



Athlete Packet 2022

Thank you for registering your child/teen for Proud to TRI! We are getting close to the event and we have some information below that you should read carefully. Please go over the schedule and race course with your child. **NOTE: Please leave your dogs at home for this event!**

SCHEDULE AT A GLANCE

- RACE CLINIC AND COURSE WALKTHROUGH:
 - **Wednesday, September 7, 5:30-7:00 PM** Camp Harkness Beach * bring a bathing suit, sneakers, bike, and helmet
- RACE DAY: **Saturday, September 10, 2022**
- RACE DAY PACKET PICKUP: OPENS/CLOSES: **6:30-7:30 AM**
- TRANSITION OPENS/CLOSES: **6:30 AM-7:40 AM**

RACE START: 8:00 AM

WHITE CAP WAVES- (11-17 yrs old) 8:00 AM Start- 200 yard swim- starts from right (2 lengths)- swim to outside of buoys first and back down inside

BLUE CAP WAVES- (7-10 yrs old) will begin once all white caps have finished the swim- 100 yard swim-starts from far pavilion left end of beach (one length)

RED CAP WAVES- (5-6 yrs old) will begin once all blue caps have finished the swim- 50 yard swim-starts from middle of beach (1/2 length)

1) PARKING

Camp Harkness State Park is located on Great Neck Road in Waterford, CT. The address of the Park is **301 Great Neck Road, Waterford, CT**. It is next to Harkness State Park- please note the difference. There is parking in two areas. If you need to leave early or arrive



late, there is parking in the field at the top, just inside the gate entrance. See the parking attendant as you enter and they will direct you where to park. If you are staying for the entire event and arrive prior to 7:45AM you can park in the lower overflow field. PLEASE NOTE: drive very slowly as you enter the park area. Participants and families will be walking bikes, moving around, and getting their transition area setup. Please use caution as you drive by these areas. Follow the road straight ahead and parking staff will show you where to park in the overflow field which is very close to the beach and transition area.

2) **CAMP HARKNESS STATE PARK**

Camp Harkness is one of the only State Parks reserved for families with disabilities; however for this day, they have opened their doors to the local Recreation Depts. and have been great partners for this event. Please respect the park while you are there and leave it as beautiful as you found it. Camp Harkness is located in Southeastern Connecticut on the shores of Long Island Sound. The 102-acre property in Waterford, CT, is comprised of open and wooded land and includes tidal marsh and beachfront. It is one of the few state parks in the country dedicated for exclusive use by citizens with disabilities, accompanied by their family and friends. Facilities at Camp Harkness include year-round and seasonal cabins, year-round cottages, seasonal tent sites, barnyard animals and horseback riding, picnic pavilions & grills, accessible playscape, scenic walkway and overlook, bathhouse, beach with seasonal boardwalk, gardens, dining hall, lodge, and infirmary. Camp Harkness is open year-round although many of the programs and facilities are seasonal. Camp Harkness is owned by the State of Connecticut and managed by the Department of Developmental Services.

3) **RESTROOMS**

Restrooms are located in the beach area of the facility next to the large pavilion and playground. These are permanent restrooms and very close to the transition, finish line and where you park in the lower field.

4) **NO RACE DAY REGISTRATION-**

There is no race day registration- you must be registered by 12:00 PM (noon) on the day before the race.

5) **PACKET PICKUP**

Once you are parked, proceed to the Packet- Pickup table- just outside the parking lot. Please do not bring your bike into the packet pickup line. Park it off to the side. Packet pickup- opens at **6:30 AM**. This will be in the grass near transition and just outside the parking lot. At this check in you will receive one bag per registered participant. Pickup is by your child's last name.

It will contain:

- 1 race bib color coded for your race distance,
- 1 helmet sticker which must be put on the front of the bike helmet,
- 1 t-shirt,
- 4 pins for the bib if you choose to pin it;



- 1 timing ankle bracelet to be put on the left ankle and secured with safety pin included in the bag. Chip facing outward.
- 1 color coded swim cap, which must be worn on the swim.
- 1 wrist bracelet with your swim wave on it- please put on the right wrist.

Wave one- white caps will start the race at 8:00 AM and we will continue until all age groups and waves have gone (approximately 2 min apart). The number of waves will depend on the number of youth registered. The number of waves could adjust and are tentative at this point.

