

Autumn Lake Athletes,

Thank you for being a part of the 3<sup>rd</sup> Annual Williamstown Badgers Autumn Lake Tri/Du/Aquabike! We are very excited to provide you with a unique, fun, and safe race experience. We will hold the event rain or shine. This guide contains the information you will need to have a successful race. Please read it in its entirety. If you still have questions, you can contact us at [BadgersTri@gmail.com](mailto:BadgersTri@gmail.com). See you on race day!!

### **Schedule of Events:**

Saturday, August 3, 2019, 4pm – 7pm

- Packet Pick-Up at Race Site (Autumn Lake Winery, 870 W. Malaga Road, Williamstown)
- On-Site Registration (if available)

Sunday, August 4, 2019 (Race Day)

- 5:30am – Parking Opens
- 5:45am – Transition Opens
- 5:45am – 7:00am – Check-in, Packet Pick-Up, Race Day Registration (if available)
- 7:00am – 7:40am – Warm-up Swim Available (we highly encourage all triathlon and aquabike athletes to take advantage of the warm-up swim to get used to the water and loosen up your muscles)
- 7:30am – Transition Closes
- 7:45am – Pre-Race Meeting
- 7:55am – National Anthem
- 8:00am – Race Starts
- 10:15am – Charity Presentation
- 10:30am – Awards
- Wine Tasting following awards (\$6 per person for wine tasting if you did not purchase a wine tasting ticket during the registration process)

For GPS directions, use the address **870 W. Malaga Road Williamstown, NJ.**

**Parking:** On race morning, you will not enter at the Autumn Lake Winery sign. The parking entrance will be marked with Triathlon Parking signs and volunteers will be waving you in. If the winery is on your

right, the race day parking will be just past the main entrance. If coming from Route 322, you will see the parking area before you get to the main entrance. We highly encourage carpooling with fellow athletes and/or family member and friends. If the grounds are wet from rain we may adjust the entrance to parking. Follow the directions of the volunteers. Malaga Road in the vicinity of the winery will be closed starting at 7:45am so please let family and friends know to arrive prior to this time.

**Packet Pick-up:** We encourage you to take advantage of packet pick-up on Saturday, 4pm – 7pm. It will be one less thing for you to deal with and will help things flow on race morning. You will also have an opportunity to see the race venue. At packet pick-up you will receive your race packet, swag bag, and race t-shirt. Your race packet will include race bib, bike number, swim cap, and wristband. If you registered after July 10<sup>th</sup>, we will do our best to provide you a race t-shirt, but we cannot guarantee we will have shirts for everyone that signed up after this deadline. There will be no size exchanges allowed.

**Timing Chips:** All athletes will pick up their timing chip on race morning (even if you pick up your packet on Saturday). We will have a timing chip station set up. Please bring your race bib with your race number to the timing chip station. You must wear your timing chip and strap on your ankle for the entire race. After the race we will have volunteers removing timing chips from athletes to return to our timer, but ultimately it is your responsibility to ensure the timing chip is returned. There is a \$50 lost chip fee for timing chips not returned.

This is a USAT sanctioned event so all USAT rules must be followed. When picking up your packet, **ALL ATHLETES MUST SHOW A VALID PHOTO ID.** Only you can pick up your packet. You cannot pick up a packet for another athlete. For relay teams, **all team members must be present at the same time** to pick up the packet.

All athletes must have either a current USAT annual membership or a one-day USAT license. If you have an annual membership, it must be current and **YOU MUST SHOW PROOF OF YOUR USAT MEMBERSHIP.** Proof could be your actual USAT membership card or key card, a digital display of your membership card on a smart phone, or a print out of your card from the USAT website.

Please review the common rule violations on the USAT website (<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>). Headphones are not allowed to be worn during any part of the race.

**Transition:** Only athletes will be allowed into transition, NO EXCEPTIONS. **Prior to entering transition,** you must have your race number from your packet on your bike, your wristband on identifying you as an athlete, and your body marking complete. Volunteers will mark your race number on each arm and your race age on your calf. Bikes must have end plugs installed...no exceptions. For triathlon and aquabike athletes there will be open racking of your bikes so you can choose where you want to rack. We will have racks reserved and marked for relay teams and duathletes. We expect to have 6-7 bikes per rack. Bikes must be racked by the seat, not by the handle bars. Bikes should alternate the direction they face on the rack. Athletes will set up their transition area on the down tire side of the bike rack. When

transition closes, all athletes must exit transition. Relay team members will be allowed back into transition once the swim starts. More on relay teams later. Our bike partner, Pro Pedals, will be on site race morning to help you with minor bike issues that may arise.

