



To Benefit the ITP Foundation

ITPMAN & ITPKIDS EVENT GUIDE

(Updated May 4, 2013) Event Management reserves the right to update and modify this Guide prior to race start.

Saturday, September 14, 2013

Weed Beach Park - Nearwater Lane • Darien/New Canaan, CT

ITPMAN Triathlon - 0.5 mile Swim • 15 mile Bike • 5 mile Run
ITPKIDS Duathlon - ¼ mile Run • 2 mile Bike • ½ mile Run



www.itpfoundation.org

The ITP Foundation is a 100% volunteer-based non-profit organization dedicated to helping children with ITP (Immune Thrombocytopenic Purpura), a serious and currently incurable blood disorder. Our foundation funds groundbreaking medical research for ITP and seeks to raise awareness of ITP.

The ITP Foundation actively raises awareness of ITP through outreach efforts on both local and national levels through sporting, social, and educational events.

100% of net proceeds from the ITPMAN Triathlon & ITPKIDS Duathlon support the ITP Foundation. Thanks to athletes and sponsors like you, the ITP Foundation has sponsored over \$200,000 of medical research to bring us closer to a cure.

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RACE DETAILS

Race Packet Pickup

Race packets will be available for pickup at Weed Beach park from 4PM to 7PM on Friday and from 5:15AM to 6:30AM on Saturday (race day)

RACE PACKET PICKUP ALWAYS REQUIRES A PHOTO ID!!

A valid USAT membership card must be presented for packet pickup or entrant will be required to purchase a one-day USAT membership for \$12.

Entrants must be present; no one can pick up your packet on your behalf.

Awards

Winners must be present at the post-race awards ceremony to claim their award. Results will be posted shortly after the race on the ITP Foundation website - www.itpfoundation.org

ITPMAN Triathlon:

- **Overall Finishers** – Prizes awarded to the overall top three male and female finishers
- **Age Group** - Awarded to the top 3 male and female finishers of each age groups:
<18, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

ITPKIDS Duathlon: Each finisher will receive a finisher's medal

Race Day Schedule

RACE DAY - Saturday, September 14 - Weed Beach, Darien, CT

ITPMAN Triathlon

- 5:15 AM - Check-in begins at Weed Beach. NO packet pickup after 6:30 AM
- 6:20 AM - **LAST SHUTTLE LEAVES HINDLEY SCHOOL!**
- 6:30 AM - Packet pickup ends
- 6:45 AM - Transition area CLOSSES
- 6:50 AM - Course orientation, final race instructions
- 7:00 AM - Race Start (rain or shine)
- 9:30 AM - Awards followed by drawing for prizes! Must be present to win
- 11:00 AM - Course closes

ITPKIDS Duathlon

- 9:00 AM - Check-in begins at Weed Beach. NO packet pickup after 10:15 AM
- 10:15 AM - Transition area CLOSSES, packet pickup ends
- 10:20 AM - Course orientation, final race instructions
- 10:30 AM - Race Start (rain or shine)

Directions to Race Location

The gate to Weed Beach opens at 5:00 am.

Shuttle service will be provided from Hindley School parking lot (details in parking info below).

New England Thruway – I-95 to exit 10/Noroton Ave.

If coming from North, make left on to Noroton Avenue (make right if coming from South). Proceed to end of Noroton Avenue and make right on to Boston Post Road. Immediately make left on to Nearwater Lane at first traffic light. Follow Nearwater Lane to Weed Beach Park.

If using Google Maps or MapQuest use 170 Nearwater Lane as your destination; Weed Beach Park does not have a physical address. Keep in mind you will need to go a little further and to the right of 170 Nearwater Lane to get to the water/beach.

Metro North Railway: Disembark at the NOROTON HEIGHTS TRAIN STATION. Bike ride to Weed Beach is an easy 2 miles.

