

# **HUNTERDON HALF & SPRINT TRIATHLON**

## **ATHLETE GUIDE**



**ROUND VALLEY RESERVOIR  
OCTOBER 10, 2010**

## SCHEDULE OF EVENTS

### **Saturday, October 9, 2010**

- 1:00 – 5:00 PM      Packet Pickup and Bike Racking  
*Highly recommended (not mandatory) to avoid the stress on race day! We'll have overnight security and will be providing everyone the option of racking their bikes on Saturday. On race day, you may have to walk over a half mile from your car to transition, so it'll be easier if you can rack your bike the day before.*
- 3:00 PM              Race Director Q&A and Course Overview – Mike Nusbaum

### **Sunday, October 10, 2010**

- 6:00 AM              Park opens
- 6:00 – 7:30AM        Packet pickup – South Lot – Bring a flashlight, it'll be dark!
- 6:15 AM              Body marking and transition opens
- 7:15 AM              Water opens for swim warmup
- 7:45 AM              Clear Transition Area (both Half and Sprint)
- 7:50 AM              MANDATORY pre race meeting
- 8:00 AM              First wave: Half Iron (Triathlon, Duathlon, Aquabike, Relay)
- 9:00 AM              First wave: Sprint (Triathlon, Duathlon, Relay)
- 10:15-10:30 AM      First Sprint finisher expected
- 11:45 AM              Sprint award ceremony begins
- 12:15 PM              Sprint award ceremony ends
- 12:15-12:30 PM      First Half finisher expected
- 3:00 PM              Half award ceremony begins
- 3:30 PM              Half award ceremony ends
- 5:00-5:30 PM        Last Half finisher expected

Results will be posted on [www.paceracing.org](http://www.paceracing.org) within 24 hours after the event!

## LOGISTICS

The race site address (for mapping directions) is Galloping Hill Rd, Lebanon, NJ 08833

### **Lodging**

Hotel: Hampton Inn, Clinton 908-713-4800 (\$119 group rate - ask for Round Valley Triathlon)

### Camping:

Spruce Run State Park 908-638-8572

### **PACKET PICKUP**

Packet pickup will be at Round Valley Recreation Area (south lot):

- Saturday, October 9th 1:00 - 5:00 PM  
*Highly recommended (not mandatory) to avoid the stress on race day! We'll have overnight security and will be providing everyone the option of racking their bikes on Saturday. On race day, you may have to walk over a half mile from your car to transition, so it'll be easier if you can rack your bike the day before.*
- Sunday, October 10th 6:00 – 7:15 AM  
Round Valley - South lot

If you are registering on race day, please arrive early, as your entry will take a few minutes to process.

1. Here is a quick overview on the packet pickup procedure:
2. Confirm your athlete bib number on the athlete list posted.
3. Pick up your registration envelope, this contains the following:
  - a. Race Numbers- bike frame number, helmet number, and bib number
  - b. Swim cap
  - c. Timing Chip
4. Pick up T-shirt

