



# 2022 BALTIMORE TRIATHLON



## Athlete Guide



# Thank You To Our Sponsors & Partners!



# Table of Contents

Welcome To The 2022 Baltimore Triathlon.....	4
Message From The Head Referee .....	5
Race Weekend Schedule .....	6
Race Day Instructions .....	7
Inclement Weather Policy.....	7
Parking .....	7
Packet Pickup .....	8
Transition.....	8
Wetsuits & Water Temperature .....	9
Swim Safety .....	9
Restrooms .....	10
Aid Stations.....	10
Awards.....	10
Course Support.....	11
Relays .....	11
Timing .....	12
Food .....	13
Sportsmanship .....	13
Spectator Tips.....	14
Course Maps.....	15
Swim — 750 Meters .....	15
Bike — 13.8 Miles .....	16
Run — 3.1 Miles .....	17

# Welcome To The 2022 Baltimore Triathlon

Friends,

On behalf of Charm City Run Events and our partners, I'd like to thank you for registering for the 2022 Baltimore Triathlon! We are pleased to welcome you and your fellow athletes to scenic Gunpowder State Park, and hope you enjoy the beauty of one of Baltimore County's most treasured recreational areas. We are always proud to be one of the area's favorite end-of-season triathlons, and we can't wait to deliver a fun and exciting racing experience for you!

As always, safety is the most important aspect of the event and we have made the necessary arrangements to ensure that you can compete in the safest environment possible. USAT officials, lifeguards, police, and EMS personnel are on site to protect you (sometimes from yourself), so be sure to follow their instructions at all times. **Please review this guide carefully as it contains important information about the event** — if you have any questions please e-mail us at [events@charmcityrun.com](mailto:events@charmcityrun.com). If you are new to the sport of triathlon I highly encourage you to attend the Athlete Q&A session at 5:30 PM during Friday's packet pickup.

This event would not be possible without the support of the Maryland Department of Natural Resources, Gunpowder State Park Staff, Baltimore County Police Department, the communities of Oliver Beach and Bay Country, and countless volunteers. Please be sure to thank these groups for their time as you see them on the course.

Last, but not least, **have fun** — you've earned it!

Shawn Loper

Baltimore Triathlon Race Director



# Message From The Head Referee

Welcome to the 2022 Baltimore Triathlon! You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

**Ride on the right side of your lane.**

**Keep three bike lengths between yourself and the cyclist in front of you.**

**Pass on the left of the cyclist in front, never on the right.**

**Complete your pass within 15 seconds.**

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass. Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

**Position— riding on the left side of the lane without passing.**

**Blocking – left side riding and impeding the forward progress of another competitor**

**Illegal Pass – passing on the right.**

**Overtaken - failing to drop back three bike lengths before re-passing**

**Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.**

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget — that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices. Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

Ann Snoeyenbos  
Head Official



# Race Weekend Schedule

## Friday, September 30<sup>th</sup>

2:00 PM — Packet Pickup Opens (Athlete Village in Gunpowder State Park)

5:45 PM — Race Briefing in Transition (Optional — recommended for first-time triathletes)

6:00 PM — Packet Pickup Closes

## Saturday, October 1<sup>st</sup> — Women's Championship

6:00 AM — Gunpowder State Park Opens For Athletes

6:05 AM — Packet Pickup & Transition Open (Athlete Village in Gunpowder State Park)

7:30 AM — Mandatory Pre-Race Meeting (Athlete Village)

7:50 AM — Transition Area Closes

8:00 AM — Sprint Race Begins (Time Trial Start — Orange Swim Caps)

10:00 AM — All Cyclists Must Be Off The Road

10:30 AM — Awards Ceremony (approximate start time)

## Sunday, October 2<sup>nd</sup> — Men's Championship

6:00 AM — Gunpowder State Park Opens For Athletes

6:05 AM — Packet Pickup & Transition Open (Athlete Village in Gunpowder State Park)

