

# 2025 ATHLETE GUIDE



Charity Partner:

Kathy Mellor 'Mumorial' Scholarship Fund

Autumn Lake Athletes,

Thank you for being a part of the 2025 Williamstown Badgers Autumn Lake Tri/Du/Aquabike/Aquathon and 5K! We are very excited provide you with a unique, fun, and safe race experience.

We will hold the event rain or shine. This guide contains the information you will need to have a successful race. Please read it in its entirety. If you still have questions, you can contact us at [BadgersTri@gmail.com](mailto:BadgersTri@gmail.com). See you on race day!!

Packet pick-up will take place as described below. If you pick up your packet on Saturday, you will still need to go to the chip pick-up area on Sunday morning to get your timing chip.

### **Schedule of Events:**

Saturday, August 2, 2025 – Autumn Lake Winery, 870 W. Malaga Road, Williamstown

- 1pm-3pm – Packet Pick-Up – If you want to check out the venue early, you can pick up your packet on Saturday. Please see the Check In/Packet Pick-Up section below for details.
- Swim Clinics hosted by Lorrie Beck, the Williamstown Badgers' Team Coach, USAT Certified Coach, and world ranked triathlete and duathlete
  - 12–1PM – Swim Clinic session 1
  - 2–3PM – Swim Clinic session 2
  - If you didn't sign up for the swim clinics when you registered but want to get that extra time in the lake along with expert advice from Lorrie, you can update your registration to add the swim clinic(s). Log into your Run Signup account, go to your profile, and view your events under Upcoming Events. Click Manage Registration next to the Autumn Lake Tri, click the Add-On menu item and update the quantity for the swim clinic session(s) you want to attend. This update must be done online in the Run Signup system by midnight on Friday, August 1<sup>st</sup>.

Sunday, August 3, 2025 (Race Day!)

- 5:30am – Parking Opens
- 5:45am – Transition Opens
- 5:45am – 7:00am – Check-in and Timing Chip Pick-Up (check-in for those doing the 5K will be available until 7:50)

- 6:30am – 7:10am – Warm-up Swim Available (we highly encourage all triathlon, aquabike and aquathlon athletes to take advantage of the warm-up swim to get used to the water and loosen up your muscles)
- 7:15am – Transition Closes
- 7:15am – Pre-Race Meeting
- 7:25am – National Anthem
- 7:30am – Triathlon, Duathlon, Aquabike, Aquathlon Race Start
- 8:00am – 5K Race Starts
- Approximately 9:30am – Awards

For GPS directions, use the address **870 W. Malaga Road Williamstown, NJ.**

**Parking:** On race morning, you will NOT enter at the Autumn Lake Winery sign. The parking entrance will be marked with Triathlon/Event Parking signs and volunteers will be waving you in. If the winery is on your right, the race day parking will be just past the main entrance. If coming from Route 322, you will see the parking area on your left before you get to the main entrance. We highly encourage carpooling with fellow athletes and/or family member and friends. If the grounds are wet from rain, we may adjust the entrance to parking. Follow the directions of the volunteers. Malaga Road in the vicinity of the winery will be closed starting at 7:15am so please let family and friends know to arrive prior to this time.

**Check In/Package Pick-up:** Check in is available Saturday (1pm-3pm) and also on race morning. Check in will take place at the large white tent by the lake. At check in we will verify your ID (**YOU MUST HAVE ID TO CHECK IN**), provide you with your race shirt (if applicable), swim cap, race bib, bike number. All athletes must pick up their timing chip/strap on Sunday morning, even if you picked up the rest of your packet on Saturday. There will be volunteers to mark your body with your race number on both arms and your race age on the back of your calf. Your body marking will allow you to enter transition. There will be no size exchanges allowed for t-shirts. Be sure to put your bike number sticker on your bike before you enter transition. This will allow us to identify you to your bike when you leave transition with your bike after the race.