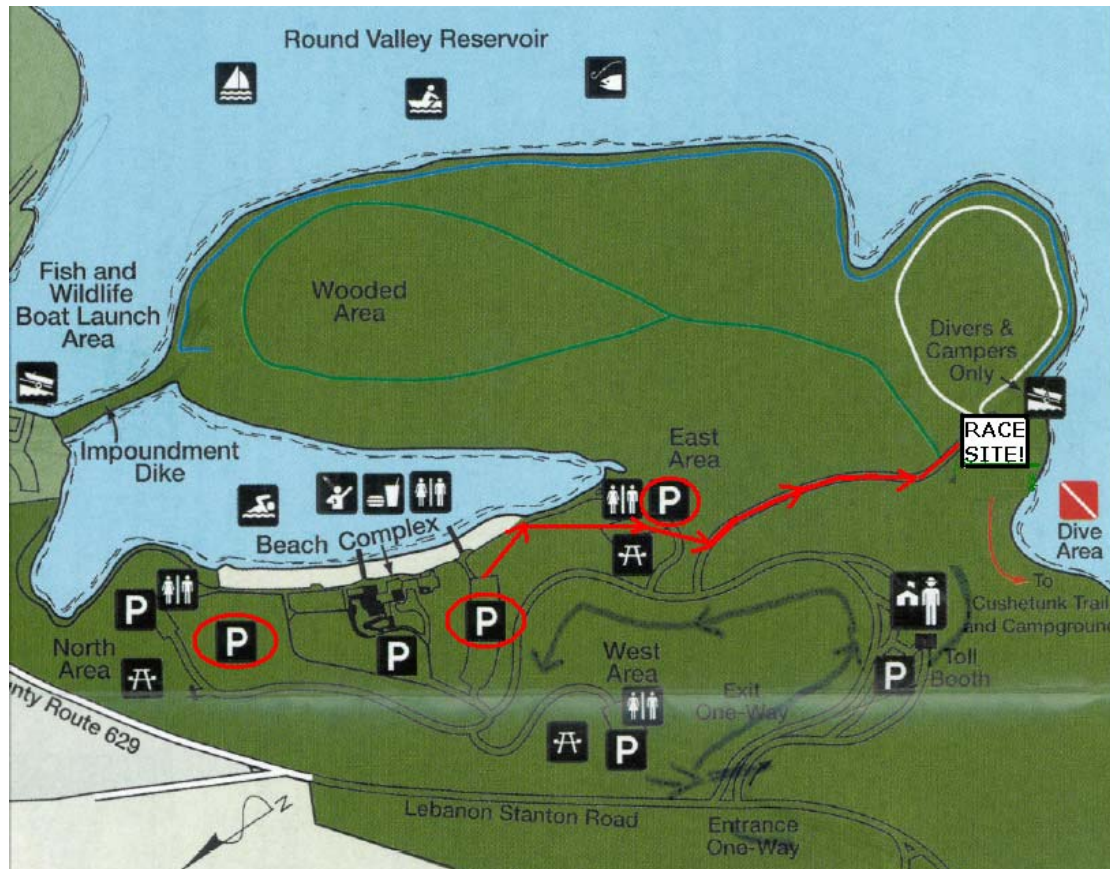
After you have received your packet, label your gear with your name and the numbers provided. Be sure that all of the race numbers are applied properly to avoid penalties.

### **DIVISIONS/AWARDS**

All finishers receive medals, with custom trophies to all award winners. YOU MAY RACE IN ONLY ONE CATEGORY - NO DUPLICATE AWARDS (we will go 3 deep overall and each category. Divisions for both male and female competitors are Clydesdale, Athena and Age Groups 19-U, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65+

## Parking

Parking will be available race day starting at 6:00 AM. Please give yourself enough time race morning - roads can be congested as athletes and spectators converge on the area in a short period of time. Parking is recommended in the areas circled in red below:



Anyone familiar with Round Valley has probably parked at the main "Beach Complex" above. On race morning, you'll park at one of those two large lots, then walk your bike about a half mile to the race site. The ENTIRE south lot (and the road to the RACE SITE above) will be closed to athlete traffic. You can not "drop off" your bike on race morning – either rack it the day before, or walk it from one of the lots above.

## Facilities

Indoor restrooms will be onsite at the main "Beach Complex" and "East Area" parking lots. We will also provide portable toilets at the race site, next to the transition area.

On the HALF bike course, a portable toilet will be available at each of the two aid stations, which are located approximately 19 and 38 miles into the course.

In addition, there will be indoor restrooms available at the "Fish & Wildlife Boat Launch Area" which is mile 1.5 on the sprint and half run courses, then approximately every mile along the run course, next to the aid stations.