7:30 AM — Mandatory Pre-Race Meeting (Athlete Village)

7:50 AM — Transition Area Closes

8:00 AM — Sprint Race Begins (Time Trial Start — Green Swim Caps)

10:00 AM — All Cyclists Must Be Off The Road

10:30 AM — Awards Ceremony (approximate start time)



# Race Day Instructions

## Inclement Weather Policy

Athlete safety is paramount, and inclement weather or other local emergencies can threaten to interrupt the regular race-day schedule. Every effort will be made to continue as planned, but should the need arise, the race director reserves the right to alter the course or remove race segments based on recommendations from USAT Officials, police, emergency medical personnel, or park rangers. Any changes will be communicated via e-mails to participants, posts to the [Baltimore Triathlon Facebook Page](#), and/or announcements on race day.

## Parking

Athlete parking is available inside Gunpowder State Park within a short walk of the transition area and the Athlete Village. To ensure a smooth arrival process on race day, parking attendants will be onsite to guide vehicles where they need to go. Vehicles with athletes will be directed to the Beach House Lot, with overflow parking in the Chestnut Lot. Parts of the Beach House Lot are used on the run course and are coned and marked accordingly, so follow the guidance of event staff and park only where instructed to! **NO CARS WILL BE ALLOWED TO LEAVE THE BEACH LOT UNTIL ALL CYCLISTS ARE OFF OF THE ROAD.** If you plan to leave early, you must park in the Ash or Chestnut Lots.

Please remember that per USAT rules, helmets must be on and straps fastened any time you are on your bike before, during, and after the race (i.e. if you ride to or from your car to transition). Failure to obey this rule results in a DQ. Wear your helmet!



## **Packet Pickup**

Participants have the following opportunities to pick up race packets:

- (1) On Friday, September 30 from 2-6 PM in the Athlete Village at Gunpowder State Park
- (2) On Saturday, October 1 from 6:05 — 7:45 AM in the Athlete Village (Women's Race)
- (3) On Sunday, October 2 from 6:05 — 7:45 AM in the Athlete Village (Men's Race)

You do not need to pay the park entrance fee Friday through Sunday. Athletes must show photo identification (and USA Triathlon membership card if applicable) to pick up the race packet, and packets **WILL NOT** be released to a friend, family member, spouse, etc. **Athletes must pick up their own packets.** If you are a USA Triathlon member, you must show your membership card (card, keychain, USAT App) when you pick up your packet. If you are not able to produce proof of membership you will be required to pay for a one-day license (\$15.00). We strongly recommend picking up your packet on Friday if possible — you get to sleep in a little longer and the rush is minimized on race day.

In your packet you will receive:

- (1) Swim cap corresponding to your race
- (2) Bib number
- (3) Wristband for entrance to the transition area
- (4) Bike/Helmet sticker sheet
- (5) Under Armour race shirt
- (6) Timing chip w/ ankle strap

**Relays** — Each person on your relay team must come to packet pickup to check in and show photo identification (and USAT card if applicable). The swim leg will receive the cap and timing chip (with Velcro strap for transfer), the bike leg will receive a wristband, and the run leg will receive a wristband and the bib number.

## **Transition**

In order to access transition you **MUST** pick up your packet first to obtain your wristband and bike sticker. Nobody will be allowed to enter transition without a wristband on, and bikes **MUST** have the bike number sticker attached before being brought in. There is no glass permitted inside the transition area for any reason. **TRANSITION SECURITY WILL BE STRICTLY ENFORCED!**

## **Body Marking**

All athletes will be marked with their bib number and age on the morning of the race. Body marking will take place as you enter transition. All relay team members must be marked, regardless of what leg they are completing. Please wait to apply sunscreen or Vaseline until after you have been marked.

## **Bike Racking**

Bike racking will take place on race day only. All bike rack locations will be pre-assigned, and athletes will rack bikes using the T-BLOCKS system (pictured below at the Ironman World Championships) which support the bike at the rear wheel.





