

# WELCOME RACERS!



**ALL Racers (Individuals and Teams... yes, even kayakers) need to pick-up their Timing Chip on Sunday, July 30th prior to the race.**

**Check-in/Body Marking area located at Colchester High School, 131 Laker Lane, Colchester, VT 05446 between 6:30 - 7:45 a.m.**

**Results can be found at:**

[www.tinyurl.com/netiming](http://www.tinyurl.com/netiming)

Kiosks will be set up at the finish line where racers can search their bib number and print their times once they complete the race.

## RACE START TIMES

- 8:30 a.m.** All Kayakers (Team and Individuals)  
Individual Male Swimmers
- 8:33 a.m.** Individual Female Swimmers
- 8:36 a.m.** All Team Swimmers (Male and Female)

## RACE TIME LIMIT

The course closes promptly at **11:00AM**. Runners not yet across the finish line will be picked up in a sag vehicle and returned to the finish line, and will not be allowed to finish the race on their own. Colchester Triathlon Race Officials and Colchester Police reserve the right to remove any participant from the race, at any time, that may pose a risk to themselves, other participants, volunteers and/or the general public.

## AWARDS

The top 3 finishers in each category (individuals & teams) will be presented their very own Colchester Triathlon Special Edition 16 oz. pint glass! Awards will be presented at the pavilion, near the finish line, following the race – please join us!

# Chip Information

## **All racers will need to pick up their timing chip race morning.**

Timing Chip pick up on Sunday, July 30th from 6:30 - 7:45 a.m. at Colchester High School, 131 Laker Lane, Colchester, VT 05446.

The event will utilize the ChronoTrack Chip Timing System (CT) at each transition area and the Finish Line. No other timing chips may be worn. The ChronoTrack Chip will give you an official time for the event and transition times, providing the athlete wears his/her chip correctly. You and your chip must pass over the mats at each transition area in order to receive a time. Make sure you cross the finish line/timing points only once. Crossing more than once may effect the accuracy of your final time.

Wrap the ankle bracelet around your **LEFT ANKLE** before the start of the race. Continue to wear it until you reach the collection point after crossing the Finish Line.

Chips are non-transferable. Be careful not to switch with friends, family, etc.

If you are part of a relay team, the chip is being used as your baton, make sure you have crossed, and moved away from the appropriate timing point before handing the ankle bracelet (chip) off.

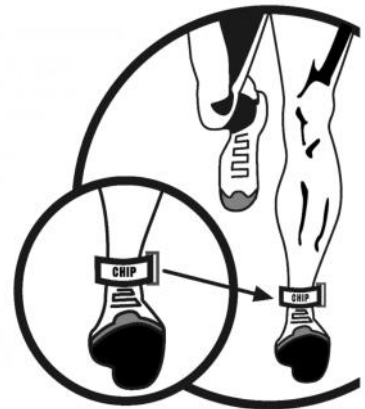
Make sure you have your chip every time you leave the transition. Don't leave your chip in your wetsuit or with a teammate!

There will be a chip collection point after you cross the Finish Line.

***Racers will need to remove their own timing chips.***

**\$25 FEE FOR LOST CHIP. DO NOT LOSE YOUR CHIP!!**

*Participants consent to Internet posting of the entry list as well as race results. While the race director plans to use the CT, timing will be performed manually with the use of traditional scoring methods if the CTCTS is unavailable on race day.*



# 33rd ANNUAL COLCHESTER TRIATHLON



|                             |   |                       |  |
|-----------------------------|---|-----------------------|--|
| <b>Race Directors</b>       | Colchester Parks & Recreation & Dick Pecor  | <b>Registration</b>   | Nancy Pecor<br>Joanie Mallory                |
| <b>Race Organizers</b>      | Colchester Parks & Recreation   | <b>Chief of Swim</b>  | Jenn Turmel                                  |
| <b>Timing &amp; Results</b> | New England Timing, LLC & Anita Dayvie  | <b>Chief of Boat</b>  | Ray Clavelle                                 |
| <b>Chief of Volunteers</b>  | Colchester Parks & Recreation   | <b>Chief of Bike</b>  | Rik Dayvie                                   |
| <b>Master MC</b>            | Leigh Mallory & Isaac Spivey  | <b>Chief of Run</b>   | Zaf Bludevich<br>Jacki Murphy                |
| <b>Water Safety</b>         | Colchester Police Marine Unit, Colchester<br>Technical Rescue & Malletts Bay Fire | <b>Refreshments</b>   | Kathy Baumann<br>Judy Robinson               |
| <b>Traffic Control</b>      | Colchester Police Department  | <b>Water Stations</b> | VT Children's Hospital<br>Team Never Give Up |
| <b>Medical</b>              | Colchester Rescue   |                       |  |