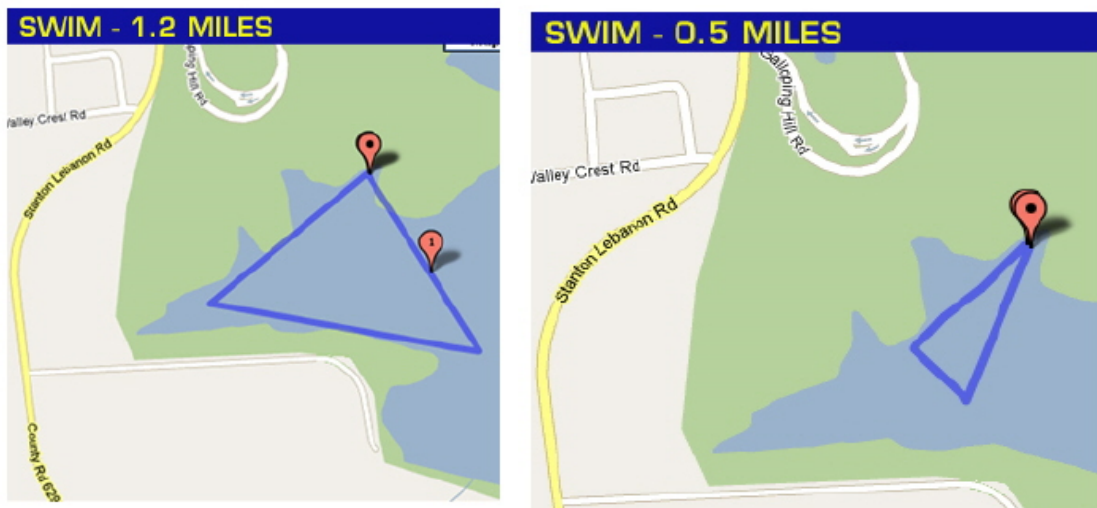
## Transition Area

It will be DARK so bring a flashlight! Transition will be open for setup from 6:15 AM to 7:45 AM. Prior to being allowed in the transition area you must be body marked and your race number must be on your bike. Body marking will be taking place right outside the transition area. Each row of bike racks will be assigned a group of numbers. Transition closes at 7:45AM - all athletes must be out of transition and headed to the swim before this time.

## SWIM COURSE

### Course Length: 1.2 miles (Half)/0.5 miles (Sprint)

The swim will be one loop counterclockwise around buoys in Round Valley Reservoir. All turns will take place at triangle buoys. The SPRINT will have an earlier left turn that will be marked by a buoy and clearly explained at the pre-race meetings. Athletes will proceed around the entire marked course keeping to the right of the buoys (buoys on the athletes' LEFT). The swim will start in the water, on a gradually sloping shoreline.



## SWIM COURSE RULES

1. Each athlete must wear a swim cap provided by the race director.
2. No fins, paddles, or pull buoys are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and surfboards (Clinton Rescue Squad).
5. Wetsuits are not mandatory but are recommended – water temp is expected to be in the low-to-mid 70's.
6. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

\*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY RACE OFFICIALS IMMEDIATELY (LOOK FOR YELLOW SHIRTS).

## BIKE COURSE

### Course Length 56 Miles (Half)/17.4 Miles (Sprint)

The bike will be a scenic one loop 56 mile (Half) or 17.4 mile (Sprint) ride through beautiful farmlands and quiet neighborhoods of Hunterdon County. There will be challenging climbs throughout and beautiful vistas of the NJ countryside.

There will be police at all key intersections, including major state highway crossings (State Rt-31 and Rt-12). Where police coverage is not necessary, we will have course marshals wearing orange vests that will point flags in the direction of your next turn. In addition, we will have signage marking every turn along the courses.

While we will provide as much support as possible to ensure a safe ride, we CAN NOT control car traffic, and expect riders to use caution at major intersections. STAY ALERT!



## BIKE COURSE RULES

1. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer.
2. Position Rules:
  - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
  - b. Athletes must ride single file on the far right side of the road except when passing another athlete. Side-by-side riding is not allowed.
  - c. Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.
  - d. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing.

- e. An overtaken athlete must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
- f. Athletes committing rule violations will be notified “on the spot” by an official.
- 3. A CPSC- approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard -shell helmets, which affect its integrity, are not allowed.
- 4. No individual support is allowed. Aid and food stations will be provided along the course. Friends, family, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes, and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.
- 5. Each athlete must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each athlete should be prepared to handle any possible mechanical malfunction.