Your transition gear should be set up next to the front wheel. USAT officials will be present inside transition checking to make sure that bikes are racked correctly, all bikes have bar end plugs, and answering any questions you may have.

### **Bike Support**

Bike Doctor will have mechanics on site on Saturday and Sunday to help with any minor bike adjustments, and to offer free safety inspections if you would like to have your bike checked before the race. They are a wealth of knowledge and are there to help keep you safe, so please ask them questions! **If you have any doubts about your equipment, please visit any Bike Doctor location ([www.bikedoctor.com](http://www.bikedoctor.com)) PRIOR to race day to ensure your bike is ready to go.** Nothing takes the thrill out of racing like a mechanical issue on the course that could have been prevented!

### **Wetsuits & Water Temperature**

Historically, water temperatures at Hammerman Beach have hovered at or just below 70 degrees at the beginning of October, and we fully anticipate that the swim will be wetsuit legal. Per USAT rules, wetsuits are permitted (but not required) for water temperatures up to 78 degrees, and cannot have a thickness greater than 5 millimeters. A preliminary temperature reading will be taken Friday morning and results posted on our Facebook page (<https://www.facebook.com/BaltimoreTri>) so that you can plan ahead. Official water temperature will be taken the morning of the race and announced continuously in the transition area.

### **Swim Safety**

Your safety in the water is of the highest importance to us, and we do everything in our power to make the beginning of the race as comfortable as possible. We understand that new triathletes (and folks who just don't love the swim) can have difficulty in the open water. If you fall into these categories, or would like the swim support team to keep a closer eye on you, please switch out your swim cap at packet pickup from your assigned color to a **yellow cap**. Wearing a yellow cap allows our team in the water to manage each group of swimmers better by directing extra attention to those who may need it more. This does not affect your

eligibility for awards or change your start time, and does not mean that swim support will give you any advantage over other athletes, so please don't be afraid to make the switch if you feel you need to.

As with any swim in open water (as opposed to a pool), athletes will be exposed to plant, animal, and bacteria life. Water quality at Hammerman Beach is routinely tested by Baltimore County ([you can view results here](#)) and is within the acceptable range for swimming. However, if you have open cuts or bandaged wounds you are reminded to keep these areas as clean and dry as possible, and always wash off as soon as possible. Showers are available in the lower level of the Beach House for post-race bathing.

## **Restrooms**

The beach house at Hammerman Beach (located along the water directly next to the finish line) contains mens and womens bathrooms and showers on the lower level. Portable restrooms are also available in front of the beach house.

## **Aid Stations**

### **Run Aid Stations**

There is one run aid station located on the course in the Dogwood parking lot, and runners will pass by it 2 times. The aid station will be stocked with water and sports drink. We encourage you to provide your own hydration (camelback, handheld bottle, etc.) if possible.

### **Bike Aid Stations**

There are no aid stations along the bike course. Athletes are expected to carry any nutrition needed with them on the bike. Please remember that it is against USAT rules to discard any trash on the course (i.e. gel packets or empty bottles).

## **Awards**

The following finishers will be awarded for both the men's and women's sprint races:

- Top 3 Overall Males & Females
- Top 3 Age Group Males & Females (19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+)
- Top Male Relay (2 & 3 Person Teams Combined)
- Top Female Relay (2 & 3 Person Teams Combined)
- Top Mixed Relay (2 & 3 Person Teams Combined)

We will host an awards ceremony on Saturday and Sunday at approximately 10:30 AM. Results will be available online throughout the morning on the [RunSignUp website here](#), and winners will be emailed once the results are final. Awards not picked up on race day can be sent to a Charm City Run retail store at no cost, or mailed directly your home for \$10 depending on your preference.

