

Dear YMCA Triathlon at Clough State Park participant,

Your entry is confirmed – thank you for committing to participate in the 14th Annual YMCA Triathlon. We hope you have a great race. Be safe and have fun.

SCHEDULE OF EVENTS:

Saturday September 10th

Adult Race:

6:00AM	Gates open at Clough State Park
6:30-7:45AM	Race Packet Pick-up & body marking
7:45AM	MANDATORY Adult Pre-race Meeting on Beach
8:00AM	First swim wave Adult Race Start
10:30AM (approx)	Adult Awards Ceremony

Youth Race:

10:00AM	Race Packet Pick-up & body marking
11:15 AM	MANDATORY Kids Pre-race Meeting on Beach
11:30 AM	Kids swim start
1:00 PM (approx)	Kids Awards Ceremony

PARKING: Parking is available at Clough State Park on a first-come, first-served basis. There are three designated parking areas around the race site – parking on the access road is **NOT PERMITTED**. **Gates at Clough State Park will open at 6am, and we strongly encourage arriving early. We will have parking volunteers...please help us by following their directions. Due to safety issues, we will close the access road from 8am till 10:00am. This will allow all the bikers access to the park without traffic.** We want everyone to have plenty of time for pre-race preparations so make sure you allow adequate time for parking.

RACE DAY PACKET PICKUP: We will open at 6:30 Am. After arrival, please find your bib number on the race board and head to registration. **YOU ARE REQUIRED TO PRESENT A PHOTO ID AND YOUR USAT CARD (if you're a member TO PICK UP YOUR PACKET. NO ID = NO PACKET (NO EXCEPTIONS).**

If you forget to bring your USAT card, you will be required to pay for a \$10 one-day license, as we will have no proof of your USAT membership. If you have lost your card, you can print out a copy of it at www.usatriathlon.org prior to packet pick-up. All competitors will receive their Timing Chip which must be worn on your ankle on race day. You can then proceed to body marking just outside the entrance to the transitions area.

BIKE RACKING: All participants must rack their bike on the bike racks within the transition area. We have plenty of space, so rack space will not be assigned. When returning from your bike ride, you must rack you bike on the same rack and in the same spot where you took your bike from. **Only race participants will be allowed in transition.**

SWIM: You must wear the colored swim cap issued at registration and be ready to start with your swim wave. There will be five swim waves, **two minutes** apart as follows:

Wave 1:	Males 40-49	White Caps	
Wave 2:	Males 15-39	Orange Caps	
Wave 3:	Males & Females 50+ and Teams		Lt.Blue Caps
Wave 4	Females 15-39	Red Caps	
Wave 5:	Females 40-49	Yellow Caps	

The swim is a triangular counter clockwise course, starting on the east end of the beach. There will be lifeguards and kayaks on the course to assist you if needed. The typical water temperature in Everett Lake is 65-69 degrees and wetsuits are allowed. After the swim, you will have a **600** foot run from the beach area to the transition area. Please be aware that you'll be running to transition on the pavement. Please note that your swim split will include the run to transition from the water.

BIKE: Please mount and dismount your bike prior to the designated line at transition – anyone who does not follow this rule will be subject to disqualification. You must have your bike helmet on and secured at all times. Course monitors will support you along the way, but **please note that no roads are closed to traffic and to observe all USAT rules.** It is your responsibility to know the course and to follow race official's instructions. This year the bike course will enter and exit on the entrance road to the park. Please use caution when returning on the bike loop into the Park – there will be monitors placed to slow you down as there are depressions in the road.

Park Update: Top of road has been repaired and will be a little safer this year; however there still are depressions (which will be marked) coming down the road.

RUN: The run course is the same as 2010:

- The run proceeds right out of transition as the runners pass the beach and proceed up the path to the dam.
- At the top to the dam the runners turn left and then a quick right onto Clough Park Road for approximately 3/10th mile to a turnaround and proceed back to the dam.
- The run turns left back onto the dam and proceeds to the end to another turnaround.

- Runners will return to the path which enters the park and finish on the back side of the transition area.
- There will be an aid station supplying WATER at the 1.5 & 2.5 mile marks. Please remember to wear your race number on the front at all times. Runners are always required to run on the **LEFT**-hand side of the road in each direction. All Chips will be removed by volunteers at the run finish line – note that there is a \$30 fee for any lost or non-returned chips.

TEAMS: There will be a designated “handoff” zone within the transition area. Swimmers will run into the handoff zone and pass their Timing Chip to their biker teammate who will unrack bike and proceed out of transition. Upon return, the biker will re-rack bike and pass their Timing Chip to their runner teammate, who will run and finish race.

TRANSITION: As a courtesy to all athletes, following completion of your race, you will not be allowed back into the transition area to retrieve your bike and belongings until the last bike has finished the bike course and has started the run. This is a safety issue and a way to support your fellow competitors.

POST-RACE: Please join us after the race for post race goodies! All athletes will receive a mark on their wrist as they receive their Boloco burrito, chips and a drink starting at 10:00am. Friends/family may also buy food from Boloco.

AWARDS: The Adult awards ceremony will be held at the back of transition at approximately 10:30. Awards will be given to the top three male and female for each age group per USAT rules.

KID’S RACE: Kids will **NOT** rack their bikes in the primary transition area but in the beach area near where the adults swim start was located. As with the adult race, a “handoff” zone will be created for those competing as a team. *NO ADULTS WILL BE ALLOWED IN THE TRANSITION AREA DURING THE RACE.* Please respect the participants by allowing them to compete on their own. Please note that the entrance to park will be closed from 8am to 10:00am for the safety of the Adult triathlon bikers. If you choose to arrive prior to 10:30 you may park on the main road.

DIRECTIONS:

From I-93 (coming from the south)

Exit 5 onto I-293.

Follow I-293 to Rte 101 west.

Follow Rte 101 to Rte 114 north.

Follow Rte 114 to Rte 13.

On Rte 13 follow signs to Clough State Park.

From I-93 (coming from the north)

Take I-89 north to exit 2.

Take a left onto Rte 13 south, following signs to Dunbarton

On Rte 13 follow signs to Clough State Park