

## **Important Triathlon Reminders**

1. Check in will be located in the pool this year. Please stop in the pool to pick up your racing number and starting swim time. You need to pick up your racing information by no later than 8:45 a.m.
2. To find out what lane assignment you are in and your starting time, please check with the head official on the pool deck. The maximum number in the pool at one time is 16 so there will be separate heats.
3. Diving area is left open for practice.
4. Be on time for the swim because times will not change.
5. After you finish the swim, exit the door on the other side of the 1 meter diving board. Bike racks will be right outside.
6. Locker rooms will be available if you need one to change in.
7. Please review the bike and run course description. It's the obligation of the participant to know both of these courses. Even though the course will be well marked and monitored, please take the time to read the information on the course.
8. Both of the bike and run transition areas are the same.
9. Finish for the run is on the track.

**GOOD LUCK!**

**There will be a meeting in the pool at 8:50 a.m. to discuss the course and any important concerns about the triathlon.**

## **Biker's Rules**

1. Make sure your number is on the front or top tube of the bike.
2. Bike must be racked in the transition area before and after the bike leg. Helmets must be on before you get on your bike.
3. Bikers must mount and dismount their bikes in a special area marked by colored cones.
4. Even though the course is well monitored, the bikers have full responsibility for their own safety. Please remember – **SAFETY FIRST!**
5. At all times bikers must stay on the right side of the road or risk the chance of being disqualified. **Bikers must follow all traffic laws. Traffic will not be stopped so be alert!**
6. **No Drafting** – Any biker attempting to pass, must either pass or fall back to a non-draft position (this distance is 3 bike lengths).

**Remember:** Do not turn left or turn at all unless there is a spotter on the course directing you to.

## **Bike Course (12.5 miles)**

7. Exiting the bike rack, turn left onto LONG ROAD and head up the hill until you come to the stop sign at the corner of LONG and RANGELEY RD. (3/10 of a mile).
8. Take a right onto RANGELEY ROAD and head directly to ROUTE 2 (Park Street) approximately 1 mile.

9. Take a right onto ROUTE 2 until you come to the stop light at the corner of ROUTE 2 and COLLEGE AVENUE (approximately 4/10 of a mile).
10. Take a sharp right turn onto COLLEGE AVENUE and stay on COLLEGE AVENUE for approximately 2 miles until you come to the stop light at the corner of COLLEGE AVENUE and STILLWATER AVENUE.
11. Take a right onto STILLWATER AVENUE. You will stay on STILLWATER AVENUE going past Hannaford's Supermarket (be careful crossing the entrance) until you come to JEFFERSON AVENUE. This is approximately 4/10 of a mile past the entrance to Hannaford's. You will take a right onto Jefferson AVENUE. The right turn to JEFFERSON is located at the top of the hill of STILLWATER AVENUE. Do not go straight on STILLWATER which takes you down a big steep hill.
12. Once on JEFFERSON STREET (which loops left) you will stay on this street until you come to the stop sign at the corner of SO. BRUNSWICK STREET and JEFFERSON STREET (this will be approximately 8/10 of a mile).
13. Take a right onto SO. BRUNSWICK STREET and go approximately 4/10 of a mile until you come to DARTMOUTH STREET. Take a left onto DARTMOUTH STREET.
14. Once on DARTMOUTH STREET travel one block until you come to the stop sign at the corner of DARTMOUTH and ROUTE 2. Take a right onto ROUTE 2. DARTMOUTH is slightly downhill, so PLEASE BE CAREFUL turning onto ROUTE 2.
15. You will stay on ROUTE 2 (for about 3.2 miles) until you come all the way back to the stop light at the corner of ROUTE 2 and COLLEGE AVENUE. You will again take a right onto COLLEGE AVENUE and head back to the main college entrance, located where the Alford Ice Hockey Rink is. Take a right onto LONG ROAD and head up the hill.

16. Stay on LONG ROAD going by the gym and keep heading up the hill until you come to RANGELEY ROAD again. Take a left onto RANGELEY ROAD and take another left 1/10 of a mile onto HILLTOP ROAD. You will be heading down a hill going past the new Student Rec Center. This road will connect up with GANNETT ROAD which will loop to the left (the bike path will be on the right).
17. GANNETT ROAD will again hook up to LONG ROAD. Take a right onto LONG ROAD and head directly back to the start of the bike course and the transition area. Get off of your bike and start the run.

### **RUN COURSE DESCRIPTION – 5K RUN**

1. Leaving the transition area, take a left onto LONG ROAD and head up the hill for 3/10 of a mile until you come to the stop sign at the corner of LONG ROAD and RANGELEY ROAD.
2. Take a right onto RANGELEY ROAD and stay on this all the way until you come to ROUTE 2/PARK STREET (about 1 mile). Take a right onto ROUTE 2/PARK STREET.
3. Continue running until you come to the first stop light (approximately 4/10 of a mile). Take a right onto COLLEGE AVENUE.
4. Continue on COLLEGE AVENUE passing the Alford Ice Rink (about 1.1 mile). Right after you pass the Ice Rink, take a right onto BRANCH ROAD. This is located between the ice rink and the TKE Fraternity House.
5. Run until you come to the Football Stadium and enter the Stadium using the left gate. This is located on the North Side of the Football Field.
6. Once you hit the track, take a left onto the track and run until you come to the finish line.

## Run Reminders

Very important to remember that the only turns you will take after getting onto LONG ROAD will be right turns until you come to the track. All turns on the run will be marked by either a spotter or signs.

A water stop will be at the 1.6 mile mark, which will be located at the corner of COLLEGE AVENUE and ROUTE 2.

Running numbers go on the front, either on the shirt or the hip.

## Special Reminders

1. It is the responsibility of each participant to make sure that his/her gear is in the right location. There will be an official at each drop off area for your assistance.
2. The University of Maine and the Campus Recreation Department are not responsible for the loss of any articles during this event.  
**PLEASE BE AWARE OF THIS CONCERN.**
3. Shower facilities will be located within the new Student Rec and Fitness Facility. This facility will also be available to use after the event. Awards will take place in this facility 20 minutes after the last competitor finishes the race.
4. Both the bike and run course maps can be down loaded from our website.