## **Course Support**

Each segment of the race will be supported by trained professionals to ensure athlete safety throughout the event. Lifeguards on boats, kayaks, paddleboards and on the beach will be in place to monitor the swim. On the bike course, Baltimore County Police will monitor major intersections. The run course is secured with help from Park Rangers with the Department of Natural Resources. Race volunteers (look for the bright yellow shirts) will be positioned throughout the course to make sure your race experience is as safe and enjoyable as possible. Emergency medical services will be onsite to provide assistance if needed. Athlete safety is our #1 priority, and everything in our power will be done to maintain a safe environment for the duration of the event. If at any time race officials feel that an athlete is in danger, is a danger to others, or is not sufficiently trained to complete the event they may pull the athlete from the race.

## **Relays**

All chip exchanges must take place inside the transition area. The swimmer will enter transition and meet the cyclist **at their designated bike rack**. When the cyclist returns, they will enter transition and meet the runner **at their bike rack**. **DO NOT FORGET TO EXCHANGE THE CHIP!**

## Timing

Race timing will be handled by Charm City Run Events utilizing the race | result timing system. Individual participants will receive a disposable foam tag; relays will receive a timing chip on a neoprene strap that must be returned at the end of the race. The chip should be worn on the LEFT ankle as to not interfere with components on the bike, and NOT underneath the wetsuit (if you choose to wear one and the water temperature is legal). **This means you may have to roll the leg of your wetsuit up slightly to keep the chip exposed.** You must wear your chip **on your ankle** for the entire event. **NO CHIP = NO TIME.** If you don't have a time, you won't appear on the results and won't factor in for awards.

Your timing chip also alerts race management to your relative position on the course and doubles as a safety measure, so **you must wear it at all times**. Relay chips and straps will be collected at the finish line, and you are responsible for returning them to event staff at the finish line even if you cannot complete the course. Lost/unreturned relay chips are subject to a \$25 replacement fee.



### Instructions for use:

1. Wrap the foam tag around your LEFT ankle and ensure a snug fit
2. Peel backing from adhesive portion on the end of the tag
3. Carefully apply the tag around the ankle and you're done!

You have one shot to apply the tag correctly - **DO NOT ATTEMPT TO REAPPLY THE TAG PRIOR TO THE RACE.** THE ADHESIVE WILL NOT HOLD FOR A SECOND APPLICATION AND THE BAND WILL COME OFF IN THE WATER!

**DO NOT WEAR THE TIMING BAND UNDER A WETSUIT**, AS THIS REDUCES THE CHIP'S ABILITY TO BE RECOGNIZED BY THE TIMING EQUIPMENT. ROLL UP THE LEFT LEG OF THE WETSUIT AND WRAP THE TIMING BAND AROUND YOUR LEG. LEAVE THE LEFT LEG OF THE WETSUIT ROLLED UP ABOVE THE TIMING BAND FOR THE DURATION OF THE SWIM.

## **Food**

We are excited to go back to our favorite post-race food — pizza from Pizza John's! In addition to pizza we will also have pre-packaged snacks available. There are shaded picnic tables located in the grassy area between the beach and transition for you to sit and relax.

Please keep in mind that **post-race food and snacks are for athletes and race volunteers/officials only**. Quantities have been ordered based on the number of participants, and we will not have extra for spectators. We appreciate your cooperation!

## **Sportsmanship**

All athletes are expected to comply with USAT rules, including those dictating fair competition and respect for fellow athletes, officials, and volunteers. Unsportsmanlike conduct, including use of improper language or conduct will result in immediate disqualification. Don't be a jerk!