**Timing Chips:** You will receive your timing chip and strap on Sunday morning. The number on your timing chip will match your race bib number and your bike number. You must wear your timing chip and strap on your ankle for the entire race (left ankle is preferred). We suggest putting it on as soon as you

receive it. **After the race we ask that you remove your timing chip and strap and place them into the bin at the finish line area.** If you are unable to finish the race, please be sure to let a member of the race crew know and return the timing chip and strap to the volunteers at the finish line. It is your responsibility to ensure the timing chip is returned. **There is a \$50 lost chip fee for timing chips not returned.**

**USAT Sanctioning:** 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. Since the registration system verifies this information, you do not need to have your USAT membership card when you check in. Please review the common rule violations on the USAT website (<https://www.usatriathlon.org/multisport/rules>). **Headphones are not allowed to be worn during any part of the race.**

**Transition:** 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. Body marking volunteers will be available to mark you or you can mark yourself. Bikes must have end plugs installed (the ends of your handle bars cannot be open)...no exceptions. Bike racking is open so feel free to rack where you like. Bikes should be racked by the seat, not by the handle bars. Bikes should alternate the direction they face on the rack. Athletes will set up their transition area on the down tire side of the bike rack (by the front tire). When transition closes, all athletes must exit transition. Relay team members will be allowed back into transition once the swim starts. More on relay teams later.

**Swim:** The swim is a 0.4 mile single loop course. You will enter the water in a rolling (time trial) start. Athletes will line themselves up where they feel comfortable. Faster swimmers should plan to be at or near the front of the line, moderately paced swimmers in the middle, and first timers and those who may take longer to complete the swim can line up toward the end of the line. Your race time will start when you cross the timing mat just prior to entering the water. We will start two athletes approximately every 3-5 seconds until all swimmers are in the water. You are required to wear the swim cap provided to you in your race packet.

This is an open water lake swim in about 10-15 feet of water. If you have not practiced swimming in open water or don't think you can swim this distance, we strongly encourage you to contact us and inquire about changing your entry to the duathlon. We want you to have an enjoyable experience without putting yourself or other swimmers at risk. There will be lifeguards in kayaks along the course.

You are allowed to hold onto a lifeguard kayak to compose yourself or catch your breath. You are not allowed to propel yourself forward or be propelled by the kayak.

Our lake has a drop off about 4-5 feet from shore. You will cross a timing mat and be guided into the water. You may go into the water arms first and start swimming, but we ask that you **do not** dive into the water. You will swim clockwise around the course. Turns are marked with large orange turn buoys. Smaller yellow buoys are along straight sections to guide you. When you start your swim, you will swim toward two large orange buoys. You will swim between these two large orange buoys then you will keep the rest of the buoys on your right hand side. See the course map below. At the end of the swim you should continue swimming until you are almost at the shore and you see the bottom. We will have volunteers helping you out of the water.

We will be following USAT rules for wetsuits based on water temperature. Water temps of 78 degrees or less is wetsuit legal; temps between 78 and 84 degrees is not wetsuit legal, but you may wear a wetsuit and if you do you will not be eligible for awards; and temps 84 degrees or higher wetsuits are not allowed. We will take the water temperature the morning of the race and it will be announced. We expect the temperature to be in upper 70s or low 80s.

**Transition to Bike Mount:** After the swim (or the first run of the duathlon), you will run/walk with your bike out of transition and out to the road. This distance is approximately 700 feet and is on a dirt/gravel road. This entire area will be covered by artificial turf. You **CANNOT** ride your bike in transition or on the turf. You will mount your bike on the road at the mount line where police will be stopping traffic and volunteers will be telling you to mount your bike. You must have your helmet on AND the strap buckled before you remove your bike from the bike rack and it must stay on and buckled until you are back in transition and rack your bike. Please take some time to ensure your helmet fits and is adjusted properly ([https://www.nhtsa.gov/staticfiles/nti/bicycles/pdf/8019\\_Fitting-A-Helmet.pdf](https://www.nhtsa.gov/staticfiles/nti/bicycles/pdf/8019_Fitting-A-Helmet.pdf)). When you finish the bike course, you will dismount on the road and run/walk your bike back into transition.

