



To Benefit the ITP Foundation

COMPETITOR'S RACE GUIDE

Saturday, September 24, 2011 - 7:00 AM

*Weed Beach Park - Nearwater Lane
Darien / New Canaan, Connecticut*

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



The ITP Foundation is a non-profit organization focusing on ITP (Immune Thrombocytopenic Purpura), a rare bleeding disorder, in children and youth. We seek to raise awareness of ITP among the general public, medical and health care professionals, and elected officials. In addition, we work to fund vital medical research into various aspects of ITP, including its cause, treatment and cure, and, to provide financial assistance to the families of children with ITP.

The ITP Foundation takes an active role in raising awareness of ITP through outreach efforts on both local and national levels; this is done through sporting, social and educational events. The primary focus of our fundraising campaign is on sponsorship of endurance athletes who raise funds for The ITP Foundation.

100% of net proceeds from the ITPMAN Triathlon benefit The ITP Foundation.
Thanks in part to athletes and sponsors like you, over \$175,000 has been donated to medical research and to assist the numerous families living with ITP.

CONTENTS

Entry Fees_____	2
Registration Features_____	2
Race Details_____	3
Awards	
Race Packet Pickup	
Race Day Schedule	
Directions	
Parking Procedures	
Course Details_____	5
Swim	
Bike (Includes Map & Topography)	
Run (Includes Map & Topography)	
USAT Rules & Regulations_____	7

ENTRY FEES

ITPMAN Triathlon

Standard Triathlete Registration Fee

\$85 – Thru 3/31/2011

\$100 – 4/1/2011 to 8/31/2011

\$120 – 9/1/2011 to Registration Close

Relay Team Registration Fee - \$200

* Field is limited to first 500 individual triathletes

* Each participant must show a valid USAT annual membership card, otherwise a \$10 one-day USAT membership license must be purchased to compete.

ITPKIDS Duathlon

Kids Registration Fee

\$30 – Thru 3/31/2011

\$40 – 4/1/2011 to 8/31/2011

\$50 – 9/1/2011 to Registration Close

ABSOLUTELY NO PARTS OF ENTRY FEES CAN BE REFUNDED, TRANSFERRED OR CREDITED

REGISTRATION FEATURES

VIP Access

Exclusive VIP ACCESS: \$250 flat rate includes:

- 1) Your Registration in the 2011 ITPMAN
- 2) VIP Parking Pass

- 3) Expedited Check-In at the ITPMAN VIP Table – No waiting in line!!!
- 4) The Official ITPMAN Race Belt
- 5) 12 Week Training Program designed by Pro Triathlete Jessi Stensland
- 6) A personal volunteer to assist you on race day with everything from your initial sign-up to the pre and post race handling of your equipment

Race for Free

Become an ITP Team member and your registration for the 2011 ITPMAN is FREE if you are already an ITP Team member, or you become a member before July 1, 2011.

PLEASE TAKE NOTICE: If you are a new ITP Team member, you must pay a \$150 ITP Team lifetime membership fee and make a commitment to raise \$350 for The ITP Foundation by the end of the year. To become a member of the ITP Team, please visit <http://www.itpfoundation.org/new-team.htm>.

Souvenir Race Belt

Race Belt: Add \$10 to your registration and receive your official ITPMAN Race Belt. Unlike safety pins, our souvenir race belts keep race numbers in place without causing damage to your race gear



RACE DETAILS

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

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:

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

Relay Team – First place relay team will be awarded a gift basket of goodies.

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

Race Packet Pickup

Race packets will be available for pickup in the week leading up to race day. Location and time will be announced.

