



# Athlete Guide



Thank you for being a part of the Greenfields Triathlon. We are very excited to put this race on and it will be held rain or shine. Please read over all the information in this guide to ensure a successful race day. If you have any questions you can email the race director at [ckiel78@gmail.com](mailto:ckiel78@gmail.com).

## **Race Day Schedule**

- 6:00am Parking opens
- 6:00 am Transition opens
- 6:15 am Packet Pickup opens
- 7:15am Pre-race briefing
- 7:30 am Triathlon/Aqua Bike starts
- 7:30 am Duathlon starts
- 7:40 am 5k Starts
- Awards will take place as each event finishes

# Parking Information

The address of the swim club is :989 Jessup Rd, West Deptford, NJ 08096. Parking at the club will be limited to staff and volunteers only. There is a parking lot directly across the street for athletes.

## Packet Pickup

Packet pickup will begin at 6:15. Please make sure you have your ID ready when you check-in. You will also need to have your confirmation email open and ready to go. We will be scanning the QR code you received to check you in. At check-in you will receive your bib and timing chip. This is a USAT sanctioned event so all USAT rules must be followed. When checking in, ALL ATHLETES MUST SHOW A VALID PHOTO ID. All athletes must have either a current USAT annual membership or a one-day USAT license. When you registered online you either provided your annual membership number or you purchased a one-day USAT license.

# Transition Set Up:

Only athletes will be allowed into transition, NO EXCEPTIONS. Prior to entering transition, you must have your body marked with your race number on each arm and your race age on the back of your calf. Bikes must have end plugs installed (the ends of your handle bars cannot be open)...no exceptions. Racking will be open and you are free to rack your bike where you like. There will be 5-6 bikes per rack. . When transition closes, all athletes must exit transition.

Relay team members will be allowed back into transition once the race starts.

