

2010
SheROX Webster Triathlon
Athlete Information Guide



SheROX
TRIATHLON SERIES

On behalf of the many, many people associated with the SheROX Triathlon Series, we are pleased to welcome each of you to the 2010 SheROX Webster Triathlon. We've assembled the following detailed race information to help make the race weekend a success for you. Please read this carefully, reread it carefully and then maybe read it one more time. Of course, if you have any questions after that, please e-mail the Local Race Director, Wendy Fiske Truhanovitch at wendy@firm-racing.com.

Schedule of Events

<p>Weekend Schedule</p>	<p>Saturday, July 24, 2010 Event Expo/Package Pick-up 10:00 AM - 4:00 PM Bartlett Junior Senior High School 52 Lake Parkway Webster, MA 01570</p> <p>Athlete Information Meeting/Course Briefing 11:00am, 2:00pm Bartlett Junior Senior High School 52 Lake Parkway Webster, MA 01570</p> <p>It is HIGHLY recommended that you attend one of these meetings, particularly if you have never done a triathlon before. You only need to attend one of these meetings.</p> <p>Sunday, July 25, 2010</p> <ul style="list-style-type: none"> • 5:00 AM – Transition Area opens for gear drop off and final preparations • 7:00 AM – Race starts • 9:00 AM - Post Race Party with refreshments • 10:00 AM – Awards Ceremony <p>Please note that the Transition Area will NOT be opened for bike and equipment removal until the last cyclist has finished the bike portion of the course. (Approx. 10:30 AM)</p>
<p>USA Triathlon</p>	<p>This event is a USAT sanctioned event, so all USAT rules apply. If you are a USAT annual member, you must bring your current USAT membership card to participate in the event. You MUST show your USAT membership card at packet pickup or you will have to purchase the one-day membership. If you are not a current USAT member, you will be required to purchase a one-day membership for \$10 at packet pickup if you did not do so as part of registration. For more information on becoming a member of USA Triathlon and for complete USAT Rules, please visit them at www.usatriathlon.org.</p> <p>Per USA Triathlon Rules, we will be utilizing the age up rule. All age group athletes must participate and compete in the division corresponding to the athlete's age on December 31 of the year of the event.</p> <p>For Example: If you are 34 on the day of the race, but turn 35 before December 31, 2010, you will be placed in the 35 year old age group. If you are 34 on race day and turn 35 after December 31, 2010, you will be placed in the 34 year old age group.</p>

<p>Race Divisions and Swim Waves</p>	<p>This event will utilize a wave start. Waves are determined by the number of athletes in each age division (including swim cap colors assigned). The wave schedule, including cap colors will be posted at packet pickup. Wave starts are subject to change.</p>
<p>Athlete Check-In</p>	<p>Athletes must check in and pick up their packet on Saturday, July 24th. (10:00 AM to 4:00 PM).</p> <ol style="list-style-type: none"> 1. Athletes are STRONGLY ENCOURAGED to attend one of the two Athlete Information Meeting/Course Briefings held at 11:00am and 2:00pm at the Expo. 2. Athletes must confirm their athlete number on athlete list before proceeding to packet pick-up. 3. Athletes must show USAT card or pay USAT one-day fee (if not done during registration) and sign waivers. 4. Athletes must show ID when they pick up their race packet. ONLY THE ATHLETE WHO IS RACING CAN PICK-UP THEIR PACKET. 5. Athletes must pick up their Registration Packet, which will contain self-adhesive bike frame number, helmet number sticker, run number bib, timing chip and strap, and final instruction sheet. Swim caps and safety pins will be distributed separately from the Registration Packet when you check in. 6. Participant tee shirts will be distributed at a separate location at the Expo. A volunteer will direct you to that location after you pick up your Registration Packet, prior to exiting the Expo/Package Pick-up. 7. All relay team members must be present at the Expo at the same time to pick up their registration packet.
<p>Timing Chips</p>	<p>Unless you are using your own timing chip, one will be provided to you at the Expo when you pick up your Registration Packet. Please remember to bring this timing chip with you on race day!</p> <p>Please note that you must wear your timing chip on your ankle strap at all times during the race in order to receive an official race time.</p> <p>You must return your timing chip after you cross the finish line. There will be volunteers collecting timing chips and helping you with chip removal. If you do not return your chip and strap, you will be responsible for the \$35 replacement fee.</p>

