course 13.1 Miles

### Lap 1

- Left out of Transition
- Right onto Whites Bridge Rd
- Right onto Chadbourne Rd (Rt 35)
- Left onto Standish Neck Road
- Right onto North Gorham Rd
- Left onto Hurricane Rd
- Right onto Wilson Rd
- Right onto Sebago Lake Road
- Right onto Chadbourne Road

### Sprint heads to Bike Finish

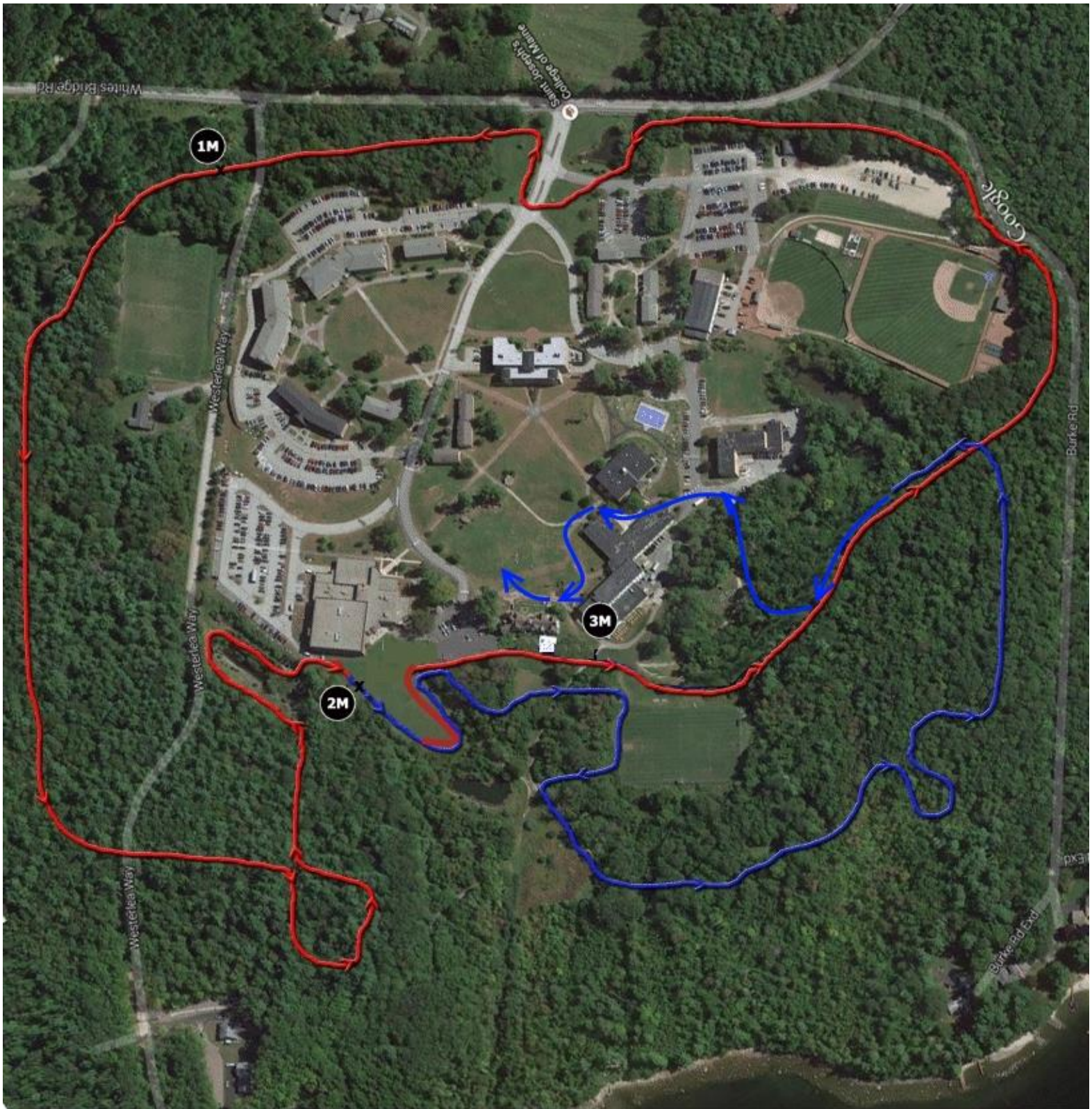
- Left onto Whites Bridge Rd
- Left onto Campus
- Right into Transition

### Olympic Lap 2

- Right onto Standish Neck Road
- Right onto North Gorham Rd
- Left onto Hurricane Rd
- Right onto Wilson Rd
- Right onto Sebago Lake Road
- Right onto Chadbourne Road
- Left onto Whites Bridge Rd



# SEBAGO LAKE TRIATHLON RUN COURSE



**FOLLOW RED TO BLUE**