

THE 2011 YOUTH TRIATHLON
Sunday, August 28th
CRESTVIEW POOL CLUB
200 Maple Avenue, New Providence, NJ

FINAL INSTRUCTIONS

Dear Youth Tri. Participant,

Below please find final instructions for the Youth Triathlon:

1. Weather.

The event is rain or shine. A 20-minute delay will be called if thunder is heard. Please dress warmly (sweats) as the morning will be cool.

2. Schedule of Events.

Friday Aug. 26th (Crestview Pool Club)

Optional Course Preview: 6:00 PM to 7:00 PM, 1 hour session.

See the swim course and transition area, ride the bike course (helmet required), run/jog/walk the run course. Learn about how to prepare, what to wear, how to make a quick transition from the pool swim to the bike and answer your questions. We will hand out stretch laces at the course preview for the first 50 participants. Parents/family/friends are welcome to participate (bike helmet required if riding the course).

You and your family members are welcome to ride the course at other times at your leisure as the course outside of the pool clubs is public parks and roads. Always wear a helmet when riding with the chin strap connected!

Sunday Aug. 28th (Crestview Pool Club)

Volunteers Check In: 7:00 AM

Participant Check In:

Check-in:	7:30 AM to 8:15 AM
Start (first person):	8:30 AM – 8:45 AM – individual start
Last Finisher:	9:30 AM (approx.)
Awards and Prize Hand-out:	10:00 - 10:30 AM

Note 1: The athlete must present a picture/school ID to pick-up their event packet. Same day registration is possible, but parent/guardian must accompany the athlete to register.

Note 2: The athlete must be present at the awards ceremony to receive a prize awarded by race number. No other person can claim the prize for them.

3. Parking / Road Closure: Please park at the Crestview Pool Club parking lot or on Maple Avenue west of the overhead rail road track bridge. Maple Avenue east to Wood Crest Drive will close at 7:00 AM (no parking there). The Crestview Pool access road will close at 8:15 AM.

4. Check-In: At the registration tables, go to your age group sign and pick-up your race packet, get your body marked and go to the transition area and set up you bike/sneakers/towel/race bib in any available spot inside the caution tape area.

5. Age Groups: The swim caps are color coded for each age group. We will call the oldest age group (14 – 15) first to the pool side, then start the event one person at a time. When the last person in that group has started the swim, we will then call the second age group (12 – 13) to the pool side, then the third age group (10 – 11) and then the fourth age group (8 – 9). This process is expected to take about 45 minutes to get everyone started.

6. Transition Area: During the event, no parents or non-volunteers are allowed inside the course markings or in the transition area; this is a USAT rule and in fairness to the other participants. If a volunteer asks a parent or non-participant to leave the transition area, please obey. Parents may NOT take their child's bike out of transition – only the child with the body marking can retrieve their belongings and only after the last finisher has come in. Please plan to allow until at least 10:00 AM for the last finisher.

7. Swim: When you are given the instruction to enter the pool, you will cross a timing mat and must JUMP in – no diving. During the swim, if you get a cramp or get tired, you can stand on the bottom or hold onto the side, take a break as long as needed, and then continue. If you are in danger, call out and the life guards will assist you. Exit the pool at the steps/hand rail and run/walk to the transition area following the caution tape corridor.

8. Bike: Put on your sneakers and helmet, clip the chin strap. You can put on a t-shirt with your bib number on the front, or on the front of a pair of shorts or use an elastic belt or shoe lace with your number attached facing the front. Safety pins are provided at registration. Run/walk with your bike out in the transition area to the bike start line. Do not mount the bike until you get to the bike start line.. Follow the course markings: wood chip path to the left leaving the pool club, caution tape in the woods, white dashes on the roads and cones along Woodcrest Drive. It is recommended to use an easy gear in the wooded trails for best control. On hard surfaces, shift to a faster gear and then downshift back to an easy gear when re-entering the woods. There are four (4) wooded trail sections and four (4) paved road sections. On the 4th wooded section, slow at the top of a short but steep decent; volunteers will help you down that hill if you do not want to ride it down. Once onto Central Avenue, follow clockwise to Wood Crest Drive, onto Maple Ave and up the Crestview Pool Club access road.