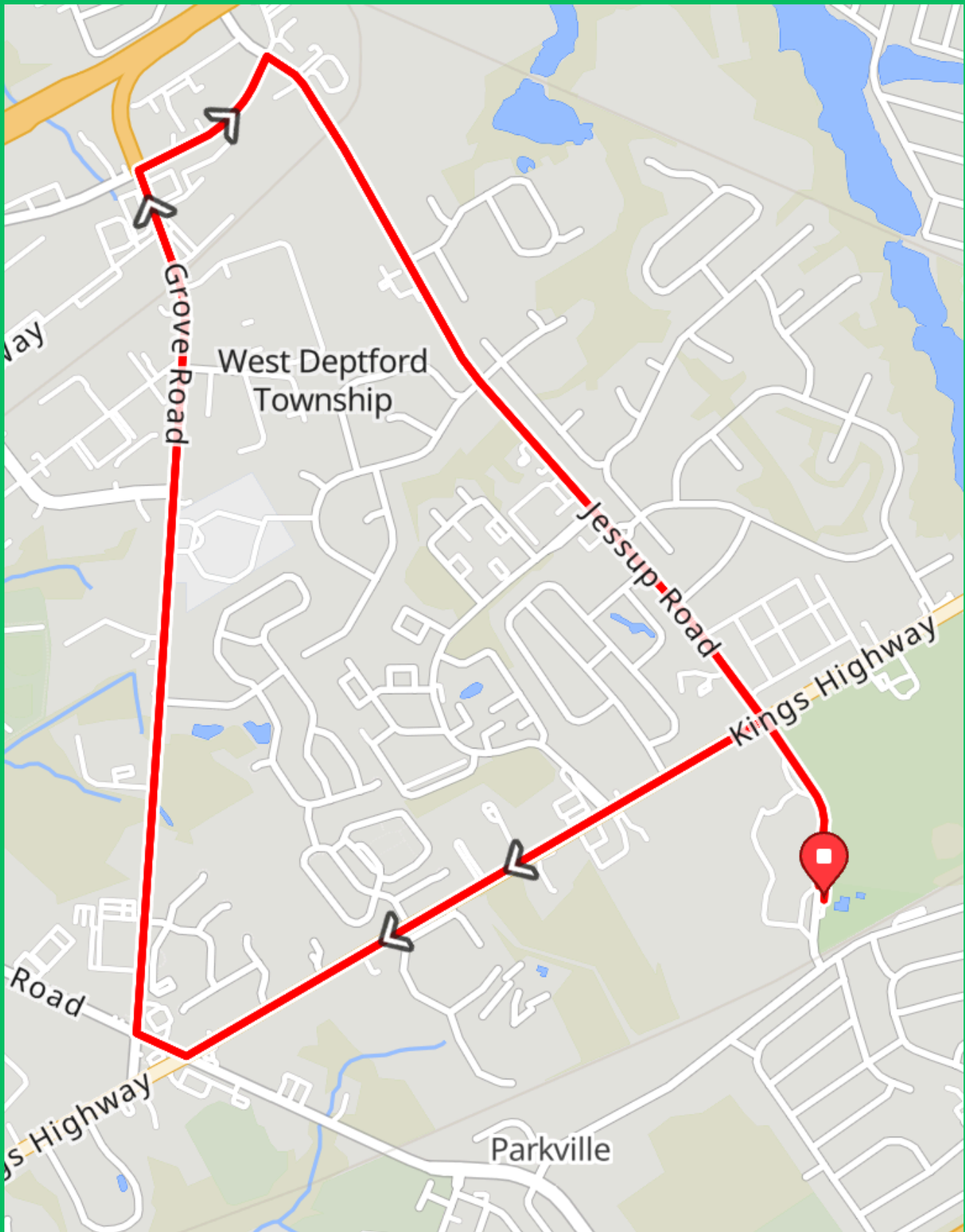
## Swim

This is a pool swim. The pool is 25 meters long. The length of the swim is 300 meters. You will be swimming two people in a lane at a time. The swim will be 12 laps. The Super Sprint is 200 meters which is 8 laps. You will be self seeding based on time. If you are in the Aquabike or Swim/Run we ask you to let the triathletes go first. We ask the faster swimmers to get in the pool first. Once you complete the swim you follow the marked path to transition.

# Bike Route

Before leaving transition make sure your helmet is strapped on. Do not ride your bike out of transition. When you get to the mount/dismount line you get on your bike. You will make a right as you leave the park. The bike course is 3 loops for everyone except the Super Sprint. Super Sprint is 2 loops. All turns will be marked with signs and arrows. You will leave transition and head straight down Jessup Road. You will come to a traffic light at Kings Highway and you will make a left. We will have a police officer there stopping traffic. You then make a right onto Mantua Grove Road and then a quick right on to Grove Road. Next you will make a right onto Friars Boulevard. Next make a right onto Jessup Road. When you get back to Kings Road you will need to turn right and complete the loop 2 more times. After your 3rd time through (2nd for Super Sprint) you will go straight at Kings Road to return to the Swim Club. You are responsible for keeping track of your laps.