\*NOTES: TECHNICAL SUPPORT VEHICLES WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACEMENT TUBES, TIRES, ETC. THOUGH THESE VEHICLES WILL BE ON THE COURSE, THEY ARE LIMITED IN NUMBER, SO PLEASE BE SELF SUFFICIENT.

- 6. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
- 7. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
- 8. Bike inspection is not mandatory and will not be provided at check -in, although technicians may be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final determination as to the soundness of bikes.
- 9. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

10. MEDICAL SUPPORT: If you need minor medical assistance, Oxford Rescue Squad will be onsite and patrolling the course on ATV's. Depending upon the medical emergency, ambulances can take you to the nearest hospital to receive treatment. There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

\*NOTE: BIKE AID STATIONS ARE LOCATED AT MILE 19 AND 38. ITS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK -UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER, HEED, AND HAMMER GEL AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE BOTTLE DROP ZONE.

## RUN COURSE

### Course Length 13.1 Miles (Half)/3.1 Miles (Sprint)

The run will be a 13.1 mile course, the majority of which will be the out-and-back course within Clinton Township. There will be a water/aid station just outside of transition, then three water/aid stations (approximately every mile) on the course with an assortment of water, HEED, Hammer gels, pretzels, and maybe even some Swedish fish!



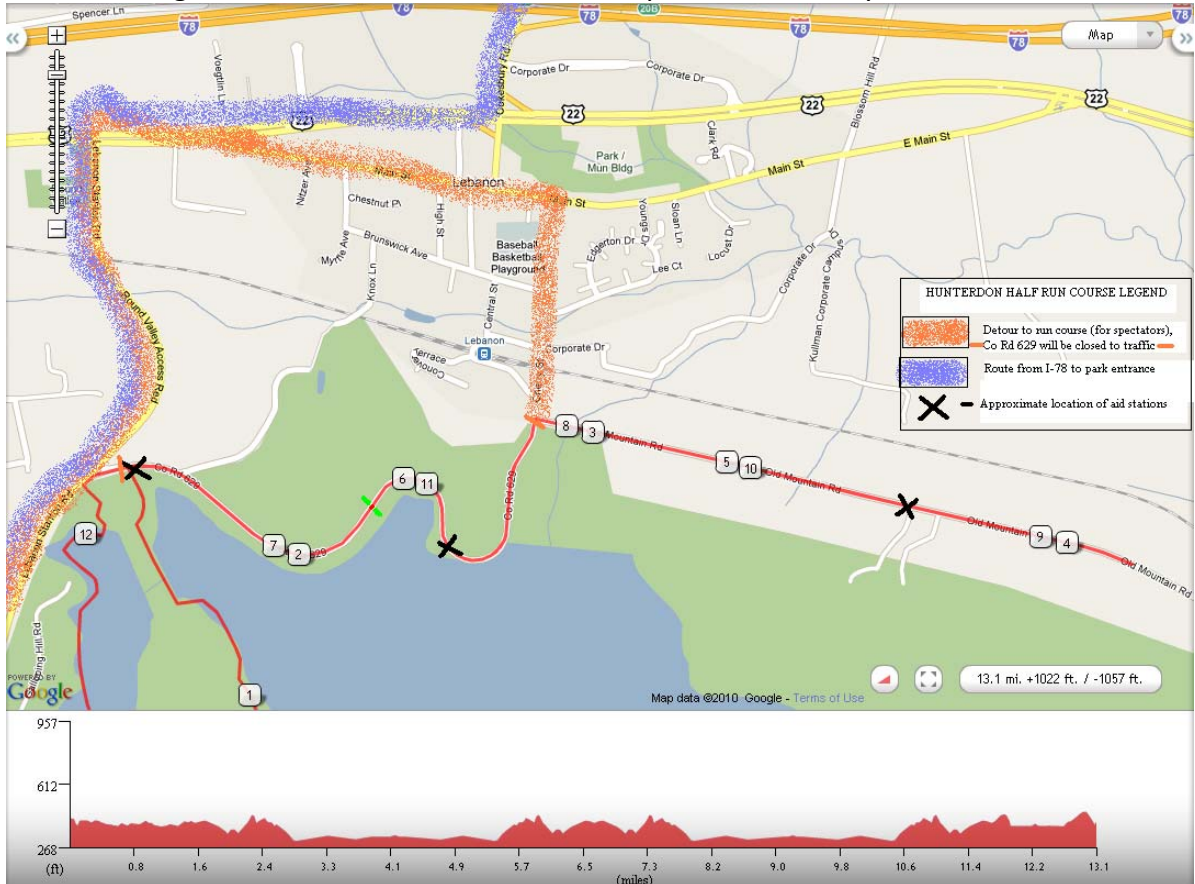
NOTE: The first mile and last mile of the course has stretches that are on grass or rocky trails.

