



July 2010

Dear 2010 Racer,

On behalf of our entire race coordination team, we welcome you to the 2nd annual Marlborough Triathlon!! We are excited to have you and we are truly gratified by the huge turnout in our second year. Our goal is to bring a premiere multi-sport race to Metro West Boston on an annual basis.

We continue to work hard on our final preparations to ensure a safe and fun race for everyone. Enclosed in this pre-race package you will find important information about registration, parking, and other race logistics. Please print this and take a moment to review.

Finally, please encourage your family and friends to come watch the race. This is a very spectator friendly course with the opportunity to see you in action many times during the race. You will have the opportunity to see the inspirational Team Hoyt in action (www.teamhoyt.com) along with a few other surprises.

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

We look forward to seeing you on August 1st!

Many thanks,

Olympian Jarrod Shoemaker
Elite Coach Tim Crowley
Race Director Bill Burnett
Co-Founders
Marlborough Triathlon
www.marlboroughtri.com



PACKET PICK UP

Packet Pick Up

Saturday, July 31st 12:00 pm – 4:00 pm or on Sunday, August 1st 6:45 am – 8:30 am at the Marlborough High School (access through 390 Stevens Street, Marlborough, MA – the High School main entrance). All pre-registered entrants are expected to pick up their 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).

During packet pick up, you will be issued a unique wrist band which will be affixed and **MUST** to be worn through the end of the race.

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. IDs will be checked and medical waiver forms will be issued for each team member. We will not release your race packet if you are missing a team member during packet pick up. Sorry, no exceptions.

Race Numbers

You will receive two race numbers and a timing chip in your race packet.

- Run Bib Number – must be displayed during the Run Leg on the front of your body (not your back). Fasten your Run Number using a race belt or using safety pins.
- Bike Frame Number – must be attached so the number is visible from both sides of your bike
- The Timing Chip – must be worn on one of your ankles during the entire event.

Race Contact

If you need to contact the Race Director for any critical questions – please call Bill Burnett at 617-515-5929 or email at bill@streamlinevents.com



RACE WEEKEND TIMELINE

Saturday, July 31st

- 12:00 pm – 4:00 pm Packet pickup – Marlborough High School (main entrance)

Sunday, August 1st

- 6:30 am Parking lots (see parking section) open
- 6:45 am Packet pickup opens. Body marking opens.
- 8:20 am Registration closes
- 8:45 am Mandatory pre-race meeting & National Anthem - Boat Launch near Transition Area #1
- 8:55 am Final call for 1st wave. All athletes need to be out of the water & transition areas.
- 9:00 am Race starts. Wave format below (actual times subject to change)

Time	Wave	
9:00 AM	1	Pro/Elite & Elite Junior Team
9:05 AM	2	Men (ages 39 & Under)
9:10 AM	3	Men (ages 40 & Over)
9:15 AM	4	Women (ages 39 & Under), All Relays
9:18 AM	5	Women (ages 40 & Over)
9:21 AM	6	Beginner Women
9:24 AM	7	Beginner Men

- 11:20 am Post-race Ceremony
 - Featuring:
 - Top 3 male and female elite finishers
 - Live interviews with elite winners
 - Top 3 male and female winners in each age group
 - Winners need to present to receive their medal we will not mail medals to the winners
 - JetBlue “fastest transition” award winners



COURSE DESCRIPTION

The Course

Designed by Jarrod Shoemaker and Tim Crowley, the course will offer an exciting feel of an international competition with many good looks for athletes to see their competition. Spectators will have plenty of areas to cheer on their family and friends as the course is set up as a loop course with two transition areas.

The Swim (1/3 mile)

The 150-year old Fort Meadows Reservoir (it's really a lake) is located on the central border of Marlborough and Hudson will offer an ideal swim venue. Racers will swim 1/3 miles in water 8-16 feet deep. The water temperature will average in the mid to high 70s. Wetsuits are not required. The T1 (swim to bike) transition area is located on the Causeway. Swimmers will find their bike and exit the transition area heading north on Causeway Street.

The Bike (15 miles) – THREE LOOPS

The clockwise 5 mile bike loop course is comprised of a combination of flat and rolling roads with a gradual climb toward the end of the loop. Racers will complete the loop three times.

When leaving the transition area, racers will ride north over the Fort Meadows Causeway towards Hudson. At approximately the second mile, racers will make a sharp turn onto Causeway Street. The course then follows Causeway Street for 1 mile then makes a right on Hosmer and then right again onto Stevens Street. Racers will be directed through a sectioned off corridor through the High School grounds and back onto the loop course to complete three full loops.

Please note that 90% of the course is not closed to traffic. Athletes must stay to the far right at all times, unless passing another cyclist. Drafting is not permitted and will be enforced. Pass only on the left; do not pass any cyclist on their right.

The T2 (bike to run) transition area is located on the High School grounds. Racers will leave their bikes at an assigned area and head out on the run course.

The Run (3.2 Miles) – TWO LOOPS

This is an exciting two loop run course! Spectators will be able to see cheer on their racers two times during this final leg. At T2, racers will leave T2 on the High School grounds at head to Stevens Street. The course follows Stevens to Union Street. Racers will make a right into the Middle School entrance and follow it to Route 85 and then head back into the High School grounds. Each loop is 1.65 miles in length making the final leg a 3.3 mile run in total.



PARKING LOGISTICS

IMPORTANT! There are two parking lots for athletes and spectators. This will be strictly enforced by the race coordinators and the Marlborough Police. Cars will be towed that are parked in designated No Parking sections.

The options:

Main Parking Lot #1 – Marlborough High School. Entrance 390 Stevens Street, Marlborough, MA – the High School main entrance.

Overflow Parking Lot #2 – Navin Ice Rink (451 Bolton Street, Marlborough). This is an overflow only lot only located 1000 yards from both transition areas.



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 (iPods, etc).

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.