## 2017 TRIATHLON SPONSORS



## SPECIAL THANKS TO

|                                    |                             |                            |
|------------------------------------|-----------------------------|----------------------------|
| All the Volunteers                 | Colchester Rescue           | Hampton Inn                |
| Bagel Market                       | Colchester School District  | Malletts Bay Bicycle & Ski |
| Coca-Cola Bottling of NNE          | Colchester Technical Rescue | Mazza's General Store      |
| Colchester Police & Marine Unit    | F R Lafayette               | New England Timing         |
| Colchester Public Works Department | Germain and Reith Families  | Raub Family                |
| Vermont Sport Images               | VT Children's Hospital      |                            |

# COLCHESTER TRIATHLON

## SWIM RULES

1. Once swimmers arrive on the beach they will not be allowed to leave the area. Bayside Beach, 2 West Lakeshore Drive is where your swim will begin and end.
2. Self seeding at start. PLEASE, stronger swimmers in front.
3. All swimmers must have their race number written on their arms and legs. Body Marking will be at Colchester High School on Sunday, July 30 between 6:30 - 7:45 a.m.
4. Swim will start in waist deep water inside the swim buoyed area.
5. Wet Suits are allowed.
6. Swimmers should always keep the red/orange buoys to the right at all times. Failure to do so will result in disqualification.
7. Assistance will be available if needed. Raise your arm if you are in trouble. **SEPARATE YOURSELF FROM THE PACK.**
8. Any swimmer removed from the water by Rescue, Lifeguards, or Police will not be allowed to continue the swim. In the event a swimmer is pulled from the water and is deemed a "health and safety" risk, they will not be allowed to continue/finish the race.
9. All swimmers should exit the water, run up the driveway and enter the bike corral (T1) to get their bike or tag their teammate.
10. No assigned places in the Swim to Bike Transition (T1). First come, First serve.
11. All TEAMS: your timing chip is being used as your baton. You'll need to pass your timing band off to your team biker to "tag" them for the relay. There is a designated TEAM CORRAL within the T1 Transition area (see page 9).
12. **The Triathlon Committee reserves the right to remove any participant from the race that may pose a risk to themselves, other participants and/or volunteers.**

**SWIM COURSE: 500 METERS**



# COLCHESTER TRIATHLON

## KAYAK RULES

\* Kayaks can be dropped off at Lower Bayside (above the beach) between 6:30 - 8:00 a.m. This is only a drop off zone, please do not park your vehicle there as space is limited. Kayakers, it is best to drop your boat off, park your vehicle, then haul your boat down to the water. Race Volunteers will be present to guide you.

1. All Kayakers must have their race number written on their arms and legs.
2. Coast Guard approved Personal Flotation Devices are required to be worn by all boaters. You will be disqualified if you remove your PFD anytime while you're on the water.
3. Self seeding at start. Seed yourself according to perceived ability.
4. Kayakers will begin in their boats, in the water, behind the start line marked by buoys.
5. Kayakers will need to paddle out to the designated large inflatable orange buoy (North-East direction) and return to Bayside Beach. Kayakers will go in a clockwise direction around the buoy and return back to Bayside Beach.
6. Assistance will be available if needed. Raise your paddle if you are in trouble. **SEPARATE YOURSELF FROM THE PACK.**
7. Kayakers need to exit the water, run up the driveway to the bike corral (T1) to get their bike or tag their teammate. Kayaks will be kept on the beach and monitored by Race Volunteers.
8. All TEAMS: your timing chip is being used as your baton. You'll need to pass your timing band off to your team biker to "tag" them for the relay. There is a designated TEAM CORRAL within the T1 Transition area (see page 9).
9. There are not assigned places in the bike transition area (T1) or team coral. First come, First serve.
10. The Triathlon Committee reserves the right to remove any participant from the race that may pose a risk to themselves, other participants and/or volunteers.

**KAYAK COURSE: 1.5 MILE**



# COLCHESTER TRIATHLON

## BIKE RULES

**ALL BIKERS ARE RESPONSIBLE FOR THEIR OWN SAFETY WHEN CROSSING INTERSECTIONS. INTERSECTIONS WILL BE PATROLLED BY POLICE OFFICERS, BUT BIKERS ARE STILL RESPONSIBLE FOR THEIR OWN SAFETY AND OBEYING THE LAWS OF THE ROAD**

