

Welcome to the 9th Annual



EVENT IS USAT SANCTIONED, ALL USAT RULES MUST BE FOLLOWED

(Water Temp as of 9/12 was 72.5 degrees)

Triathletes will receive a swim transition bag at registration. Put any swim gear in this and drop in designated area by registration before 8:25am. See details below. No swim cap provided.

Please read over the following information carefully and have a good understanding of the course setup before race morning. This will help ensure that everyone has a great race on Sunday.

It is important in this race as in any distance event that you carry a flat kit on bike and any additional nutrition you might need to fuel yourself during run/swim portion.

There will be a water table by the swim transition, one in bike transition and one on the final run.

Race Location:

Wells Mills County Park, 905 Wells Mills Road (Route 532), Waretown, NJ

SUNDAY- Sept 14th

(Location- Wells Mills Park)

7:00am-Registration opens/ Packet pickup

8:25am- Final Call for Tri Swim bag drop in designated area

8:45am Pre-race meeting

9:00 am- All Triathletes Start

9:15 am – All Duathletes Start

11:00am until ?- Awards will be grab and go, once verified by timers.

Post race food and beverages will be provided.

(Beer for athletes and all spectators that are 21+)

IN your race packet there will be your timing chip with ankle strap (Must be worn entire race on your ankle). BIB # (must be worn on final run), Bike racking is open (first come first serve)

Event is Rain or Shine

RACE DAY PARKING

Parking will be available in main lot at Wells Mills. Once filled, you must park on wells mills road.

Please park as close to woods off shoulder of road as possible as this road is part of the bike course.

ATHLETES

Here are some simple RD tips/reminders on how to survive on Sunday.

1. **Do pay attention** when running the trails. Listen to volunteers, read signage and watch your footing. Everything will be clearly marked but if you don't LOOK or LISTEN you won't see or hear! You will have a variety of surfaces that add to the overall challenge of this race. (ear buds/ head phones are not allowed- against USAT rule)
2. **Do be courteous** to other athletes on trails and road. If you need to overtake a slower runner/ biker give them a quick shout, "Runner behind"/"On your left" and if you are the slower runner/biker, then kindly shift to one side of trail or right side of road.
3. **Do your own work** on the bike stages and follow USAT rules. (NO DRAFTING and no MUSIC)
4. **Do have a blast** and enjoy the fresh air that Wells Mills County Park and the Citta Scout Reservation offers!

Triathletes (swim transition bags)

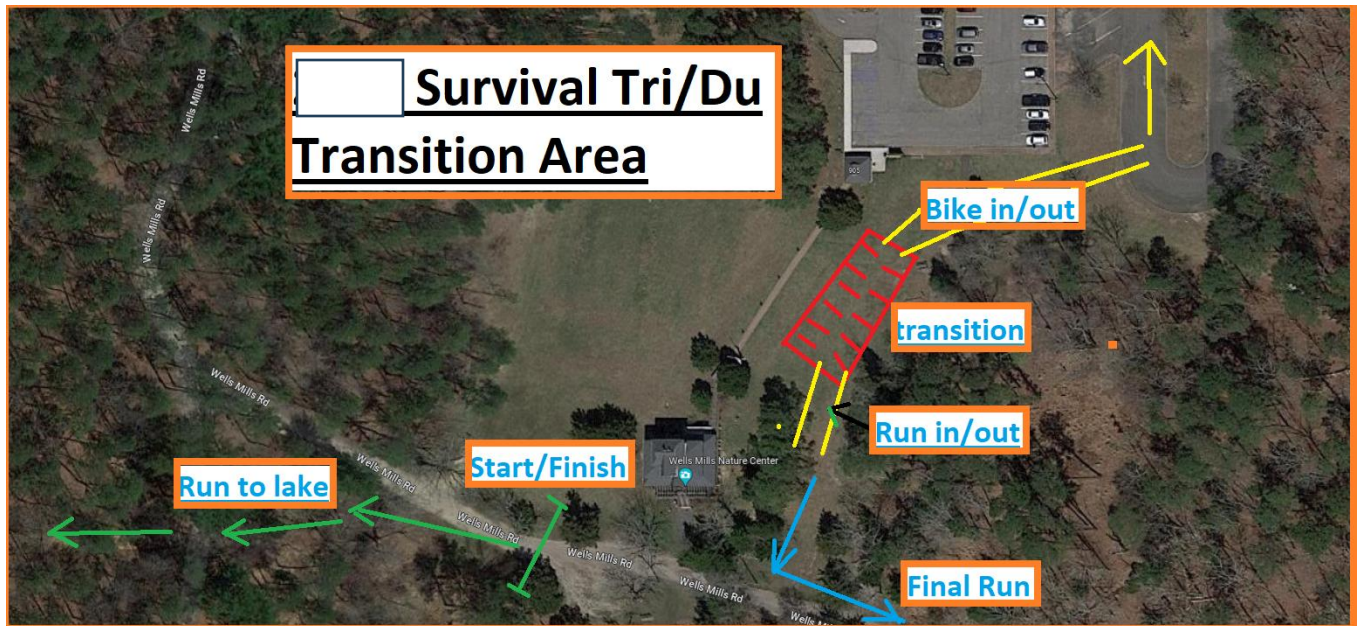
During packet pick-up you will offered the option to use a Swim Transition Bag with your race bib number on it. **We will not be providing swim caps so if you want one please bring your own.** This bag can be packed with whatever you may want to use during the swim stage of the race. You will pack it, and then drop it off in the designated drop area (by registration table) before 8:25am. **We will then deliver it to the lake so it is waiting for you.** After you run to lake, you will pick up your bag a few feet from the lake gate, take it into swim transition area, swim, then pack everything back into your bag and carry it out of swim transition to the drop zone a few feet away. After you drop you bag you will continue your run back to transition. So you will not need to carry anything during the run unless you want to. At the end of the race, we will bring all Swim Bags back to the main park at Wells Mills for you to pick up.