Parking Procedure – 2 Options

1) Arrive at Weed Beach starting at 5:00 am and take advantage of your early bird status to get a parking spot at the beach. However, for the safety of our athletes, **anyone parked at the beach MUST REMAIN AT THE BEACH until the entire race is finished – INCLUDING THE KIDS RACE.**

2) Due to parking restrictions at Weed Beach Park, there are a limited number of spaces available at the beach. Spaces will be on a “first come first serve” basis. The access road to Weed Beach (Nearwater Lane) is about 1 mile long. If the beach lot is full (we will post a sign and a volunteer to notify you), you will have to **WALK** your bike (**for your safety**) to Weed Beach. In such a case, park at one of the locations listed below. Family or friends can take the shuttle.

! Please allow an extra 15 minutes in your morning for this procedure !

Once we have reached parking capacity at the beach, all further parking will be at **Hindley School** (again limited space on a “first come first serve” basis), **Noroton Presbyterian Church**, **St. Johns RC Church**, or **St. Luke’s Episcopal Church**, located at Boston Post Road at the intersection of Nearwater Lane. There is PLENTY of parking at the churches. There will be volunteers there to guide you from parking locations to the shuttle service.

Triathlon Shuttle Service: Located at the Hindley School turn around. All churches are approximately 100 meters from the shuttle pick-up location. The Shuttle Bus will run continuously from 4:45 am until 6:20 am. The ride is about 3 minutes. The shuttle will take you directly to Weed Beach Park (1 mile). **Bikes will NOT be allowed on the shuttle bus!!**

We appreciate your cooperation. For your safety we ask that you WALK, not ride bikes, to the beach.