1. Certified, hard-shell, protective helmets **MUST BE WORN THROUGHOUT THE ENTIRE BIKE ROUTE**. You will be disqualified if you leave the transition zone (T1) without a securely fastened helmet on.
2. **NUMBERS:** Biker's bib number must be displayed on the front of the shirt so it can be seen by Race Officials. **Also**, Bikers must attach bike number to the **top tube** of your bike. No one will be allowed in the corral without this number attached.
3. Self seeding in swim/boat to bike transition zone (T1 at Bayside Park)
4. Team bikers move from the waiting area to the chip exchange zone when your number is called. Know your team number and have an idea of your swimmers time. Once the timing chip is exchanged, you will then run to your bike, which will be with all other team bikes in the corral.
5. Cyclists must be off their bikes in the Transition Zone, including the tree grove. Walk and/or run your bikes up to the **MOUNT ZONE** near the gate exiting T1 onto East Lakeshore Drive. Please be aware of other racers around you.
6. **NO DRAFTING IS ALLOWED.** If your number is turned in twice for drafting, you will be disqualified.
7. Bikers be aware, a funnel bringing bikers off Blakely Road into Malletts Bay School – T2 Zone will be set up. Bikers **MUST** slow their speeds when entering the funnel and be prepared for single lane bike traffic. No passing will be allowed within this funnel.
8. When entering the bike - run transition zone (T2), cyclists **MUST** make a full stop **BEFORE** crossing the dismount area (marked by painted area and cones on the grass). From this point, team bikers must run with their bike to the tag zone and tag their team runner. Individuals will **DISMOUNT** from their bike, enter the corral and place it in their selected location. Failure to dismount **BEFORE** the dismount area will result in disqualification. See page 10.
9. There will be volunteers watching the bikes until 11:30 a.m. You must show your **BIB NUMBER** to our volunteers when picking up your bike. No exceptions so please bring your bib number.
10. **The Triathlon Committee reserves the right to remove any participant from the race that may pose a risk to themselves, other participants and/or volunteers.**



**BIKE COURSE:  
12 MILES**

# COLCHESTER TRIATHLON

## RUN RULES


1. Bike to Run Transition Zone (T2) is Different from the Swim/Kayak to Bike Transition Zone (T1). Bike to Run Transition Zone is at *Colchester Middle School, 425 Blakely Road* (where your running gear should be).
2. Teams > Your timing chip is being used as your baton—pass off to your team runner within the designated Team Corral.
3. Teams > After receiving your timing chip from your team biker and being tagged, team runners will proceed down the designated chute and continue the run. You should have an idea of your biker's time and be in the EXCHANGE ZONE ready.
4. Two Water Stations > Fox Run (mile 0.8) & South Bay Circle (mile 1.9)
5. Runners should stay on the LEFT SIDE of the road (running against traffic) following signs and markers throughout the course.
6. **RUNNER'S BIB NUMBER MUST BE DISPLAYED ON THE FRONT OF THE SHIRT OR ON THE FRONT OF THE SHORTS SO IT CAN BE SEEN BY RACE OFFICIALS.**
7. Finish at Bayside Park. Runners need to cross finish line and proceed through chute. Once in the chute please remove your timing chip and place into the bucket at the finish.
8. **The Triathlon Committee reserves the right to remove any participant from the race that may pose a risk to themselves, other participants and volunteers.**


