



**Olympic Triathlon
(.9 Swim, 22.5 mi. Bike, 6.2 mi. Run)
September 12, 2010**

Hi Racer,

Thank you for registering for the RaceVermont.com Olympic Triathlon on September 12, 2010. Lasts year's race was very successful and this year should be even better.

The Burlington Triathlon will not be USA Triathlon sanctioned this year contrary to the original plan to sanction the event. USA Triathlon's late notice of approval and unnecessary fees, in addition to the application fee were deciding factors for withdrawing the application. All USAT day fees will be refunded to all who paid them.

The day's events:

6:45 -7:40am - Registration- Pre-registered and race day registrants

7:40-7:50am - Race meeting. Course details, safety, and post race events

8:00am - Race Start

9:55am- Approx. First Place Finisher

11:25am- Approx. Last Place Finisher

11:45am- Race Awards

Arrival: The main gate to North Beach will not be open upon your arrival. You are asked to enter through the EXIT. There will be signs directing you. Also, please note that **quiet hours in the North Beach camping area are in effect until 7 am. Please be respectful of the campers as you pass through.**

Transition: With only **one transition area** located at North Beach, it is very easy to register and set up your equipment all in the same area. Our friendly race staff is there to answer any questions, so if you need help, feel free to ask!

The Swim (.9 miles): - A two loop swim. The swim is an open water swim in Lake Champlain at North Beach (the swim is .84 miles and the run to your bike is .06 miles) The water temperature is 70 degrees. **Wetsuits are an option at all times. We will have a foot bath after exiting the water.**

The Bike (22.5 miles): Three loops around North Avenue and Route 127 Beltline. There is one hill coming out of the beach then the course is pretty flat and fast. **Please note that:**

- **You must walk your bike out of the transition area. You may mount your bike only AFTER you have passed through the transition gate. Your swim time will end when your bike passes over the start/finish line.**
- **Cyclists MUST be wearing a helmet as they exit the transition area.**
- **There are speed tables as well as a sharp turn when you exit the Beltline.**
- **Although the Beltline will be closed during this race, you MUST STAY ON THE RIGHT JUST IN CASE A VEHICLE ACCIDENTLY MAKES ITS WAY ONTO THE BELTWAY.**
- **The speed bumps will be in place when you return to the beach. This could be a hazard if you don't slow down.**

The Run (6.2 miles): The out-and back run is on the Burlington Bike Path. There is one short hill getting from the beach to the bike path, then it's 6 miles of flat and fast. There is a water station at the turnaround point.

- **You MUST have your bib number showing as you approach the finish line. This is critical to the timing process.**

Timing: Unlike our other races, your bike-to-run transition time will be included in the bike portion of your race. Therefore, your run time will be your only true time (which does not include any transition time).

We look forward to seeing you on September 12, 2010. Please feel free to call me at 802-316-7142 or email me rayne@racevermont.com with questions.

Be well,

Rayne Herzog
Race Director