RACE COURSE PREVIEWS

(Please review and know the courses, it is the athlete's responsibility to know the courses)

There will be volunteers and signs out on course. Please listen and pay attention while you're racing. If you get lost you may run into the Jersey Devil, so my advice, don't get lost!

MAIN TRANSITION AREA



RUN 1

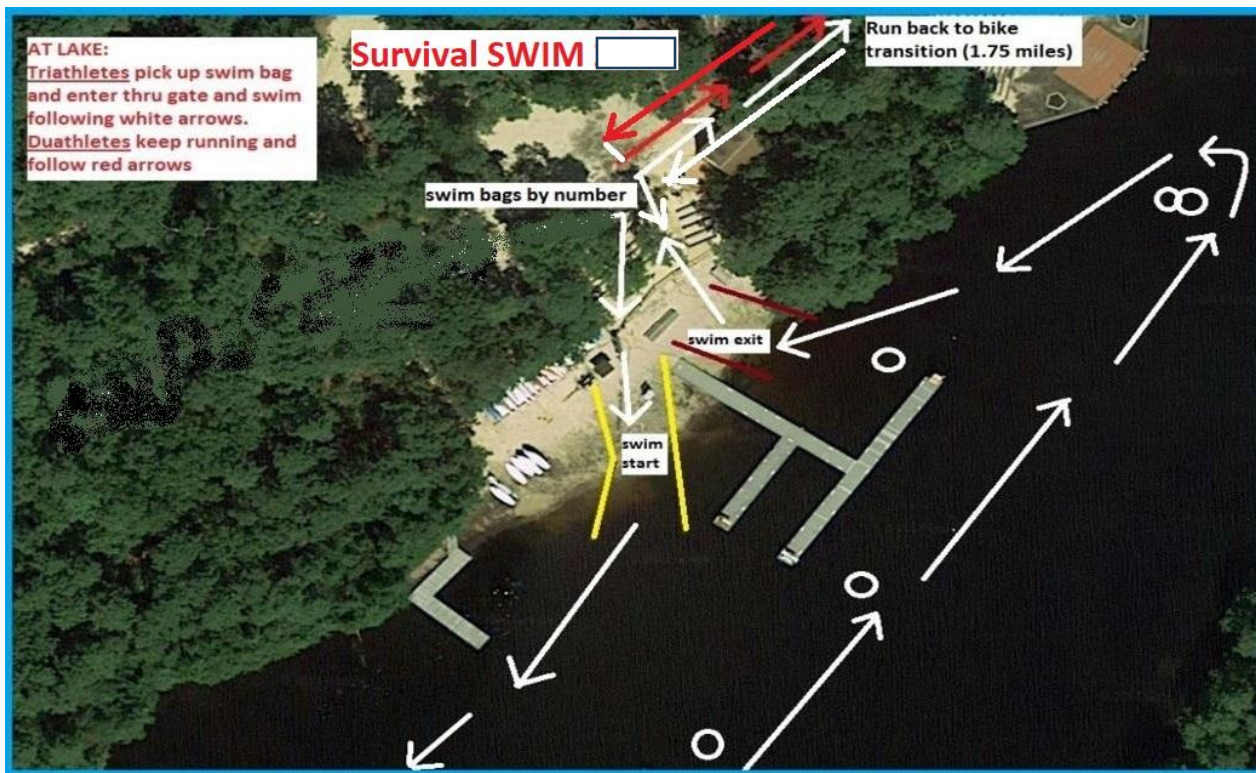




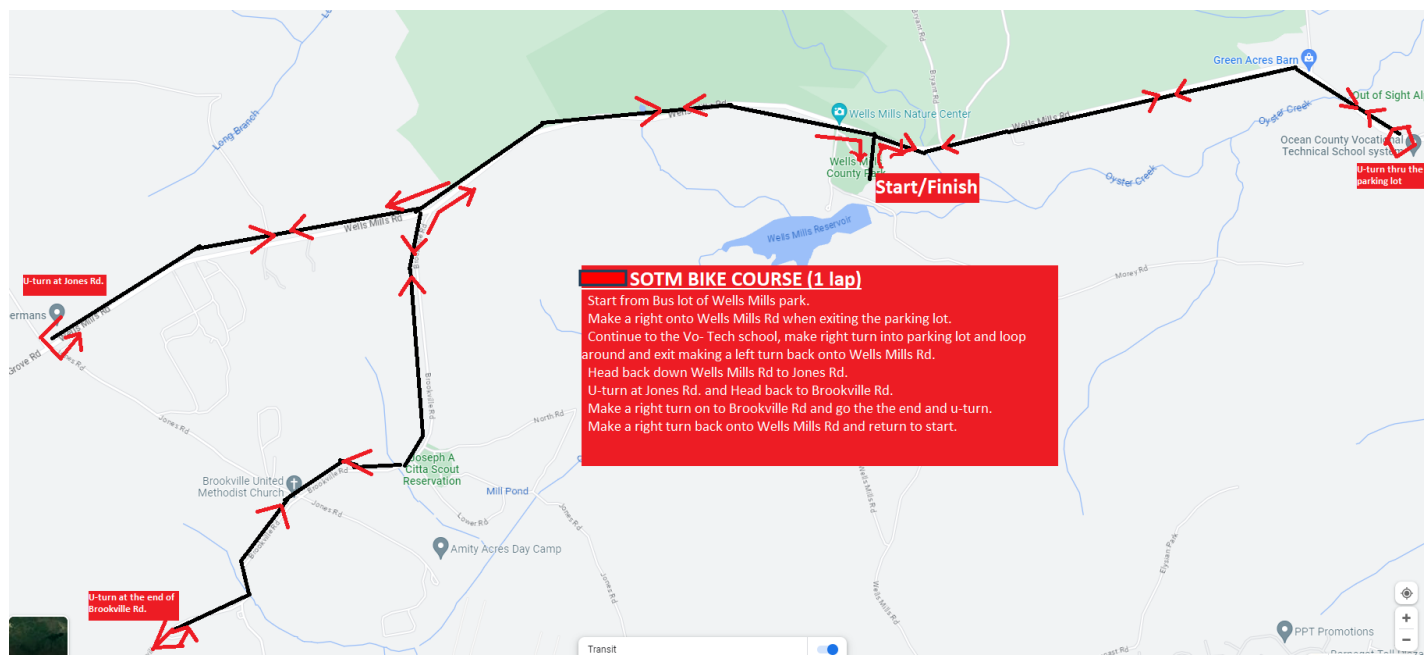
TRIATHLETES SWIM

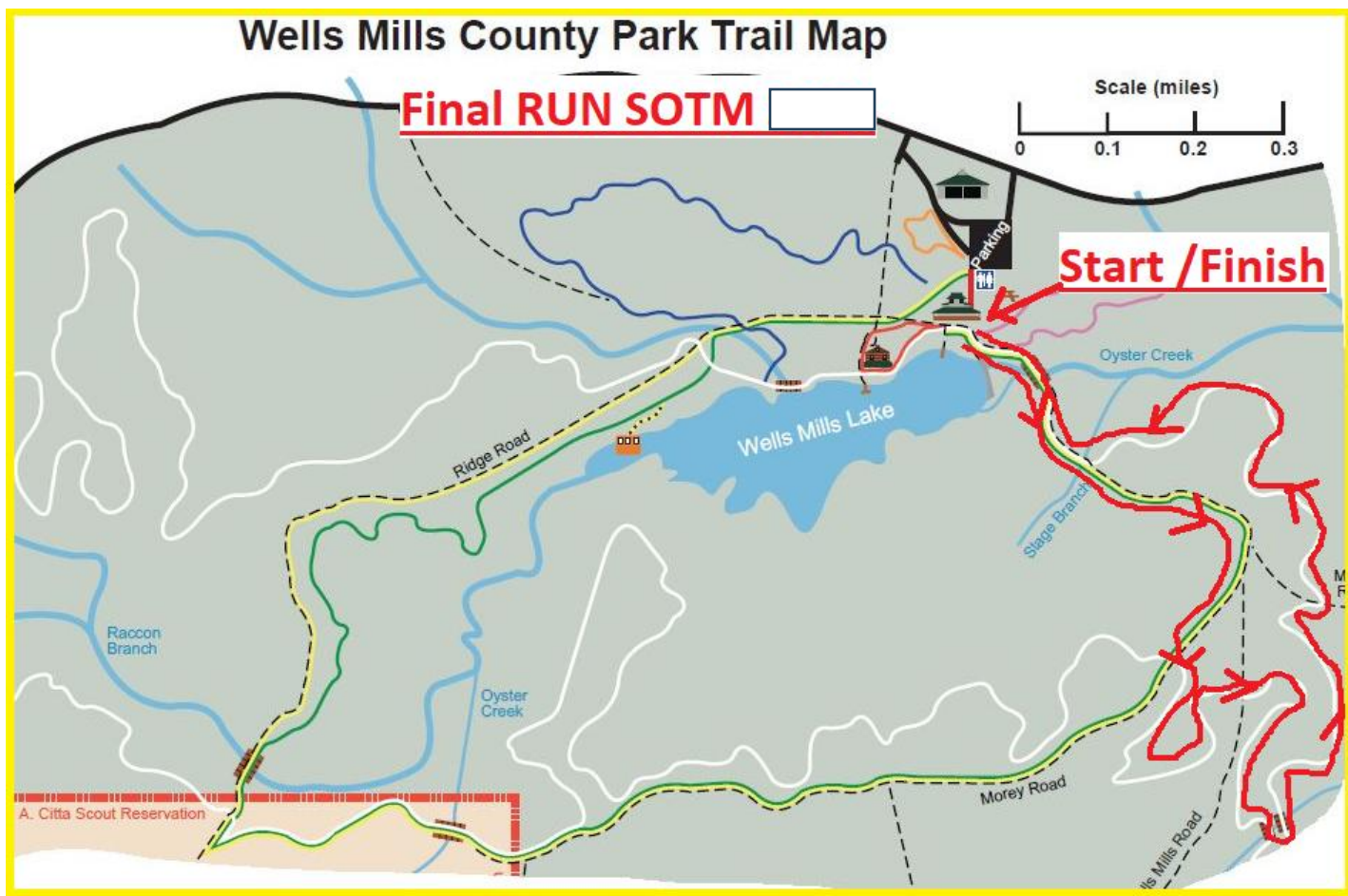
As you enter the lake area, your **SWIM BAGS** will be there in number order.

There will be a timing mat near the lake transition area. Prepare for your swim and then **ENTER** the water to the **RIGHT of the dock**. Swim all the way to the **Yellow BUOY** keeping buoys on your left shoulder (**swim is counterclockwise**) Turn around the first **Yellow BUOY** and then swim straight all the way to the other end and turn around the second **Yellow BUOYs** and head back towards the dock **EXITING** the water on near side. Prepare for run and pack up your **SWIM BAG** and then **exit SWIM transition, DROP YOUR SWIM BAG IN THE DROP ZONE** outside fence and then continue running following signs **BACK TO TRANSITION**.



BIKE





BEST OF LUCK TO ALL ATHLETES AND THANKS FOR RACING.

HAVE FUN AND ENJOY THE PEACE AND QUIET OF THE TRAILS!

CHEERS,

ROSS REYNOLDS- SOTM RD

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