

Athlete Guide



September 17, 2023

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!

This is where I include a missive about the weather. Usually, I am upbeat and optimistic. It's not easy given the current path of Hurricane Lee. As I write this, the forecast looks with a high in the mid-70s, with a mix of sun and clouds and a bit of a breeze BUT Lee COULD cause high surf, high winds and driving rain. We simply can't say what we will see on race day yet.

Any decision to modify, delay, or alter the courses will not be made before Friday but more likely Saturday. 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.

For those of you that paid for parking, thank you! We are covering the balance of the parking fee for you. You have already received an email with instructions on how to show you paid for parking. For those that didn't pay for parking, please come with \$15 ready, exact change to pay as you enter the park.

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 toward a free entry in 2024. 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 17th of September!

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

Thank you to all our 2023 sponsors and partners!



EVENT SCHEDULE

Friday, September 15th at Philbrick Sports in Dover, NH

4:00 pm Packet Pickup

5:30 4pm Packet pickup ends

Saturday, September 16th

2:00 pm Packet pickup at **Philbrick Sports in Dover, NH**

4:00 pm Packet pickup ends

Sunday, September 17th

6:30 am Packet pickup at Wallis Sands State Park (Under the tent)

7:00 am Transition area Opens, bike check, body marking area open for your use

7:30 am Packet pickup ends

7:40 am Warm-up with Coach Anne Torrez on the wall, overlooking the beach (warm up and watch the sun rise!

7:30 am Body marking area closed

7:45 am Transition area closes for Athletes

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

8:00 am First Swimmers – Time Trial Start, 2 swimmers every 10 seconds

8:05 am Duathlon

10:30 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 15th from 4:00 pm to 5:30 pm at Philbrick's Sports in Dover NH

Saturday, September 16th from 2:00 pm to 4:00 pm at Wallis Sands State Park

Sunday, September 17th 5:30am to 6:30am at Wallis Sands State Park

You MUST PICK UP YOUR OWN PACKET. THIS IS A USAT / INSURANCE AND A REQUIREMENT OF THE TOWN OF RYE. 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 AS YOU MUST SIGN YOUR OWN RELEASE!

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 a sticker sheet that includes a bike number, helmet number and a BBQ sticker voucher (and a few other stickers) as well as a swim cap. Your chip will not be included, you will pick your chip up on race morning. You will also receive a Wallis Sands Triathlon 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

1. When you enter the parking lot, please have your parking voucher ready, or \$15 (exact change).
2. Park your vehicle in the appropriate location. You will be greeted by volunteer parking attendants upon your arrival and assisted with where to park.
3. Spectators will need to pay for parking.
4. 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.
5. Pick up your chip and get body marked if you have not done your marking in advance.
6. 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 6:30 and ends at 7:30 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, 7:30 am.

There will be a mandatory pre-race meeting on the beach at 7:50 am on Sunday for all athletes, so you must be on the beach at this time! The first swimmers will start at 8:00 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, in kayaks and in the water 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.

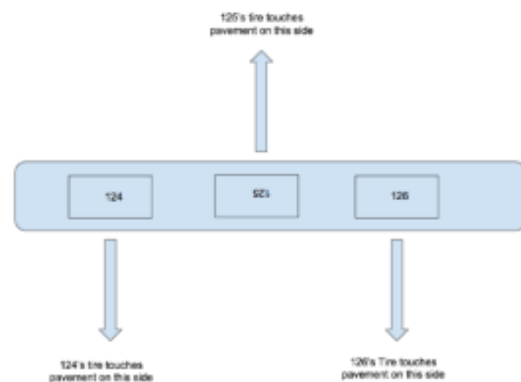
Wave 1	Men 30-49	RED
Wave 2	Women 30-49 and Relays	Purple
Wave 3	Men 29 and Under, Men 50-54 and Clydesdales	Light Blue
Wave 4	Men 55 & Over	Yellow
Wave 5	Women 29 and Under, Women 50 & Over and Athenas	Green
Wave 6	All Novice	PINK
D1	All Duathlon Men	
D2	All Duathlon Women and Duathlon Relays	

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

Transition Area

You will **(may, this could change due to the storm and conditions at the venue)** 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 and Chinstraps: Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

2. Unauthorized Assistance: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

3. Non-Draft Legal Bike Position Rules: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

4. Entire Course: Athletes must complete the race course in its entirety and as prescribed including in segment order.

5. Headphones and Communication devices: Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.

6. Glass Containers: Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

7. 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 clear identification.

8. Race number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

New Rules for USAT Multisport Competition

Blue Card Time Penalty for Drafting.

This is a time penalty for an infringement that is served by an official on the bike course. This penalty involves the display of a Blue Card by an official and advisement on when and where the athlete is to serve the penalty. The athlete may resume racing only after being instructed to do so by the official.

If the athlete is instructed to proceed to a bike course penalty area to serve a Blue Card Time penalty, then the athlete is required to stop at the next penalty area. **(Near Transition)** Failure to do so may result in disqualification. While in the penalty area the athlete is required to be registered in a Penalty Area Log. While in the bike penalty area, athletes may consume only the food and/or water that is on the athlete's bike or person.

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

[CLICK HERE TO DOWNLOAD THE FULL COMPETITION RULES](#)

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.

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules <https://www.usatriathlon.org/multisport/rules>

Inclement Weather

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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.

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 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.

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!
- SMILES!

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

