



# Athlete Guide 2023

## A Message from the Race Directors:

Dear 2023 Registered Athlete,

THANK YOU for supporting the Top Notch Triathlon, a tradition for the North Country that's in its 29th year!! As you may or may not know, this is a non-profit race that was built for the community, by the community, to benefit the community. Thank you again for your support of the Franconia Recreation Department and the children of Franconia, Easton, and Sugar Hill!!

We are so excited to be back again this year! We are even more excited to have you all here in our beautiful Town of Franconia, New Hampshire biking through the White Mountain National Forest, swimming across the pristine Echo Lake and climbing The Living Legend, Cannon Mountain. Remember to look around at the sights and the views, they will be spectacular!

Please review the ATHLETE GUIDE in its entirety to ensure you're prepared for a successful race day.

Finally, let's remember it's a privilege to stage this race in the middle of the summer season. It's our goal to deliver a safe race and minimize any extra hassles for the State of New Hampshire and the National Forest we are racing on. We know and trust you will help us with this as well.

Our team is working hard to ensure you have the best race experience we can provide. The weather forecast looks near pristine for this weekend. But remember, in the White Mountains it can change on a dime, so be ready.

Now get out there and have fun but first answer us this one question....

ARE YOU TOP NOTCH?!?!

Matt Steele, Elizabeth Steele, AJ Robichaud, and Melisa Wadsworth

## Schedule of Events

Saturday, August 5th

**6:30-7:30 AM** Packet Pick-Up @ Lafayette Regional School

**7:30 AM** Pre-race meeting in the parking lot

**8:00 AM** Race Start

**11:00 AM** Post-Race Party @ Iron Furnace Brewing

**12:00 PM** Awards

**2:00 PM** Post-Race Party Ends

### Race Day Checklist

- ☐ Timing Chip (to be picked up on race morning)
- ☐ Race Bib for Run/Hike (with food and beer ticket)
- ☐ Race Bibs provided for Swim and Bike legs of relay team for food and beer tickets. These do not need to be worn during the race.
- ☐ Swim Cap (**mandatory** and provided at packet pick up)
- ☐ Goggles
- ☐ Tri Suit or Swimsuit
- ☐ Wetsuit (Optional)
- ☐ Bike (there is no mechanical support at the event)
- ☐ Bike Pump (there will be a few available at the bike start)
- ☐ Bike Shoes or Sneakers
- ☐ Bike Helmet
- ☐ Water bottle for Bike leg
- ☐ Flat Kit
- ☐ Hiking/Running Shoes
- ☐ Race Belt
- ☐ Water bottle for Run leg
- ☐ Hat or Visor
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Nutrition

## **Race Morning**

### **Athlete Parking**

Parking will be available at Lafayette Regional School located at 149 Main St, Franconia, NH 03580. If this lot is full when you arrive, overflow parking is available in the parking lot **ACROSS** from Garnet Hill. Please note, there is **NO parking** in the main Garnet Hill Outlet Store parking lot. If you park in the overflow parking lot, please be prepared for a 5 minute walk to packet pick-up and the bike start.

### **Transition Set Up**

The Top Notch Triathlon is a dual transition triathlon. This means that the bike to swim and the swim to run transitions are in different areas along the course. The best way for Iron Person athletes to navigate this on race morning is to drop off your hike/run gear (including hiking/running shoes and race bib) at the swim to run transition area located at exit 34B off of highway 93. Drive down past the Aerial Tram to the Echo Lake Boat Launch. There is a grassy area up on the hill across from the swim exit where you can leave your gear. Then get back on highway 93N and head to the Lafayette Regional School to packet pick-up and the bike start.

If you are an Iron Person athlete planning to car spot with a fellow athlete or a Relay Team, drop off your gear at the swim to hike/run transition area, then get back on highway 93N and go up one exit to 34C to the Cannon Mountain Base Area and park one car at the Peabody Lodge at the finish.

If you are an Iron Person going it solo, after your EPIC finish, you can ride your bike downhill on RT 18 N approximately 5 miles back to the after party at Iron Furnace Brewing.

