



City of New London

Department of Recreation

120 Broad Street • New London, CT 06320 • Phone (860) 447-5230 • Fax (860) 447-7956

EVENT: **Sunday, May 1 at 90 Walbach Street- Fort Trumbull Neighborhood**

RACE START TIME: **9:00 AM**

PACKET PICKUP: **7:30- 8:30 AM Packet must be picked up before 8:30 AM**

TRANSITION OPEN: **7:30 AM- 8:45 AM All athletes must be out by 8:45 AM**



Athlete Packet

Thank you for registering your child for Proud to DU It! We have some information below that you should read carefully. Please go over the schedule and course with your child.

1) **PARKING/PACKET PICKUP**

All parking will be in two areas 1) 1 Chelsea St., New London, CT, or 2) Parking lot off Goshen St. (one way loop). There are many parking spots and there should be plenty of parking. Please do not park on the street along the course (there are no parking signs in place). We are trying to keep the route as safe as possible. The check in/ registration table will be right near the finish line on Walbach Street across from the entrance to Fort Trumbull State Park. NOTE- this is a different spot than last year. Please follow the signs. All the streets leading into the site will be closed off at approximately 8:30-8:45 AM until the race is over. **ALL CARS WILL NOT BE ABLE TO LEAVE UNTIL THE LAST BIKER HAS CLEARED THE BIKE COURSE.** We expect the race to last between 1 hour and 1 hour 30 min. based on current registration.

2) **RESTROOMS**

Restrooms are located in one area of the facility. There are 2 portable restrooms (1 handicapped accessible) located by the registration table across from the Fort Trumbull State Park entrance.

3) **PARTICIPANT CHECK-IN**

Once you are parked, proceed to the Packet Pickup table. Check In opens at **7:30 AM**. Check in CLOSSES at 8:30 AM. This will be on Walbach St. near the finish. At Check In you will receive one bag per participant you registered. It will contain:

- **1 race bib color coded** for your race distance- this goes on the **FRONT** of the shirt you are running in; bib may be attached with the safety pins provided OR with a race belt
- **1 helmet sticker color coded** with a number on it which must be put on the **front** of the bike helmet
- **1 bike sticker** (longer sticker) with the bib number on it which should be wrapped over the top tube (crossbar) of the participant's bike and stuck together beneath.
- 1 t-shirt
- 5 pins- 4 for the bib if you choose to pin it and one for the ankle timing bracelet if it is a little big
- **1 timing ankle bracelet to be put on the LEFT ankle** and secured with a safety pin included in the bag; this must be returned at the finish line- **PUT BLUE TIMING CHIP ON OUTSIDE OF ANKLE**



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4) **PARTICIPANT BODY MARKING**

After you have your bag, proceed to the marking area where volunteers will mark your child's legs with their bib number and age. This should be done before entering transition. If your child is racing in pants they do not need to be marked.

5) **GETTING READY**

Prior to entering transition, take a moment to put the bike sticker on, attach helmet sticker, and put the bib number on the **FRONT** of the shirt you will be racing in. Bib may be attached with the safety pins provided OR with a race belt. Volunteers will be on hand if you have any questions where anything goes. The bike sticker (longer sticker) with the bib number on it should be wrapped over the top tube (crossbar) of the participant's bike and stuck together beneath. Helmet sticker must be put on the **front** of the bike helmet. Double check if all three of your numbers match- if they don't- go back to packet pickup and they will adjust it. Make sure your age is the correct age as of race day- you will find it on your bag on the sticker. If it is incorrect- go back to packet pickup and they will change it. All bibs are color coded by age.

6) **TRANSITION**

Transition opens at **7:30 AM**. **One parent or guardian** is allowed into transition with the participant prior to 8:45 AM only. **TRANSITION CLOSES** at 8:45 AM. Siblings and additional people may not enter the transition area. If your child needs assistance in how to set up their area please ask one of the transition volunteers in neon yellow shirts. Each child will find the bike racks inside transition. It is first come first serve open racking. All items needed for transition must be within the span of the bike handlebars. Suggestions for transition items include: bike, helmet, and water bottle. Make sure at this point the bib number is pinned to your child's shirt or on a race belt. No participant may enter the bike or run without their bib number on the **FRONT** of them. Bikes must have the bike sticker on it while it is in transition. Helmet must have the helmet sticker on it. Please take time to familiarize participants with the run in, bike out, bike in and run out locations of transition. Volunteers will be assisting them throughout the race as needed. If your child needs help putting their kick stand up or clipping their helmet, the race volunteers will help them. **Parents and guardians are NOT allowed into transition or allowed to assist a racer once the race has begun.** No parent/ adult may take a child's bike for them or tie their shoes. A participant must complete the race themselves only **WITH** the assistance of race staff as needed. We will have plenty of volunteers there to help your child. Transition closes at **8:45 AM**. All athletes must be next to the start line. Each age group will have a sign for them to meet by. Opening ceremonies will be held at **8:50 AM**. Parents will be asked to stand behind the cones and keep the running lanes open.