**RUN COURSE: 3 MILES**

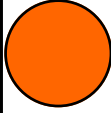



# COLCHESTER TRIATHLON 500 METER SWIM COURSE

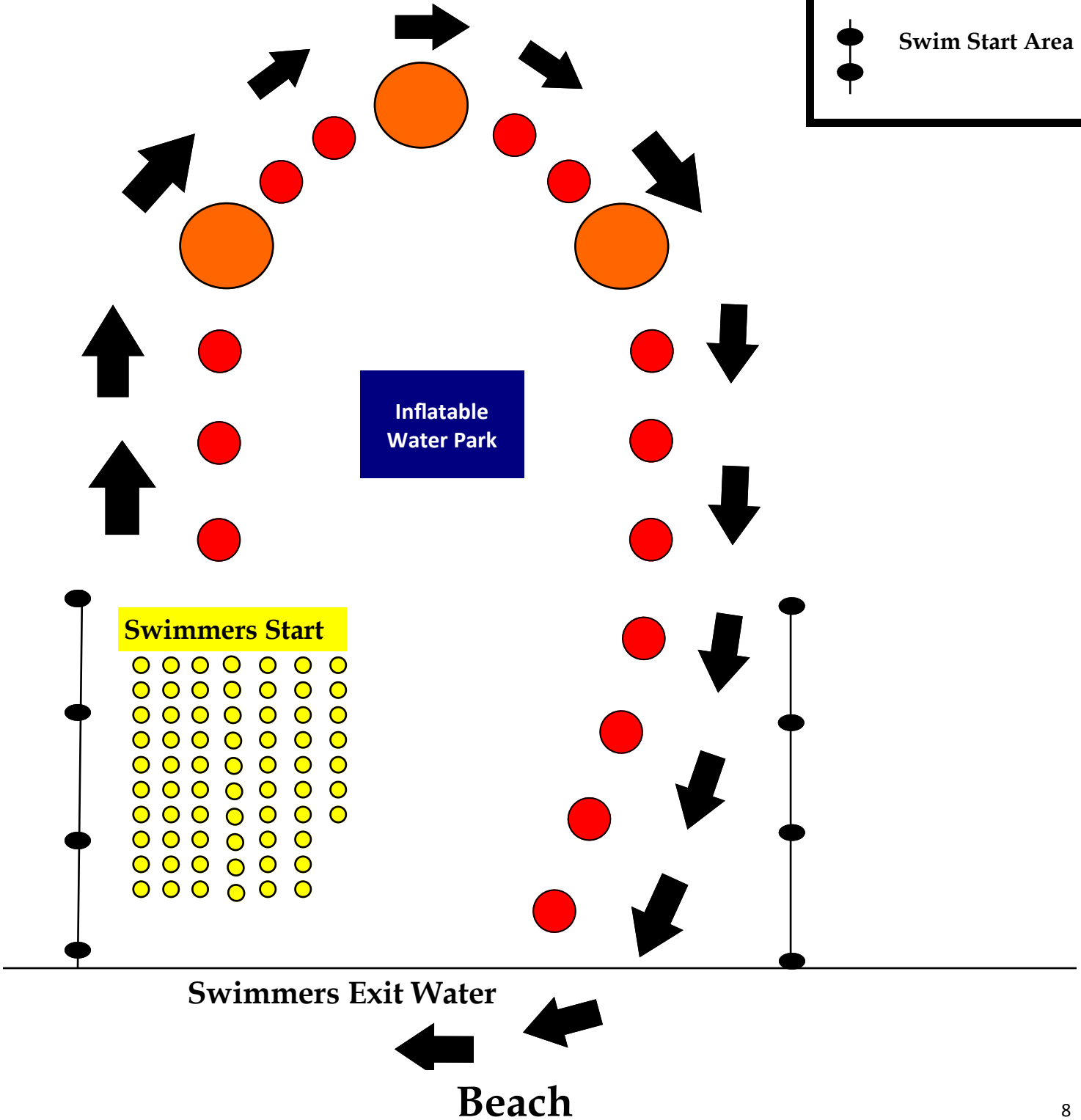
Malletts Bay  
Lake Champlain

