



2022 Back Bay Athlete Guide

WELCOME

Welcome to the 2022 Back Bay Triathlon, consisting of a ½ mile swim, , 15 mile bike ride and 3.1 mile run. This event, formerly known as the Osprey Triathlon, is in our third year of production and each year it gets bigger and better!

LOCATION

Public Landing Wharf is our home for the event, and can be found by looking up 4505 Public Landing Wharf Road, Snow Hill, MD 21863. Parking for the event will be at the boat launch area (PLEASE DO NOT BLOCK THE BOAT RAMP) and then secondarily on Public Landing Wharf Road towards the beach.

TIMES

Packet Pickup will start at 7am on Sunday, 9/11. We encourage participants of the events to be prepared to start at 8am. The total number of participants for the event will determine how many waves there will be. Currently we are looking at a MALE age group start and a FEMALE age group start. All RELAYS will start with the 2nd Wave.

Duathlon participants will start with Wave 1, for their first run.

ESSENTIAL GEAR

Please be sure to bring your helmet for the bike portion of the course. Athletes WITHOUT A HELMET WILL NOT BE ALLOWED TO CONTINUE.

You will be provided with a swim cap and bib and timing chip at Packet Pickup. You will only need to wear your bib on the run portion of the course.

Please be sure to bring your USA Triathlon card and Identification for verification. This event is a USA Triathlon sanctioned event and all participants must have a valid USA Triathlon membership.

COURSE

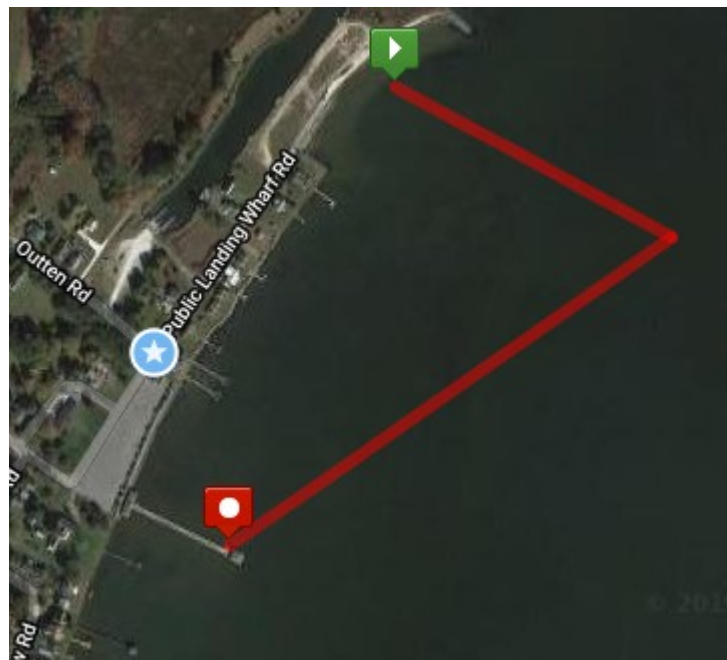
SWIM

Our swim course will be an in water start. Most athletes will find that they are able to touch for a majority of the swim. We will have multiple lifeguards on course, as well as our friends at Snow Hill Volunteer Fire Department. Athletes will make find there is ONE turn on the course (right turn, keep buoy to your right). All other buoys will be placed for sighting.

Our partners at the Worcester County Parks and Recreation have placed a stair system on the north side of the dock for easier exit for our athletes. These stairs will make it so that you will NOT have to swim around the dock, but instead straight to it.

Current water temperatures show around 72 degrees, which means that this event SHOULD BE wetsuit legal. USAT allows for the use of wetsuits, by anyone, until 78 degrees. After 78 degrees (and to 83.9 degrees) if wetsuits are worn, the participant is not eligible for age group awards.

Jellyfish in the area are decreasing in numbers. Some local swimmers state that there are very few. Some state that there are still some in the area.



BIKE – HELMETS MANDATORY

This is an open bike course, so there will be vehicle traffic on the course. Worcester County Sheriff's Office will have Deputies at major intersections. The course will be marked with ORANGE arrows on the roadway. There will also be law enforcement at any major turns, as well as large cones with arrows on top.

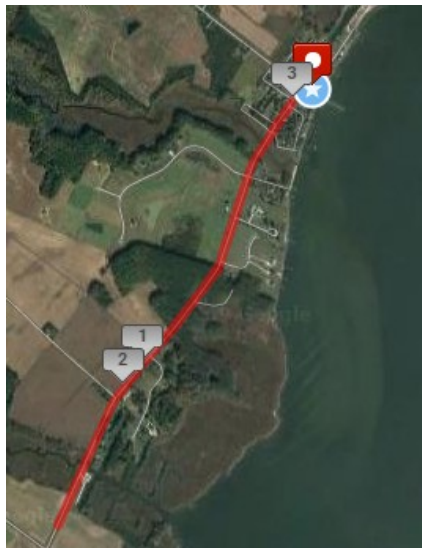


You can also see the course at <https://www.mapmyrun.com/routes/view/2610367702>

- Start at Public Landing Wharf Road
- Left on to Outten Road
- Right on to Public Landing Road
- Left on McCabes Corner Road
- Right on Paw Paw Creek Road
- Left on to Bayside Road
- Left on Staff Road
- Right on Paw Paw Creek Road
- Right on to Public Landing Road
- Left to Outten Road
- Right to Public Landing Wharf Road (Transition)

RUN

The Run will consist of a 3.1 mile out and back run on Bayside Road. **This is an open run course, so please use caution when running. You will be running WITH the flow of traffic.**



- Exit Transition
- Turn Left on to Bayside Road
- Turnaround (just prior to Stagg Road)
- Turn Right on to Public Landing Road
- FINISH

There will be AT LEAST one aide station with Water and Gatorade on the run course. If temperatures dictate, an additional aide station will be added.

DUATHON START

The Duathlon Run will consist of a out-and-back, 1 mile run, on the run course. You will begin your run from an area directly in front of the finish line.

AQUABIKE FINISH

Your finish is when you enter in to transition. We invite you to rack your bike, take off your helmet, and come outside of transition and run across the finish line, so that you can receive your challenge coin medallion and get a finish line photo. THIS PROCESS DOES NOT ADD ON TO YOUR FINISH TIME.

AWARDS

All finishers will receive a commemorative challenge coin at the finish.

Awards for TOP MALE, TOP FEMALE, And Top 3 Male and Female for:

- 19 and under
- 20-24 25-29
- 30-34 35-39
- 40-44 45-49
- 50-54 55-59
- 60-64 65-59
- 70 and over

Awards for Top 3 Duathletes

Awards for Top Relays

Awards for Top 3 Clydesdale, Athena, and First Responders

QUESTIONS?

Any additional questions, please reach out to Jason at info@TCREventManagement.com and we look forward to seeing you all on Sunday morning at 7am!! Race Starts at 8!!!