**Swim:** The swim is a 0.4 mile single loop. You will enter the water in a rolling (time trial) start. Athletes will line themselves up where they feel comfortable. Faster swimmers should plan to be at or near the front of the line, moderately paced swimmers in the middle, and first timers can line up toward the end of the line. Your time will start when you cross the timing mat just prior to entering the water. We will start two athletes approximately every 3-5 seconds until all swimmers are in the water. You are required to wear the swim cap provided to you in your race packet.

This is an open water lake swim in about 10-15 feet of water. If you have not practiced swimming in open water or don't think you can swim this distance, we encourage you to contact us and inquire about changing your entry to the duathlon. We want you to have an enjoyable experience without putting yourself or other swimmers at risk. There will be lifeguards in kayaks along the course. You are allowed to hold onto a lifeguard kayak to compose yourself or catch your breath. You are not allowed to propel yourself forward or be propelled by the kayak.

Our lake has a drop off about 6-8 feet from shore. You will cross a timing mat and be guided into the water. You may go into the water arms first and start swimming, but we ask that you **do not** dive into the water. You will swim clockwise around the course. Turns are marked with large orange turn buoys with smaller yellow buoys along straight sections to guide you. You will keep all buoys on your right. See the course map below. At the end of the swim you should continue swimming until you are almost at the shore and you see the bottom. We will have volunteers helping you out of the water.

We will be following USAT rules for wetsuits based on water temperature. Water temps of 78 degrees or less is wetsuit legal; temps between 78 and 84 degrees is not wetsuit legal, but you may wear a wetsuit and if you do you will not be eligible for awards; and temps 84 degrees or higher wetsuits are not allowed. We will take the water temperature the morning of the race and it will be announced. We expect the temperature to be in 80s.

**Transition to Bike Mount:** After the swim (or the first run of the duathlon), you will run with your bike out of transition and out past the winery buildings to the road. This distance is approximately 700 feet (225 yards) and is on a dirt/gravel road. This entire area will be covered by artificial turf. You **CANNOT** ride your bike in this area. You will mount your bike on the road at the mount line where police will be stopping traffic and volunteers will be telling you to mount your bike. You must have your helmet on AND the strap buckled when you leave transition, and it must stay that way until you are back in transition. When you finish the bike course, you will dismount on the road and run your bike back into transition.

**Bike Course:** The bike course is an out-and-back route with one turn. The course will be marked with arrows on the road and sign arrows on the side of the road. The road in the mount/dismount area will be closed to traffic, but the remainder of the bike course will be on roads that are open to traffic. We will have police at major intersections and at the turn around to stop traffic. We will have fire/rescue workers and volunteers at smaller intersections. We will do everything we can to make the course safe for you, but ultimately your safety is your responsibility. Obey the directions of the police and volunteers and always be cautious of cars and other athletes. Drafting is not allowed. You must pass other athletes only on the left. Pro Pedals and/or volunteers will be monitoring the bike course to make sure all athletes get safely back to the winery property.

**Run Course:** The run course will take you through the winery property, around the two lakes, and through the vineyard. Please do not touch or disturb the vines or the grapes. You must have your race number on the front of you, either pinned to your shirt or attached to a race belt, on the run. You can have it on you during the bike, but it is only required for the run. The course will be marked with flag tape, arrow signs and painted arrows on the ground. There will be two water stations on the run course and you will pass each station twice during the run. When you finish the race, we will have volunteers awarding you a finisher medal and removing your timing chip and strap. If you are unable to finish the race, please be sure to let a member of the race crew know and return the timing chip and strap to the volunteers at the finish line.

We will be providing refreshments and water for all athletes following completion of the race.

**Duathlon:** Duathletes will start their first run at the Autumn Lake Winery sign and will run the second half of the regular run course. Just before the finish line there will be a sign and a volunteer directing duathletes to turn right (do not cross the finish line during your first run). You will follow a path to the entrance of transition.

**Aquabike:** Aquabike athletes, you will complete the swim and bike the same as those doing the triathlon, but following your bike ride you will dismount your bike and run the bike across the timing mat located just off the road. At this point your race will be complete. A volunteer will award you your finisher medal at the bike dismount area or you could pick up a medal at the finish line. Please be sure to bring your timing chip and strap to the finish line and give them to the volunteers.