<p>Directions and Parking – Expo</p>	<p>Directions to the Expo at Bartlett Jr./Sr. High School, Webster, MA - From Local Airports:</p> <p>From Logan Airport, Boston, MA: Take the Sumner Tunnel to Rt. 93 S, to I-90 W (the Mass Turnpike West). Get off at Exit 10 (Auburn). After the tollbooth, bear left at the fork. Take Rt. 395 South. Get off at Exit 1. At the end of the exit, go straight across onto Lake Parkway. School will be on your right.</p> <p>From Bradley International Airport, Windsor Locks, CT: Take Rt. 91 N to I-90 E. (the Mass Turnpike East) to Exit 10 (Auburn). After the tollbooth, bear left at the fork. Take Rt. 395 South. Get off at Exit 1. At the end of the exit, go straight across onto Lake Parkway. School will be on your right.</p> <p>From Manchester Airport, Manchester, NH: Take Rt. 3 S. to Rt. 495 S. to Rt. 290 W. This will turn into Rt. 395 South. Get off at Exit 1. At the end of the exit, go straight across onto Lake Parkway. School will be on your right.</p> <p>TF Green Airport, Warwick, RI: Take Rt. 95 N to Rt. 146 N to Rt. 16 West. Follow all the way into Webster. Turn right after you go UNDER Rt. 395. Take a left onto Rt. 193, Thompson Road. Take a right onto Lake Parkway. School is on the right.</p>
<p>Directions and Parking – Race Site</p> <p>ABSOLUTELY NO PETS ALLOWED AT RACE VENUE</p>	<p>Directions To Race Site From Route 290/Expo Site: Take 290 West, to 395 South to exit 3 (Cudworth Road). Follow signs to parking. Please bear in mind that driving to the race site and parking may take longer than normal on race morning.</p> <p>Parking THERE IS NO PARKING AT THE RACE SITE ON RACE DAY! Car pooling is encouraged. Parking is available at Commerce Insurance, Route 16 and Cudworth Road, about 1 mile from the race site. From there, athletes can walk and/or ride their bikes to the race site. Shuttle busses will be available for spectator transportation from Commerce Parking to the race site, from 5-7 AM, and returning from 10-noon. PLEASE NOTE: FROM THE HIGHWAY, YOU WILL BE USING EXIT 3 FOR ALL COMMERCE INSURANCE PARKING AREAS.</p> <p>Additionally, parking will be available throughout the neighborhoods across from the race site. Parking is also on Park Avenue, near the elementary school. Please be respectful of the neighbors’ property and DO NOT park on private property or leave any trash.</p> <p>THERE WILL BE ABSOLUTELY NO PARKING ON THOMPSON ROAD OR ROUTE 16 SINCE THESE ROADS ARE PART OF THE BIKE COURSE.</p>
<p>Bike Check-In</p>	<p>Sunday, July 25: 5:00 AM – 6:45 AM <i>ALL BIKES MUST BE CHECKED-IN BETWEEN 5:00 AM (when the Transition Area opens) and 6:45 AM (when the Transition Area closes for the start of the race) on race morning.</i></p> <p>Once your bike has been checked into the Transition Area, you cannot remove your bike until after the start of the race when you start your bike leg. Bike mechanics will be available to help with tire inflation and mechanical issues. You will need your bib number to reclaim your bike from the Transition Area after the race. The Transition Area will NOT be opened for bike and equipment removal until the last cyclist has finished the bike portion of the course.</p>

