

May 11, 2011



TRI FOR THE Y



CRANK & SHANK DUATHLON

RACE TIME-LINE

Friday, May 20th

4:00 pm Packet Pick-Up Open's at Casco Bay YMCA
7:00 pm Packet Pick-Up Closes

PLEASE BRING ID AND USAT CARD (if you have one) ALL ATHLETES UNDER 18 MUST HAVE AN ADULT TO SIGN THE WAIVER! ONLY YOU CAN PICK UP YOUR PACKET! ALL THREE RELAY PARTICIPANTS MUST PICK UP THEIR OWN PACKET!

Saturday, May 21st

7:00 am Transition area opens, bike check in, body marking begin
7:00 am Packet pick-up, must have ID & parent if you are under 18
8:00 am Swim warm-ups begin
8:00 am Packet pick-up ends
8:30 am Swim warm-up ends
8:45 am Transition area closes, opening ceremony begins
8:50 am Final call for 1st wave participants
9:00 am Triathlon officially begins
9:05 am Duathlon officially begins
12:30 pm Awards Ceremony

Athlete & Spectator Parking

The entire Casco Bay parking lot will be closed to vehicle traffic on race day!!!! Old South Freeport Road will also be closed to ALL traffic.

Dear Tri for the Y Athlete,

Thank you for registering for the second annual Tri for the Y Triathlon & Crank & Shank Duathlon! The following guide will outline important information regarding pre-race activities, registration and race day for athletes as well as spectators. We ask that you please read the entire guide and contact us with further questions or concerns. For more race information and course maps, please visit our website at www.cumberlandcountryYMCA.org/triforthey

IF YOU NEED TO MAKE ANY CHANGES TO YOUR SWIM TIME, YOU MUST EMAIL US BY NOON ON MAY 6th. WE WILL NOT BE ACCEPTING CHANGES AFTER THAT TIME!

PLEASE NOTE: If your swim time is longer than you have submitted you could be in jeopardy of being pulled from the pool before you finish. Please submit a correct time. DO NOT GUESS!

ANY SPECTATOR THAT HAS A DISABILITY AND CANNOT WALK FROM PARKING LOT MUST BE DROPPED OFF AT THE VENUE BETWEEN THE HOURS OF 7:30 – 8:30 AM. YOU MUST SEE VOLUNTEER OR POLICE AT THE INTERSECTION OF OLD SOUTH FREEPORT ROAD AND SOUTH FREEPORT ROAD FOR DROP OFF. YOU WILL NOT BE ABLE TO HAVE A PICK UP UNTIL RACE IS OVER.

We will have volunteers directing you to parking lots. Athletes and spectators will have to park in the following lots:

Parking Lots on the same side of the Road as Casco Bay YMCA:

Winter People – Whole parking lot available

Conundrum & Old World Deli– BACK of Restaurants ONLY, FRONT is not designated parking and you may be towed!

Parking Lots on the opposite side of the Road as Casco Bay YMCA:

Air & Water Quality

All people parking in these lots MUST walk on same side of Route 1 as parking lot until the crossing with the Police Officer at Route 1 and South Freeport Road (Big Indian). Route 1 is very dangerous. Please don't cross without police stopping traffic for you!

Other Parking:

Freeport Health – located on South Freeport Road.

Please be careful crossing Old South Freeport Road to YMCA.

****Athletes will need to walk their bike and gear to transition from the designated parking areas.****

Transition Area, Body Marking, Pre-Race Meeting

On race day, the transition area will open at 7:00 am and close promptly at 8:45 am. To get to transition, you will walk down the road entrance to the air-nasium of the Casco Bay YMCA.

No spectators will be allowed into the transition area for any reason. Spectators can see you in the transition area from the parking lot.

