

Athlete Guide



September 22, 2024

Dear Athlete,

Welcome to the **Wallis Sands Triathlon, Duathlon and Relay!** This guide will go through some of the important parts of the race, and hopefully answer your questions. Please read through the whole guide 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. As I write this, the forecast looks like a high in the mid-60s, with a mix of sun and clouds and a bit of a breeze, **BUT the prediction is for high surf out of the Northeast as I write this. We are working with our water safety and rescue team to make the decision as late as possible on the status of the swim.**

Any decision to modify, delay, or alter the courses will not be made before Friday, but more likely on Saturday or Sunday. Please note that **the event 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.

Let's talk about race day parking. Please note that your registration/entry fee **INCLUDES** parking for one car. Wallis Sands State Beach does charge for parking, so for those extra cars that will need to pay, (unless you have a NH Parks plate / 65+) please come with the exact change of \$15 to pay as you enter the park. If you have a parking pass for NH state parks, that will work, too. You will need to show your card when you park on the morning of the event. We encourage you to carpool and arrive early. As of about 7:15a the park gate will be staffed by NH Park personnel. We **STRONGLY** urge you to arrive by 7:00a.

Volunteers are still needed for the Wallis Sands Tri. If you know someone who wants to volunteer, please have them e-mail volunteer@tri-maine.com. All volunteers receive an event t-shirt, coffee, snacks, and a coupon toward a free entry in 2025. 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 September 22nd!

**PLEASE REMEMBER, NO PETS ARE ALLOWED
AT THE WALLIS SANDS STATE BEACH!!!**

Thank you to all our 2024 sponsors and partners!





EVENT SCHEDULE

Friday, September 20th, at Philbrick Sports in Dover, NH

4:00 pm Packet Pickup

5:30 pm Packet pickup ends

Saturday, September 21st, at Wallis Sands State Beach in Rye, NH

2:00 pm Packet pickup

4:00 pm Packet pickup ends

Sunday, September 22nd

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 sunrise!)

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 the beach

8:00 am First Swimmers – Time Trial Start, 2 swimmers every 5 seconds

8:05 am Duathlon

10:30 am Awards Available (approximate time)

PRE-RACE INFORMATION



NO DOGS ALLOWED—Dogs are prohibited in 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 20th, from 4:00 pm to 5:30 pm at Philbrick's Sports in Dover, NH

Saturday, September 22nd, from 2:00 pm to 4:00 pm at Wallis Sands State Park

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

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

NO ID, NO RACE.

NEW THIS YEAR, READ CAREFULLY

Packets can be picked up by a family member or friend with the following:

- 1. A PRINTED, written SIGNED note requesting the person pick-up the packet with a copy of your state ID or license. It will not be given to anyone without these ON PAPER, NO DIGITAL COPIES.**
- 2. A PRINTED, SIGNED Copy of the Town of Rye, NH Waiver, found here: The pick-up can be done on Friday or Saturday, NOT Sunday.**

[DOWNLOAD WAIVER HERE](#)

WE CAN NOT MAKE EXCEPTIONS TO THESE RULES

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 / helmet number sticker sheet (PLEASE PICK THE CORRECT HELMET NUMBER, a swim cap, and an official Wallis Sands Triathlon T-Shirt, WHILE SUPPLY LASTS. 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 show your race packet. If you haven't picked up your packet, please have a copy of your registration confirmation email handy (or \$15, exact change appreciated).**
2. Park your vehicle in the appropriate location. You will be greeted by volunteer parking attendants upon your arrival, who will assist you with where to park.
3. Spectators will need to pay for parking, \$15 (exact change appreciated).
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 the 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 6:30 a.m. 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 30 minutes before the start, 7:30 a.m.

All athletes must be on the beach at 7:50 a.m. on Sunday for a mandatory pre-race meeting. The first swimmers will start at 8:00 a.m.

Race Numbers: You must always display your race number while competing. This is both for safety and to ensure 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-sleeved wetsuit, write the number on your hand and your arms. The bike leg requires your number to 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 plan on wearing layers and taking them off as you go, find a way to display 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 <http://www.tri-maine.com> 48 hours before the race. 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, with 2 participants every 5 seconds.