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

Race Day Schedule

RACE DAY - Saturday, September 24 - Weed Beach, Darien, CT

ITPMAN Triathlon

- 5:15 AM - Check-in begins. NO packet pickup available after 6:30 AM
- 6:20 AM - **LAST SHUTTLE LEAVES HINDLEY SCHOOL!**
- 6:45 AM - Transition area CLOSSES
- 6:50 AM - Course orientation, final race instructions
- 7:00 AM - Race Start (rain or shine)
- 10:30 AM - Awards followed by Drawing for Prizes!
- 11:00 AM - Course closes

ITPKIDS Duathlon

- 9:00 AM - Check-in begins. NO packet pickup available after 10:15 AM
- 10:15 AM - Transition area CLOSSES
- 10:20 AM - Course orientation, final race instructions
- 10:30 AM - Race Start (rain or shine)
- 11:30 AM - Awards

Directions to Race Location

The gate to Weed Beach opens and check-in starts 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 at first traffic light on to Nearwater Lane. Follow Nearwater Lane to Weed Beach Park.

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

Parking Procedure

You have two (2) options:

- 1) Arrive at Weed Beach starting at 5:00 am and take advantage of your early bird status and get a spot at the beach. However, for the safety of our athletes, **anyone parked at the BEACH MUST REMAIN AT THE BEACH UNTIL THE RACE IS FINISHED.**

2) The access road to Weed Beach (Nearwater Lane) is about 1 mile long, so 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**) down to Weed Beach. In such a case, first, park at one of the aforementioned churches or the school. Family or friends can take the shuttle.

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

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 and once we have reached capacity at the park, 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 – they are all approximately 100 meters from the Triathlon Shuttle Service, which will be located at Hindley School turn around. The shuttle will take you down to Weed Beach Park (1 mile). There will be volunteers there to guide you.

The Shuttle Bus will run continuously from 4:45 am until 6:20 am. The ride is about 3 minutes. Bikes will NOT be allowed to ride on the Shuttle Bus!!!

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

COURSE DETAILS

ITPMAN Triathlon

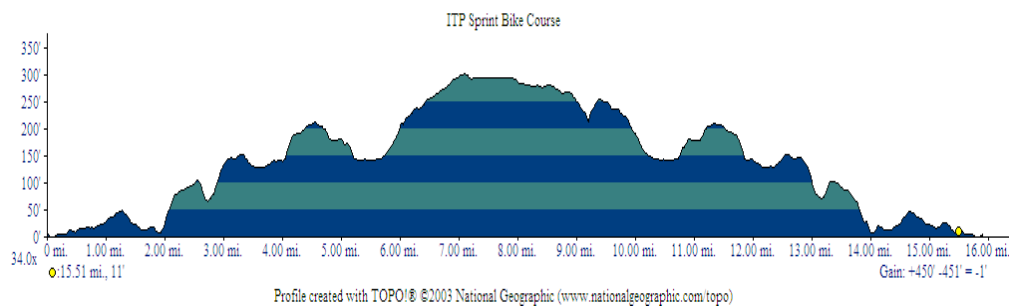
Swim Course – 0.5 mile

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 bouys to their left) before returning back to shore for their bike transition.

Bike Course – 15 miles

Leave Weed Beach and make left on to Nearwater Lane. Left on to Boston Post Road. Right on to Hollow Tree Ridge Road. Continue on Hollow Tree Ridge over Merritt Parkway into New Canaan on Lapham Road. Continue on Lapham Road and make a right onto Farm Road. At South Avenue (Rt. 124) take a right. Continue on South Avenue (Rt. 124) over Merritt Parkway and take a right onto Talmadge Hill Road. Make a left 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.

