

# The 2007 WildBear Tri/Duathlon Official Pre-Race Letter

Saturday, June 23<sup>rd</sup>, 8:15 am



Thank you for signing up for the WildBear Triathlon and Duathlon at Range Ponds State Park! This letter will outline, in detail, some of the important parts of the race and hopefully your questions. Please read over the whole document and contact us with any concerns you might have. For more information, and directions to the event, please checkout the race website at <http://www.tri-maine.com>.

## Packet Pick up Information

There are three available times you can complete packet pick up:

**1. Thursday, June 21st from 5:00pm to 7:00pm** at Peak Performance Sports on Middle Street in Portland. Find directions on their website at [www.mypeakmultisport.com](http://www.mypeakmultisport.com) <<http://www.mypeakmultisport.com>> or call 780-8200.

**2. Friday, June 22nd from 5:30pm to 7:00pm** at the Poland Town Offices on Route 26 in Poland. It is located on the left hand side of the road heading north on Route 26, shortly after the Public Works building on the right. Registration will be outside, weather permitting. If it is raining, registration will be inside on the second floor.

**\*Due to time constraints on Saturday morning, we highly recommend that you check in Thursday or Friday.**

**3. Saturday, June 23rd from 7:00am to 7:30am** in Range Ponds State Park.

There will be a tent set up with registration near the athlete parking lot. Please PARK FIRST, gather your gear, then proceed to registration. There will be a rack for your bike when you are signing in. Have your USAT info and/or photo ID ready.

*Items needed for packet pick up include:*

- **USAT CARD:** Remember, that if you are an annual member, you **MUST** bring your USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$10). If you recently renewed your membership, but do not have a card, please bring proof of purchase. **If you are not an annual member of USA Triathlon, you have already paid for your one-day membership as part of your entry fee.** The WildBear triathlon is sanctioned by USA Triathlon - the sport's governing body – which requires all participants to be

either annual members or one-day members.

- **EVENT WAIVER:** All Athletes are required to **read, sign, and hand-in** the **attached USA Triathlon Waiver and Release Liability**. They will be collected at registration.

You will receive a race packet that includes a bib number, bike number, safety pins, and a swim cap with your number written on it. Relays will be given specific instructions as well. Please double-check that you have all of these things before you leave check - in.

### **Entering the Park**

Range Ponds State Park does not open until 7am, so you won't be able to enter before that time. All vehicles will be line up on the State Park side of Empire Road, starting from the entrance and heading north, toward Plains Road. No vehicles will be allowed to park or enter from the side of Empire Road closer to route 122. Please do not park on that side of Empire Road! There will be traffic officials directing you to the correct spot. It is crucial that we allow sufficient room for the normal flow of non-race related traffic.

**Please be patient – we will not start the race until everyone is ready to go!**

### **Park Entry Fee - IMPORTANT -**

**EVERYONE, athletes and nonathletes, will have to pay the state park entrance fees upon entering (\$4.50 for adults, \$1 for children under 12, Free for kids under 5 and Seniors over 65).** This fee is **not** included in your race entry. Paying at the gate will expedite the overall process of getting everyone into the park as quickly as possible. **PLEASE HAVE YOUR MONEY OUT AND BE READY TO PAY!**

### **Pre-Race**

The **transition area (TA)** will open at 7:00 am, and will close at 7:50 am. In order to enter the TA, you must have your bike and helmet inspected by a race marshal. If your bike has obvious mechanical issues or is lacking bar-end plugs, you will not be allowed to compete until the bike is fixed. Only certified cycling helmets are acceptable in this race. Skateboard, kayak, ski/snowboard, or any other kind of helmet will not be allowed. **Body marking** will begin at 7:15am and will take place next to the TA for both Triathletes and Duathletes. **Warm-up** in the pond will be available from 7:30am to 7:50am. Be sure that you get to the swim start (on the beach) by **8:10 am** for the **mandatory pre-race meeting**.

### **Race Numbers**

You are required to display your race number at all times while competing. This is for safety, fairness, and to make sure that the timers get your splits accurately.

During the swim portion, your number will be written on your body (shoulders, legs, and hands) and cap. During the bike portion, the bike-number given to you at registration must be displayed on your frame (*clearly visible from the left side*). During the run, your race number must be worn on the front of your body. This is especially important for the finish.

If you are planning on wearing layers and take 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. 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).

### **Waves**

The first wave of swimmers is scheduled to begin at 8:15am. Waves will go off every 3 minutes. You will be assigned a wave based on your age category. Wave assignments and starting order will be posted on the event website the week of the race, as well as at registration. Novices and relays will be in the last wave.

*If you haven't already, you can opt to be in the novice swim wave by e-mailing [nicole@tri-maine.com](mailto:nicole@tri-maine.com) or by letting us know when you check in at pre-race registration.*

**Duathlon** – There will be one wave of duathletes, which will begin shortly after the the first wave of triathletes starts.