**Bike Course:** The bike course is an out-and-back route with one turn. The course will be marked with arrows on the road (if not prohibited by rain) and sign arrows on the side of the road. The road in the mount/dismount area will be closed to traffic, but the remainder of the bike course will be on roads that are open to traffic. We will have police at major intersections and at the turn around to stop traffic. We will also have volunteers on the bike course. We will do everything we can to make the course safe for you, but ultimately your safety is your responsibility. Obey the directions of the police and volunteers and always be cautious of cars and other athletes. Drafting is not allowed. You must pass other athletes only on the left. When passing another athlete be sure to announce, "On your left", loud enough for the other athlete to hear. This will make them aware that you are passing and will help avoid startling the rider and make the pass safer for both athletes. Blocking another rider to avoid being passed is not allowed. Our staff will be monitoring the bike course to make sure all athletes get safely back to the

winery property. Athletes should be prepared to address minor mechanical issues like a flat tire or chain derailment themselves.

**Run Course:** The run course will take you through the winery property, around the two lakes, and through the vineyard. The terrain is mostly hard packed trails but does include some areas of grass, sand, and loose dirt. If there is rain leading up to or on race day there may be some muddy areas. Plan your running gear accordingly. Please be respectful of our venue host and do not touch or disturb the vines or the grapes. You must have your race number on the front of you, either pinned to your shirt or attached to a race belt, on the run. You may have it on you during the bike, but it is required for the run. The course will be clearly marked with flag tape and arrow signs. There will be a water station on the run course that you will pass twice during the run. Please try to deposit your cup in one of the trash cans on the course. When you finish the race, we will have volunteers awarding you a finisher medal and providing you water. We ask that you remove your timing chip and strap and place them into the bin at the finish line area. If you are unable to finish the race, please be sure to let a member of the race crew know, tell them your race number, and return the timing chip and strap to the volunteers at the finish line.

**Duathlon:** Duathletes will start their first run as shown in the map below. You will run the second half of the regular run course. Just before the finish line there will be a sign and a volunteer directing duathletes to turn right (do not cross the finish line during your first run). You will follow a path to the entrance of transition and then do the bike and second run the same as those doing the triathlon.

**Aquabike:** Aquabike athletes, you will complete the swim and bike the same as those doing the triathlon, but following your bike ride you will dismount your bike and run the bike across the timing location at the entrance to the winery property. At this point your race will be complete. You can pick up your medal at the finish line where you can also place your timing chip and strap in the timing bin. You are welcome to run through the finish line.

**Aquathon:** Aquathon athletes, you will complete the swim, enter transition, then head out on the run course following directions of the RUN OUT sign from transition. You will complete the run course and cross the finish line, at which point your race will be complete.

**Relay Teams:** When transition closes prior the start of the race, all athletes, including relay team members, must exit transition. Relay team members will be allowed back into transition once the race begins. The relay team member doing the bike will wait in transition by their bike until the swimmer is

finished. The swimmer will enter transition and run to the biker where they will exchange the timing chip and strap from the swimmer's ankle to the biker's ankle. The biker will then exit transition, run their bike to the road, and ride the bike course. When the biker returns they will meet the runner at the rack where they originally set up the bike. They will transfer the timing chip and strap from the biker's ankle to the runner's ankle. The runner will then exit transition and complete the run course. The swimmer and biker are welcome to wait at the beginning of the finish chute for their runner and cross the finish line as a team. All relay team members will receive a finisher medal.

**5K Run:** 5K runners will gather between transition and the lake just prior to 8am with their timing chip on their ankle. The 5K race will start at 8am and will follow the same course as described above for the triathlon run.

**Post Race:** We will be providing refreshments and water for all athletes following completion of the race. We ask that you only go through the line once to ensure the last athlete has the same selections available as the first athlete. Vegetarian and vegan options will be available.