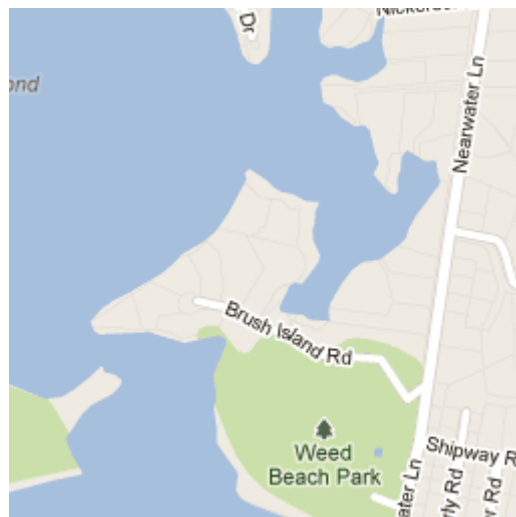


COURSE DETAILS

ITPMAN Triathlon

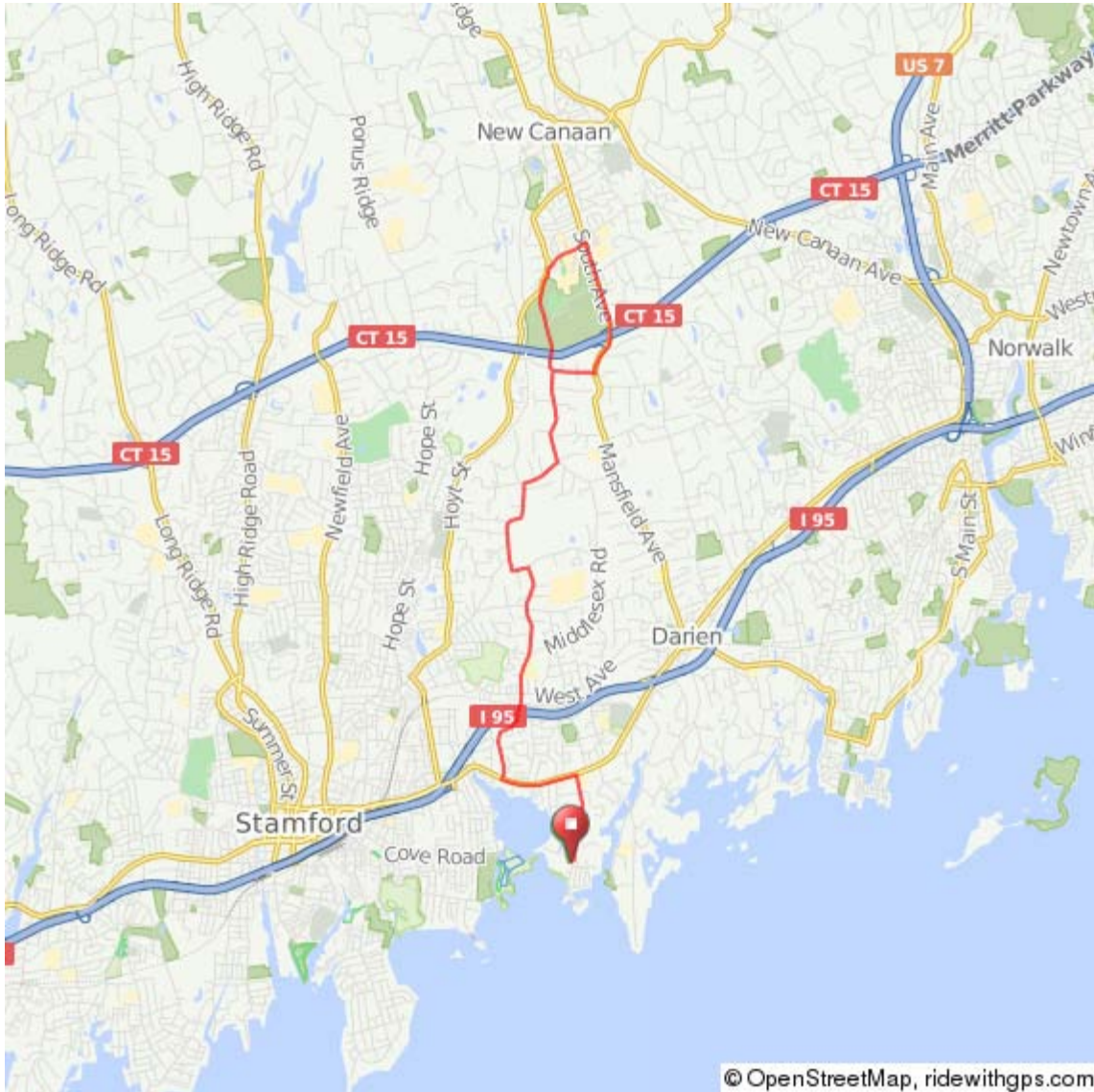
Swim Course – 0.5 mile *(approximately)*

The race will begin on the beach. At 7:00 AM, triathletes will make their way around three buoys in a counter-clockwise loop (keeping all buoys to their left) before returning back to shore for their bike transition.

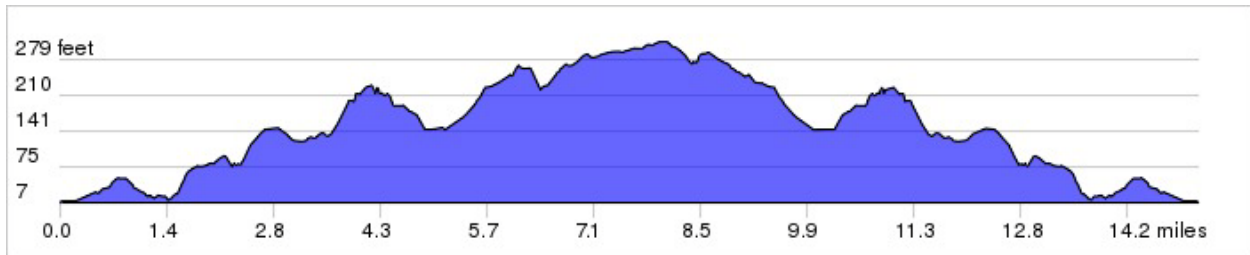


Bike Course – 15 miles (approximately)

Leave Weed Beach and make left on to Nearwater Lane. Left on to Boston Post Road. Right on to Hollow Tree Ridge Road. Right onto Talmadge Hill Rd, Left onto South Ave, Cross over Merritt Parkway into New Canaan and left onto Farm Rd. Left onto Route 106, Left onto Lapham Rd, Straight onto Hollow Tree Ridge Road. Follow Hollow Tree Ridge Road to Boston Post Road, make a left and continue to Nearwater Lane. Make right on Nearwater Lane back to the transition area.



