



**The Pirate Tri at Point Sebago
Participant Guide**

**9:00 a.m., Sunday, June 7th, 2009
Casco, ME
Swim 1/3 mile, Bike 14 miles, Run 3 miles**

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Welcome to the **Pirate Tri at Point Sebago!** This letter will outline in detail some of the important parts of the race and hopefully answer your questions. Please read over the whole document and contact us with any concerns you might have. For more information, please check out the race website at <http://www.tri-maine.com/Races/PirateTri.html>.

**Race Timeline**

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Saturday, June 6th

- 3:00 p.m. Packet pickup hosted by Peak Performance begins
- 5:00 p.m. Packet pickup closes

Sunday, June 7th

- 6:30 a.m. Packet pickup in Tot Lot begins and Transition Area opens
- 7:00 a.m. Chip pick-up and body marking begins near finish line
- 8:00 a.m. Packet pickup ends
- 8:30 a.m. Transition area closes, chip pick-up and body marking ends
- 8:45 a.m. Opening remarks and mandatory pre-race meeting on beach
- 9:00 a.m. First Swim Wave starts
- 11:00 a.m. Barbecue begins
- 11:00 a.m. Kid's races begin (fun run, short + long aquarun)
- 12:00 p.m. Awards Ceremony begins

Pre Race

Race Packet Pick up

Before you can compete in the first ever Pirate Tri, you must sign in and pick up your official race packet. There are two available times you can do this:

- **Saturday, June 6th from 3:00 pm to 5:00 pm at the Peak Performance Multisports store** located at 317 Marginal Way in Portland, ME. Directions are available by calling (207- 780-8200), or by visiting their website www.mypeakmultisport.com.

- **Sunday, June 7st from 6:30am to 8:00am at the Point Sebago Resort** (in the Tot Lot building adjacent to Transition Area).

Due to time constraints on Sunday morning, we highly encourage you to check-in on Saturday, both for your own peace of mind and so we can figure out any issues that may arise.

Bring your photo ID with you! You are required to show it when you sign in.

If you are an annual member of USA Triathlon, you MUST present your USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$10). If you are not an annual member of USAT, you have already paid as part of your entry fee. However you must sign a USAT waiver. **EVERY NON - USAT MEMBER MUST SIGN THE WAIVER, INCLUDING ALL MEMBERS OF A RELAY.** Not all members of a relay have to check-in at the same time. Materials will be given to the first member to arrive and that person will be responsible for distributing them.

The USAT waiver is available to download on the [race website](#). Fill it out and bring it with you to packet pickup to save yourself some time! Race numbers and wave assignments will be posted next to the registration table.

You will receive a race packet that includes a run number, a bike number, a helmet number, safety pins, a swim cap with your number written on it, a goody bag, a barbecue ticket (if you ordered one with your registration), and an official Pirate Tri custom race shirt. Please double-check that you have all of these things before you leave packet pick up.

Directions to Point Sebago Resort

From the south: Take Route I-95 North and cross into Maine from New Hampshire. At the York Toll Plaza I-95 turns into the Maine Turnpike. Continue north on the Maine Turnpike until Exit 48. Take Exit 48, the "Portland/Westbrook" exit. Go right immediately after the tollbooth and then proceed straight 1.5 miles to the third set of traffic lights. Turn left onto Route 302 West, it is 20.5 miles to Point Sebago. The entrance to Point Sebago is on the left marked by a small white church on the corner. There is also a small blue and white highway sign on the right "Point Sebago Resort". Turn left onto the Point Sebago entrance road (1 mile). You will see the colorful Point Sebago Resort sign. There is another entrance to a golf course 1/4 of a mile past the first entrance on Rte 302. If you get to this second entrance (with a

huge Point Sebago sign), simply turn around and look for the church on your right hand side.

From the North - Exit 63: Route I-95 South (Maine Turnpike) to Exit 63. Take Exit 63, the "Gray" exit. Go left immediately after the tollbooth on to Route 202/4/115. Go about 4 miles and bear right onto Route 115 into North Windham. At traffic light go right onto Route 302. It is about 10 miles to Point Sebago. The entrance to Point Sebago is on the left marked by a small white church on the corner. There is also a small blue and white highway sign on the right "Point Sebago Registration". Turn left onto the Point Sebago entrance road (1 mile). You will see the colorful Point Sebago Resort sign. There is another entrance to a golf course ¼ of a mile past the first entrance on Rte 302. If you get to this second entrance (with a huge Point Sebago sign), simply turn around and look for the church on your right hand side.

