

Hi Racer,

Thank you for registering for the RaceVermont.com USAT Sanctioned Sprint Triathlon. You will be treated to racing from beautiful Shelburne Beach with a fantastic view of the Adirondack Mountains.

Pre-race Packet Pickup: This year, for all of our races, racers will be able to pick up their numbers and other relevant items at Fleet Feet Sports in Essex Junction, VT the day before the race. Fleet Feet Sports is located at 76 Pearl Street (across the street from the Champlain Valley Fairgrounds) and hours of pickup for this particular race will be **Friday, from noon until 6:00 pm**. Per USAT rules, you are the only one who can pick up your packet. Therefore, you may not pick up the packet for a friend or relative. Those who pick up their packet the day before the race do not need to arrive until just prior to the Pre-Race meeting. For those wishing to pick up their packets on race day, please arrive as early as you are able.

VERY IMPORTANT: YOU MUST PRESENT A PHOTO ID WHEN CHECKING IN. NO ID, NO RACE, NO EXCEPTIONS. ALL TEAM MEMBERS MUST BE PRESENT AT CHECK IN WITH THEIR IDs.

USAT MEMBERS ARE REQUIRED TO BRING THEIR USAT CARD. If you have lost your card, you can download and print a temporary card by logging into your account at www.usatmembership.com

The day's events:

6:40-7:40am - Registration- Pre-registered and race day registrants (if the race isn't full)

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

8:00am - Race Start

9:05am- Approx. First Place Finisher

10:30am- Approx. Last Place Finisher

10:50am- Race Awards

Parking: Be prepared to walk or ride 3/10 mi down to the beach race site. Parking will be up the east side of Beach St. and the lower field outside the beach area. I suggest bringing a backpack.

Transition: We have one transition area located at the beach. It is very easy to register and set up your equipment all in the same area. We have a very friendly staff who can help you get situated- please feel free to ask for help.

The Swim: The Triangular 500 yd. swim is in Lake Champlain at Shelburne Beach. There will be two waves with the men starting first and the women starting 3 minutes later. The water temperature is approx. 67 degrees.

Wetsuits are an option at all times.

The Bike: The 15.8 mile is lollypop course (out and back leg with two loops)...it is described as rolling and challenging - Vermont isn't flat! Drafting is NOT allowed. There must be no less than 3 bike lengths between you and the bike in front of you. If you go closer than 3 bike lengths, you MUST pass within 15 seconds. On a portion of Greenbush Road, a 7' wide strip of road will be coned off as a bike lane. Passing will not be allowed in this section of Greenbush Road. Helmets, secured with chin straps, must be worn at all times during the bike portion of the race.

The Run: The out-and back run is 50% pavement and 50% dirt road. There is one hill at the start otherwise you run on the flat or down hill. There is a water station at the turnaround point.

Post- Race Refreshments: fruit provided by Shelburne Supermarket, healthy muffins or bagels by Lisa's Field House Café, water by Coca-Cola, and Epic hydration by Epic.

Lisa's Field House Cafe is now located at The Field House on Athletic Drive in Shelburne. It serves sandwiches, soups, smoothies, salads, baked goods and more (most made to order so it's incredibly fresh)!! Feel free to stop by after the race or for your ride home.

Some important notes about race day and the race:

- **iPods and other electronic devices are NOT ALLOWED. Any racer caught with earbuds or other listening devices will be disqualified.**
- **Bib numbers MUST BE VISIBLE TO THE TIMING TEAM WHEN APPROACHING THE FINISH LINE. If your number is not visible, you may not receive a time for your run.**
- **Bike numbers MUST BE ATTACHED TO THE CROSSBAR RIGHT BEHIND THE HANDLEBARS. We use these numbers for timing and if we cannot see your number because it is hiding under your seat or between your legs, we cannot produce accurate results.**
- **No one should be crossing the finish line or transition line unless they are racing in that portion of the race. Please do not cross with a friend or a teammate unless you are being timed.**
- **T-shirts**
 - If you pre-ordered a shirt that does not fit and you would like to exchange it, you must wait until the very end of the race to see if there are any extras in your size and if not, you may pay \$5 to have a new one ordered and shipped to you.
 - A new order of shirts will be place on Monday for delivery to the club 2 weeks later.
- **USAT rules and policies apply at all times.**

Thank you for supporting the Racevermont.com 2011 Race Series . The great success of the Racevermont.com Race Series is due to your continued participation and to the volunteers who help support Racevermont.com and all of our racers throughout the year. We all look forward to seeing you many times during the 2011 race season. Please feel free to call me 802-985- 4410 (w) 802-316-7142 (c) or email me rayne@racevermont.com with questions.

Be well,

Rayne Herzog
Race Director