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

### **Course Details**

You are responsible for knowing the course! Maps and directions are available on the race website – [www.tri-maine.com/WildBear.htm](http://www.tri-maine.com/WildBear.htm) <<http://www.tri-maine.com/WildBear.htm>> .

### **Swim**

The swim is a counter-clockwise triangular course that starts and ends on the far end of the beach, away from the main swimming area. The water is generally calm and clear. There will be buoys marking the course, which you will keep to your left. The water temperature is approximately 63 degrees. We highly recommend wearing a wetsuit. Race management reserves the right to require wetsuits if there is a drastic change in air or water temperature leading up to the event. They can be rented from Peak Performance Sports. E –mail [peak@tri-maine.com](mailto:peak@tri-maine.com) with any questions.

**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 exiting the water, there is a short (200 yard) run on sand and dirt to the transition area.

**Run #1** (Duathlon) – This will be an out and back on a wide trail (entirely off-road). There will not be an aid station on the first run, so be prepared!

### **Transition**

The Transition Area (TA) is located in the large parking lot nearest to the Pavilion and Finish Area. Since the TA is a high traffic area, you must be aware of other athletes at all times. Related to this, be sure to respect other competitors' space. Please do not move anyone else's stuff without permission.

**There is no riding into or out of the TA**, as it poses a danger to the other athletes – you should walk or run your bike to the designated mount/dismount line. Your helmet **MUST** be clipped on before you get on your bike, otherwise you will be disqualified. *This includes any warmup or cooldown that you do!* When you return from the roads, you should re-rack your bike in the same spot where it was originally located. All athletes will travel the same distance through the TA. The bike-out and bike-in are at the same end of the TA; the run-in from the swim and run-out are at the opposite end. Look for signs and volunteers directing you where to go.

### **Bike**

The 16-mile bike ride is a loop course on rolling country roads. It will be marked with arrows and signs. **Not every corner will have a volunteer**, so keep your eyes open! There is **one challenging hill** at mile 6 (the corner of Plains Road and Poland Corner Road) that is .25 miles long at 10% grade. ***There is road construction in progress on Plains Road right before that hill, and the road may not be paved.***

There is one set of railroad tracks on Empire Road and three sets of railroad tracks near the end of the ride on W. Hardscrabble Rd. and Lewiston Junction Rd. **Please control your speed and use caution when crossing these tracks! Keep your wheel straight and slow down! Be aware that there are still trains running on race morning and you may very well get stuck behind one.** *Be smart – Don't try to outrun a train! The risk is not worth the extra 30 seconds you might gain. Stop and enjoy a short break.* There is no specific schedule for the trains, so we can't predict when they will be crossing over the course. It's all part of the WildBear experience!

The roads will be open to vehicles and, although we do not anticipate much traffic, there are some busy intersections that will be controlled by the Androscoggin Sheriff's Department and the Auburn Police. Please pay attention to the signs and volunteers warning you about upcoming changes in speed, especially because there are some tight turns on this course. *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 cannot guarantee that the mechanic will be able to fix your bike out on course, so you may consider bringing a flat kit with you. Once you re-enter the park, you will be instructed to cross to the left side of the road – exercise caution when doing this. Dismount your bike at the end of the pavement, and make your way back to the Transition. Remember – rack your bike in the same spot!

### **Run**

The course is a 3.1 mile, mostly flat lollipop with one short, steep hill. It is largely on wide clear trails, with about 1 mile on roads. There will be aid stations approximately every mile with water, Hammer HEED (High Energy Electrolyte Drink), and Hammer Gel (various flavors). Please stay to the right side of the trail and road during the entire run. The finish will be at the Pavilion, next to the Transition area.

### **Post-Race:**

Following the race, there will be snacks and drinks available for all competitors at the post-race area. The awards ceremony will begin as soon as the results are posted (estimated for 11:30pm). You will not be let back into transition to get your gear until all of the cyclists are back from the ride (approximately 10:30am). There will be a barbecue following the race and benefiting a local charity, so remember to bring \$5 for each meal. Remember, your park entry is for the entire day – we encourage participants to bring picnic lunches and enjoy our reserved Pavilion (which includes kitchen and running water), music, volleyball and horseshoes, and of course, the beach.

### **Rules**

**ALL RULES ARE POSTED AT <http://www.tri-maine.com/RulesCorner.htm>.  
IT IS YOUR RESPONSIBILITY TO READ AND UNDERSTAND THESE RULES!**

Triathlon is an individual sport and, therefore, certain rules are in place to prevent athletes from getting an unfair advantage. As a participant in a USA Triathlon Sanctioned event, you agree to abide by these rules. The following is a brief explanation of some of the most-often violated ones:

**1. DRAFTING** – You should stay far enough away from the cyclist in front of you so that you are not benefiting from his or her “slip-stream”. The minimum distance that you should be from other athletes is 3 bike lengths (about 20 feet)

behind and 6 feet to the side. If you want to pass someone, you must do so ON THE LEFT – passing on the right is dangerous – and do it within 15 seconds of when you enter their draft zone. There will be draft marshals on course who will be watching for and recording all drafting infringements (2 minutes added to your overall time).