 Direction of Swim

 Red Buoys  
Keep buoys to your right at all times

 Inflatable Buoy

 Swim Start Area

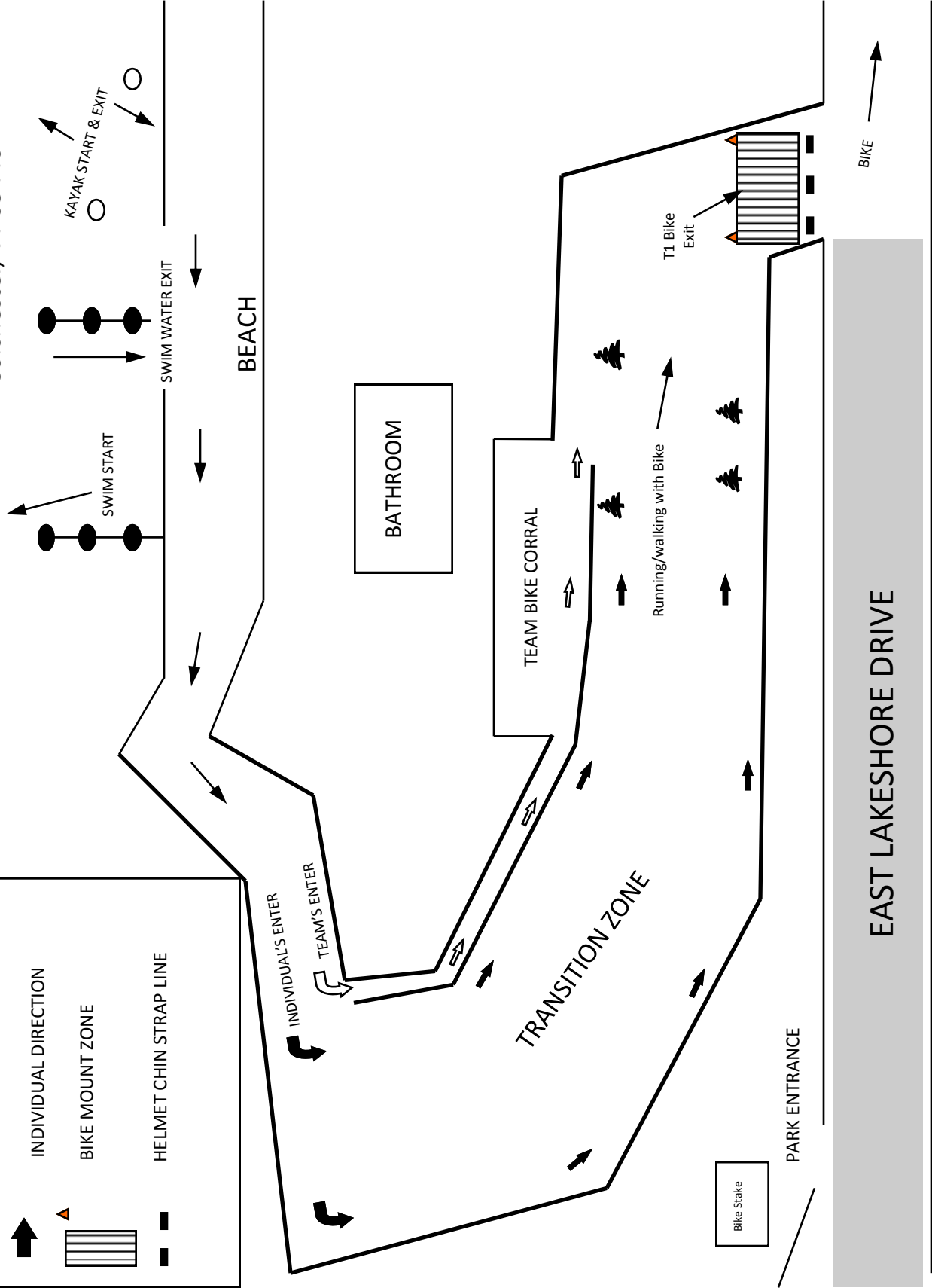
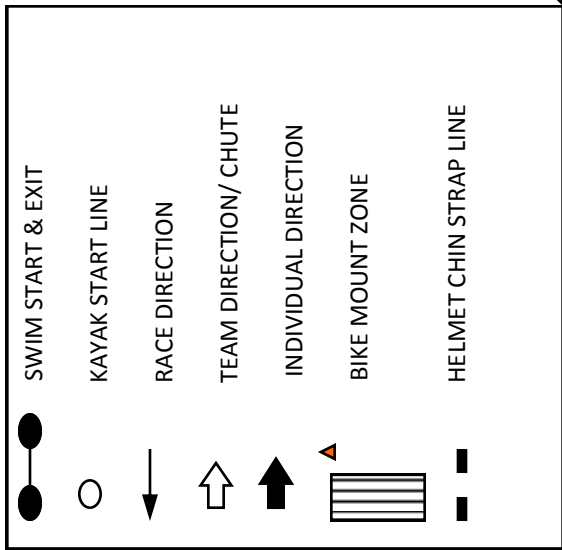