**Emergencies/Injuries:** In the event of an emergency or injury, Monroe Township Ambulance and Franklin Township Ambulance will be standing by to provide assistance if needed.

**Race Results:** Race results provided by Bryn Mawr Racing will be available at <https://runsignup.com/autumnlake/results>. A QR code will also be available at the race site so you and your family/friends can use your phone to see your results.

**Awards:** Race Awards will be given for the following categories:

- Top 3 female and male overall individual triathlon winners
- Top 3 female and male overall duathlon winners
- Top overall triathlon relay team winner
- Top 3 female and male overall aquabike winners
- Top 3 Athena and Clydesdale triathlon overall winners
- Top 1 female and male aquathon winners
- Top 3 female and male triathlon winners in 5 year age groups

- Top 3 female and male 5K winners

**Charity Partner:** We are very proud to support the Kathy 'Mum' Mellor Scholarship Fun. Kathy was a beloved member of the Williamstown Badgers Triathlon Club and will always be remembered for her spirit, smile, and sense of determination. Having taken up the sport of triathlon in her sixties, Mum showed us all...where there's a will, there's a way! She had a never quit attitude and will forever hold a special place in our hearts. A portion of the profit from the race along with the donation from athletes will be used to support a Scholarship fund in Mum's name to be awarded to a Williamstown High School senior with a love for photography, another one of Mum's other passions.

**Volunteers:** A race like this does not happen without volunteers. These are special people that get up early in the morning to be there and make sure you have an enjoyable and safe race. Please be sure to thank the volunteers and police officers as you pass them throughout the day. They are out there for you and they are the reason we are able to have a race.

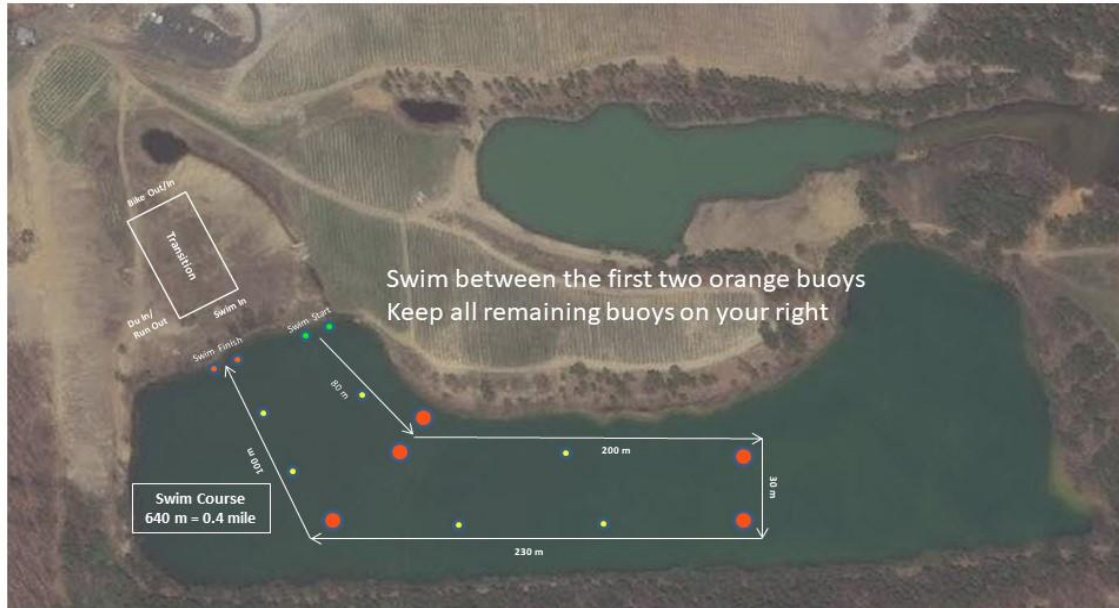
**Sponsors:** We want to thank our amazing sponsors who showed faith in us and this race. Please patronize their businesses and tell them you saw their information at the Williamstown Badgers Autumn Lake Triathlon. Several of the business owners and employees will be racing alongside you. They helped make this event possible...THANK YOU!

