



Dear Athlete:

On behalf of our entire race coordination team, welcome to the 2018 Vineyard Triathlon!!

We are excited to have you coming to Martha's Vineyard and we are truly gratified by your support in our vision to stage a first-class event on the island. We strive to improve our event every year both for our athletes and the Vineyard community as a whole.

Enclosed in this pre-race package you will find important and very detailed information about race registration, parking, and other race logistics. Please print this and review it carefully. These are the things you must/should know before you arrive on island to race.

Finally, please remember that you are all now officially ambassadors for the sport of triathlon. Please remember to thank everyone you meet from the Vineyard including volunteers, police and residents. They have allowed us to do this race on the Vineyard. Please show your appreciation and enthusiasm!

If you have any questions, please feel free to contact our Race Staff at 617-515-5929.

We look forward to seeing you on Martha's Vineyard!

Jen Passafiume
Bill Burnett
Co-Founders



PACKET PICK UP

Race registration will occur at the race venue, Waban Park, during the following times. The park is located off of Seaview Avenue in Oak Bluffs. The address is 29 Tuckernuck Avenue.

FRIDAY, September 7th – from 5:00 – 6:00 pm we will offer athletes a chance to pick up their packets. Don't worry if you can't make this time – we will also offer packet pick up on race morning!

RACE DAY, September 8th – check in will be available for all half distance and sprint distance athletes on race morning. We encourage you to arrive 45 minutes prior to the start of the race (7:00 am start for the half athletes, 9:00 am start for the sprint athletes).

All pre-registered entrants are expected to pick up their packet in person due to insurance purposes. **All participants must show a photo ID. NO EXCEPTIONS.**

Race Packet

In your race packet you will find:

1. **Run Bib Number** – must be displayed during the run leg on the front of your body (not your back). Fasten your bib number using a race belt or using safety pins.
2. **Bike Frame Number** – must be attached so the number is visible from both sides of your bike
3. **Two Race Tattoos** – for our Half distance athletes, two tattoos will be supplied in your packet. Apply to each arm (between the elbow and shoulder). Our Sprint distance athletes, will be body marked with a permanent marker.
4. **Timing Chip** – we are using disposable timing chips that will be in your packet as well

All pre-registered entrants must pick up their own packet in person due to insurance requirements. All participants must show a photo ID and their up-to-date USAT card (unless a one (1) day membership was already purchased with entry).

RELAYS: Special note: if you are part of a 2 or 3 person relay team you must pick up your packet as a team. That is, everyone on your team must show up at the same time – so coordinate this well in advance. IDs will be checked and medical waiver forms will be issued for each relay team member. We will not release your race packet if you are missing a team member during packet pick up.



RACE WEEKEND TIMELINE

Friday, September 7th - PACKET PICK UP OFFERED

- 5:00 – 6:00 pm Packet pick up at Waban Park

Saturday, September 8th - RACE DAY

- 6:00 am Transition area opens. Information/Registration Tent opens.
 - Transition area will stay open throughout the morning. Only registered athletes will be allowed in the transition area.
- 6:50 am Mandatory pre-race meeting for half distance athletes.
- **7:00 am RACE START FOR HALF DISTANCE ATHLETES**
- 8:15 am All sprint distance athletes should be checked in and bikes racked in transition area
- 8:50 am Mandatory pre-race meeting for sprint distance athletes
- **9:00 am RACE START FOR SPRINT DISTANCE ATHLETES**

WEATHER

We will not cancel the event due to weather unless the Town tells us we have to. You are going to get wet on the swim anyway and it's regularly windy on the island. OK – if there's an actual hurricane or lightning strikes on the water, we might cancel the swim.¹ Other than that – hydrate yourself appropriately and bring sunscreen.

COURSE DESCRIPTION

An animated course map is available on the race website. See www.vineyardtriathlon.com. You should be intimately familiar with them before you race so you are familiar with the course and the conditions.

The course is fairly flat with a few rolling hills. There may be a headwind on the bike in one direction depending on the weather. The roads are in good shape with several areas recently paved. Race organizers will do their very best to provide signage on the race route, mark significant road defects, etc., but athletes will need to be aware of the road conditions and be on alert for possible traffic on the race route as well as traffic entering the race route from driveways and feeder roads. Keep your head up and watch where you are going.