ITPMAN Bike Course Topography



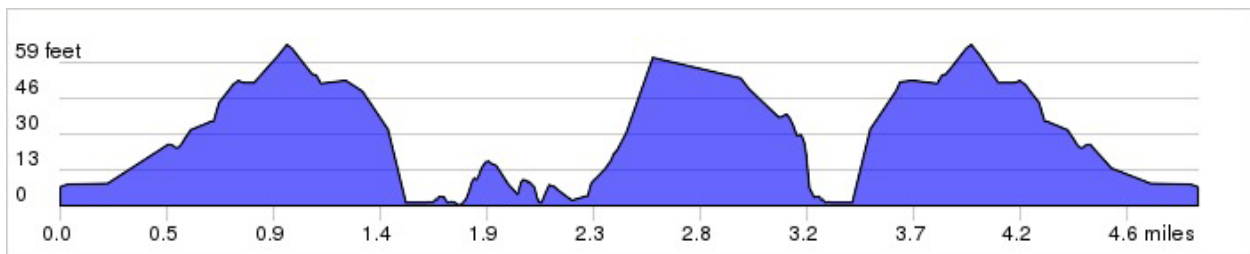
Further Bike Detail:

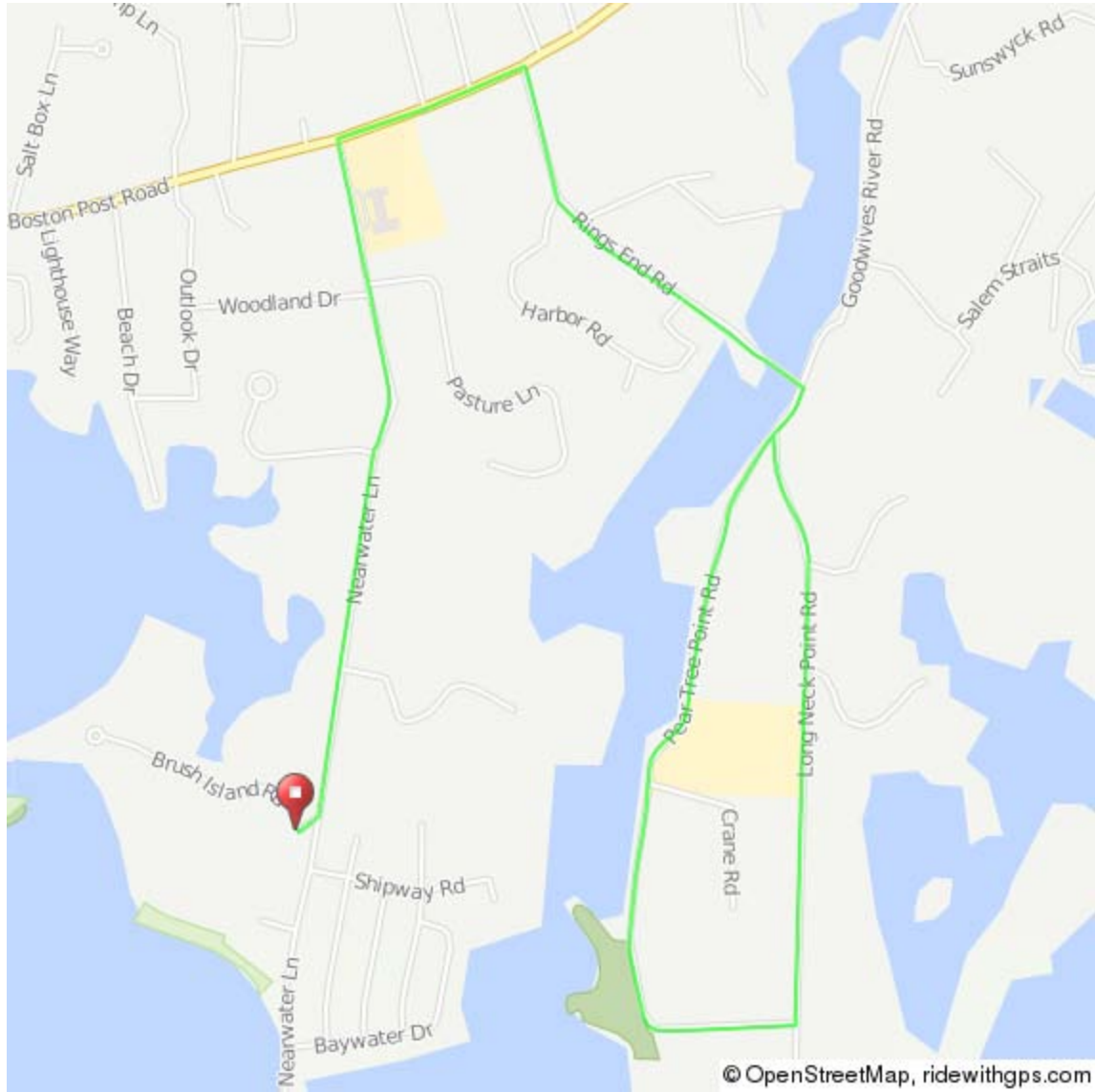
http://ridewithgps.com/routes/2433490?privacy_code=zBFnlfy0INye2Cuq