From North Conway, NH: take 302 East. You will first see the giant Point Sebago Sign to a golf course - DO NOT USE THIS ENTRANCE. Go another ¼ mile past the golf course entrance and turn right at the white church.

[Click here](#) for a detailed set of directions to the Point Sebago Resort using Google Maps.

Parking

As you approach the resort from Point Sebago Rd there will be a sign directing all vehicles to turn right into a dirt lot. A parking guide will then direct you into one of three parking lanes. You must go down one of these lanes to receive a parking pass that will hang on your rear view mirror.

Reminder - All friends, family, and spectators will need to purchase a one-day use fee to enter Point Sebago Resort. This pass provides access to many of the amenities of the resort, including the beach and the fitness center. It costs \$5 for adults and \$2 for kids (under 12). Athletes and volunteers do not have to pay the day-use fee.

When you exit the parking lane a parking guide will direct you to the nearest space available in one of the on-site lots.

Race Day To-Do List

We recommend that you do the following things on race morning, in this order:

1. Park your vehicle and carry all your gear to packet pick-up/transition area. You will be greeted by parking attendants upon your arrival and assisted with where to park.
2. Stow your bike on one of the bike racks outside the Transition Area.
3. Pick up your packet in the Tot Lot building next to the Transition Area.
4. Place your gear in the Transition Area.
5. Pick up your chip and go through the body marking line near the finish line on the beach.
6. Attend pre-race meeting at 8:45 a.m.

[Click Here for Map of the Resort, Parking, and Finish Area](#)

Race Day Packet Pick-up

Packet pick-up begins at 6:30am in the hexagonal-shaped building called the Tot Lot. This building is located on Chippy's Lane and immediately adjacent to the Transition Area. Packet pick-up ends at 8:30am.

Transition Area, Chip pick-up, Body Marking, Pre - Race Meeting

The Transition Area will open at 6:30 a.m., and will close at 8:30 a.m. Chip pick-up and body marking will begin at 7:00 a.m. and will take place near the finish line on the beach. Chip pick-up and body marking ends at 8:30 a.m. There will be a mandatory pre-race meeting on the beach at 8:45 a.m. for all athletes, so you must be on the beach at this time! The first swim wave will start at 9:00 a.m.

Race Numbers

You are required to display your race number at all times while competing. This is both for safety, and to make sure that our volunteers can correctly record your split times. Also, it allows the photographers to identify your pictures.

During the swim leg, your number will be written on your body (legs and hands) and cap. During the bike leg, your number must be displayed on your helmet (visible from the front) using the specific helmet number given to you, and on your bike (clearly visible from the left side) using the specific bike frame number given to you at packet pickup. During the run, your race number must be worn on the front. This is especially important for the finish.

If you are planning on wearing layers and taking them off as you go, find a way of displaying your number the entire time. A good option is to use a race number belt that you can clip and unclip very easily. These are available at Peak Performance Multisport. Another idea is to pin the number to your running shorts and pull them over whatever you are wearing up to that point. The worst thing you can do is pin your number to the outside of a jacket and then leave that jacket in the transition area (because you'll have to go back and get it before you finish!).

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### **Swim**

The swim is a counter-clockwise 1/3-mile triangular course that starts and ends on the beach. The conditions are typically calm. There will be buoys marking the course, which you will keep to your left. The water temperature on Tuesday 6/2/09 was 63 degrees (one foot below the surface); however, it may vary depending on the weather before the race. We highly recommend wearing a wetsuit. Race management reserves the right to require wetsuits if they deem it is too dangerous to go into the water without one. If it is determined that wetsuits are required a notice will be posted on the [web site](#) 48 hours before the race. Wetsuits can be rented from Peak Performance Multisport. If wetsuits are required and a competitor doesn't have one, he or she will not be allowed to compete in the swim, but will be allowed to do the rest of the race for an unofficial time.

