

Hi Racer,

Thank you for registering for the RaceVermont.com USAT Sanctioned Olympic Distance Triathlon on Sunday, September 11. I am excited to start the race from the beach at Oakledge Park located at 36 Flynn Avenue in Burlington, Vermont thanks to the efforts of the Burlington Recreation Department .

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 **Saturday, from noon until 4:30 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:

6:30-7:10 am – Registration & Check-in (no need to check in if you've picked up your numbers at Fleet Feet on Saturday – just make sure to get body marked before the swim. **Registration will close promptly at 7:10 am.**

7:10-7:25 am - Race meeting regarding course details and safety comments

7:30 am - Race Start. **NOT 8:00 am**

9:25 am- Approx. First Place Finisher

11:30 am- Approx. Last Place Finisher

11:45 am- Approx Awards and Raffle (**a wetsuit will be given away in the raffle, must be present to win**)

Arrival: Drive to the upper Pavilion Parking Lot at Oakledge Park. There are approximately 90-100 parking spaces...please carpool if possible.

Transition: With only **one transition area** located at Oakledge Park, 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 one loop clockwise swim. There will be two wave starts. The first wave start at 7:30 will be for individual men. Three minutes later, there will be a second start for women and teams. The swim is an open water swim in Lake Champlain at Oakledge Beach...it can be rough. Wetsuits are legal. The water temp will be approx. 70-72 degrees.

The Bike (24.5 miles): A clockwise out and back. There will be a bike lane from Austin Drive to Spear St (2.5 Miles) both out and back. The lane will be approx. 6 ft wide.

- **You must walk your bike out of the transition area. You may mount your bike only AFTER you have reached the bike path.**
- **Transitions from swim to bike AND from bike to run will be included in your bike time.**
- **Helmets MUST be worn at all times while on your bike.**
- **Chin straps must be buckled at all times**
- **Drafting- keep three bike lengths of clear space between you and the cyclist in front. If you move into the passing zone, you must pass in 15 seconds. If you are passed you must drop back three bike lengths.**
- **Be cautious of pot holes, bumps, and speed bumps. Obey ALL traffic rules unless otherwise directed by a race official.**

The Run (6.2 miles): The out-and back run is on the Burlington Bike Path from Oakledge Beach headed north towards North Beach. Follow the directional cones, orange arrows, and volunteer instructions. **Be cautious of other pedestrians using the bike path and cautious where the spring water level roughed up the path. Also, YOU are responsible for your safety when crossing streets. Be aware of traffic. Police will only be controlling traffic at College Street. There will be race volunteers at other intersections, but you are ultimately responsible for your own safety. Please keep your run number facing front and visible at all times. It is especially critical at the finish.**

Post- Race Refreshments will be provided by Ferrisburg Bake Shop & Deli, Lisa's Field House Café, Shelburne Supermarket, Lisa's Field House Café, Coca-Cola, and Epic.

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**

- Only racers who registered by August 21 will receive shirts. If you pre-ordered a shirt that does not fit and you would like to exchange it, you must wait until the end of the race to see if there are any extras in your size.
- Any shirts that are left over after check-in will be available for sale after the race for \$20. Please be sure to pick up your shirt at check-in if you registered before August 21.
- **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