



RaceVermont.com...Where everyone can be a star!

Hi Racer,

Thank you for registering for the RaceVermont.com USAT Sanctioned Sprint Triathlon or Duathlon and Vermont Senior Games Association (VSGA) Sprint Triathlon. You will be treated to racing from beautiful Shelburne Beach with a fantastic view of the Adirondack Mountains.

In addition to a RaceVermont.com sprint triathlon, this sprint triathlon is also a qualifier for the National Senior Olympics Sprint Triathlon Championships to be held in St. Paul, Minnesota in 2015. **Everyone who will be at least 50 years of age, who is registered for our sprint triathlon, is automatically registered for the Vermont Senior Games Sprint Triathlon.** You do not need to do anything extra to be eligible for prizes at this race. Prizes are awarded to the top three men and women in each 5-year age group. **All racers who COMPLETE the triathlon, are automatically qualified for the National Senior Games Championship in 2015.** For complete Olympic rules, go to <http://nsga.com/>. If you do not want to be considered for prizes in the VSGA Sprint Triathlon, please let the registration team know upon check-in. We will make sure to take your name off the VSGA report. If you have any questions about this aspect of the race, feel free to contact ute@racevermont.com.

Pre-race Packet Pickup: We normally have pre-race packet pickup at Fleet Feet Sports in Essex Junction, Vermont the day before the race; however, this year, the day before the race is July 4 and Fleet Feet will be closed. Therefore, all packet pick-ups will occur the morning of the race. Please arrive early, as the check in process takes just a little bit longer for USAT Sanctioned races.

VERY IMPORTANT: YOU MUST PRESENT A PHOTO ID WHEN CHECKING IN. NO ID, NO RACE, NO EXCEPTIONS.

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. Please note that USAT now has a phone app that allows you to view your membership card, however, **cell phone coverage at the race site is NOT reliable, and therefore, you either need to bring your card or a copy of your membership information.**

The day's events:

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

7:30-7:40am- Permission to do a **10 min. warm-up swim prior to the race meeting**

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

8:00am - Race Start for both the duathlon AND the triathlon

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 (Triathlon only): The triangular 500 yd. swim is in Lake Champlain at Shelburne Beach. There will be **ONE WAVE**. The water temperature is approx. 65-68 degrees. **Wetsuits are encouraged** and an option at all times.

The First Run (Duathlon only): The out-and-back run is on pavement and dirt road. Aside from Beach Street, the course is relatively flat.

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.** Helmets, secured with chin straps, must be worn at all times during the bike portion of the race. After the first loop, when you return back to Greenbush Road, you MUST turn right and do the Greenbush/Ferry Road/Lake Road portion of the race a 2nd time before turning back toward the beach.

The Final 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, bagels by Bruegger's Bagels, water by Coca-Cola, and GU electrolyte by GU at the last turnaround.

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 bib and bike numbers. 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.
- Massage will be available with Kristen Wiley following the race. A suggested donation of \$1 per minute will go to Team in Training.
- 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 (or pay no extra and pick up the shirt at our next triathlon).
- **USA Triathlon rules and policies apply at all times.**

- **We will be having a post-race prize raffle. Make sure to grab a ticket at the food gazebo after the race if you will be present for the raffle. WE WILL BE GIVING AWAY AN XTERRA WETSUIT to one lucky winner (in addition to other prizes). You must be present to win.**

Thank you for supporting the Racevermont.com 2014 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 2014 race season.

We will be hosting two more triathlons this summer. The first will be the Lake Champlain Maritime Museum Canoe/Kayak Triathlon on Saturday, August 2 and the last will be the Sprint Triathlon II/Olympic Distance Triathlon on Sunday, August 17. More information for these two triathlons can be found at www.racevermont.com. 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