**REMEMBER - Safety First!** There will be a number of boats in the water and lifeguards on the shore monitoring the race. If you are in need of assistance during the swim, raise your arm in the air, or swim to the nearest kayak/boat. You are allowed to stop and rest on the boat without a penalty as long as you do not make any forward progress.

After the 8:45am pre-race meeting, volunteers will stage all of the participants into their assigned waves. There are a total of four waves; each is marked by a different color swim cap (red, white, yellow, and green) and you will be assigned a wave based on your age category. The first wave of swimmers is scheduled to begin at 9:00 am. Waves will go off every 3 minutes. Each wave will be split into males and females. The males will go off first and females leave 30 seconds later. Wave assignments and starting order will be posted at packet pick-up. Beginner swimmers will be in the last wave. If you haven't already, you can opt to be in the novice swim wave by e-mailing [registration@tri-maine.com](mailto:registration@tri-maine.com) or when you check-in at race packet pickup.

*\*Please note that the wave assignments and start times are subject to change. Official start times and assignments will be posted at packet pick-up.*

The race start will be marked by the firing of a real cannon from a pirate boat out in Sebago Lake. After exiting the water, there is a short run on sand to the transition area (~105'). Please shout your race number at the timers when you exit the swim and when you enter the transition areas, so they can accurately record your split!

### **Transition Area**

You will be assigned to a specific bike rack based on your race number. If you put your bike in the incorrect spot, it will be moved to the correct spot, and we'll try to notify you (but that can't be guaranteed). You may not use balloons to mark your spot because of the danger they pose when there is wind. No one is allowed into the Transition Areas except athletes and race staff/volunteers at any time!

Since the Transition Area has such high traffic, you must be aware of other athletes at all times and their space. Please do not move anyone else's stuff without permission and do not let your belongings take up more than your fair share of space (typically a couple of feet on one side of your bike). When you are ready to begin the bike leg of the race, exit out the opposite end of the TA from where you entered. You may not mount your bike until you have left Transition and reached the designated mount/dismount line.

You **MUST** have your helmet buckled before you get on your bike. If you mount your bike without your helmet fastened on your head, you risk disqualification. The same is true if you take your helmet off before you dismount your bike. When you return from the roads, you must re-rack your bike in the same spot where it was originally racked. It is a very good idea to understand the flow of the Transition Areas before the race begins.

### **Bike**

The 14-mile bike leg is a lollipop course with varied terrain, including one significant downhill just before Rte. 11/Poland Spring Road, and two significant hill climbs - one on Rte. 11 and another on Quaker Ridge Road. Each climb is greater than 1/10th of a mile long. The course will be marked with arrows and signs. Please exercise caution while cycling and keep your speed under control.

The roads inside the resort on Chippy's Lane will be closed to vehicles until the last cyclist finishes the course (approximately from 9:00 a.m. to 11:00 a.m.). Once you leave the resort the roads will be open to vehicles during the race. There is a busy

stretch of road on Rte. 302. Please pay attention to the signs and volunteers warning you about upcoming changes. *Stay as far right on the road as possible and obey all rules of the road regarding cycling.* If you have bike trouble, please notify the nearest volunteer/officer so a support vehicle can be dispatched. We will dispatch a mechanic but cannot guarantee that he will be able to fix your bike out on course, so you may consider bringing a flat kit with you.

There will not be a water station on the bike course. Plan to bring whatever water you will need for the ride. When you finish the ride, you must dismount your bike on the pavement at the mount/dismount line, and make your way to the Transition Area. Remember - rack your bike in your numbered spot.

All athletes must complete the bike course by 11:15 am. If you are still on-course at that time, you will be picked up by the sweep vehicle and brought to the Transition Area. You will be allowed to finish the race, but your time will be "unofficial" and you won't be eligible for any awards. This rule is in the best interest of the town, police, volunteers, and other athletes.

### **Run**

The 3 mile run is an out-and-back course on roads within the resort and finishing on the beach. Follow the volunteers, signs, and arrows that are marking the route. Water and electrolyte replacement drink (Hammer HEED) will be available at approximately each mile. The run course is open to vehicles for resort guests only (not a public road). Vehicles and runners will be separated by cones in the first and last mile of the course. While inside the coned lane runners should stay to the right side and be aware that other runners may be coming from the opposite direction. Once runners pass the coned lane on the way out they should always stay on the right side of the road.