Medical:	<p>There will be a red Medical Tent located at the finish line Area. There will be additional medical care at the Transition Area and roaming on the bike course. Harrington Hospital, along with Webster EMS will be providing all medical support.</p> <p>If it is warm on race day, please make sure you hydrate sufficiently. Apply sunscreen <u>after</u> you are body marked.</p>
Lost & Found	<p>During the Event Weekend, Lost & Found will at the motor home by the finish line area.</p>

Course and Race Information

Start Time	7:00 AM – Swim starts will be conducted in waves of 3 minute increments. The wave schedule will be available and posted at packet pick-up.
Course Cut-Off Times	There will not be any course cut-off times unless they need to be established on race day for safety reasons, or unless the race director sees fit to ask you to stop.
General Course Description	<p>In order to familiarize yourself with the course, please review the course maps on the website.</p> <p>SWIM The 1/2 mile triangular swim will start at Memorial Beach at Webster Lake, also know as Lake Chargoggagoggmanchauggagoggchaubunagungamaugg. (A little history: Lake Chargoggagoggmanchauggagoggchaubunagungamaugg, or for those tongue-tied tourists, common name Lake Webster, means you fish on your side, I'll fish on mine and no one fishes in the middle.) The water temperature in the reservoir should be between 73-75 degrees.</p> <p>BIKE The Bike is a single loop, fairly hilly course. The Bike leaves the Race property and turns right onto Thompson Road (Rte 193). Turn right at the first set of lights onto Rte 16; this portion is a rolling road. (DO NOT ride more than 2 bikes wide please. This area is open to traffic.) At the fork of Route 16 and Lower Gore Road, bear right onto Lower Gore Road. This section is a very residential winding, beautiful road. At the back end of this road is a large uphill, followed by a large downhill with a right turn at the bottom of the hill. PLEASE RIDE SLOWLY DOWN THIS HILL! At the bottom of the hill, turn right onto East Thompson Road. Go to the end of the road and turn right onto Sand Dam Road, proceed to the end and turn right onto Thompson Road (Rte 193) and proceed back to the Transition Area.</p> <p>As a courtesy to your fellow participants, PLEASE make sure that you ride single file on the right hand side of the bike lane unless you are passing another participant. Please read the FREQUENTLY VIOLATED RULES section at the end of this guide.</p> <p>RUN The Run exits the Race property turning left onto Thompson Road. Take your first left onto Birch Island Road. Go to the very end and turn right on Cedar Road. You will make a U-turn, passing Waterfront Mary's. Proceed back the same way you came to the Finish Line.</p>
Aid Stations	<p>Water will be available at all aid stations and the finish line. Please make sure to bring your own drink with you on the bike course since there will be <u>NO AID STATIONS ON THE BIKE COURSE!</u></p> <p><u>Swim & Transition Aid Station:</u> There will be an Aid Station located inside the Transition Area, and also at the Swim Start.</p> <p><u>Run Aid Stations:</u> Aid stations will be located at the start of the run and at an additional 2 stops along the course, giving you access to these aid stations in both directions.</p> <p><u>Finish Line:</u> Water and Skinny Water will be distributed at the finish line.</p>

<p>Body Marking</p>	<p>Athletes are advised <u>not</u> to apply sunscreen or Body Glide before body marking. Body marking will be on race morning beginning at 5:00 AM. Body marking will take place at the end of each section of bike racks for your particular area.</p>
<p>Wetsuits</p>	<p>Each non-Pro participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon, up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, non-Pro participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. No participants shall wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for Elite Pro athletes shall be determined by the USAT Athletes Advisory Council (ACC). The AAC has set the wetsuit maximum temperature for elite/pros at 68 degrees for swim distances less than 3,000 meters and 71.6 degrees for distances of 3000 meters or greater. The water temperature will be taken by a USAT official on race morning, and the temperature will be announced.</p> <p>The water temperature at Webster Lake is expected to be within the range of wetsuit legal. An announcement regarding wetsuit usage will be made on race morning.</p>
<p>Race Numbers</p>	<p><u>Bike:</u> Bike frame and helmet numbers will be included in your race packet. The double-sided number sticker must be attached to your bike frame and the number must be visible from both sides before you will be allowed to bring your bike into the Transition Area. There will also be a smaller self-adhesive number in your packet. This number should be placed on the front of your bike helmet.</p> <p><u>Run:</u> Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number <u>MUST</u> be visible when you start the run. Do not cut, fold, or alter your race number in any way.</p>
<p>Swim Caps</p>	<p>Your official swim cap will be provided to you at packet pickup. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it.</p> <p>You must start in your designated swim wave. <u>NO EXCEPTIONS.</u></p>