Check in CLOSES at 7:30 AM.

You must pick up your packet before 7:30 AM to participate.

6) PARTICIPANT BODY MARKING

After you have your packet, proceed to the second area where volunteers will mark your child's arms and legs with their bib number and age. This must be done before entering transition.

7) TRANSITION

Transition opens at **6:30 AM**. One parent or guardian is allowed into transition with the participant only. 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 florescent yellow shirts.

- Each child will find the bike rack marked with a range including their bib number.
- Bike may be racked by the seat or left with the kickstand down under their spot. However, no bike may be laid down under the rack.
- Racking is first come first serve on the rack within your number range- do not move another child's bike. Each bike is racked on a white sticker, which are on both sides of the rack. See "bike racking" in #8.
- All items for their transition must be within their space (width of handlebars). Suggestions for transition items include: bike, helmet, towel, sneakers, water bottle, etc.
- If your bib number is not pinned to your swim suit you will need it in transition pinned to a shirt the participant will put on 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 bar ends plugged/capped.
- Helmet must have the helmet sticker on it.
- Please familiarize participants with the swim 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 tying shoes or putting their kick stand up 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 **WITH** the assistance of race staff as needed. We will



have plenty of volunteers there to help your child. We expect 100+ volunteers to be on hand.

Transition closes at **7:40 AM**. Once your child's area is setup, please proceed to the beach where opening ceremonies will be held at **7:40 AM**. All athletes must be down at the Beach for the **athlete meeting**. We will be meeting on the right side of the beach by the swim water exit. After the National Anthem athletes will get into their race corral- by the sign marked with their wave. This number matches the number on their wrist band.

8) RACKING YOUR BIKE

Each participant will rack their bike on the appropriate bike rack. Each rack is labeled with a range – (Example- Bib numbers 1-8) Racking is first come first serve and any participant within that range 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. Anything left in the transition must be under your bike's front handlebars. 6 bikes will be racked on each rack. Do not move another child's bike. If there is a problem- please alert a volunteer in a neon yellow shirt.



9) OPENING CEREMONY/ATHLETE MEETING



At 7:40 AM all athletes will meet on the beach. We will go over last minute reminders and have our opening ceremony national anthem. AFTER the ceremony is complete, all athletes will have time to walk to their starting coral on the beach. **Those in the 1st wave- white caps will need to quickly get to the start line. As soon as the volunteers and participants are in place, we will start their wave.**

10) SWIM

The swim will take place in the ocean in a bay area where waves are “usually” minimal. Participants will line up in their designated wave location after the athlete meeting. We will have volunteers on hand to assist. Waves will be grouped by division of approximately 10 athletes per wave.

Waves will start with the 15-17 age group- and proceed in order by division. All athletes should be in their corral by 8:00 AM as they will begin warm ups and be checked off by the volunteers. WHITE caps will be the first group to go off.

Participants will start on the beach at the designated location. Para triathlon waves will start in the water. Staff will count down from 10 to 1 and sound the air horn. Those participants in the designated wave will run into the water and run/swim out to the first buoy marker. This will not be over their head unless they are in the 11-17 divisions. All children 5-10 years old should be able to touch if they need to during the race at any time. Certified life jackets may be worn if you desire. Running the entire way in the water is not allowed. Swimmers will swim past the last buoy where they may turn and run/swim into the beach. Swimmers will run onto the exit mat and back to transition.

- **WHITE CAP WAVES**-(11-17 yrs old) 8:00 AM Start- 200 meter swim- starts from right and goes down and back (2 lengths) and finishes the swim on the beach. See updated course map on website.
- **BLUE CAP WAVES**- (7-10 yrs old) (approx. 8:15 AM) will begin once all white caps have finished the swim- 100 yard swim-starts from far pavilion end and finishes the swim through on the beach. See updated course map on website.
- **RED CAP WAVES**- (5-6 yrs old) (approx. 8:30 AM) will begin once all blue caps have finished the swim- 50 yard swim-starts from middle of beach and finishes the swim through the arch on the beach. See updated course map on website.