# Spectator Tips

Bringing friends and family along to the race is a great way to make the most out of your race experience, and we encourage you to bring a cheering squad! If you plan on bringing spectators to the race please keep the following points in mind so that everyone can have a safe and enjoyable race:

1. Plan to arrive no later than 7:00 AM. We don't want to have to delay the race due to spectators clogging the park roads at 7:30, and you may be stopped and directed to park at a lot that is farther away if you arrive too late.
2. Parking lots will be filled in this order: Beach Lot (Athletes Only), then Chestnut Lot, then Birch Lot. Vehicles containing only spectators will be asked to head directly to the Chestnut Lot in order to allow athletes and those with disabilities to have the closest spots to transition. Please obey the instructions given by parking volunteers!
3. Athletes are the only individuals allowed in the transition area — **no exceptions**. Security staff will be checking wristbands, bib, and bike numbers at the entrance to transition and will not allow friends, family, pets, etc. in the fenced off area before, during, or after the race.
4. Please follow the direction of race staff and stay off of the course while athletes are competing. We are all for cheering on competitors — just be sure to stay out of their way! Dogs must be kept on a short leash, and children should be supervised at all times.
5. A friendly reminder — post-race food and drinks are for athletes and race volunteers/officials only. The last finisher deserves the same spread the race winner received, so feel free to bring your own snacks and save the food for the competitors.