Prior to entering the transition area you will get body marked with your race number on your hands, shoulders and thigh long with your age on your calf. You will also have your bike checked for working brakes, bike helmet, and handle bar plugs. If for some reason you do not have a bike helmet, non working brakes or no plugs on your handle bars you will not be allowed to race. Gorham Bike and Ski will be there and may be able to help with your brakes and plugs for your handlebars. You should also make sure your bike tires are pumped. Gorham Bike & Ski will be available to do this for you on race day if you do not have a bike pump.

After passing through these check points you will be allowed into the transition area. Please look for your race number on the bike racks. If you are unsure of how to rack your bike or find your spot please ask someone in the transition area.

IF YOU HAVE ANY MEDICAL CONCERNS, PLEASE CHECK IN WITH MEDICAL STAFF BEFORE 8:30 AM! PLEASE!

There will be a MANDATORY pre-race meeting at 8:45am for ALL athletes! The first swim wave will start at 9:00am!

Note: DO NOT FORGET to secure your timing chip on your ankle prior to the pre-race meeting!!!

Race Numbers

You are required to display your race number at all times during the race. This is primarily for your safety, but also makes it easier for the announcer to recognize you at the finish line.

During the swim portion, your race number will be written on your body.

During the bike portion, your race number must be displayed on your bike using the bike frame number provided in your race packet.

During the run portion, your bib race number must be worn on the front.

Course Information

You may always access course maps and information on the website at www.cumberlandcountyyymca.org/triforthey. If you haven't already, we strongly encourage you to visit the race site and ride/run the course. The more familiar you are, the more confident you will be on race day!

Swim

SAFETY FIRST!!! We will have plenty of lifeguards on duty for your safety. If you are in need of assistance during the swim, raise your arm in the air or swim to the closest edge of the pool and let someone know you need help. You are permitted to stop and without any penalty, as long as you do not make any forward progress.

Swim Waves

Swim waves will begin promptly at 9 am. Swim waves are assigned according to swim times. If you are in an 8 minute swim wave and it takes you longer than 8 minutes you MUST tell someone, as we will remove you from the pool if you go over the swim wave time length. Wave assignments and specific wave order will be posted at registration.

Transition

You will be assigned to a specific bike rack based on your race number. If you have any questions please ask for help from a volunteer in the transition area.

Absolutely no spectators are allowed in the Transition Area at any time.....ATHLETES, RACE STAFF, AND VOLUNTEERS ONLY!!!

Because there is so much activity in the Transition Area, you need to be aware of your surroundings at all times and respect others' space. Please do not touch or move another athlete's gear without permission. If you find there is not enough room on the rack for your bike and space for your gear, please ask a volunteer for assistance. While setting up your transition space, please keep in mind that you have approximately two feet on the LEFT side of your bike.

When you are ready to begin the bike portion of the race, please walk/run your bike to the exit. You may not mount your bike until you are out of Transition and have reached the designated mount/dismount line.

YOU MUST HAVE YOUR HELMET FASTENED BEFORE YOU GET ON YOUR BIKE!!!

ONCE YOU HAVE FINISHED THE RACE, YOU WILL NOT BE ALLOWED BACK INTO THE TRANSITION AREA UNTIL THE LAST BIKER HAS TRANSITIONED TO THE RUN!!! Keeping this in mind, you might want to keep a set of clean dry clothes in the locker room or with a spectator. You may use the showers and dressing room after you have finished the race.

Bike

Roads will be open to traffic during the race. Please pay close attention to signs and volunteers giving direction and warning about upcoming changes in the course. Stay as far to the right side of the road as possible. You must obey the rules of the road regarding cycling, except when traveling through police and/or volunteer controlled intersections.

PASSING CYCLISTS ON THE RIGHT IS NOT ALLOWED!

There are two areas to note using EXTREME caution:

~ Turning right on to Flying Point Road the road is bumpy and not very wide. Please go single file up this road. Only pass if you are able to do so quickly.

~ This same road is very steep down hill on the way back. Please use caution!