- HOST VENUE – Autumn Lake Winery (<https://autumnlakewinery.com/>)
- SPONSORS
  - Hugh's Clock Shop (<http://hughsclocks.com/>)
  - NovaCare Rehabilitation (<https://www.novacare.com/>)

**Wine:** Race participants will receive either a free glass of wine or 10% off the purchase of a bottle of wine. You must be 21 or older and show your race bib to participate. Autumn Lake Winery will have a tent down by transition for your enjoyment. There will also be a food truck by the winery building starting at 10:30am for food purchases.



**Swim Course (0.4 mile):**



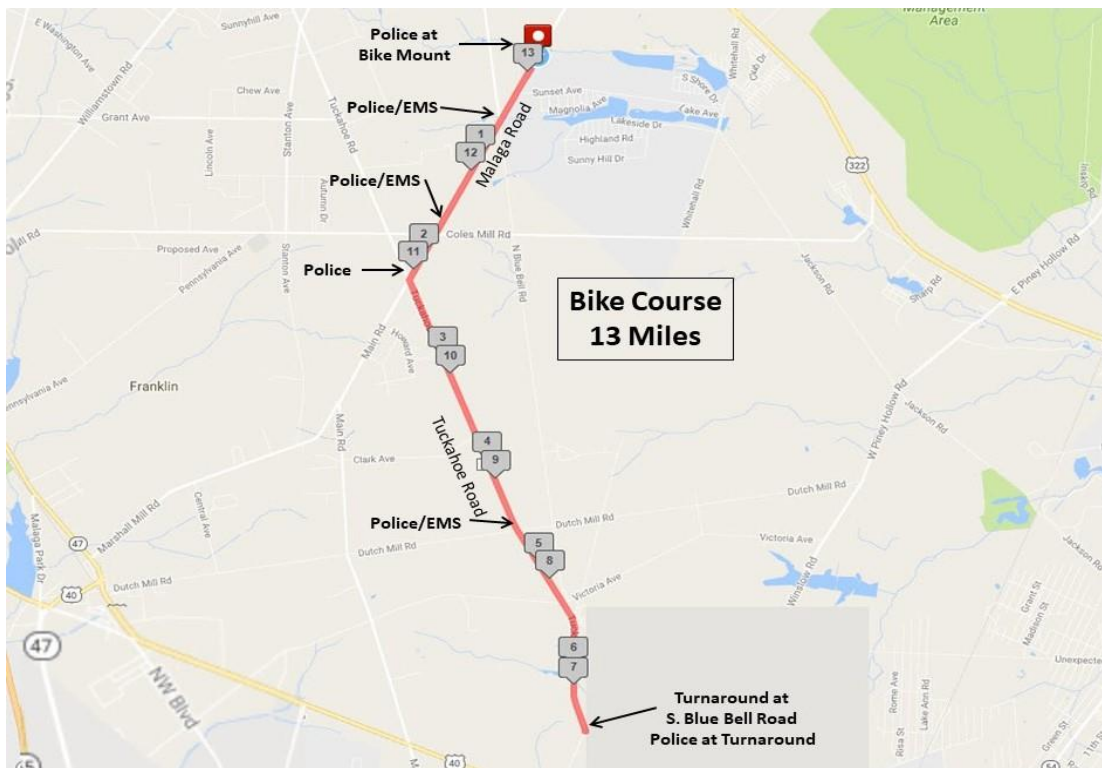
### Duathlon Run 1 Course (2 miles):



## Transition to Bike Mount:



## Bike Course (13 miles):





### Bike Turn Around:



### 5K Run Course:



Thank you for racing with us!!

TRAIN HARD!

RACE STRONG!

HAVE FUN!

See you on Sunday!

Your Williamstown Badgers Race Crew