**Come early, cheer loudly, and have fun!**

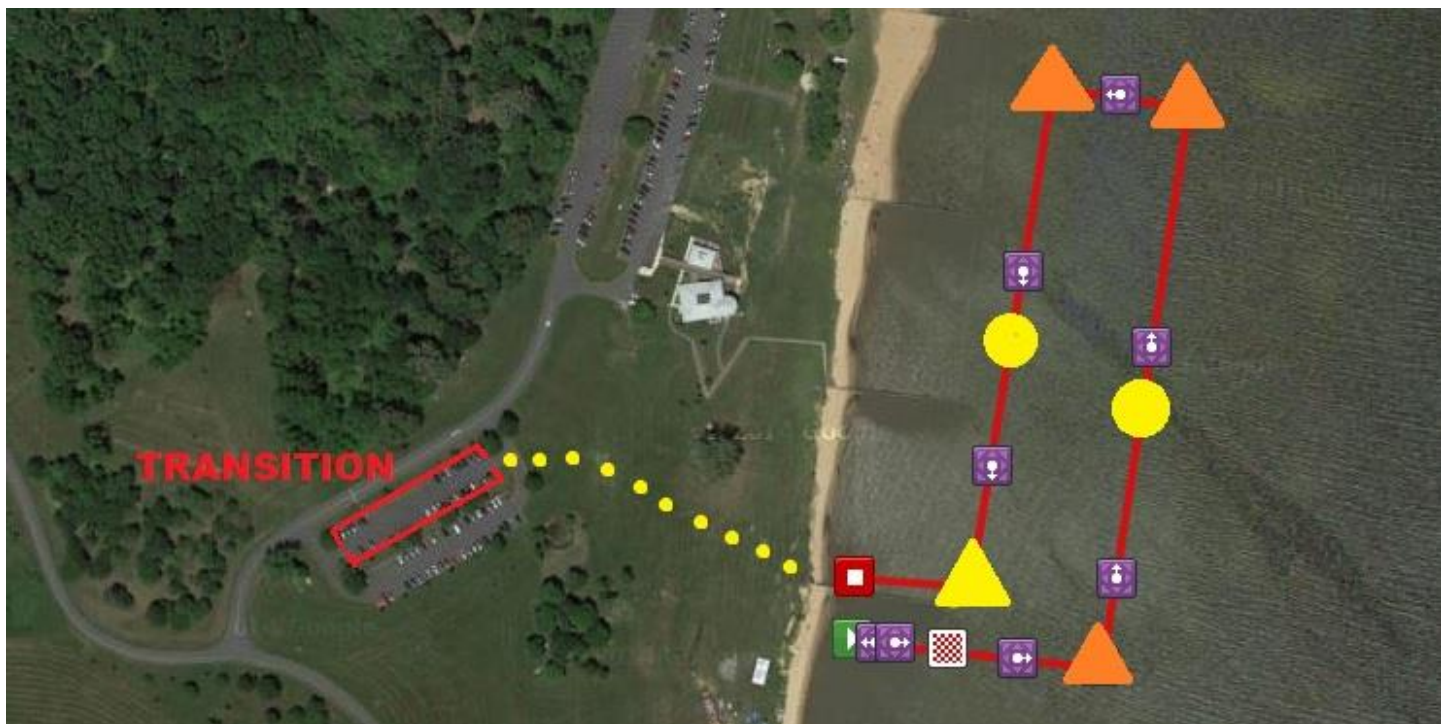




# Course Maps

## Swim – 750 Meters

Athletes will begin the swim with a time trial start from land. Athletes will line up in sequential bib number order (based on swim speed, faster swimmers will start in the front, slower swimmers in the back) and will be released in groups of 5-7 every 15 seconds. Once in the water, proceed straight toward the orange triangle buoy. Athletes will make a large rectangle, keeping the large orange triangle and smaller yellow circular buoys on their LEFT side. When athletes reach the large yellow triangle buoy, they will turn right toward the beach to complete the swim.