9. Transition Area – 2nd Time. Upon returning to the Crestview Pool area, ride to the transition area and dismount in the bike finish zone – volunteers will tell you to dismount. Hand off your bike and helmet and start the run. If you need something from the transition area/towel, you can go to it and return to the run start.

10. Run: If you have not already put on your race bib, you must do so to start the run. The bib

should be shown on the front at your waist or chest. The run start is right next the end of the bike course. The run course goes counter-clockwise within the bike course, following down the Crestview access road, left onto the side walk down Maple, left onto Wood Crest down the road inside of the cones, left onto the side walk at Central, left into the trail head, through a 50 yard trail to the back side of the Crestview Pool Club, then into the club following the caution tape chute. The run finishes along side the transition area. A 50 yard dash, slightly uphill to the finish. You must cross the timing mat.

11. At the Finish: Receive your finisher medal and get a cold drink (Gatorade/water) from the tubs along the finish chute. You will be required to take off the ankle timing chip and hand it to the volunteers.

12. Awards/Prizes: Trophies will be awarded to the overall and age group champions. Thereafter, the prizes donated by our sponsors will be given out on a random basis by race bib number. Prizes range from watches, swim gear, running shoes and mountain bikes. Participants MUST be present at the awards ceremony to claim finisher prizes, which will be awarded randomly by race bib number.

13. Clean-up / Retrieve Bike: Only the race participant with the body marking is allowed in the transition area to retrieve their belongings and please take all belongings and place in trash receptacles anything you wish to discard. If you must leave early, unfortunately, you cannot claim a finisher prize; please see the transition area volunteers for help.

14. Volunteers and Donations: If you wish to volunteer, please see let the race organizers know at the check-in desk; we will assign you a location on the course. Please bring your cell phone should you need to call in an accident (911) or the Race Director - Olga Autote – 917 821 1778). The Pioneer Triathlon Association is a not-for-profit charity; donations are welcome either cash in hand or by check made payable to the Association. Thank you for your charity.

15. Clothing, Goggles, Preparations, etc.

It is recommended to do the whole event in one outfit, usually a swimsuit or shorts. Swim goggles are recommended. You will be provided a swim cap at check-in Sunday morning and you are required to wear the swim cap during the swim for safety.

Please check you bike to make sure the tires are properly inflated, the shifting and chain work properly and are lubed, the brakes work and don't rub the rim and the quick release hubs and bolts are tight.

You are required to bring to the event and wear an ANSI approved bike helmet and the chin-strap must be clipped/fastened before going out on the bike course.

You will need to bring a foot towel, to dry your feet before putting on your sneakers. An old, mid-size towel is good as it will be on the ground. Stretch laces are recommended as they eliminate the need to tie the sneaker and will not come loose. Our sponsor, Sneaker Factory (Main St., Milburn) carries these laces. We will hand out stretch laces at the course preview for

the first 50 participants. You will put your race sneakers in the transition area with your bike, helmet and towel, and you can bring a second pair/flip-flops/sandals/sneakers to walk around in.

At the registration table on Sunday morning, you will be provided an ankle strap and timing chip and a race number bib. Also, we will be marking your body with your number and age group with a magic marker pen. The ankle strap is worn on the left leg, so it doesn't hit your chain. The race bib is not needed for the swim, but required for the bike and run. The bib can be attached to your shorts (or for guys, tucked inside during the swim) or t-shirt in front with safety pins (provided at check-in) or to a race belt or attached to an old shoe lace with 2 safety pins, and tie the lace around your waist. Before going out on the run course, you are required to put on the race bib.

As in the morning, the air will be cool, please wear a shirt and sweats/warm-up. You can peel these off when your swim heat is announced as its best to keep warm for the start; you can hand them to a parent/friend.

The course records are 15:00 minutes for the male division and 16:33 minutes for the female division. Given the short time, one does not need to carry a water bottle on the bike or run course. But if you want to, it is recommended to use a sports drink instead of water (such as Gatorade, Powerade, etc.).

Thank you, good luck and we look forward to seeing you

Olga Autote
Race Director
(c) 917 821 1778