

Hi Racer,

Thank you for registering for the RaceVermont.com USAT Sanctioned Sprint & Olympic Triathlon or the Vermont Senior Games 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 **Saturday, August 17 from 10:30 am to 4 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:

7:00-7:40 am - Registration- Pre-registered and race day registrants (if the race isn't full)

7:20-7:30 am- Permission to do a **10 min. warm-up swim prior to the race meeting**

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

8:00 am – Olympic Distance Race Start. Sprint Distance will start 3 minutes later.

9:05 am- Approx. First Place Sprint Finisher

10:05 am- Approx. First Place Olympic Finisher

10:30 am- Approx. Last Place Sprint Finisher

11:55 am – Approx. Last Place Olympic Finisher

12:15 am- 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. **There will be NO PARKING just outside the beach due to wet conditions.**

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 Sprint Swim: The Triangular 500 yd. swim is in Lake Champlain at Shelburne Beach. There will be ONE WAVE beginning 3 minutes after the Olympic Distance start. The water temperature is approx. 70 degrees. **Wetsuits are encouraged and an option at all times.**

The Olympic Swim: The Triangular .9 mile swim is in Lake Champlain at Shelburne Beach. The water temperature is approx. 70 degrees. **Wetsuits are encouraged and an option at all times. If the water is choppy on the day of the race, this course will change. Pay attention during the pre-race meeting to hear which course will be used.**

The Sprint Bike: The 15.8 mile course 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.** Helmets, secured with chin straps, must be worn at all times during the bike portion of the race.

The Olympic Bike: The 17 mile course is lollypop course (out to Ferry Road, **two loops** of Ferry/Lake/Greenbush, followed by a leg out to the turnaround on Thompson's Point Road and back to Shelburne Beach)...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.** Helmets, secured with chin straps, must be worn at all times during the bike portion of the race.

The Sprint Run: This 5K run is an out-and back run with 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.

The Olympic Run: This 10K run is an out-and-back run out to Charlotte Beach and back. Part of the route is paved and part is dirt road. There is a water station at the turnaround point, as well as at the 5K turnaround point.

Post- Race Refreshments: fruit provided by Shelburne Supermarket, healthy muffins or bagels by Ferrisburgh Bake Shop & Deli, water by Coca-Cola, and Nuun Hydration.

Some important notes about race day and the race:

- **iPods and other electronic devices are NOT ALLOWED during the bike portion of the race.** Any racer caught with earbuds or other listening devices during the bike portion will be disqualified.
- **iPods and other electronic devices are permitted during the run portion of the race;** however, RaceVermont.com discourages the use of these devices.
- **Bib numbers MUST BE VISIBLE TO THE TIMING TEAM WHEN APPROACHING THE TRANSITION/FINISH LINE. If your number is not visible, you may not receive a time for your run.**
- **Microchips will be fastened to the back of run bibs and wristbands that will be attached to the fork of your bike. Please do not bend or crumple your bib numbers as that may cause serious damage to your chip(s).**
- **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.
- **USA Triathlon rules and policies apply at all times.**

Thank you for supporting the Racevermont.com 2013 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 2013 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