<p>Transition Area Conduct and Relay Team Access</p>	<p>For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition Area. You must walk or run your bike while in the Transition Area. There will be clearly marked mount and dismount lines; please obey them for your safety and for the safety of spectators and other participants. Please watch out for other athletes as you move through the Transition Area and follow the instructions of race officials and volunteers. Please do not bring any glass containers into the Transition Area.</p> <p>All relay team members will have access to the Transition Area. Relay teams must pass the timing chip to their teammates at their bike rack spot in the Transition Area.</p> <p>There are to be NO SPECTATORS, FAMILY, FRIENDS OR SIGNIFICANT OTHERS in Transition Area at any time during the event. This is for the safety of ALL athletes and their equipment.</p>
<p>Bike and Helmet Inspection</p>	<p>It is up to each individual athlete to make sure her bike is in safe and proper working order. Bike shop mechanics will be on site during packet pickup and on race morning to assist with any needed repairs. Please make sure your bike handlebars have bar-end plugs. If you do not have them, you will not be allowed to race. There will be no mandatory bike or helmet inspection.</p> <p>All participants must wear a helmet which meets or exceeds the safety standards of the CPSC (Consumer Product Safety Commission) during the bike segment. You MUST have your helmet securely fastened on your head before you mount your bike. Per USAT rules, you are required you to wear your helmet at ALL times when on your bike at an event, including before or after the race. If you are spotted riding your bicycle without your helmet, you will be disqualified.</p>
<p>Spectator Information</p>	<p>Spectators will be able to see the athletes start the swim, exit the swim, start the bike, enter the Transition after the bike, start the run and see the finish. Cross walks will be set up to allow spectators to see athletes during the race. Families and spectators must stay off the course, and may not enter the Transition Area or the Finish Line chute. Please be respectful of all participants. PLEASE NOTE: NO ANIMALS ARE ALLOWED AT THE RACE VENUE.</p>
<p>Reclaiming Bike and Gear</p>	<p>Bikes and equipment may be removed from the Transition Area when the Transition Area opens after the last participant has finished the bike portion. Please do not ask permission to remove you bike and equipment before Transition is reopened.</p>
<p>Awards Ceremony</p>	<p>All athletes will receive a Finisher's medal immediately after crossing the Finish Line.</p> <p>The awards ceremony will take place at 10:00 AM. Awards will be given to the following:</p> <p>Pro Elite: 1st, 2nd, 3rd Overall (for Amateur Elite, Age Groupers and Survivors): 1st, 2nd, 3rd Amateur Elite: 1st, 2nd, 3rd Survivor: 1st, 2nd, 3rd</p> <p>If a participant signs up for the Pro Elite, Amateur Elite or Survivor Divisions, they are not eligible for Age Group Awards. No awards for Buddy Wave.</p>