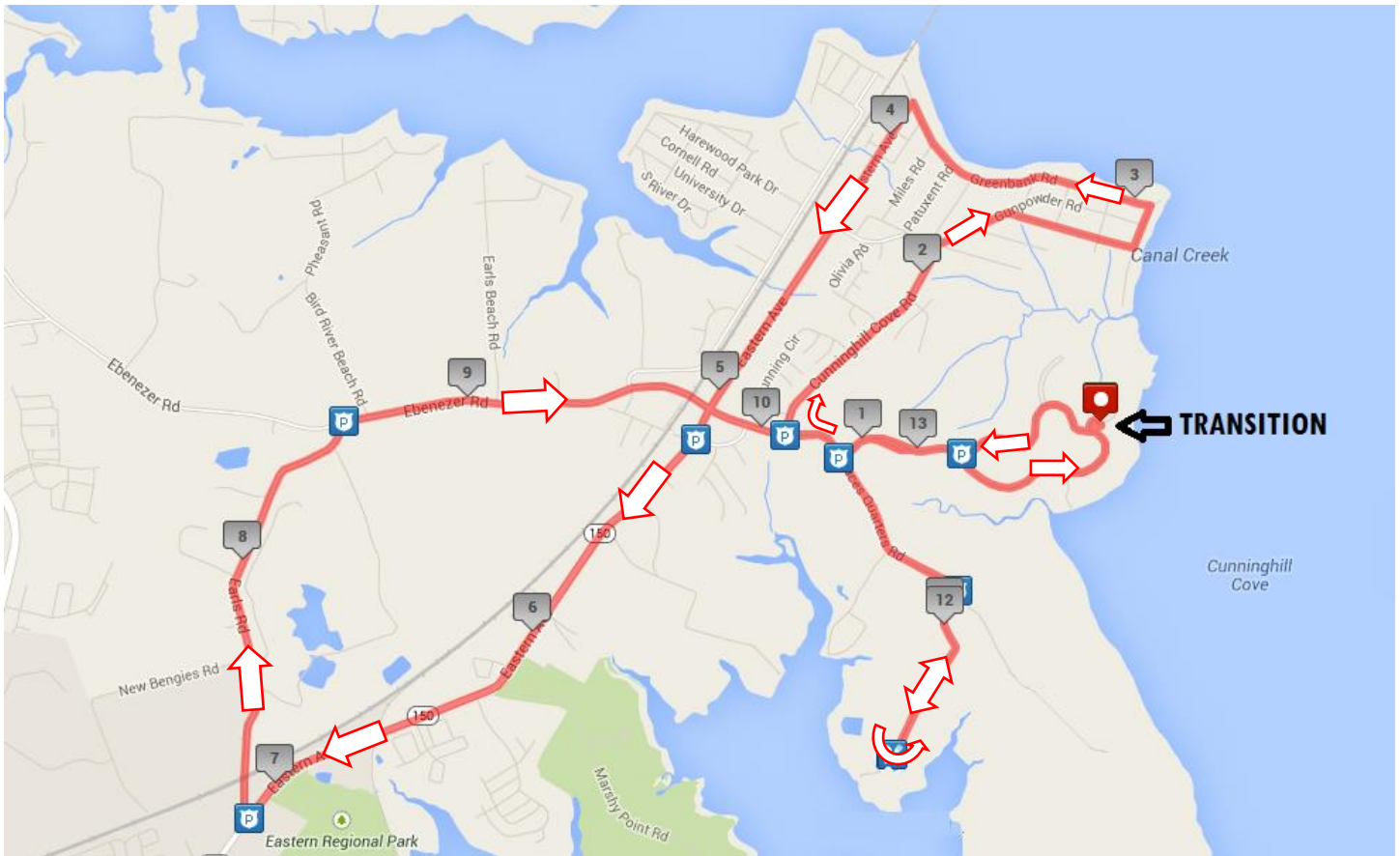


## KEY TAKEAWAYS

- Swimmers will start on land in groups of 5-7 and will cross a timing mat to start their swim time
- Swimmers will line up according to your bib number which has been assigned based on your self-reported swim pace (faster swimmers up front and slower swimmers in back)
- Overall and age-group awards are based on your **CHIP** time, so your exact starting position does not influence finish place
- Lifeguards on boats, paddleboards, and kayaks are in place for your safety
- When you hit the yellow triangle buoy you turn right to head into the beach — LOOK FOR THE LARGE ARCH AT SWIM EXIT
- If you require assistance, **roll over to float on your back and raise an arm in the air** — lifeguards will come to help

## Bike – 13.8 Miles

Athletes will exit transition and follow the north side of the park loop to exit onto Graces Quarters Road. Riders then make a right onto Cunninghamhill Cove Road; right onto Oliver Beach Road; right onto Chesapeake Road; left onto East Greenbank Road; left onto Greenbank Road; left on Eastern Avenue; right onto Earls Road; and right onto Ebenezer Road. Ebenezer Road becomes Graces Quarters Road, and riders continue straight past the main park entrance to the turnaround point. Riders make a u-turn and continue back up Graces Quarters Road to turn right in the main entrance of the park to complete the loop of the park before proceeding back to transition.

