

Here are all the details you need to know about the 2016 [Melander Sports Medicine](#) New Town Triathlon:

#### PACKET PICK UP:

Choose one of THREE Packet pick up options:

- Friday July 8<sup>th</sup> at [Big Shark \(Big Bend Location\)](#) - 11am-7pm
- Saturday July 9<sup>th</sup> at The New Town Triathlon EXPO - 9am-2pm.
- Sunday July 10<sup>th</sup> at The New Town Triathlon EXPO - 5am-6:30am.

#### ADULT PRACTICE SWIM:

Saturday July 9<sup>th</sup> at the New Town Lake - 7:30am-8:30am. This **Adult** swim practice takes place BEFORE the Kid's Triathlon which begins at 9am. Please follow the parking instructions below to avoid their race. If you come out to swim, stick around and volunteer for the Kid's Tri which runs from 9am-10:30am. E-mail Tim Coover at [timc@bigshark.com](mailto:timc@bigshark.com) for more details.

#### SWIM START:

The start area is very shallow and rocky. Mats will be in place to assist with the footing. Please no diving or jumping into the water due to the shallow, rocky bottom. Once in the water, swimmers are expected to demonstrate a competent forward motion. If in distress, do one of three things: 1. Wave and yell for help. 2. Swim to the edge of the lake. 3. Turn over on your back. Making forward progress on your back is not allowed with other swimmers in close proximity. There will be volunteers at the exit to assist you out of the water.

#### WETSUITS:

Wetsuits be prohibited if the water temperature is degrees and above. Between 78-83, wetsuits are legal but you will not be eligible for awards.

#### BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your helmet or bike's safety, please bring them to Big Shark or to the New Town Expo for inspection by a professional Big Shark mechanic. Three Big Shark SAG vehicles will roam the bike course. For assistance. Volunteers will have their number. You must make it to an intersection to call a vehicle for help.

#### TRANSITION ZONE:

Body Marking will be at the transition zone entrance. Please make sure you get your bib number marked on both shoulders. Bikes will be racked according to your race bib number.

#### SAFETY:

St Charles EMS will be onsite for the duration of the event. Professional Lifeguards will be onsite for the duration of the swim leg. St Charles County Police will be stationed at major intersections along the bike course. Volunteer Course Marshals will be stationed in the transition zone to assist with exiting the water, on the bike course to assist with traffic flow and help guide athletes, and along the run for encouragement and to hand out cold, refreshing water at two aid stations.

#### EVENT TIMING:

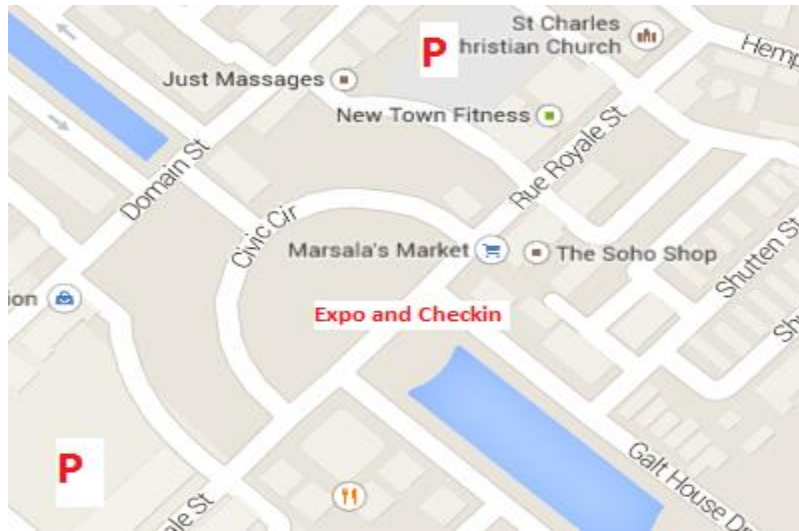
This event is professionally chip timed by Big River Race Mgt. The chip is an ankle strap and must be worn for the entire event. Please use the bib number (facing forward), helmet number and the chip provided. This is for your safety and to ensure timing accuracy. Wearing the ankle strap on the left leg facing outward will prevent your bike from interfering with the timing strap. **PLEASE return ankle chip after race.**

#### RESTROOMS:

Portapotties with hand sanitizers will be located near the Transition Zone.

#### PARKING:

Please park in one of two large lots available to us for both Saturday and Sunday. These lots are conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to the right. Parking is also available on Civic Circle. Parking is not available along Rue Royale St. North of the EXPO. Please be mindful and do not park on the Run course



### COURSE MAPS:

Course maps are posted on the event webpage at [www.newtowntriathlon.com](http://www.newtowntriathlon.com).

### START INSTRUCTIONS:

- Elites, Relay Team and Challenged athletes will all start in water with a mass start a few minutes apart. At 7:38am, age groupers for long course will start in a time trial start. A swimmer will enter every 3 seconds. At 8:30am the Sprint course will begin. It will also have a time trial start with 3 seconds between swimmers. Be forewarned, entering the water goes quickly so be ready!

-You must wear your swim cap provided to you in your packet.

-Use Common Sense on the Bike

- \* Do Not Cross the center yellow line
- \* Do Not Draft
- \* Ride single file, Do Not Ride 2-3 abreast.
- \* Ride Heads Up. It's your responsibility to be safe on the open roads
- \* Stay to the right unless passing
- \* Mount and Dismount at the designated lines, do not ride your bike in the transition zone
- \* NO HEADPHONES!!

### TIMELINE FOR RACE DAY:

- 5:00 AM Packet Pick Up Opens
- 6:00 AM Body Marking and Transition Zone Opens
- 6:30 AM Packet Pick Up CLOSSES/Long Course Swim warm Up starts
- 7:00 AM Long Course Swim Warm up Ends
- 7:15 AM Transition Zone CLOSSES & Begin Lining Up for the Swim by Swim Ability
- 7:25 AM National Anthem/Final Instructions
- 7:28 AM Elite Athletes MASS START in the Water
- 7:30 AM Relay Teams MASS START
- 7:33 AM Challenged Athlete MASS START (Long Course)
- 7:38 AM Age Group Athlete Race TIME TRIAL START (Long Course)
- 8:15 AM Sprint Swim Warm up starts
- 8:25 AM Sprint Swim Warm up ends
- 8:30 AM Age Group Athlete Race TIME TRIAL START (Sprint Course)
- 10:30 AM Athlete & Sponsor Post Race Thank YOU, Recognition and Awards Ceremony

**POST-RACE MEAL:** Please show your bib for the post race meal which will be in Town Hall. Only race participants, volunteers and staff will be allowed in to eat. Thank you for your understanding. Marsala's Market, right next to New Town Hall, is open to the public

### FRIENDLY REMINDER:

Please be respectful of New Town residents and their property. They are gracious enough to host this unique event every year and we'd love to keep returning. Thanks.

**We know there are a lot of local events to choose from and we appreciate your participation!**

**YOUR BIG SHARK CREW**