**Relay Teams:** When transition closes prior the start of the race, all athletes, including relay team members, must exit transition. Relay team members will be allowed back into transition once the race

begins. The relay team member doing the bike will wait in transition by their bike until the swimmer is finished. The swimmer will enter transition and run to the biker where they will exchange the timing chip and strap from the swimmer's ankle to the biker's ankle. The biker will then exit transition and ride the bike course. When the biker returns they will meet the runner at the rack where they originally set up the bike. They will transfer the timing chip and strap from the biker to the runner. The runner will then exit transition and complete the run course. The swimmer and biker are welcome to wait at the beginning of the finish chute for their runner and cross the finish line as a team. All relay team members will receive a finisher medal.

**Emergencies/Injuries:** In the event of an emergency or injury, Monroe Township Ambulance will be on site at the winery property and Franklin Township Ambulance will be standing by to provide assistance if needed on the bike course.

**Results and Awards:** Race results and times will be available on site near the finish line. Awards will be given for the following categories:

- Top 3 male and female overall individual triathlon winners
- Top 3 male and female overall duathlon winners
- Top overall male, female, and coed triathlon relay winners
- Top 3 male and female overall aquabike winners
- Top 3 Clydesdale and Athena triathlon overall winners
- Top 3 male and female triathlon winners in 5 year age groups

**Charity Partner:** We are thrilled to have Operation Safe Haven as our charity partner for the 2019 Williamstown Badgers Autumn Lake Triathlon. Operation Safe Haven is a tiny house community for veterans located in Franklinville, New Jersey. We will be presenting Honor Flight NJ with a donation just prior to the award ceremony. The donation will represent a portion of the profit from the race along with the donations that you, the athletes, made during the registration process. Thank you so much for your donations! You can learn more about Operation Safe Haven at <https://opsafehaven.com/>

**Volunteers:** A race like this does not happen without volunteers. These are people that get up early in the morning to be there and make sure you have an enjoyable and safe race. Please be sure to thank the volunteers, police officers, and fire/rescue personnel as you pass them throughout the day. They are out there for you and they are the reason we are able to have a race.

**Sponsors:** We want to thank our amazing sponsors who showed faith in us and this race. Please patronize their businesses and tell them you saw their information at the Williamstown Badgers Autumn Lake Triathlon. You will see their information on signs around the race site and several of the business owners and employees will be racing alongside you. They helped make this event possible...THANK YOU!

- EVENT SPONSOR
  - MG Valuation (<http://www.mgvaluation.com/>)
- GOLD SPONSORS
  - Reconstructive Orthopedics (<https://www.reconstructiveortho.com/>)
  - Fulton Bank of New Jersey (<https://www.fultonbanknj.com/>)
  - Geets Diner and Lounge (<https://www.geetsdinernj.com/>)
  - Bruce "JR" Weed, Realtor (<https://www.jrweed.com/>)
  - Inspira Urgent Care (<http://www.inspiraurgentcare.org/>)
- SILVER SPONSORS
  - Railworks Corporation (<https://www.railworks.com/>)
  - NovaCare Rehabilitation (<https://www.novacare.com/>)
  - Mike's Golf Carts (<http://www.customgolfcartsnj.com/>)
  - Young Nursing Services (<http://www.youngnursingservices.com/>)
- BRONZE SPONSORS
  - Trimble & Armano (<https://www.trimbleandarmano.com/>)
  - Hugh's Clock Shop (<http://hughsclocks.com/>)
  - Lorrie Beck Coaching (<http://www.lorriebeckcoaching.com/>)

**Wine Tasting:** Following the awards ceremony the great folks at Autumn Lake Winery will be offering wine tasting for athletes, family, and friends. If you purchased wine tasting tickets when you registered for the race you will receive your tickets at packet pick-up. Wine tasting tickets can be used on race day or you can come back another day. Wine tasting tickets expire on 12/31/2019. If you did not purchase wine tasting tickets during registration you can still sample the great wines. Wine tasting is \$6 per person. You must be 21 or older to participate in the wine tasting. Autumn Lake Winery will have extra staff and volunteers available and ready to help you with tasting and bottle sales. Geets Diner and Lounge will be providing food pairings to go along with the wine tasting. You are welcome to purchase bottles of Autumn Lake wine and enjoy them on site at the winery or take them home with you to enjoy later...or both!