Gorham Bike & Ski will have official mechanic support on the course. If you get a flat tire and don't know how to change it, we will try to send someone to you. It may take a while so please be patient. Please ask someone riding past you to alert a volunteer that you need help. We make no guarantee that the mechanic will be able to fix your bike on the course.

There are no water stations on the bike course! We recommend that you bring more water than you think you might need to put on your bike.

Run

Water will be available at two water stations.

After crossing the finish you will be handed a finishers medal along with a water bottle. We will have volunteers to collect your timing chip. There will be medical staff at the finish if you need assistance. Spectators will have great views of the finish!!!!

**** A fee will be charged of \$100 to athletes who lose or fail to return their timing chip****

Relays

Each member of a relay team will register under his or her own name and collect their portion of the race packet. EACH RELAY TEAM MEMBER MUST REGISTER FOR HIM/HERSELF AND SIGN THE RACE WAIVER BEFORE THE TEAM CAN COMPETE!

On race day, the swimmer will go off with the designated swim wave. Once the swimmer exits the water and enters transition the biker will be at their transition spot waiting for the swimmer.

The biker should take the timing chip off the swimmer and place it on them before they leave transition. As the biker finishes, the runner should be waiting at their designated spot in the transition area.

The runner should take the timing chip off the biker and place on their ankle. Once this is done the runner can leave transition.

After the runner crosses the finish line the swimmer and biker are allowed to come and collect their medal!

DUATHLON

The first run will consist of a 1.2 mile run. It will be out and back a shorter portion of the 3.1-mile course. You will turn around at the beginning of Lambert Road. There will be no water station on the first run of the duathlon.

The duathlon will start outside of the transition area. The duathlon will be a mass start at approximately 9:05 am.

Timing

Race results will be posted on the following websites after the race:

www.cumberlandcountyYMCA.com/triforthey ; and www.coolrunning.com.

Post Race Festivities

Following the race, there will be food available for athletes and volunteers inside the Casco Bay YMCA. This food is for athletes & volunteers only.

We have an awards ceremony planned at 12:30 pm. You won't want to miss it!!!

Awards will be given for 1st, 2nd & 3rd in the following categories.

TOP TRIATHLETE FEMALE
TOP TRIATHLETE MALE
TOP TRIATHLON RELAY
TOP DUATHLETE FEMALE
TOP DUATHLETE MALE
TOP DUATHLETE RELAY
TOP Y MEMBER FEMALE
TOP Y MEMBER MALE
TOP Y MEMBER DUATHLON

FEMALE
TOP Y MEMBER DUATHLON
MALE

We will also have certificates for age group winners in the 1st, 2nd & 3rd place.

19 and under	20 - 29	30 - 39	40 - 49
50 - 59	60 - 69	70+	

Official Race Rules

As a registered athlete in Tri for the Y, you have agreed to abide by the rules governing the sport of triathlon. If you have not already done so, please familiarize yourself with (read and understand) the rules as they appear on the USA Triathlon website (www.usatriathlon.com). If you have any questions regarding the rules, please contact race management.

Inclement Weather

Tri for the Y will not be canceled for any reason other than severe conditions that pose considerable danger to the athletes and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest and safety of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. If canceled, Tri for the Y will not be rescheduled.

Medical/First Aid

Medical staff will be tending to medical needs on race day. The medical staff will be located in the Casco Bay YMCA off the finish line. Medical staff will be monitoring the swim along with the bike and run. We will have an ambulance at the finish line along with another out on the racecourse.

You will be asked to provide emergency contact information on the back of your race number. If you have a pre-existing condition that the medical team should know about, please visit the medical tent prior to the race and provide any necessary information.

Photographs

We will have volunteer photographers on the racecourse on race day! We will post pictures on our website after the race. Some pictures will be for purchase. Please check back often to look for your pictures!

FOR MORE INFORMATION PLEASE CONTACT:

Julie Marchese
Inspired Events
207-671-2420
Julie@maineinspiredevents.com

A HUGE THANKS TO ALL OF OUR SPONSORS!!!