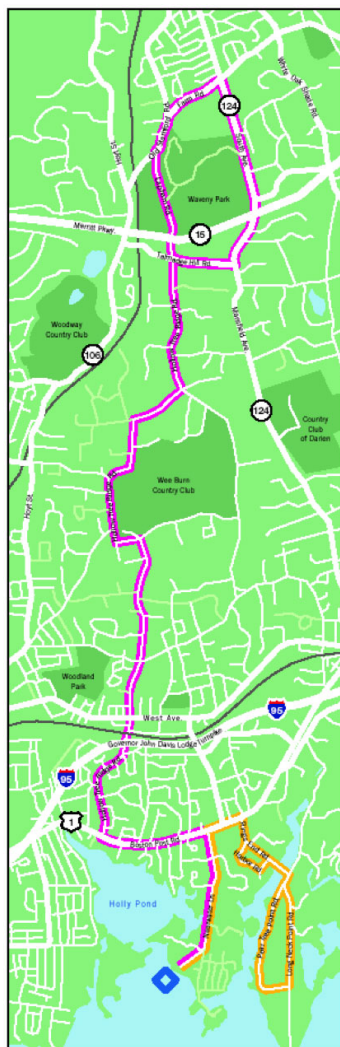
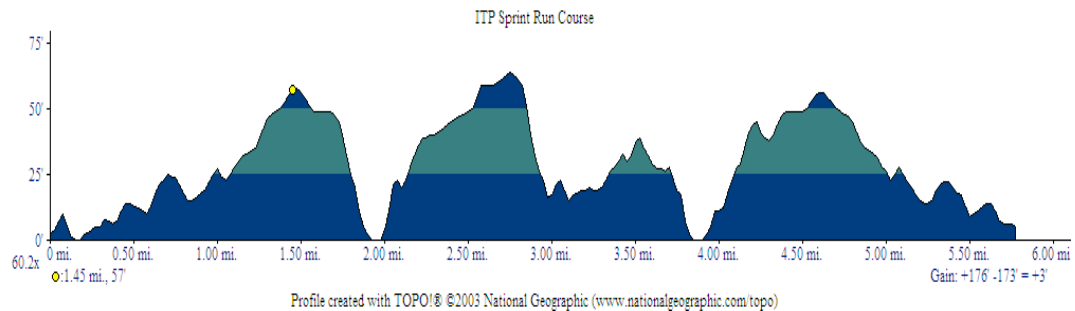
ITPMAN Bike Course Topography



Run Course – 5 miles

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. Right on Harbor Road back out to Rings End Road and go right. 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 Bike Course Topography



Swim 0.5 mile

Weed Beach, Long Island Sound
Darien, CT

Bike 15.0 miles

Leave Weed Beach on Nearwater Lane
Left onto Boston Post Road
Right onto Hollow Tree Ridge Road
Over Merritt Parkway into New Canaan
Hollow Tree becomes Lapham Road
Right onto Farm Road
Right onto South Avenue
Over Merritt Parkway
Right onto Talmadge Hill Road
Left onto Hollow Tree Ridge Road
Left onto Post Road
Right onto Nearwater back to Beach
To Transition Area

Run 5.0 miles

Leave Weed Beach on Nearwater Lane
Right onto Boston Post Road
Right onto Rings End Road
Right onto Harbor Road
Right back onto Rings End Road
Right onto Pear Tree Point Road
Bear left on curve
Left onto Long Neck Point Road
Left onto Rings End Road
Left onto Boston Post Road
Left onto Nearwater Lane
to Finish Line at the Beach

The following Rules and Regulations are designed for your personal safety and enjoyment. Failure to comply with these rules will result in penalties and/or disqualification.

USAT RULES

- Competitors must be familiar with the Competitive Rules of USA Triathlon (www.USATriathlon.org), and must 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 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 the AMB Chip Timing System.

- You must wear the AMB Chip secured to your ankle at all times.
- You must return your Chip immediately after crossing the finish line.
- If you do not return the AMB Chip **you will be charged \$78.**
- 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 request 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 during the race you enter the transition area, or cross the finish line, and **your number is not visible**, you will receive a **2 minute penalty**. The 2-sided vinyl (adhesive-backed) number must be attached to the **FRONT** of the top tube of your bicycle and not removed from your bicycle until after you leave the transition area.

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 # 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.**

SWIM: The swim will be in waves of 100-150 competitors (by age groups). **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.



Thank for your support of the ITP Foundation!