

Sprint Triathlon Race Day Information
(500 yd. Swim, 15.4 mi. Bike, 3.1 mi. Run)
August 28, 2010

Dear Racer,

Thank you for registering for the RaceVermont.com Sprint Triathlon III to be held on August 28, 2010. You will be treated to a race from the shores of beautiful Shelburne Beach with a fantastic view of Lake Champlain and the Adirondack Mountains. If you have not already done so, please go to www.racevermont.com or the Event Info link <http://www.racevermont.com/sprint-triathlon-iii/> to get directions to Shelburne Beach and the course map. More importantly, while on the Event Info page, please print a copy of the HIPAA Privacy Authorization Form, sign it and bring it with you to check-in. You'll find the link in the Registration Information section.

The day's schedule:

6:45 -7:45 am	Registration- Pre-registered and race day registrants
7:45 -7:55 am	Race meeting. Course details, safety, and post race events
8:00 am	Race Start
9:15 am	Approximate finish time of first place finisher
10:45 am	Approximate time of finish of the race
11:00 am (or earlier)	Race Awards & Raffle (everyone is automatically entered in the raffle - must be present to win- someone is going to win a Xterra Wetsuit)

Transition Area: All of our events begin and end in one central transition area located at the beach. Registration is located very near by making it 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: The 500 yd. swim is in Lake Champlain at Shelburne Beach. The water temperature is approx 75-79 degrees. **Wetsuits are optional.**

The Bike: The 15.4 mile out-and-back bike is described as rolling and somewhat challenging - Vermont is definitely NOT flat! **Please note that headphones, earbuds, etc. are NOT permitted. Anyone using them will be automatically disqualified.**

The Run: The 3.1 mile out-and-back run is 50% pavement and 50% dirt road. There is one relatively short hill at the start, otherwise you run on the flat or down hill. There is a water station at the turnaround point. **Please note that headphones, earbuds, etc. are NOT permitted. Anyone using them will be automatically disqualified.**

We look forward to seeing you on Saturday, August 28, 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