

Thank you for registering for the Basin Harbor Sprint Triathlon Race on Saturday July 8, 2017. This is the 1st ever triathlon being held at Basin Harbor and we're looking forward to many more. The course is in great shape and you couldn't ask for a better venue.

For the most recent list of registrations, [click here](#). If you find something wrong with your registration, please email [michelina@racevermont.com](mailto:michelina@racevermont.com) with your bib number, name and name of the race.

### **PRE-RACE PACKET PICKUP**

Pre-registered racers will be able to pick up their bib numbers and other relevant items at Fleet Feet Sports in Essex Junction, VT the day before the race. Pick up will be available on Friday July 7th from 12:00 - 4:00pm. Fleet Feet Sports is located at 77 Pearl Street, in the shopping plaza. If you pick up your packet the day before the race, you 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.

**\*\*You can pick up a friend's registration provided they do not need to sign a waiver. If a waiver needs to be signed, they will need to pick up their own registration on race day\*\***

### **THE DAY'S EVENTS:**

- 6:30 - 7:45 am: Registration - pre-registered and race day registration
- 7:30 - 7:40 am: Warm up swim prior to race meeting. Please be out of the water by 7:40am and by the bike racks. ALL RACERS are required to attend the pre-race meeting for your own safety
- 7:45 - 7:55 am: Pre-race meeting. Course details, safety, questions and post-race events
- 8:00 am: Sprint Individual - Men start
- 8:03 am: Sprint Individual - Women and Teams start
- 9:06 am: Approximate 1st place Sprint Finisher
- 10:07 am: Approximate last place Sprint Finisher
- 10:30 am: Race Awards

### **PARKING**

Be prepared to walk or ride 3/10 mile down to the beach race site. It may be helpful to bring a pack to carry all of your belongings. There will be parking attendants directing racers to the designated parking area(s). Please use caution when coming into and leaving Basin Harbor property and there will be guests and racers along the roadside.

### **BODY MARKING**

ALL Racers, regardless of what leg they are competing in, will be body marked. Please be sure to be body marked BEFORE the pre-race meeting.

### **SWIM CAPS**

Caps will be provided on race day however if you prefer to use your own, that's ok. If you wear your own, please wear the issued swim cap OVER your own as we will be asking swimmers to drop them in a bucket, at the end of the swim, for an extra safety measure.

## **BIB PLACEMENT**

**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.

**Run numbers:** Please make sure the bib is IN FRONT of your body, and visible, as you are crossing the finish line.

If you need help placing your bibs, ask a volunteer PRIOR to the start of the race

## **TRANSITION:**

We have one transition area located around the beach area. It is very easy to register and set up your equipment all in the same area. There will be volunteers floating in the transition area if you need help getting your stuff together.

*TIP: You may want to consider bringing an extra towel to put your gear on and be able to wipe your feet as you're transitioning from one leg to the next*

## **COURSE DETAILS**

### **THE SWIM**

This is an out and back swim. There will be 3 swim buoys set up. Racers must keep the bouys on their right side, both out and back.

There will be a 2 WAVE start for the swim. Be sure to pay close attention to what wave you're in as it will impact your final time. We encourage the use of wetsuits for this portion of the race.

There will be 2 kayakers on the course: leading the 1st swimmer out and the following the last swimmer in. In addition, we will have 3 rescue boats positioned on the swim course, Coast Guard presence and Vergennes Rescue Squad on shore.

As you are coming out of the water, PLEASE drop your swim caps in the bucket. There will be volunteers there reminding you to drop your cap. Don't worry about getting them in the bucket, just make sure you drop it there. In addition to counting swimmers going in and coming out of the water, this is an extra safety measure to ensure all are accounted for.

### **THE BIKE**

Before leaving the transition area, you MUST HAVE A BIKE HELMENT ON AND SECURED WITH CHIN STRAPS. No racer will be allowed out of transition without a secured helmet.

The 12.2 mile course is a relatively flat, fast and furious loop course. 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 RUN**

This 5K run is an out-and back run starting with a short loop through Basin Harbor grounds and taking you through some beautiful country side roads. The course is 100% pavement and is fairly flat, with a

few small rolling hills. There will be a water station at the turnaround point which will offer water and an electrolyte beverage.

## **AWARDS CEREMONY**

Awards will be awarded to: Men's & Women's: 1st, 2nd & 3rd; 1st place team overall and 1st place in all age groups for all divisions 5 year increments).

Raffle prizes are awarded post-race to participants whose names are drawn randomly (must be present to win). Be sure to get your raffle ticket at the food tent. We have some great prizes to give away, including a transition bag from Xterra and a round of golf (9 holes) from Basin Harbor.

**As with our past non-USAT sanctioned triathlons, results will be based on age of the racer as of race day.**

## **REFRESHMENTS**

We would like to thank Bruegger's Bagels, Shelburne Market, Kinney Drugs, Vermont Smoke & Cure and Cookie Love for their donations.

## **RACER RULES**

We want everyone to have an enjoyable experience. Please take a moment to review the ["RACER RULES"](#) before the race.

Our next race, the Charlotte Covered Bridges 5K/10K & Half Marathon is scheduled for Saturday September 9th. This race usually sells out so if you're interested in being a part of a great event, register before it's too late.

Thank you for supporting the Racevermont.com 2017 Race Series. Our great success is due to your continued participation and the volunteers who help support Racevermont.com throughout the year. We all look forward to seeing you at many more events.

Be well,

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