7) **RACKING YOUR BIKE**

Each participant will rack their bike on a bike rack. Racking is first come first serve and any participant can rack their bike on any space on that rack. If you prefer the left or right side you can choose the side as long as you line up your bike on the sticker. See picture below. Bike is backed into the spot and the seat sits on the bar. If you have training wheels, you can leave your bike on the ground under the sticker. Bikes will be racked on both sides of the rack, staggered.



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Anything left in the transition must be under your bike's front handlebars. 6 bikes will be racked on each rack.



8) **RUN**

All athletes will line up by age group. We will have a staff member lead them to the start line when their race is ready to start. All participants should wait in the designated area (marked by stakes and signs) until their race is called. It will move fairly quickly.

Staff will count down from 5 to 1 and sound the air horn. PLEASE help count and cheer these kids on! Those participants in the designated wave will begin. The order of the start (waves) is: Oldest to youngest. Tentative Wave Numbers (might very due to final registration)

9:00 AM Wave 1= Supersprint
9:03 AM Wave 2= All 13-14, 15-17
9:06 AM Wave 3= All 11-12

- We will wait about 15 minutes at this point to get the majority of kids through the first lap (the first groups will be doing multiple laps on the bike) This will prevent some crowding for the 9-10 year olds when they ride.

9:20 AM Wave 4= Female 9-10
9:23 AM Wave 5= Male 9-10
9:26 AM Wave 6= Female 7-8



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9:29 AM Wave 7= Male 7-8
9:35 AM Wave 8= All 5-6

9) **BIKE**

All athletes must have their helmet on and strapped before they leave transition area. They must also have their race bib number on the front of their shirt. Participants will walk/run their bike out of transition and get on at the mounting line (says "Mount bike here"). The paved road is fairly flat. There are a few small hills. **Please check your child's brakes and make sure they are working. Make sure they are comfortable using them.**

Volunteers in neon yellow will be stationed at EVERY corner and some in between to make sure everyone goes the correct way and can see someone the entire time. Bikers will need to stay to the RIGHT the entire time they are biking. Please review road rules with your child prior to the race. There are cones along the way to remind them. They will complete the lap(s) and dismount their bike at the "dismount bike here" line. **Supersprint does 3 laps; 11-17 yr olds will do 2 laps.** Participants will walk/run their bike into transition and leave it on the rack. Volunteers will assist in racking the bike if needed. They must leave it in the same place as it started. Volunteers will help them find their spot if they have forgotten. Please note police are on hand to block off roads and stop traffic. Howard Street will be completely closed on the left hand side (two lanes) where we are biking. There are large cones and barricades separating the road. The road is closed to all through traffic but the possibly exists of a local business needing access. Police will instruct them in entering slowly on the far right side to keep your child safe.

10) **RUN**

The run will proceed out the back of transition and turn left into Fort Trumbull. All runners will complete the race under the FINISH line. They will receive their medal there as well as a drink. All timing devices will be removed **prior** to leaving the finish area. No participant may leave with the timing ankle device. If your child does not complete the race, please return the timing device to the finish line.

11) **TIMES**

Participant race times will be posted online at

<https://runsignup.com/Race/CT/NewLondon/ProudtoDUIt> as well as posted near the food area.

The link will be emailed out on Sunday after the race as well. Please stay to cheer on other participants as you enjoy the post race food. All awards for the top three finishers in every age group (5-6, 7-8, 9-10, 11-12, 13-14, 15-17, supersprint) male and female, will be at the finish line after the last runner has finished.

12) **FOOD**

As athletes complete the course, they are welcome to enter the food line in the field. 3 tickets for 3 FREE Rita's ice will be in each child's race bag. Any additional Rita's ice is available at the station for \$2.00 each. There will be a table with fruit and granola bars as well.



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13) **AWARDS CEREMONY**

The top three male and female finishers in each age group will receive a trophy. We will begin the ceremony immediately following the last race participant coming over the line. Awards will be given out near the finish line.

14) **PICTURES/VIDEO**

Photographers and/or videographers will be located on the course. You will receive an email with a link once the pictures and/or video has been created.

15) **MAP**

Race course maps are located on the main race page-

<https://runsignup.com/Race/CT/NewLondon/ProudtoDUit>

They have been updated to reflect each age group.

16) **DISTANCES**

- | | | | |
|----------------|-------------|--------------|---------------|
| • Ages 5-6 | Run .5 mile | Bike 1 mile | Run .7 mile |
| • Ages 7-10 | Run .5 mile | Bike 2 miles | Run 1 mile |
| • Ages 11-17 | Run .5 mile | Bike 4 miles | Run 1 mile |
| • Super-Sprint | Run .5 mile | Bike 6 miles | Run 1.5 miles |

If you have any further question, please contact our office at 860-447-5230 so we can help you before the race. We want every child to have a safe and fun event!