



TRIATHLETE & SPECTATOR 2019 RACE GUIDE



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PROCEDURES & RULES*

PACKET PICKUP

Packet pickup will be from 4:00 – 6:00 PM on Saturday, August 4 at the New London Town Green (Town Hall) on Main Street and from 7:15 AM – 8:15 AM on Sunday, August 5 at the New London Historical Society. Family members or fellow racers may pick-up an athlete's packet on their behalf. For Team packet information, please see page 6.

Athletes will receive a race bib, bike frame number, swim cap and timing chip in their packet. In addition to wearing a race bib, athletes must have their race number applied by a volunteer to their left arm and left leg the morning of the race. Body marking will be located at the New London Historical Society inside the barn and at the beach.

RACE SCHEDULE

7:15 – 8:15 AM Check –in and Packet Pickup.

8:45 AM Mandatory racers meeting at Bucklin Beach.

9:00 AM – Race begins.

11:00 AM – Kid's Fun Run Starts (*The start time is an approximate.*)

11:30 AM – Awards Ceremony (*The start time may change and is dependent on when the Kid's Fun Run ends.*)

AWARDS

There are six age categories for participants:

19 & Under 20-29 30-39 40-49 50-59 60+

Awards are given to:

The top female and male overall finisher

The top three male and female finishers in each age category

The top three teams in the open category

The top female team

The top 18 and under team

The awards ceremony will take place on the New London Historical Society lawn after the race results have been computed and the Kids Fun Run has ended (approximately 11:30 AM). You must be present to receive your award.

*Rules not explicitly described in this Guide will follow USA Triathlon Competitive Rules.



PROCEDURES & RULES

TRANSITION

- The start, swim-to-bike, and bike-to-run transition all take place at Bucklin Beach. The finish line will be at the New London Historical Society.
- The transition area provides racks for bicycles and race-related equipment. During the race, the swim-to-bike and bike-to-run transitions occur in the transition area.
- Bike racks are numbered. Racers must place their bikes at the location matching their race number. Volunteers will be available to assist athletes when racking their bikes.
- **Spectators are NOT allowed in the transition area during the race. ONLY triathletes and transition volunteers are allowed in the transition area.** Please advise your family and friends that they will need to remain outside of the transition area. Please refer to the Spectator Guide on page 8.
- Racers will be allowed back into the transition area to retrieve their gear after the last cyclist has finished the bike portion of the race. **Please note Transition Area Volunteers will watch bikes and equipment until noon. After 12:00 PM the transition area will not be staffed.**
- Bikes and equipment will be released only to those holding a race number that matches the bike.

TIMING CHIP

- Timing chips will be placed in packets prior to the race. **If you pick-up your packet at early check-in on Saturday, and have no race-day changes (i.e. change your swim level), you may go directly to the starting line at the beach.** (Body/swim cap markers will be at the beach.)
- If you lose your timing chip at any point before the start of race you must replace it by visiting Same-Day Registration at the Historical Society barn. Racers are responsible for the cost of replacement chip (\$10).
- Chips are non-transferable. Be careful not to switch with friends, family, etc.



PROCEDURES & RULES

- If you are part of a relay team, the chip is being used as your baton. Make sure you have crossed and moved away from the appropriate timing point before handing the chip off.
- There will be a chip collection point after you cross the Finish Line. Volunteers will happily take your chip from you. Be sure to thank them. There is a \$10 fee for lost team chips (post-race).



PROCEDURES & RULES

UNSPORTSMANLIKE CONDUCT

Our goal is to provide a safe environment where athletes can achieve their athletic goals. Sportsmanlike conduct is expected behavior at the New London Hospital Days Triathlon. Athletes conducting themselves in an unsportsmanlike manner will be disqualified.

TIME LIMIT

There is a time limit of two hours. Athletes who are still on the course after two hours are welcome to continue the race but their time will not be counted. **After two hours the roads will reopen to traffic and athletes finish at their own risk. Additionally the Kids Fun Run will begin approximately at 11:00 AM, followed by the Awards Ceremony.**

THE SWIM

- New London Hospital Days Tri athletes will receive a colored swim cap in each packet.
- This cap will serve as identification for the wave in which you will start the swim.
- Do not change waves on race morning. If you lost or forgot your swim cap, report to Same-Day Registration for another cap.
- Athletes will swim counter-clockwise around two buoys and finish on the beach near the parking lot end.
- Athletes who are part of a relay team will swim first followed by the most experienced swimmers after a 5-minute gap. All other waves will be 3 minutes apart.
- If you need assistance from a lifeguard/kayaker during the swim, it is recommended you signal for assistance. If a lifeguard or race official believes you are in danger at any point during the swim, the lifeguard or race official has, at their discretion, the right to remove you from the race. Swimmers may receive assistance during the swim but *forward* progress assistance will result in disqualification.
- SAFETY: Lifeguards and motorized watercraft will be on the lake to provide assistance to swimmers in need.



