

Athlete Guide



September 18, 2022

Dear Athlete,

Welcome to the **Wallis Sands Triathlon, Duathlon 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 Sunday!

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.

The park is charging for parking, but we are paying for you!

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 and a coupon towards a free entry in 2023. 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 18th of September!

**PLEASE REMEMBER, NOT PETS ARE ALLOWED
AT THE WALLIS SANDS STATE BEACH!!!**

Thank you to all our 2022 sponsors and partners!



EVENT SCHEDULE

Friday, September 16th at Philbrick Sports in Dover, NH

4:00 pm Packet Pickup

5:00 pm Packet pickup ends

Saturday, September 17th

4:00 pm Packet pickup at Wallis Sands State Park (Under the tent)

5:00 pm Packet pickup ends

Sunday, September 19th

5:30 am Packet pickup at Wallis Sands State Park (Under the tent)

6:00 am Transition area Opens, bike check, body marking area open for your use

6:30 am Packet pickup ends

6:40 am Warm-up with Coach Anne Torrez on the wall, overlooking the beach (warm up and watch the sun rise!

6:30 am Body marking area closed

6:45 am Transition area closes for Athletes

6:50 am Opening remarks and **mandatory** pre-race meeting on beach

7:00 am First Swimmers – Time Trial Start, 2 swimmers every 10 seconds

7:05 am Duathlon

9:30 am Awards Available (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 three available times you can do this:

Friday, September 16th from 4:00 pm to 5:00 pm at Philbrick's Sports in Dover NH

Saturday, September 17th from 4:00 pm to 5:00 pm at Wallis Sands State Park

Sunday, September 18th 5:30am to 6:30am 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

You must also sign the Rye NH Waiver, please make sure you do this at packet pick up.

If you are an annual member of USA Triathlon, you still must present 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 unless you registered offline in which case you may have to purchase a one-day license.

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, and safety pins, a bike number, a helmet number, a swim cap, disposable timing chip and an official Wallis Sands Triathlon long sleeve soft cotton 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

[DIRECTIONS](#)

Parking

PLEASE CAR POOL WE ARE BEING CHARGED FOR EVERY VEHICLE IN THE LOT!

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. Spectators will need to pay for parking.
3. If you need to pick up your race packet, proceed to the registration tent on the grass to the left of the building looking at the water, and pick-up your packet. Since the parking isn't far, you can leave your gear in your car, or you may choose to carry all your gear to packet pick-up.
4. 3. Get body marked if you have not done your marking in advance.
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 transition area.

DO NOT FORGET YOUR PACKET AT HOME IF YOU PICKUP THE DAY BEFORE!

Race Day Packet Pick-up

Packet pick-up begins at 5:30 and ends at 6:30 am.

Transition Area, Body Marking, Pre-Race Meeting

The Transition Area and body marking will open at 6:00 am next to the Transition Area. **All athletes, including relay members, must be body marked to participate. WE ASK THAT YOU COME TO THE RACE WITH YOUR BODY MARKING COMPLETE.** If not, we will have limited opportunity for Body marking which ends at 30 minutes before the start, 6:30 am.

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

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 at the start and finish. 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. If you're wearing a long sleeve wetsuit, write the number on your hand in addition to your arms. 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.

We **recommend wearing a wetsuit**. Current water temperatures have been in the mid 60s. 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 www.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.

Duathlon Run 1

The first run of the duathlon will be an out and back 1 mile run on the road north along the beach.

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 and the announcer 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. However you will be starting in a time trial start, 2 participants every 5 seconds.

Wave 1	Men 20 and Over	ORANGE
Wave 2	Women 20 and Over	PINK
Wave 3	Over Athena, Clydesdale, Men and Women 19 and Under, All Relays	Purple
Wave 4	All Novice	Yellow

Duathletes will be walked to the duathlon start line from the pre-race announcements after the first wave has started.

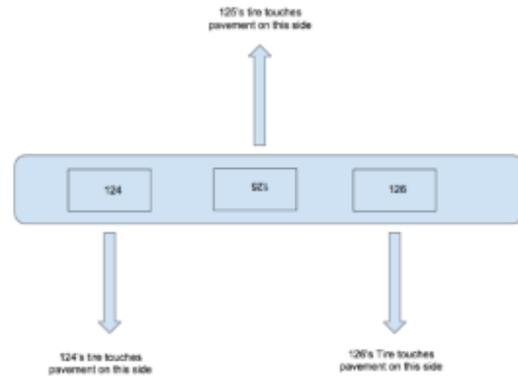
**Please note that the wave assignments are subject to change.*

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!** 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.

Bikes must alternate sides of the rack to ease congestion. The front tire of two adjacent bikes will hit the pavement on opposite sides of the rack. We encourage you to rack by your seat rather than the handlebars- it is easier, faster, saves space and is easier on your bike. **See the diagram for an illustration.**



You MUST have your helmet buckled at ALL TIMES WHILE THE BIKE IS IN YOUR POSSESSION. If you move your bike without your helmet fastened on your head, you risk disqualification. The same is true if you take your helmet off before you place your bike back on the rack. 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. There will be a lead and sweep vehicle. All athletes must be off the course by 9:30 am. 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 Black arrows on white 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 volunteer 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 grass above 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 9:00 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 ahead and store any warm clothes outside of the Transition Area, or with friends.**

There will be a BBQ and snacks for athletes. Awards Ceremony will be at approximately 10 am. **Awards that are not claimed will not be shipped.**

Photography by Capstone 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^[SEP]

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 YOUR BIKE IS IN YOUR POSSESSION (before you un-rack your bike). This means before, during, and after the event if

you are riding.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless your bike is racked!

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? Does ANYONE read this?), 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 Doctors, 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 as well as medical support from Seacoast Spine and Sports Injury Clinic.

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 of this year, so if you are going to turn 50 at any point this year, you will race in the 50-54 group. Age groups are every 5 years male and female starting at 19 and under, up to 80 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 overall. TAKE CARE IN PASSING YOUR DISPOSABLE CHIP.

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 real time athlete web tracking!

Volunteers - Volunteers will be stationed throughout the courses 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 TRIATHLON BIKE COURSE

Kyle Anderson <bowbrookbrown@gmail.com>



WALLIS SANDS RUN COURSE