¹ Our back-up event – in the unlikely event we cancel the swim - is to covert the event(s) to a duathlon (i.e. run-bike-run).



The course is clearly marked and there are not many areas where an athlete can make a wrong turn. But if you do? Please remember that it's your responsibility to be familiar with the course. Know the course in advance and you won't have any problems at all.

SWIM

HALF - 1.2 MILES

SPRINT - .33 MILES

HALF COURSE - will be a ONE LOOP clockwise course. Swimmers will turn right at buoys placed in specific locations.

**NOTE: the swim start will be a time trial start. Two athletes will leave every 5 seconds. This will be self-seeded.

Partner up on race morning on the beach with an athlete who has a similar swim pace

SPRINT COURSE – will be ONE LOOP. **NOTE: the swim start will be a time trial start. Two athletes will leave every 5 seconds. This will be self-seeded. Partner up on race morning on the beach with an athlete who has a similar swim pace

There will be kayaks and lifeguards on the swim course. If an athlete needs assistance – or a break – flag down a course kayak or lifeguard. An athlete will not be penalized for holding onto a kayak or paddleboard as long as they do not ADVANCE on the course.

Water temperatures are expected to be in the low 70's. Wetsuits are optional but recommended for floatation, warmth and speed.

BIKE

HALF – 56 MILES

SPRINT – 11.3 MILES

Go here for an animated view of the course <http://www.vineyardtriathlon.com/course/details>

The half course will travel in a counter clockwise direction.

The run course will travel in a clockwise direction.

The bike course is open to vehicle traffic. It is your responsibility to ride with caution AT ALL TIMES. Some of the roads have a small shoulder area. Please cycle to the very right of the road.

RUN

HALF – 13 MILES -The half run course is the same clockwise course as the sprint bike course.

SPRINT – 3.1 MILES - This will be an out and back run using the bike path on Seaview Avenue/Beach Road.



RACE DAY PARKING

FREE race day parking will be available for all athletes, friends, and family at the race venue in Waban Park. The park is located off of Seaview Avenue in Oak Bluffs. The address is 29 Tuckernuck Avenue.

WATER STATIONS

HALF BIKE COURSE – there is one water/aid station at mile 25. Water and a sports drink will be available.

HALF RUN COURSE – there are five (5) planned water stations along the course at approximately 2.5 miles apart. Water and sports drink will be available. ****NEW**** we will supply athletes with a “special needs bag” option at packet pick up. This is a white plastic bag that we will transport the bag to the second aid station on the run course. Athletes may use this bag for additional nourishment needs.

SPRINT RUN COURSE – there will be one water station at mile 1 & mile 3. Water will be available.

FINAL IMPORTANT REMINDERS

Vineyard Traffic – the bike and run courses are open to traffic. It is your responsibility to ride with caution AT ALL TIMES. Some of the roads have a small shoulder area. Please cycle to the very right of the road. While the race organizers will do their best to alert the general public that a race is in process, not every one will get the message!

Wetsuits are RECOMMENDED but not mandatory.

Travel on Steamship Authority – if you are coming over by boat, PLEASE give yourself plenty of time to get to the boat, get parked and to get loaded. You should make reservations in advance through the www.steamshipauthority.com website.

Bring your ID – Remember to bring your ID to packet pick up. No ID = no race packet.

Remember to **bring sunscreen, cash** or a **checkbook**.

ATHLETES - If you need to contact the Race Staff for any critical questions please call or text 617-515-5929.



A Message from the Head Referee to all |Age-Group Competitors

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- **Ride on the right side of your lane.**
- **Keep three bike lengths between yourself and the cyclist in front of you.**
- **Pass on the left of the cyclist in front, never on the right.**
- **Complete your pass within 15 seconds.**
- **If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- **Position– riding on the left side of the lane without passing.**
- **Blocking – left side riding and impeding the forward progress of another competitor**
- **Illegal Pass – passing on the right.**
- **Overtaken - failing to drop back three bike lengths before re-passing**
- **Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.**

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers during the bicycle and run stages. Don't leave your trash on the course. Don't carry or use any portable audio devices.