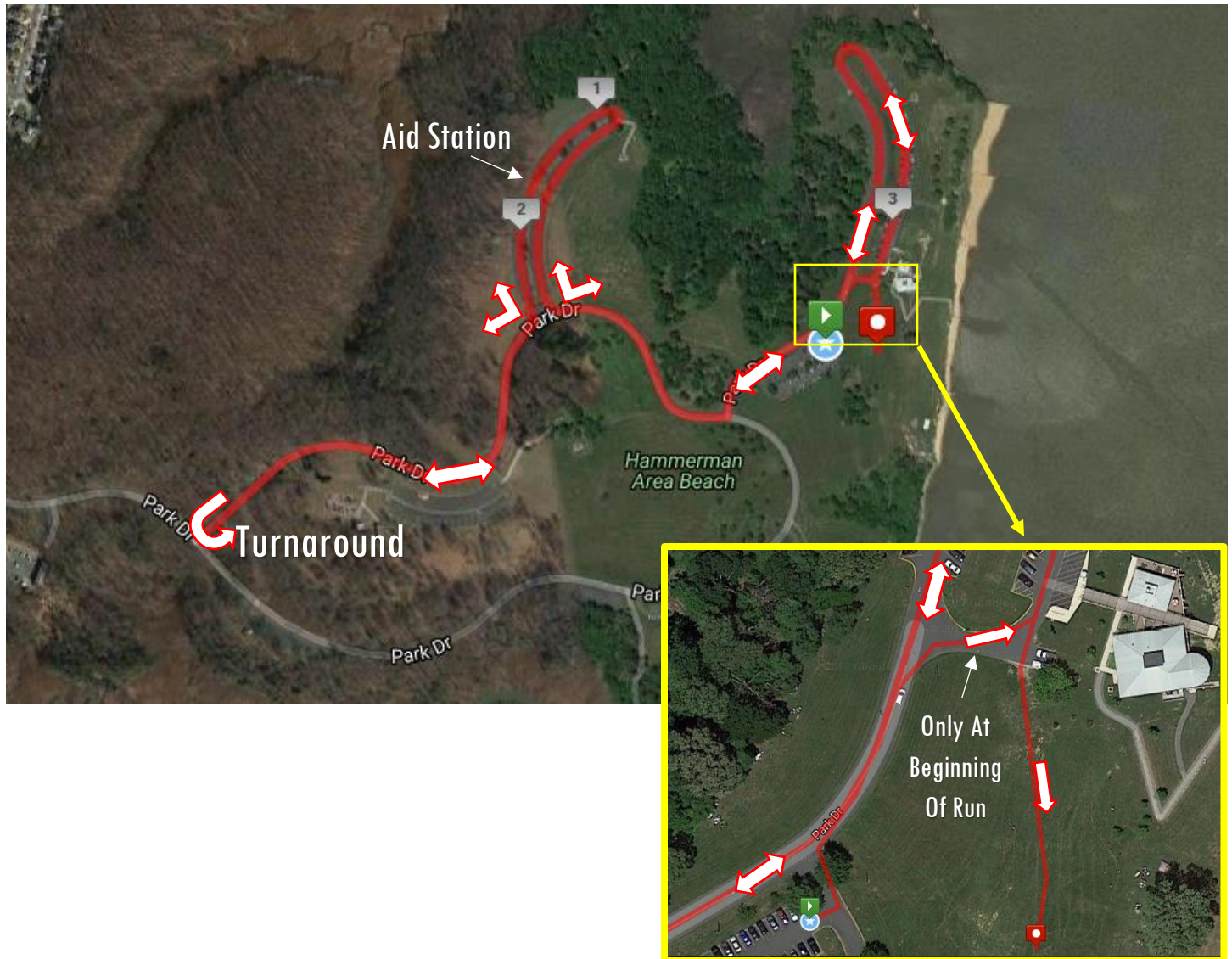


### KEY TAKEAWAYS

- Traffic will be monitored by police at intersections, but roads are NOT closed
- The turn from Eastern Ave. to Earls Rd. is downhill and sharp (see map between mile mark 7 & 8) — **SLOW DOWN!**
- Miles 1-4 are through neighborhoods (the communities are in full support of the event and will be cheering athletes on) — **ROADS ARE NARROW WITH DRIVEWAYS — USE CAUTION**
- A short section of Ebenezer Road (miles 8.5-9.5) has no shoulder and a low drainage ditch to the side — give yourself extra space from the edge of the road
- Headphones and phones are **NOT ALLOWED** at any time — wearing them will result in a DQ

## Run – 3.1 Miles

Athletes will exit transition on the swim side and proceed toward the beach lot to complete and down-and-back loop of the beach lot. Runners will pass by transition and make a right turn onto the Park Drive loop, followed by a right into the Dogwood Lot for a down-and-back, and another right turn back onto the Park Drive loop. Runners will hit the turnaround point and retrace their steps (going into the Dogwood Lot out-and-back again) to enter the beach lot. After heading to the end of the beach lot and returning runners finish in the grass near transition.



### KEY TAKEAWAYS

- Runners will hit the aid station 2 times
- There will be two-way traffic on the course — follow instructions of race volunteers and signage to stay on the appropriate side
- Per USAT rules, bib numbers must be clearly visible from the front during the run
- Headphones and phones are NOT ALLOWED at any time — wearing them will result in a DQ