Run Course – 5 miles (approximately)

Leave transition area at Weed Beach and make left on to Nearwater Lane. Right at Boston Post Road and right again on to Ring's End Road. Then right on to Pear Tree Point Road. Make a left on to Long Neck Point Road. Run back on Long Neck Point road to Pear Tree Point Road. Make left on Rings End Road to Boston Post Road take a left. Make a left on to Nearwater Lane, and back to beach area and finish line.

ITPMAN Run Course Topography





Further Run Detail:

http://ridewithgps.com/routes/2433509?privacy_code=HyYaxuaistAv6dgl

ITPKIDS Duathlon

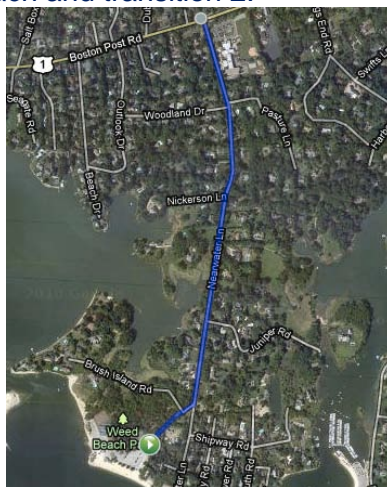
1st leg Run Course – ¼ mile (approximately)

The race will begin on the beach. At 10:30 AM, duathletes will run down the beach around a cone and back to the start and into the parking lot for their bike transition.



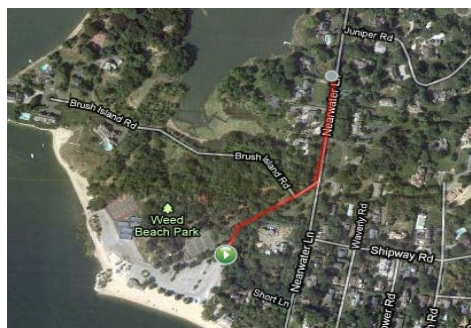
Bike Course – 2 miles (approximately)

Leave Weed Beach and make left on to Nearwater Lane. Turn around just before the Boston Post Road and return to Weed Beach and transition 2.



2nd leg Run Course – ½ mile (approximately)

Leave Weed Beach and make left on to Nearwater Lane. Turn around at the cone and race martial about ¼ mile up Nearwater Lane and return to the finish line at Weed Beach.