Duathletes will start at approximately 8:05a on the wall between the finish and the beach.

Wave 1	Men 30-54	Orange
Wave 2	Women 30-49	Yellow
Wave 3	Men 29 and Under, Men 55 and Over, Clydesdales, Relays	PINK
Wave 4	Women 29 and Under, Women 50 & Over and Athenas	Purple
Wave 5	All Novice	Green
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 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 before entering the Transition Area before the race and check your bike out after the race. Always be aware of other athletes in the transition area, 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 buckle your helmet 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 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 10:00 am. If you are not finished with the bike leg by then, 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 significant intersections. Please pay attention to the signs and volunteer

warnings. ***Stay as far to the right on the road as possible and obey all road rules 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 reach 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 marking the route. Water and electrolyte replacement (Gatorade) 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 after the last cyclist finishes at approximately 9:45 a.m. 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. The 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. 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 have been no protests or appeals for 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 a 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 armband) but may not use communication devices of any type, including but not limited to cell phones, smartwatches, 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 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 must wear race numbers at all times during the run. The numbers must be clearly visible at all times and 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 who is not competing. The penalty for doing so is Disqualification and one-year suspension from membership in USAT for transferring a number without the race director's permission.

New Rules for USAT Multisport Competition

Blue Card Time Penalty for Drafting.

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

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 register 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.

First Aid

Doctors, Paramedics, Fire/Rescue personnel, lifeguards, volunteers, and Police will monitor the race and be in close contact with race management. If you have a medical concern at any point during the race, notify a race official or a volunteer immediately for assistance. The Town of Rye will provide an ambulance for the event, and Dr. Sam will provide medical support.

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 and the top Relay overall.

Relays - Relay chip hand-offs occur inside the Transition Area at your designated rack position. Each member of the relay team must collect their own packet and numbers. Overall, there will be awards for the Top Relay.

Timing—All Sports Events will chip-time the Wallis Sands Triathlon. 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 to support you. Let one of them know if you have a question or concern about the race; they are there to help. After the race, be sure to thank the volunteers who are working on the event. Without them, this race could never have happened!

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!

SWIM

- Wetsuit
- Goggles (tinted and clear for different light conditions)
- Swim Cap
- Lube to stop chafing of wetsuit
- Tri-suit
- Heart rate monitor/watch if you are using one
- Timing chip and strap

BIKE

- Bike
- Helmet
- Sunglasses
- Bike shoes
- Mini pump
- Spare inner tubes
- Bottle (s) pre-filled with your race drink
- Jacket (optional dependent on weather and time of year racing)
- Number belt if you are not using safety pins

RUN

- Run shoes
- Cap and socks if you wear them
- Jacket (optional depending on weather and time of year racing)

OTHER

- Race registration paperwork and ID
- Pre-race drinks or nutrition, pre-mixed and ready
- Track pump to set tire pressures
- Allen keys and other tools to deal with last-minute bolt adjustments
- Safety pins for race number
- Energy gels, bars or other nutrition for the bike/run
- Warm clothing for post-race
- A towel for transition
- Post-race food
- Toilet roll for pre-race toilet nerves!
- Any medication (hay fever remedies, asthma inhalers and so on)

NOTES

We provide Triathlon coaching – As well as Swim Assessments, Running Assessments and Bike Fits Schedule with us





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PHYSICAL THERAPY INITIAL ASSESSMENT

Individualized treatment plans to help you recover from an injury and get you back to the things you love to do.



RUN ASSESSMENTS, BIKE FIT, OR SWIM ASSESSMENT

The assessment involves a comprehensive movement analysis followed by a video analysis of your mechanics. Based on the findings of the exam and analysis, a treatment plan and/or performance enhancement program will be developed.



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Provide structure to your current training, or develop a training plan for a specific event. It includes a 60-minute consultation with an individualized detailed written plan and coach access based on your goals.

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