	<p>Age Group Awards Overall: 1st, 2nd, 3rd 19 & Under: 1st, 2nd, 3rd 20-24: 1st, 2nd, 3rd 25-29: 1st, 2nd, 3rd 30-34: 1st, 2nd, 3rd 35-39: 1st, 2nd, 3rd 40-44: 1st, 2nd, 3rd 45-49: 1st, 2nd, 3rd 50-54: 1st, 2nd, 3rd 55-59: 1st, 2nd, 3rd 60-64: 1st, 2nd, 3rd 65-69: 1st, 2nd, 3rd 70-74: 1st, 2nd, 3rd Relays: 1st (each finisher on winning relay team will receive an award)</p>
<p>Charitable Partner</p>	<p>SheROX Webster has partnered with the Massachusetts Affiliate of Susan G. Komen for the Cure®. Komen MA is one of 126 Affiliates across the U.S. and Europe and is active in volunteering, education, supporting screening and treatment, survivorship, and engaging in advocacy for breast cancer. Seventy-five percent of net funds raised by the Massachusetts Affiliate remain in the commonwealth and are distributed to local community-based organizations in the form of grants to develop and implement breast cancer programs throughout the state to provide research, education, screening, and treatment for the medically underserved. The dollars raised in the state by the Massachusetts Affiliate and its signature fundraising events directly impact and affect the local community and Massachusetts citizens. Over \$1 million has been granted in each of the last two years to non-profit organizations throughout the Commonwealth to provide services to those who are medically underserved, underinsured, and/or lacking insurance.</p> <p>In 1993, the first MA Race for the Cure® was held in Boston with 1,100 participants. In 2001, the Massachusetts Affiliate of Susan G. Komen for the Cure® was established as its own non-profit entity. In the past five years, we have raised over \$4.5 million for screening, education awareness, and treatment grants in Massachusetts. Susan G. Komen for the Cure® has played a critical role in every major advance in the fight against breast cancer over the last 25 years – transforming how the world talks about and treats this disease.</p>
<p>Sponsors</p>	<p>We've been lucky to work with a wonderful group of sponsors. They've each been a pleasure to work with. When possible, we hope you'll consider supporting the following companies and organizations who have helped make this race a reality: Nathan Human Performance Laboratories, Penguin Sport-Wash, and blueseventy wetsuits. Local sponsors include Town of Webster, City Administrator John McAuliffe, Webster EMS, Police and Fire, Fiske Racing and Vescio Multisport Performance Services.</p>

<p>Other Race Considerations</p>	<p><u>Race Photography:</u> Action Sports International will be onsite to photograph the race. Visit www.sheroxtri.com by the Friday after the race to view and purchase your race photos.</p> <p><u>Dropping Out:</u> If you drop out of the race for any reason, it is imperative that you notify a Race Official or Race Staff immediately and return your timing chip to them or the timing tent located next to the finish line.</p> <p><u>Unsportsmanlike Conduct:</u> Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in an immediate disqualification.</p> <p><u>MP3 Players:</u> Headphones, headsets, Ipods, Oakley Thumps, personal audio devices and any other MP3 players may not be carried, worn or used at any time during the race. This is for safety reasons so that in the event of an emergency you'll be able to hear instructions.</p> <p><u>Valuables:</u> Please make sure any valuables left in your car are not out in the open. Better yet, leave them at home.</p> <p><u>Personal Belongings:</u> Please make sure that anything you take with you out on the course remains in your possession. No garbage, clothing, etc. shall be thrown on the course.</p> <p><u>Volunteers:</u> Please remember to thank the Volunteers! The race wouldn't be possible without their assistance.</p> <p>For more information, visit www.sheroxtri.com, or contact Local Race Director Wendy Fiske Truhanovitch at wendy@firm-racing.com.</p>
<p>Frequently Violated Rules</p>	<p><u>Drafting:</u> Keep at least three bike lengths of clear space between you and the cyclist in front of you. If you pass the person in front of you ("enter the zone"), you must do so within 15 seconds.</p> <p><u>Position:</u> You must remain to the right hand side of the bike lane of travel unless you are passing the cyclist in front of you.</p> <p><u>Blocking:</u> You may not ride on the left side of the lane if you are not passing anyone. This interferes with other cyclists who are attempting to pass.</p> <p><u>Overtaken:</u> If someone passes you, you must immediately exit the draft zone from the rear (i.e. slow down so there are at least three bike lengths in front of you) before attempting to pass again.</p>