

OXFORD OLYMPIC DISTANCE TRIATHLON ATHLETE GUIDE



SEPTEMBER 26, 2010

LETTER FROM THE RACE DIRECTORS

Hello and welcome to the inaugural Oxford Olympic distance 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!

The swim will be taking place in calm and scenic Furnace Lake, staying near the shoreline for most of the course. The bike course is pleasing to the eyes but tough on the legs, and sure to be an unforgettable racing experience. The run courses will also be sure not to disappoint, with quiet scenic roads and a waterfront finish!

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.

There are two areas of great concern that we need to address to all participants, both are descending turns on the bike course, which are not unusually technical but could be dangerous if taken recklessly.

1) Just after making the first left turn of the race (about mile 3), you will come upon a steep descent that will be very fast as a right turn approaches. The roads will be chalked directing you to slow down, and volunteers will be directed to slow you down (they're there to make this race safe), so please listen and take the right turn cautiously. You may also want to coast down the descent in an easy gear, rather than cranking down in a huge gear, because shortly after you make the right turn you'll be greeted with a nice steep climb!! Shift accordingly!!

2) The other area of concern is near the end of the bike course, coming back into the park. At mile 24, you'll hit a nice descent that will last nearly a mile. It will take you all the way back to make a sharp left turn back into the park. The road will be marked warning you to slow down. There will be volunteer and police support, so traffic is not a concern, but is a very tight, fast turn, so we encourage you to use caution.

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

SCHEDULE OF EVENTS

Saturday, September 11, 2010

8 AM – 12 PM Oxford Course Preview at Furnace Lake
8:00-8:30 Welcome, site orientation, transition tour, etc
8:30-9:30 Open water swim (buoys will be out)
9:30-11:30 Bike course tour (pace groups may form)
11:30-12:00 Optional group run

Thursday, September 23, 2010

6:00 – 9:00 PM Oxford Open Water Swim & Happy Hour
6:00-6:15 Welcome, site orientation, transition tour, etc
6:15-7:00 Open water swim (buoys will be out)
7:00-9:00 Dinner and drinks at nearby Oakdale Lanes!

NO SATURDAY PACKET PICKUP - ALL ON RACE DAY!

Sunday, September 26, 2010

6:00 AM Park opens

6:15 – 7:30 AM Packet pickup - Bring a flashlight, it'll be dark!

6:15 AM Body marking and transition opens

7:15 AM Water opens for swim warm up

7:45 AM MANDATORY pre race meeting (transition closes)

8:00 AM RACE STARTS!

10:15 AM First finisher expected

11:30 AM Award Ceremony begins

12:00 PM Award Ceremony ends

LOGISTICS

The race site address (for mapping directions) is Kauffman Drive, Oxford, NJ.

Lodging

Host Hotel: Holiday Inn, Clinton 908-713-4800 A special rate has been negotiated and will be provided to all Oxford triathletes. All that is needed is to provide them with the discount code "Oxford Triathlon" when making your reservation.

Camping: Spruce Run State Park 908 -638-8572

Parking

Parking will be available race day starting at 6:00 AM. Please give yourself enough time race morning to arrive on time. Roads can be congested as athletes and spectators converge on the area in a short period of time.

Packet Pick up

Packet pickup is available race day between 6:15 AM and 7:30AM. If you are registering on race day, please arrive early, as your entry will take a few minutes to process. Here is a quick overview on the packet pickup procedure:

1. Confirm your athlete bib number on the athlete list posted.
2. 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
3. Pick up T-shirt

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

Facilities

Indoor restrooms will be onsite, but will not be enough for everyone, so we'll also be providing portable toilets.

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 AND RULES

Course Length: 0.9 miles / 1.5 km

The swim will be one loop clockwise around buoys in Furnace Lake. All turns will take place at triangle buoys. Athletes will proceed around the entire marked course keeping left of the buoys (buoys on the athletes' RIGHT) except for the final buoy which will be on the athletes' LEFT. The swim will start out of the water, on a large sand beach that will allow plenty of room for all competitors.

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 (Oxford 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). ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN.**

BIKE COURSE AND RULES

Course Length 25.5 miles/40 km

The bike will be a scenic one loop 25.5 mile race through beautiful farmlands and preserved forests. At mile 3.5, athletes will have a technical right turn (detailed in intro letter) that starts a climb from 538 feet above sea level. The course will gradually stair-step up to Montana Mountain, near the legendary "Fiddlers Elbow" climb that's featured in the "Hillier Than Thou" bike race. Once athletes crest the climb (at 1200 feet above sea level), they will be rewarded with a fun 4-mile descent down to the small town of Harmony (at 450 feet above sea level).

After turning onto County Rd 519 and completing a short climb, the course then descends even more (below 300 feet above sea level), then paralleling the Delaware River for a flat (to slightly uphill) 7-mile section. The route will then take you along a gorgeous babbling creek and climb back to the race site. The bike course will be one scenic loop with over 25 miles of mixed terrain. The bike course will promise to keep your interest the entire way!

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: A BIKE AID STATIONS IS LOCATED AT MILE 14. IT IS 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, GATORADE, 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 AND RULES

Course Length 6.2 miles/10 kilometers

The run will be a 10K (6.2 miles) of mostly flat terrain with some slight grades on well paved asphalt roads. The majority of the out-and-back course takes place within the town of Oxford, and will be very quiet and shaded. There will be three water/aid stations (approximately every mile) on the course with an assortment of water, Gatorade, and Hammer gels.

Run 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. Individual support vehicles or non-participant escort runners will result in disqualification. Friends, family members, 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 and public authorities.
5. The run course will officially close at 12:00PM. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

Wave Starts

WAVE #	START TIME	INCLUDES:
1	8:00AM	M/F elite/pros, Male 39 & under
2	8:04 AM	Males 40 & over, Clydesdales
3	8:08 AM	All women, Athena and Relays

Wave assignment can vary. Race day instructions may override the above.
Cap color TBD race day

Age is determined by the calendar year. If you turn 30 in 2010, even if it's after September 26th, you still compete in the 30 -34 age group.

Results will be posted on www.paceracing.org within 24 hours after the event!