**All course maps can be found on the race website <http://www.tri-maine.com/Races/PirateTri.html>.**

### **Kids Aquarun**

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The Pirate Tri will host a kids Aquarun (swim-run) race starting at 11:00 a.m., for ages 7 to 13, as well as a Fun Run for ages 6 and under. There will be two categories for the Aquarun: 7-10 year olds, and 11-13 year olds. Awards will be given to the top three boys and girls in each category. There will be no awards for the Fun Run. The Kids Aquarun swim course will take place in the lagoon next to the lake. After the kids complete transition on the lagoon beach, they will run along Island Road and the lakefront beach on an out-and-back course. The younger category will run approximately 1 mile while the older category will complete two laps for a total of about 2 miles. The kids races will finish in the same area as the adult race.

Post Race

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Following the race, there will be recovery food available for all competitors near the finish area. There will also be a barbecue beginning at 11:00 a.m. under a big tent near the finish line. The meal will include BBQ chicken or veggie burgers, and other grub, and will cost \$15 per person. A limited number of tickets will be available on race weekend.

The awards ceremony will take place during the BBQ at approximately 12:00 p.m.; however, you don't have to purchase a ticket for the BBQ to enter the tent.

## Rules, Sponsors, and Other Considerations

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### Rules

All rules are available at [www.usatriathlon.org](http://www.usatriathlon.org). Below are some cursory overviews of the most commonly violated rules in triathlon.

As a registered competitor, you have agreed to abide by the rules governing the sport of triathlon. This means that you have read and understand the rules as they appear on the USA Triathlon website.

**1. DRAFTING** - This is definitely the most oft-broken rule in triathlon. You may not draft on your bike at any time during the event. According to the USA Triathlon Rule Book, "a participant is not permitted to position his/her bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance" (Sec. 5.10). In terms of other bikes, this translates into a rectangular "drafting zone" seven meters long and two meters wide around each bicycle. Unless you are passing, you should not be in this area. When passing, you have 15 seconds from the time you enter the "drafting zone" to overtake the other cyclist before it is considered a drafting penalty. You must pass on the left and the cyclist being overtaken should give you adequate space. For more about what the penalties are, please read the rules posted online.

**2. HELMET** - Your helmet must be functional and must meet the safety standards of the Consumer Products Safety Commission (CPSC) (if the helmet was made before 3/99 it must be certified by ANSI, SNELL, or ASTM). Your helmet should be securely fastened under your chin before you mount your bike. You must wear your helmet at all times when you are on your bike at any point in the day - not just during the race.

**3. HANDLEBAR PLUGS** - There must be plugs in the ends of the handlebars. If you are missing one or both, get some at your local bike shop or buy them when you come to the race from Peak Performance Multisport. If you don't have bar-end plugs, you will not be allowed into the Transition Area with your bike.

**4. SPEED** - It is very important to keep a safe speed at all times during the bike, especially when being told to slow down by volunteers. Some corners may be marked with cones; if so, you need to stay between the cones and the shoulder of the road.

**5. STAYING ON COURSE** - You must stay on the marked course at all times when making forward progress. If you have to leave the course for any reason, you must restart from the point of departure. Walking is permitted, if necessary.

**6. ABANDONMENT** - Do not leave any trash or race materials anywhere on the course other than the designated water stations or the Transition area. If you leave anything behind you can be penalized. Also, it is rude to leave trash on the road and it gives a bad reputation to this race and the sport of triathlon.

\*Failure to abide by USA Triathlon rules will result in a penalization, which is a set amount of time added to your finish, or disqualification.

### **Inclement Weather**

The Pirate Tri will not be cancelled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race Management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. There are no refunds in the case of weather-caused changes or cancellations. If cancelled, the 2009 Pirate Tri will not be rescheduled.

### **First Aid**

The race will be monitored by paramedics, Fire/Rescue personnel, lifeguards, volunteers and Police who are in close contact with an ambulance. If you have a medical concern before the race, you can use the First Aid services which will be located next to the Transition Area/Swim Course. There will be EMTs there to assist you. If at any point during the race you have a medical concern, notify a safety personnel or a volunteer immediately for assistance.