Volunteers will be stationed throughout the course to direct athletes



The following **USAT - Rules and Regulations** are designed for your personal safety and enjoyment. Failure to comply with these rules will result in penalties and/or disqualification. Complete set of Rules and Regulations can be viewed at www.USATriathlon.org

Competitors must be familiar with the Competitive Rules of USA Triathlon and conduct themselves accordingly:

- Competitors will:
 - stay in traffic lanes
 - not travel on the shoulder of the roads
 - not pass other cyclists or motorists if unsafe to do so
 - obey direction of Darien and New Canaan police officers, and
 - ensure the safety of themselves and their fellow racers.
- Race management has the authority to change race course and format, check-in, and start times.
- No entrants under 18 years of age will be permitted.
- It is the contestant's responsibility to be familiar with and follow the race course.
- It is prohibited to sell your race number or for someone to compete in your place.
- Contestants must follow the directions of race officials.
- Race officials and marshals have ultimate and final authority to remove contestants who violate race rules.
- Friends, family or assistants may not bike or run alongside a contestant and should be warned to stay clear of contestants.
- No family members or friends are allowed in the transition area!!
- Contestants are not allowed to wear headphones, earphones or any other sound device that impairs normal hearing.

TIMING: The ITPMAN Triathlon will be timed using a Chronotrack Chip Timing System.

- You must wear the Chronotrack Chip and it must be secured to your ankle at all times.
- You must return your Chip immediately after crossing the finish line.
- **If you do not return the Chronotrack Chip you will be charged \$50.**
- Only competitors wearing the Chip attached to their ankle will have split times and final times recorded.
- If you are not going to compete, PLEASE return your Chip to registration.
- If you compete but do not finish the race, PLEASE return your Chip to the timing officials at the finish line.

TRANSITION AREA: Entry to competitors with race numbers ONLY! Please notify **family members and friends to remain outside the transition area**. Bicycles must be placed on assigned bike racks. Bikes on wrong racks will be removed from the race. **NO cycling in or out of the transition area**. Cycling past the "DISMOUNT" signs at the entrance to the transition area will result in a two-minute penalty.

RACE NUMBERS: The Tyvek run number must be worn on the **front**, and **made visible** (not folded), during the entire race. If you enter the transition area or cross the finish line, and **your number is not visible**, you will receive a **2 minute penalty**.

RACE VIOLATIONS & PENALTIES:

2 Minute Penalties

- Riding bicycle anywhere within transition area.
- Bicycle not on assigned bike rack or racked incorrectly.
- Each drafting or "pack riding" violation.
- Accepting outside assistance or being paced by non-competitor.
- Race number not visible at any point during the bike or run.
- Unsecured helmet chin strap leaving/entering transition area.

Disqualification

- Riding without an approved biking helmet.
- Wearing headphones during any portion of race.
- Verbal abuse of any volunteer, official, or staff or any unsportsman-like conduct.
- Illegal Passing or unsafe handling on bike course

SWIM: The swim will be in waves of up to 150 competitors. **Competitors must wear the official swim cap provided at check-in**. Failure to wear the official swim cap will result in disqualification. You must notify a race official IMMEDIATELY if you do not complete the swim. The water temperature should be in the mid-60's; wet suits are allowed.

BIKE: Each contestant is solely responsible for repair and maintenance of their bike. Contestants must follow instructions of race officials and public authorities and must obey all traffic laws.

Drafting Rules: Competitors must be familiar with *Competitive Rules of USA Triathlon* (www.USATriathlon.org) and must conduct themselves accordingly. **Riding alongside** another biker is **STRICTLY PROHIBITED** and will result in a 2 minute penalty.

Helmets: A bicycling helmet must be positively secured with chin strap before leaving the transition area. Riding without a helmet will result in immediate disqualification! Helmets must be ANSI, USCF, or SNELL approved.

RUN: The roads throughout the run and bike course will be OPEN to the normal flow of traffic. You must obey traffic rules at ALL times! While on the run course you MUST run WITH the direction of traffic and **stay to the RIGHT of the road at ALL times!** You will be penalized 4 minutes if you interfere with the normal flow of traffic. You must wear the run number on your front, and be clearly visible to race officials at ALL times.

FINISH LINE: Stay in finishing order in the chute. Come to a stop at the end of the timing chute and return your chip to the timing personnel.