## **Athlete Responsibilities**

### **Timing Chips**

You will receive a timing chip on race morning. This chip must be worn on the **left ankle** of each participant during the race. Iron Person athletes will wear their timing chip throughout the entire race and Relay Teams will pass their timing chip to each team member at transition areas during the race.

### **Relay Team Exchanges**

**Bike to Swim:** The biker will enter the transition area and rack their bike. The biker will run across the timing mat then remove their timing chip and pass it to the swimmer. The swimmer will then place the timing chip on their left ankle and head to the water and begin the swim.

**Swim to Run/Hike:** The swimmer will exit the water, run across the timing mat located up a short hill and enter the transition area, the swimmer will then remove their timing chip and pass it to the runner. The runner will then place the timing chip on their left ankle and head onto the run course.

### **Bike Start**

Athletes will begin the race in 1 wave. In order to avoid any bottlenecks in the trail section of the bike course, athletes should seed themselves in order of anticipated bike finish; faster bikers should line up close to the starting line and slower bikers should seed themselves toward the back.

### **Bike Course**

The bike course is a 6 mile ride beginning on pavement through the Town of Franconia up Butter Hill and ending on the Scar Face trail through the woods of the White Mountains National Forest. Mountain bikes or hybrids are advised for this course.

### **Bike to Swim Transition (Iron Person)**

We recommend carrying your swim cap/goggles with you on the bike. You can store them in your bike bag or the pocket of your tri suit or bike shirt. Remember, this is a dual transition triathlon and you will be leaving your bike shoes in transition and putting on your hike/run shoes after the swim.

## **How To Properly Rack Your Bike**

Athletes should rack their bikes by the seat. Position the front tire underneath the bike rack and then lift the bike forward and place the front of the seat on the bike rack.

## **Swim**

The swim is a  $\frac{1}{3}$  mile straight across Echo Lake. Swim caps are **mandatory**. Wetsuits are optional. Athletes will keep the buoys to their **RIGHT** during the swim. There will be certified lifeguards on course for your safety as well as paddle boats and kayakers for support. If you need help, wave to signal to the supporters. You may grab onto a kayak or paddle boat to take a break before continuing.

## **Run/Hike**

The run is 3.1 miles up and down the ski trails of Cannon Mountain Ski Area. There will be 3 aid stations with water on course, but please also plan on carrying water with you if needed. The downhill section of the run course may have loose rock, stay on the grassy sides during this section of the hike/run and **take your time**.

## **Race Course Webinar [Click Here](#)**

Below is a link to the race course webinar which is a video including a detailed description of the course along with coaching suggestions provided by Top Notch Triathlon's Coach Brady Hoover. Elevated Triathlon Coaching powered by TriDot: [fitnessbybrady@gmail.com](mailto:fitnessbybrady@gmail.com)

## Spectator Information

Spectathletes are the best! Come support your Iron Person athletes and Relay Teams and then join us at Iron Furnace Brewing for the after party and awards ceremony. Beer from IFB and lunch from Shrubby's Smoke Shack will be available for purchase. **Please Note: Pets are NOT allowed in Franconia Notch State Park**, this includes Echo Lake Beach, the Boat Launch, and Cannon Mountain.

**BIKE** You can see your athlete off on the right "pedal" from the starting line at the Lafayette Regional School. Parking will be available in the Garnet Hill Outlet parking lot **ACROSS** from Garnet Hill. Please note, there is **NO parking** in the main Garnet Hill Outlet Store parking lot. If you park in this lot, please be prepared for a 5 minute walk to the bike start.

**SWIM** Hop in your car and jump on 93 North to Exit 34C. Park in the Peabody Lodge parking lot at the Cannon Mountain Base Area. (Parking will **NOT** be available in the Hiker Parking lot across from Cannon Mountain **OR** at the Aerial Tram.) Walk down the dirt road toward Ernie's House and the swim exit at the Echo Lake Boat Launch to congratulate your athlete on a swim well done! Then send them on to the hike/run with some YELLS of encouragement.

**RUN/HIKE** Head back to the Peabody Lodge and around the back to cheer on your athlete at the FINISH in front of the Cannonball Pub. Bathrooms will be available here if needed.

**Good Luck!!!**