PROCEDURES & RULES

THE BIKE

- Please make certain your bike is in proper working order before arriving race morning. We cannot guarantee bike equipment or checks will be available at early packet pick-up or the morning of the race.
- Helmets are required during the cycling portion of the event. You will not be allowed participate without a helmet (no refunds).
- Bikers will exit the transition area via the parking lot. The bike route is a single loop (5.7 miles) around Little Lake Sunapee.
- You may not ride your bike in the transition area. You are required to walk or jog with your bike to the designated mount and dismount areas. Volunteers will be located at both areas to help direct athletes.
- Ride your bike on the right side of the road - a minimum of three bike lengths behind the cyclist in front of you - unless passing. Passing is only allowed on the left side.
- The bike course will be marked with **BLUE** road arrows and White and **BLUE** Directional signs along the course. Course Marshals will be located throughout the course directing athletes.
- There will NOT be an aid station on the bike course. Please bring your water bottles filled to the race.
- A map of the entire course is located on page 8 and will be available at packet pickup.



PROCEDURES & RULES

THE RUN

- The run is 3.1 miles and starts at Bucklin Beach. Athletes will turn right onto Little Sunapee Road, take a right onto Newport Road, a left at Everett Park, a right on Parkside Road, a right on County Road, a right on Little Sunapee Road and finish at the New London Historical Society.
- A water aid station will be located on Everett Park, just before the intersection of Parkside Road.
- The run course will be marked with **RED** road arrows and White and **RED** Directional signs along the course. Course Marshals will be located throughout the course directing athletes.
- Athletes must wear their race bib number on the run.
- A map of the entire course is located on page 10 and will be available at packet pick.

TEAM INSTRUCTIONS

- Teams will receive ONE packet which will include a race bib, bike frame number, swim cap and timing chip (one chip per team).
- If only one person from the team arrives at packet-pick up, they will be given the packet and ALL race swag for their team members.
- Each member of the team must wear the timing chip strap assigned to the team (one chip per team). The runner will have to wear the timing chip strap AND the race bib (provided at packet pickup).
- Each member of the team must be body marked with their team number. Body marking will be located at the New London Historical Society inside the barn and at the beach.



SPECTATORS GUIDE

SHUTTLE SCHEDULE

The race starts at Bucklin Beach promptly at 9:00 AM. There is a short walk between the Bucklin Beach (race start) and New London Historical Society (race finish). If you require transportation there is one shuttle that will depart each location and run continuously starting at 7:00 AM. Due to triathlete activity and to ensure safety the shuttle service stops at 9:45 AM.

SPECTATOR VIEWING AREAS

The best spots for spectators to cheer on their friends and family are: on Bucklin Beach, outside of the coned-off/fenced-off race and transition areas. Spectators can line the shoulder of Little Sunapee Road at marked areas. There are also spectator areas at Jake's Market and Deli (a great spot to view both the bike and the run) and the finish line at the New London Historical Society.

NO-GO ZONES

For the safety of athletes, we ask that you **DO NOT** attempt to go to the following locations:

Transition Area

During the race ONLY Athletes and race staff/ volunteers are allowed in Transition. Please respect the race staff and follow their instructions.

Finish Line Mix Zone

The first 40 feet after the finish. This area is for medical, athletes, and volunteers ONLY.



ADDITIONAL IMPORTANT INFORMATION

REGISTRATION

Individual and/or team registrations are nonrefundable.

SWIMMING AIDES

Swimming aides are not allowed at any time during the swim portion of the race (i.e. flippers). However, wetsuits and swim goggles are permissible; the provided swim cap must also be worn by every swimmer.

MEDICAL

There will be medical staff located at Bucklin Beach and at the finish line at the New London Historical Society.

LOST AND FOUND

All lost-and-found items will be available at the Information Booth located at the New London Historical Society. After the event you can e-mail hospital.days@newlondonhospital.org if you need to claim something you have lost.

WEATHER

We reserve the right to postpone the race start if weather interferes, but it usually takes place rain or shine.