11) BIKE

All bikes must have the end caps of the handlebars plugged prior to the race. All bikes come with caps on the ends but occasionally they fall off. Please check prior to the race to make sure your child’s bike has the ends covered with a cap. All athletes must have their helmet on and strapped before they leave the transition area. They must also have their race bib number on the FRONT of their shirt/suit. Participants will walk/run their bike out of transition and get on at the mounting line. **Find this line prior to the race start so your child knows where it is.**

*See course maps on the website. **Red bibs**- ages 5-6 will bike out to the office and around the circle and back. **Blue bibs** ages 7-10 will go into Harkness State Park and around the



circle in front of the mansion and back (**1 lap**). **White bibs**- ages 11-17 will do the same course as the blue bibs only they will do it twice (**2 laps**). Participants will walk/run their bike into transition and leave it in their spot. They must leave it in the same place as it started. Volunteers will help them find their spot if they have forgotten. Volunteers will help each child rack their bike if they need help.

- **For those athletes 11 and up who are doing multiple laps- you must count your own laps.** You are responsible to know if you have done your second lap. We will have bike lap counters out in Harkness State Park who will mark down each time you go by. Those sheets will be turned into the timer at the conclusion of the race. Any athlete who does not complete the correct number of laps will be removed from awards. They will still have a time. If your child is doing multiple laps, have them walk to the end of the parking lot (where the bike goes out) and find the lap turn sign. It is right next to the pavilion. All athletes who must do a 2nd or 3rd lap will turn around the cone and go back out. As athletes circle in front of the mansion, they can call out their bib number to the counters as they go by. While certainly not required, it will make the counters job easier.

12) RUN

The run will proceed out of transition and turn left towards the parking lot. Runners must stay to the left of the race line. All runners will run out and back with the older participants going further onto the course. Volunteers will be at the site your child turns around making sure they go the right way. Look for race signs!! ALL bibs are color coded to ensure the correct distance. It is important the participant has their bib on the front of their body waist level and pinned at ALL 4 corners so it does not flap up. All runners will complete the race under the FINISH line. They will receive their medal there as well as a bottle of water. All timing devices must be removed prior to leaving the finish area. If a participant does not finish the race, you must return the timing device to the finish line. No participant may leave with the timing ankle device.

Participant race times will be posted at the conclusion of the race. Please keep in mind- there are multiple waves of each age group. Just because your child is 1st in their wave does not mean they were first for all of the division.

13) FOOD

As athletes complete the course, they are welcome to enter the food line to eat. All parents and guardians are welcome to eat after all race participants have completed the course and the last finisher is done running. We want to ensure all participants receive what they want prior to opening up the food line to family members and volunteers. There will be seating at the picnic tables under the pavilion.

14) AWARDS CEREMONY

The top three male and female finishers in each age group will receive a trophy. We will begin the ceremony following the last race participant coming over the line. All Triple Crown winners will receive their award during this ceremony.

15) PICTURES/VIDEO

Two photographers will be located on the course. We will share them as soon as it is complete.



16) MAP

Race course maps are age specific. Please find the map that pertains to your child's group. They are located on the race website.

17) RESULTS

All results posted prior to the awards ceremony will be tentative. There are **multiple waves** with each age group. Final results with the splits will be uploaded to:

<https://runsignup.com/Race/CT/Waterford/ProudtoTRI>

18) RULES

- a) No headphones allowed to be worn during the race.
- b) All bikes must have end caps on the handlebars.
- c) No aerobars, aero wheels, or aero helmets allowed per USAT rules.
- d) The cap given in your packet must be worn in the water.
- e) Watershoes, training wheels, and Coast Guard certified lifejackets are allowed during this race. **No** floaties, arm floats, fins, or other floatation devices are allowed.
- f) Bib must be worn during the bike and run on the front of the body.
- g) 1 parent only will be allowed into transition prior to the start of the race to assist with setup.
- h) **Participants can't receive any help from parents or spectators**- this means no pacing, no tying their shoes, no taking their bikes, no giving them a different bike, etc. This is a challenge for each participant to complete without parental help. We will have volunteers all throughout the course to help them.
- i) **Possible consequences for rule violations include being removed from the awards ceremony or disqualified.** This includes cutting the course or doing the wrong number of laps, having parental assistance, etc.
- j) If you have any further questions, 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!