First-Timer's Guide & FAQ

First Timer's Guide: Tips and Tricks

Pre-Race

- Friday: Pick-up your race packet and drop off your bike the day before the event
- Create a race checklist and pack your gear the night before, not race morning
- Get a good night's sleep as you'll probably be up earlier than usual
- Make sure you allocate plenty of time race morning to find parking and to get down to the race; last thing you'll want to do is to rush down to the water after you hear the race gun go off

Swim

- A wetsuit is not required. However, at all our past events, the majority of athletes have used a wetsuit. A wetsuit provides the additional benefit of floatation and buoyancy. DO NOT use your wetsuit for the 1'st time at the race. Get in a few practice swims 1'st with your wetsuit on.
- Start the swim in a position where you feel most comfortable; If you are unsure of your abilities or comfort level, start at the side or the back of the pack to ease anxiety
- Swim at your own pace
- If new to open water swimming, take a quick break every ten or so strokes to make sure that you are swimming in a straight line and towards your designated swim buoy; just because you are following someone doesn't mean they know where they are going

Transition #1 – Swim to Bike

- Run from the water to your transition area using markers to remember where you positioned your bike in the transition area
- Get out of your swim gear and place them in your transition area
- First, place your helmet on your head and buckle your straps before you do anything else
- Walk/run your bike out of the transition area for the bike leg of the triathlon; do not mount the bike until you are completely passed the designated bike mount area and out of the way

Bike

- Start yourself in an easier gear and spin your legs as you start out on the bike; your legs will feel a little lethargic after the swim and will need some time to warm up
- Pace yourself on the bike; you will want to have enough left for the second half of the bike and the run portion of the triathlon

Transition #2 – Bike to Run

- Dismount your bike before the designated dismount area and walk/run your bike to your transition area using the same markers used to remember where you positioned your gear
- Change into your run gear quickly and make your way out onto the run course
- Don't forget to keep hydrated and keep up with your caloric intake

Run

- Start off easy with a faster cadence; it'll be normal for your legs will feel a bit weak and wobbly as they been going hard on the bike for the past hour. A faster cadence will allow your legs and body to quickly adjust to running the last leg of the triathlon.

Finish

- Run back down Nearwater Lane knowing that you're almost there
- Enjoy the moment and look up while finishing; your watch can wait a few seconds
- Congratulations FINISHER!

Frequently Asked Questions

1. What is contained in the race packet?

Answer: Race number, swim cap, and event t-shirt.

2. Is there bike support at the race?

Answer: Always be prepared to service your own bicycle; know how to fix a flat tire while on the road. Although we cannot guarantee bike support, we will make every effort to have support available prior to the race.

3. How do I know where to put my bike at the transition?

Answer: Placement of bikes in the transition area is pre-assigned by race number. Bikes are placed and spaced on the bike rack allowing ample room between bikes for placement of personal belongings and set-up of transition gear. If in doubt please ask a race volunteer.

4. What are the benefits of dropping my bike off the night before?

Answer: Dropping off the night before will eliminate one less race morning. If you don't get one of the limited parking spots at the beach, having your bike in the transition area means you will NOT have to walk it from the parking lots at the north end of Nearwater Lane. We will provide overnight security at the race site.

5. What are "drafting" and "pack riding"?

Answer: Does not apply to this race and is a means for disqualification. Riding too close to a rider ahead of you can lead to drafting, or getting performance benefit from decreased wind resistance. Please do not draft or ride in a pack as it is not legal for the race and is unsportsmanlike.

6. What if it rains?

Answer: The ITPMAN Triathlon & ITPKIDS Duathlon will take place rain or shine.

7. When will split times and final results be posted?

Answer: Splits and final results will be posted at the race immediately thereafter. We will make every effort to provide race results online.

8. Where do proceeds from the ITPMAN Triathlon and ITPKIDS Duathlon go?

100% of all net proceeds from the ITPMAN Triathlon & ITPKIDS Duathlon support the ITP Foundation in its mission to raise awareness and fund biomedical research for ITP, a serious and currently incurable blood disorder.



Thank for your support of the ITP Foundation!