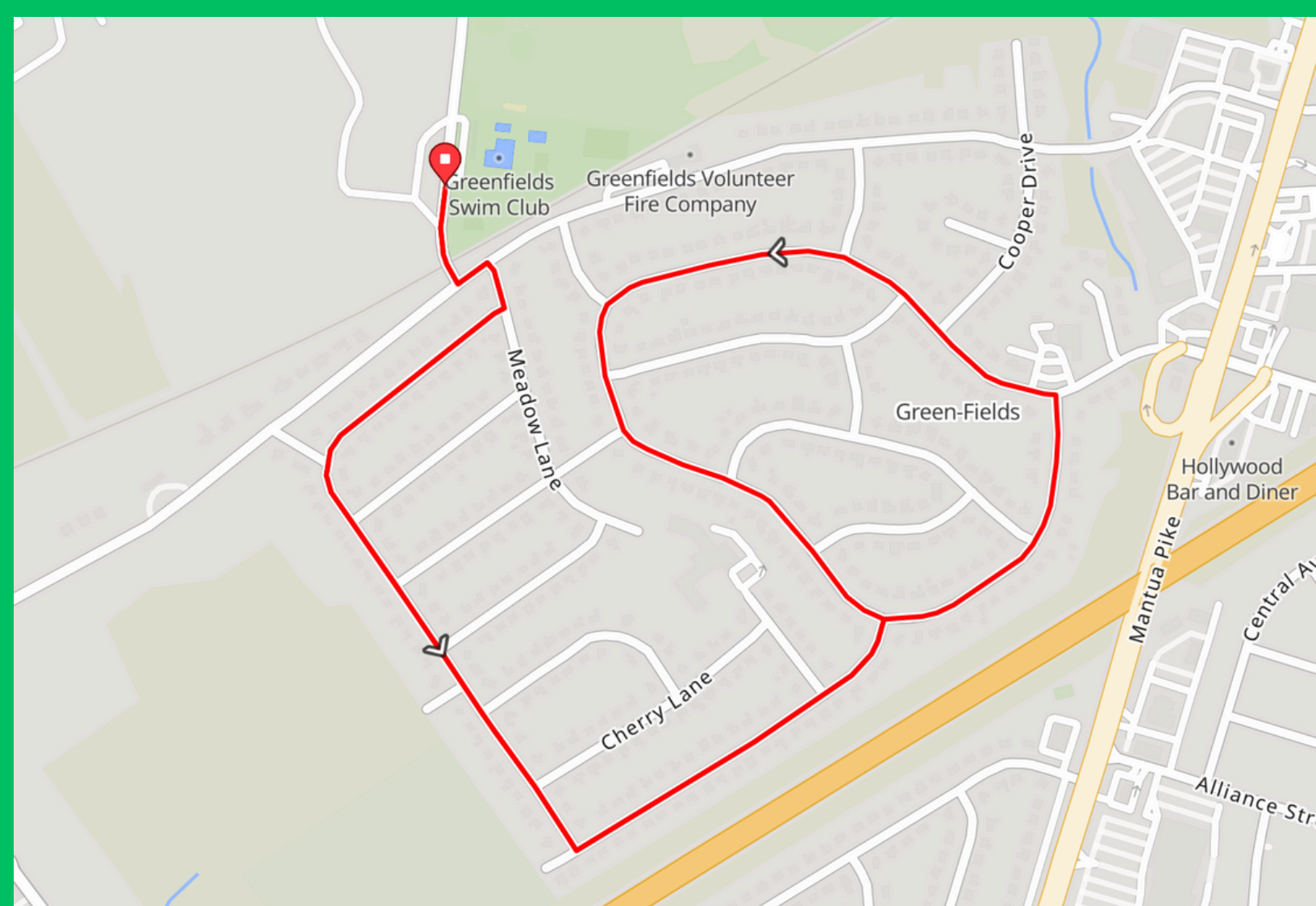
# Bike Map





# Run Map/Info

The run ;ortion takes place in a quite neighborhood next to the swim club. The run course will be marked with signs and cones. We will have a water station on the course. As you leave the transition area you will run down Jessup the oppiste direction you biked. We will have a police ooficer at the first turn stopping traffic. Follow the signs on the course and you will return to the swim club to finish.



# Important Information/FAQS

- You must wear your ankle strap at all times. This is how we keep track of your time. It also a safety feature that allows to keep track of athletes.
- Please have your bib visible on the bike and run portion.
- Anytime you are on your bike you **MUST** wear your helmet. This includes riding it to and from your car.
- You may not use headphones during the bike or run.
- On the bike course you will be dealing with traffic. Please be aware of your surroundings. Do not assume cars will stop for you.



# Post Race

After you finish please make sure you return your ankle strap before walking away. We will have food and beverages inside the club. We will also have our post race award ceremony there.

**Thank you for racing with us and  
we hope you enjoy your day!**