**2. HELMET** – Your helmet must be functional and must meet the safety standards of the Consumer Product 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. Failure to wear a helmet will result in immediate disqualification.

**3. HANDLEBAR PLUGS** – There must be plugs in the ends of the handlebars for safety reasons. If you are missing one or both, get some at your local bike shop or use a bottle cap and some duct tape. If you don't have bar-end plugs, you may not be allowed to race.

**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 will be very tight, so please exercise caution and pay attention to the police, or volunteers stationed at the corner.

**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, crawling is not.

**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 will 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. Range Ponds State Park is a carry-in/carry-out facility, so try to limit your waste.

Failure to abide by these rules will result in a penalization, which is a set amount of time added to your finish, or disqualification. Race management reserves the right to pull athletes from the event if they are creating a serious risk to themselves or others. Any protest of a penalization can be made to the race director.

### **Inclement weather**

The event 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. If cancelled, the 2007 WildBear Tri/Duathlon will not be rescheduled.

### **First Aid**

Minor, non-emergency medical issues will be referred to the First Aid area, near the post-race food. The bike route will be monitored by volunteers and Police who are in close contact with the medical team in an ambulance. There will also be a lead vehicle and sweep ambulance to provide on-course coverage. If you have any pre-existing condition that the race management should know about, please contact [nicole@tri-maine.com](mailto:nicole@tri-maine.com).

### **First Timers**

For all triathlon-related questions contact Peak Performance Sports at [peak@tri-maine.com](mailto:peak@tri-maine.com)

### **Course Maps/Description**

Available at [www.tri-maine.com](http://www.tri-maine.com) <<http://www.tri-maine.com/>> .

### **Other Considerations**

**Barbeque** – Please bring extra bucks for burgers and hot dogs after the race put on by a local booster club. Food tickets will be available to purchase as you enter the park.

**Bathrooms** – There will be a number of outhouses and port-a-potties at the transition/finish area.

**Directions** - Directions to the park are available at the Range Ponds State Park web site <[http://www.maine.gov/cgi-bin/doc/parks/find\\_one\\_name.pl?park\\_id=11](http://www.maine.gov/cgi-bin/doc/parks/find_one_name.pl?park_id=11)>

**Dogs in the Park** – Dogs are permitted at Range Ponds State Park, but must be leashed at all times.

**Parking** - There is ample parking within the park. Please follow signs and park in designated spots.

**Trash** – The Park is a carry-in/carry-out facility, so please try to limit your waste. PLEASE DON'T LITTER! Pick up your bottles and wrappers.

**Timing** – The race is being timed by All Sports Events. Results should be available online at [www.allsportsevents.com](http://www.allsportsevents.com) <<http://www.allsportsevents.com>> by Sunday, June 24th, 2007.

**Volunteers** – **We always need volunteers!!!!**

If you have friends or family who are attending the event and want to help with the race, please have them contact [nicole@tri-maine.com](mailto:nicole@tri-maine.com) or call 207-318-9224.

They will get a cool race t-shirt, free entry into the park for the day, and snacks. After the race, be sure to thank the volunteers who are working the event.

Without them, the race could never happen!

**Wetsuits** – Wetsuits are highly recommended for this race! The water temperature will be in the low to mid 60s. Suits can be rented from Peak Performance Sports. E –mail [peak@tri-maine.com](mailto:peak@tri-maine.com) with any questions

Remember that this is a fundraiser for the **Poland Parks and Rec. Department** and you are racing for a great cause!

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

**Myraceworld.com** <<http://www.myraceworld.com/>>

**The Boyne Jordan Group**

<[http://askmerrill.ml.com/fa\\_info/1,,MDAwMDk1MTQx,00.html?cpao=FACOM](http://askmerrill.ml.com/fa_info/1,,MDAwMDk1MTQx,00.html?cpao=FACOM)>

**Peak Performance Multisport** <<http://www.mypeakmultisport.com/>>

**Personal Best Multisport Coaching** <<http://www.pbmcoaching.com>>

**Maine Technology Providers** <<http://www.mainetechnologyproviders.com/>>

**Hammer Nutrition** <<http://www.hammernutrition.com/>>

**SweatVac** <<http://www.sweatvac.com/>>

**Poland Spring Water** <<http://www.polandspring.com/>>

**Poland Spring Resort** <<http://www.polandspringresort.com/>>

**Poland Recreation Department**

<<http://www.polandtownoffice.org/Recreation/Mainpage%20Info/mainpage.html>>

**McDonald's**

**Subway**

**Dunkin' Donuts**

**Hannaford**

The 2nd annual WildBear promises to be a fun and exciting event. We look forward to hosting athletes from across New England in this great competition and raising money to support the Poland Recreation Department. Thanks again for registering and we can't wait to see you at the end of June!

The Tri-Maine Team

[www.tri-maine.com](http://www.tri-maine.com)