# COLCHESTER TRIATHLON

## WATER to BIKE TRANSITION ZONE (T1)

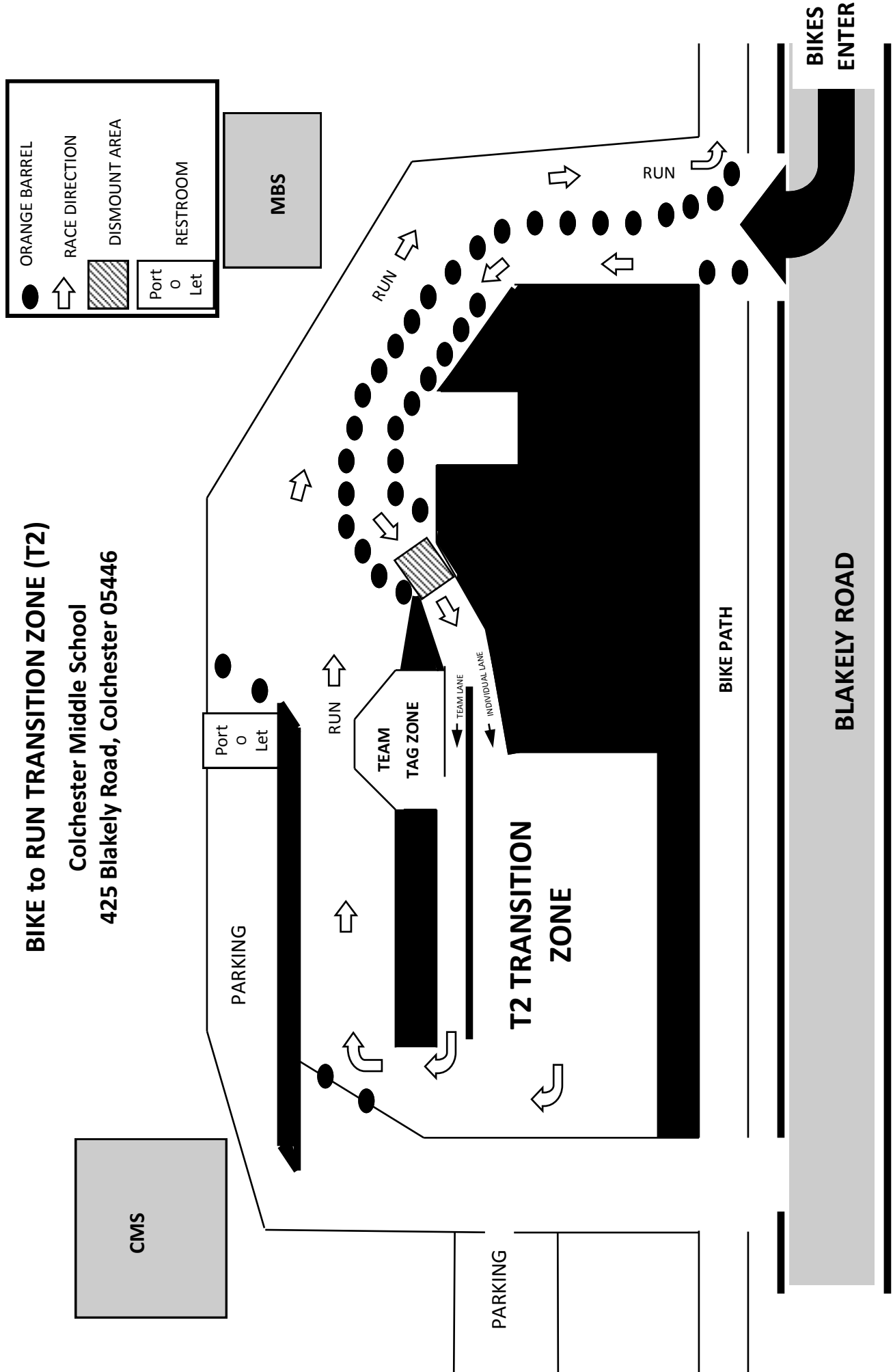
Bayside Park, 2 West Lakeshore Drive  
Colchester, VT 05446