The first mile will be a beautiful part of the race, running along the waterfront trail overlooking the entire Reservoir. Don't get too lost in the scenery though! Make sure you watch your footing for loose rocks, exposed roots, and uneven ground.

At mile 1.3, runners will run through a gate and over the dike separating the main reservoir from the smaller beach area. At mile 1.5 they will run through the "boat ramp" parking lot managed by the NJ Fish & Wildlife Service (watch for fisherman, boats and trailers!) – there will be public restrooms available in this lot.

The return trip will follow the waterfront trail overlooking the smaller beach area, which is also an extremely scenic part of the course where you will have to stay focused on your footing!

See below for a map showing the out-and-back portion of the run course, which is a 2.5 mile out-and-back (5 miles total) that will be completed twice, making up 10 of the 13.1 miles in the run course. The narrow, curvy section on Co-629 below (from about mile 1.5 to 2.8) will be closed to traffic. The purple route below marks your drive in from 78, and the orange route can be used as a route for spectators to see you on the run course.



## RUN COURSE RULES

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their race number in front of them clearly visible at all times on the course. Race numbers issued by RoadID identify the official athletes in the race. Folding or cutting the race number intentionally or failure to wear your race number is STRICTLY PROHIBITED. Race belts are allowed.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON -PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Friends, family, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete.
4. Athletes are expected to follow directions and instructions of all race officials, volunteers, and public authorities.
5. The run course will officially close at 6:00PM. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

## **WAVE STARTS**

Wave 1: 8:00 AM All Half Iron Divisions (Triathlon, Duathlon, Aquabike, Relay)

Wave 2: 9:00 AM All Sprint Divisions (Triathlon, Duathlon, Relay)

Race day instructions may override the above, cap color TBD race day

## **FROM THE RACE DIRECTORS**

We hope you enjoy the inaugural Hunterdon Half & Sprint Triathlon. You are in for a great day of racing and fun! A lot of people have put in a lot of hard work to make this race happen. We'd like to thank you all for the support we've received along the way!

We would like to take this opportunity to ask every triathlete to look out for their fellow athletes, and if you see somebody in trouble, please help out. We are a small community and we need to look out for one another. With cooperation from local rescue squads, we are taking extra measures to ensure everyone's safety.

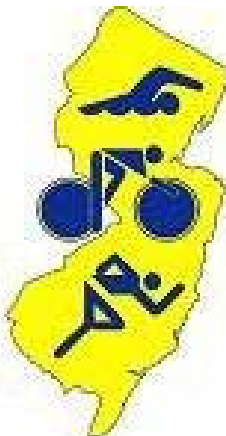
Again we want to ensure the safety of all participants so please adhere to the direction of all volunteers, police and race officials they are there to assist you! Please remember the race course is open to traffic at all times so it is imperative you follow the rules of the road. No headphones, ipods etc....

Enjoy your race as you will have a truly wonderful experience and enjoy the great post race celebration! Please remember to thank the volunteers (most are fellow triathletes) and emergency personnel, as without them this race would not be possible!

Race hard, have fun and be safe!

Mike & Jess Nusbaum

Race Directors



[www.PACEracing.org](http://www.PACEracing.org)

**2011 PACE Series to be released on November 1, 2010!**