KIDS FUN RUN

We have a ½-mile “Kids Fun Run” that begins at about 11:00 AM. The cost is \$5. Register and pay morning of. All kids 11 years or younger are invited to run for fun!

PARKING – PLEASE READ!

Triathlete and Spectator parking is located at the New London Historical Society in two designated areas. **Historical Society Parking Lot:** If you park in this lot, you will not be allowed to leave until after the awards ceremony. No exceptions. **County Road Parking Lot:** If you park in this lot, you will not be able to leave until all bikers have completed the bike course. There are no exceptions. Volunteer attendants will be available to aid with parking. Once this lot is full, cars will be directed to park in the Historical Society lot (see note above). If you think you'll need to depart during the race, please arrive early to park in a public parking lot on Newport Rd (Mascoma Bank, Hannaford's) or at New London Hospital.



ADDITIONAL IMPORTANT INFORMATION

TRAFFIC ADVISORY

Local motor vehicle traffic will be allowed during the race, however please be advised of the following traffic pattern changes:

Little Sunapee Road will be reduced to a single lane at 7:00 AM with one-way traffic traveling southbound into town only. Please allow extra time for traffic delays and detours.

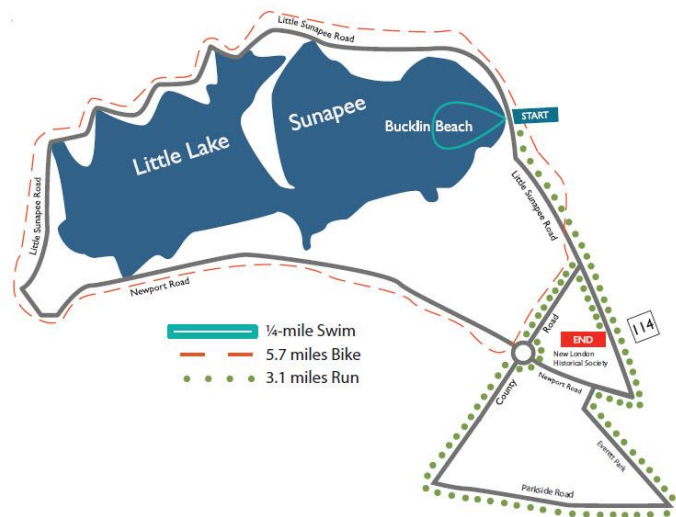
Newport Road will be closed starting at the entrance of the New London Shopping Center to the Intersection of Main Street and Parkside Road.

County Road from the rotary to Little Sunapee Road will be closed at 9:00 AM until approximately 10:30 AM or until all cyclists complete the bike portion of race.

County Road traffic coming into New London will be rerouted from County Rd to Parkside Rd and then into town.



TRIATHLON COURSE MAP



Swim course: Athletes will swim counter-clockwise around two buoys and finish on the beach on the parking lot end.

Swim-to-bike transition: Upon leaving the water, all swimmers must cross the timing mat. Individual racers can then get their bikes from the bike racks in the transition area. Team swimmers must hand their timing chips to team bikers in the transition area, and bikers must affix the chips to their **LEFT** ankle.

Bike course: Bikers will exit the beach area via the parking lot. The bike route is a single 5.7 mile loop. Turn right onto Rt. 114 and at the top of the hill turn right onto County Road. Turn right at the stop sign onto Newport Road. Go right onto Otterville Road which is after Maple Hill Farm, and then turn right onto Little Sunapee Road. Follow Little Sunapee Rd. back to Rt. 114 ending at Bucklin Beach.

Bike-to-run transition: Bikers dismount on Rt. 114 (Little Sunapee Road), before the biking transition chute, walk their bikes through the chute, cross the timing mat, and leave their bikes in the Bucklin Beach transition area. Individual racers can then immediately exit the parking lot to start the run. Team bikers will hand chips to team runners in the transition area. Team runners must affix the chips to their LEFT ankle.

Run course: The run starts at Bucklin Beach. Go right onto Little Sunapee Road and take a right onto Newport Road. Take a left on Everett Park and keep left. At the intersection of Everett Park and Parkside Road, take a right onto Parkside Road. Take a right onto County Road. Run up County Road, past New London Hospital and enter the Rotary. Stay to the right and take the 2nd exit which will keep you on County Road (Jake's Market will be on your right). Follow County Road up the hill, take a Right onto Little Sunapee Road and finish at the New London Historical Society.