# COLCHESTER TRIATHLON

## BIKE to RUN TRANSITION ZONE (T2)

Colchester Middle School  
425 Blakely Road, Colchester 05446



Malletts Bay

**SWIM**

**K  
A  
Y  
A  
K**

**R  
U  
N**

**BIKE**

Colchester

Blakely Rd

Main St

Pine Island

7

Roosevelt Hwy



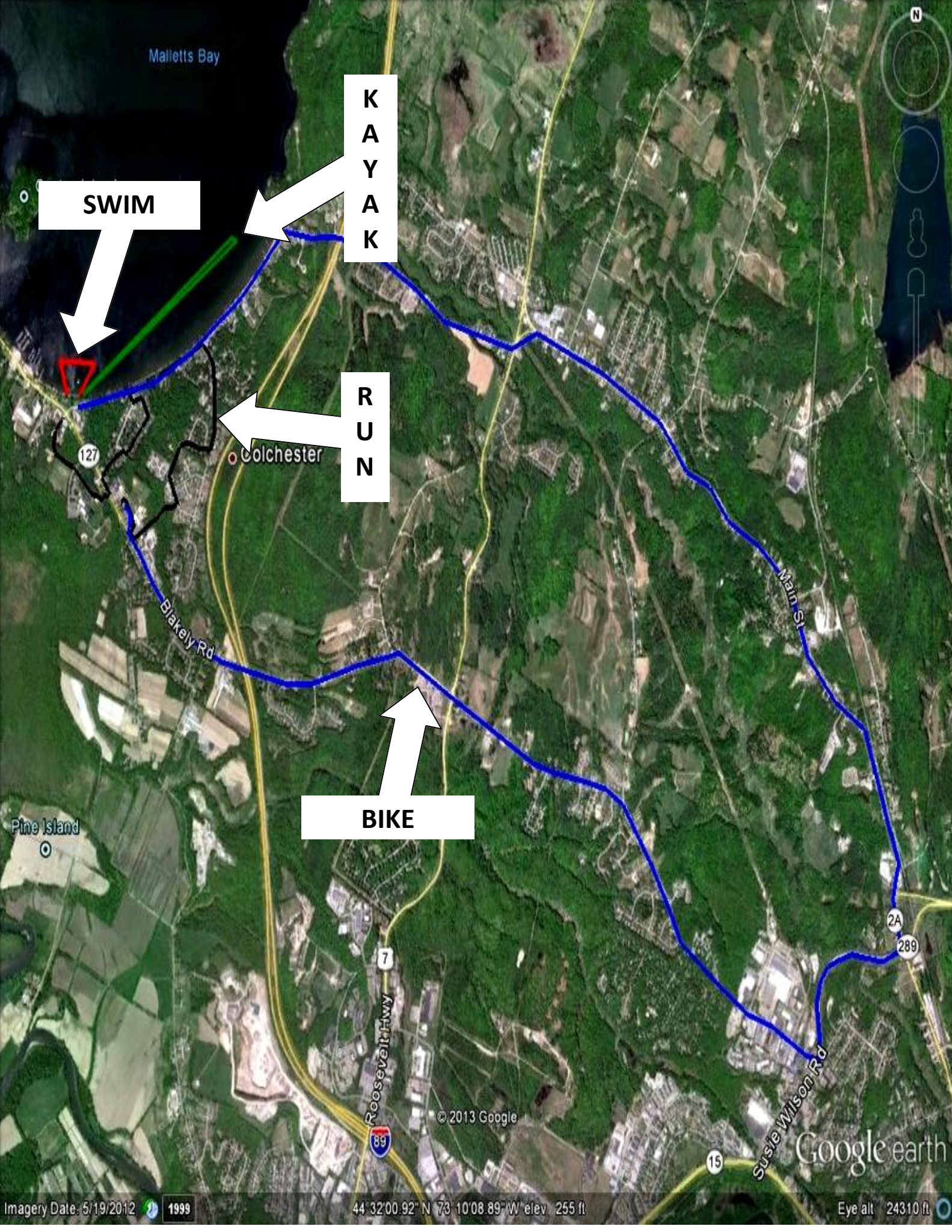
2A

289

Susie Wilson Rd

15

Google earth



# Colchester Triathlon Frequently Asked Questions

Visit <http://www.colchestertri.com/> for more details



## **1. Does the swim start on shore or in the water?**

**Answer:** Swimmers are queued up in the water prior to start between the swim buoys. While swimming you should be positioned to the left of the red/orange buoys, swimming clockwise and then return on the right side of the red/orange buoys. Most athletes like to start in the chest high water and usually will self seed to avoid being bumped by faster swimmers or held up by slower athletes.

## **2. Where and when can I drop my kayak?**

**Answer:** Kayaks can be dropped off at Lower Bayside Park – East Lakeshore Drive which is right next to the beach. Drop off will take place between 6:30 – 8:00 a.m. No parking please in the drop area.

## **3. Where do the kayaks start?**

**Answer:** On the water, at Bayside Beach, next to the swim course. This is an out-and-back course. After the kayak, our Race Volunteers will assist you in placing your kayak on the beach.

## **4. Where do I put my bike and who holds it?**

**Answer:** The bikes will be positioned in the Swim/Bike transition area (T1) in first-come, first-served space. You will be given a bike stake to prop up your bike. Your equipment i.e. shoes, helmet, biking gear etc. will be with your bike. Course marshals will be in T1 to direct you towards the exit to the bike course.

## **5. Can you put any supplies you want down next to your bike? I.E. fluids/towels/gear, etc.?**

**Answer:** Yes, anything you need. Please do not leave phones, wallets, car keys, pocketbooks or any other valuables as we cannot be responsible for them.

## **6. The bike start and the run start are not in the same spot, correct?**

**Answer:** That is true. The Bike start is at the Swim/Bike transition (T1) area at Bayside Beach. The bike course terminates at the Bike/Run transition area (T2) at Colchester Middle School on Blakely Road. Please know your race course before setting out.

## **7. Do I put supplies I need, like my running shoes (I am wearing biking shoes during the bike portion but switching to my running shoes for the run), at a spot before the race where the running starts?**

**Answer:** Yes, your running gear should be positioned at T2 near Colchester Middle School in a space allocated again on a first come, first served basis. You will dismount your bike prior to entering the T2 zone, run your bike to your chosen space and change into your running gear. Course marshals will direct you to the exit onto the run course.

## **8. How early should I arrive?**

**Answer:** It behooves everyone to arrive early enough to acquaint themselves to the race layout and get biking and running gear dropped at the T1 and T2 zones. Kayakers and Individual Male Swimmers will begin promptly at 8:30 a.m., with Individual Female Swimmers beginning at 8:33 a.m., and All Team Swimmers (male & female) beginning at 8:36 a.m. All racers need to be on the beach 10 minutes before their start time.

## **9. Where do I check in to get my race packet?**

**Answer:** You can pick up your packet early on Saturday between 5:00 and 7:00 p.m. at the Bayside Activity Center at Bayside Park (2 West Lakeshore Drive, Colchester, VT 05446). Sunday packet pick up is at Colchester High School (CHS) from 6:30 to 7:45 a.m. Body markings will be done at the CHS packet pick up area.

## **10. When and where do I pick up my timing chip?**

**Answer:** Sunday, July 30<sup>th</sup> at CHS from 6:30 to 7:45 a.m. after getting body marked. All athletes need a timing chip, including teams. Teams will only receive one chip.