**If you have any pre-existing conditions that the medical team should know about, please make them aware before the race. Please e-mail any concerns or information to [nicole@tri-maine.com](mailto:nicole@tri-maine.com).**

### **Other Considerations**

Age Groups - You will be assigned to an age group based on your numerical age as of December 31, 2009, so if you are going to turn 50 at any point in 2009, you will race in the 50-54 group. Age groups are every 5 years male and female starting at 19 and under. There will be awards for the top 3 finishers in each age group and the top three men and women overall. Awards will be given to the top three boys and girls in each Aquarun category. There will be no awards for the Fun Run.

**Athletes to Watch** - Visit <http://www.tri-maine.com/Races/Featured.html> to read up on our Pirate Tri Athletes to Watch! You all shared great reasons why you race with us, and we've selected a few racers to introduce to you. Get to know fellow participants before event weekend.

**Bathrooms and Showers** - There will be indoor restrooms and showers available for use in the Chippy's Pavilion area near the Transition Area.

**Charitable Cause** - Camp Sunshine is the beneficiary for the Pirate Tri at Point Sebago. A portion of the entry fee will go to support their great organization.

**Course Maps** - Available <http://www.tri-maine.com/Races/PirateTri.html>

**Directions** - [Click here](#) for a detailed set of directions to the Point Sebago Resort using Google Maps. For a map of all the key locations involved with the race, [go here](#).

**First Timers** - For all triathlon-related questions contact Peak Performance Multisport at [info@mypeakmultisport.com](mailto:info@mypeakmultisport.com).

**Lodging** - Point Sebago Resort will offer a 15% discount to registered athletes and their families on housing and weekend packages. Call 1-800-530-1555 for complete details. To receive the discount while making a reservation you must say that you've registered for the triathlon.

**Parking** - There will be ample parking at Point Sebago Resort. Please follow the directions of parking guides when you enter the resort. Please do not park on any of the roads outside of the resort.

**Relays** - Relay chip hand-offs take place inside the Transition Area at your designated rack position. One member of the relay can collect the packets and numbers for the entire team; however, every member is required to check-in and sign the race waiver before the team can compete. There will be awards for the top relay in each category (male, female, mixed).

**Results** - Unofficial results will be posted at the finish area, once a majority of the athletes have finished. Official results will be posted on the [event website](#) by the following Monday morning.

**Splits** - Our volunteer teams will be taking your race number at various parts of the race to get your splits; however, it helps immensely if you shout your number as you go by.

**Timing** - The Pirate Triathlon will be chip timed by All-Sports Events. Your run to the Transition Area after completing the swim will be included in your overall swim time. Your results will include five splits in addition to your overall time - swim, transition from swim-to-bike, bike, transition from bike-to-run, and run time.

**Twitter** - Follow the Pirate Tri on race day at Tri-Maine's twitter: [tri\\_maine](#). We'll provide race information, weather updates, athlete news, and more so that all your friends and family can follow along. (And you can read it post-race to see what you missed!)

**Volunteers** - Volunteers will be stationed throughout the course for your support. Let one of them know if you have a question or concern about the race; they are there to help you. After the race, be sure to thank the volunteers who are working the event. Without them, this race could never happen!

**We always need volunteers!!!!** If you have friends or family who are attending the event and want to help, please have them contact [erik@tri-maine.com](mailto:erik@tri-maine.com) or call (207) -210-8655. They will get a high quality shirt, and the opportunity to participate in an extraordinary event.

**Wetsuits** - Wetsuits are highly recommended for this race. The water temperature of the lake water near the resort was 63 degrees on Tuesday 6/2/09. Suits can be rented from Peak Performance Sports. Email [info@mypeakmultisport.com](mailto:info@mypeakmultisport.com) with any questions.

**Finally, thank you to all of our sponsors:**

[Point Sebago Resort](#)

[Camp Sunshine](#)

[Peak Performance Multisport](#)

[Head Games Salon for Hair and Body](#)

[The Landing Center For Healing Arts](#)

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[USA Triathlon](#)

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[Race Website](#)

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The Tri-Maine Team

**Contact Information**

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