**Course Maps:**

**Swim Course:**



**Duathlon Run 1 Course:**

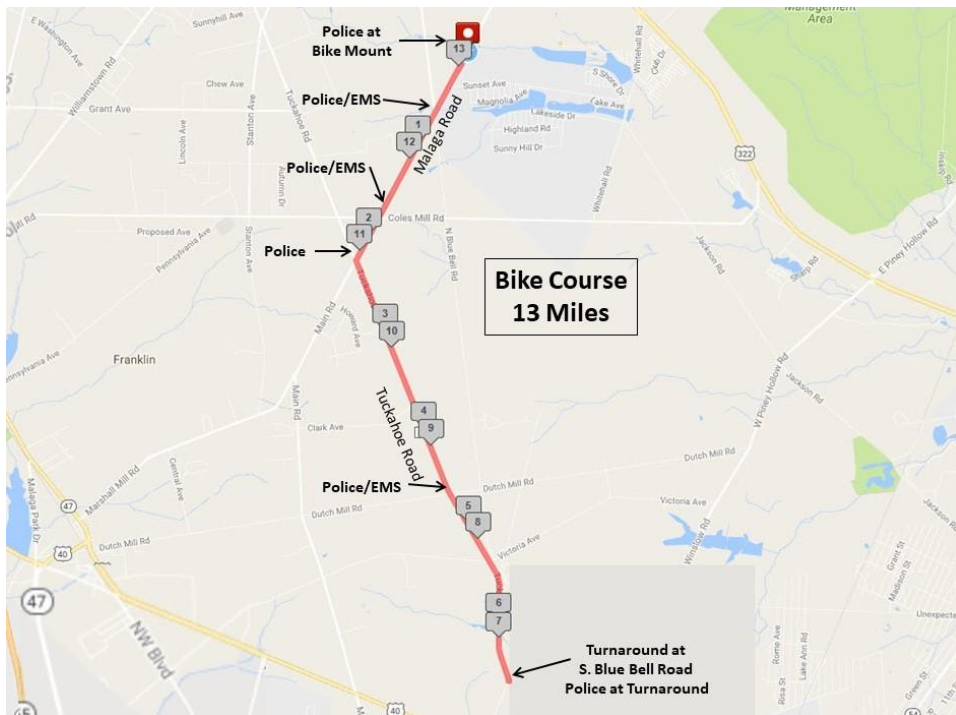




### Transition to Bike Mount:

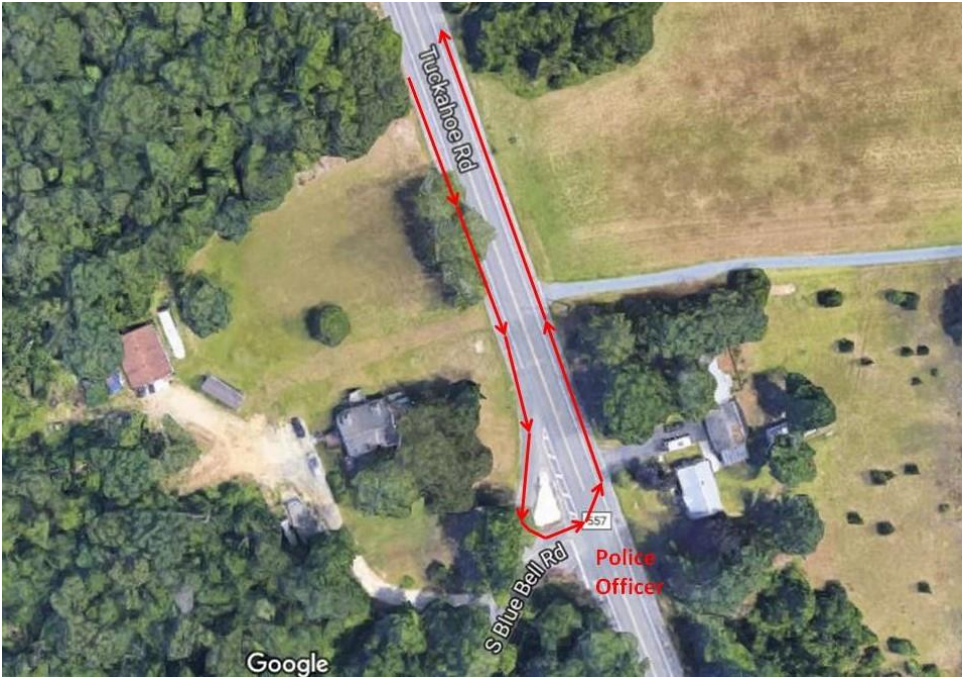


### Bike Course:





**Bike Turn Around:**



**5K Run Course:**



TRAIN HARD

RACE STRONG

HAVE FUN

See you on Sunday, August 4, 2019!

Your Race Crew