## FAQ Continued...



### 11. Where can I park for the race?

**Answer:** Parking is provided at Colchester High School for athletes and spectators. The parking at Bayside Park is reserved for Emergency Services, Police and Race vehicles.

### 12. Do I need to have my body marked?

**Answer:** Yes, every racer (including kayakers) will need to have their calves and arms marked with their race number at CHS.

### 13. Is the road closed or marked off or do you just ride/run in traffic?

**Answer:** The road course for both bikes and runners will be clearly marked with signage, cones and road markings. We cannot stress enough that the course is NOT CLOSED and that it is open to all other traffic. Key intersections will be staffed with Police Officers but in the end all athletes are responsible for their safety. Please know your race course.

### 14. How many people are competing in this year's event?

**Answer:** The race will be maxed out at 400 spots, approximately 500 total participants.

### 15. I'm a team biker, where do I wait for my swimmer?

**Answer:** At the T1 zone there will be a tag area set aside for the team swimmers to physically tag their biker. The team bikers will have positioned their bikes in the Team Corral that is set aside for their exclusive use. Swimmers will come up from the beach via a separate team lane to the tag zone.

### 16. Where are the timing splits taken?

**Answer:** Timing splits are taken at the EXIT of the Water, T1, Bike, T2 and Run. Transition times will be taken at the exit of the transition zones.

### 17. What do I do if I lose my timing chip?

**Answer:** Notify a Race Official (wearing an orange volunteer shirt) and continue the race. You will still receive your overall finish time, however splits will not be available.

### 18. Do swimmers check-in?

**Answer:** No, swimmers are not checked in. Swimmers enter the beach by walking down the access road.

### 19. What if I lose my swim cap?

**Answer:** Extra caps will be at the MC table. The MC table will be near the beach if you need a new swim cap.

### 20. Do I need a swim cap?

**Answer:** Yes, all swimmers are required to wear swim caps. Individuals wear YELLOW caps, Teams wear GREEN caps.

### 21. Where does the race finish?

**Answer:** At Bayside Park, near the pavilion. This is across the road from the Beach (T1).

### 22. Where do I return my Timing Chip Band?

**Answer:** After you cross the finish line, enter the chute where you will remove your timing chip band and drop in a bin/bucket.

### 23. Are post-race refreshments provided?

**Answer:** Yes, we will have fruit, bagels, water and drinks available to racers. Refreshments are only for the athletes.

## FAQ Continued...



### **24. Where and when can I find race results?**

**Answer:** Race results will be generated in real time during the race. Kiosks will be set up at the finish line where you can enter your bib number to receive a print out of your timing splits. After the start of the race, all results will be posted at [www.tinyurl.com/netiming](http://www.tinyurl.com/netiming). Final results will also appear on [www.colchestertri.com/](http://www.colchestertri.com/)

### **25. Will the race be held in bad weather?**

**Answer:** In the event of inclement weather the following procedures will be followed: The event will be postponed until 9:30 a.m. in hopes inclement weather will pass. If inclement weather does not pass by 9:30 a.m. the event will be postponed another 30 minutes starting no later than 10:00 a.m. Every effort will be made to have this event on this date and time with consideration of changing the event to a duathlon format if necessary. Should this event be cancelled due to an act of God or other circumstances beyond the Race Director's control there will be no make-up date, refunds, credits or transfers. NO EXCEPTIONS will be made to this policy.

### **26. Can changes be made to team members prior to the race?**

**Answer:** Yes, up until 7:00 p.m. on Saturday, July 29<sup>th</sup> changes will be accepted. No day-of race changes will be allowed.

### **27. How do I make such changes?**

**Answer:** Contact the Colchester Parks & Recreation Department at 802-264-5640 before 12:00 p.m. on Friday, July 28 or in-person at the Saturday packet pick up from 5:00 – 7:00 p.m. New team members are responsible for completing new waivers and/or a registration form if necessary.

### **28. When can I register for next year's race?**

**Answer:** Registration begins February 1, 2018 on [www.active.com](http://www.active.com) and at Colchester Parks & Recreation. Check out [www.facebook.com/coltriathlon](https://www.facebook.com/coltriathlon) and our Triathlon web site at [www.colchestertri.com/](http://www.colchestertri.com/) for other race details.

### **29. Are participants allowed to run and/or bike with their dog?**

**Answer:** No, animals are not allowed in any portion of the race. Automatic disqualification will occur if a participant brings their animal on the course.

### **30. Is there a time limit to completing the Triathlon?**

**Answer:** Colchester Triathlon Race Officials and Colchester Police reserve the right to remove any participant from the race that may pose a risk to themselves, other participants, volunteers and/or the general public. Course closes promptly at 11:00 a.m. Runners not yet across the finish line will be picked up in a sag vehicle and returned to the finish line, and will not be allowed to finish the race on their own.