

Thank you for your interest in the 2011 Maine Sport Triathlon. The following information should contain all the general information you need and answer most of your questions. If you do have a question don't hesitate to contact us and we'll answer any inquiry you have. See you race day and good luck!



Sunday, September 4, 2011

Race Features:

- ~ T-shirts to all racers who pre-register by Aug. 15th
- ~ Merchandise raffle following the awards
- ~ Post race refreshments
- ~ Post race award ceremony at 12:30. Race clock runs until 1:00 pm
- ~ Follow up vehicle on bike course
- ~ Water stops on run course
- ~ Computer timing

Entry Fees: Individuals \$40 Teams \$70

This fee is non-refundable or transferable. Each team member must sign an separate entry form and send it in together with the rest of the team. Field is limited to first 200 to send in their entry form and fee.

Send a signed entry form with check payable to:

Maine Sport Outfitters
% triathlon
PO Box 956
Rockport, ME 04856

or register **online at www.active.com**

Please notify us if you are unable to compete on race day.

Contact person: Gregg Perry 207-236-8779
E-mail gregg@mainesport.com

Directions: From downtown Camden take Rt. 52 north toward Lincolnville Center. Barrett's Cove on Megunticook Lake is approximately three miles from in-town Camden on the left.

Parking: is on Rt. 52, just before Megunticook Lake. An attendant will be there to assist you.

Race Start: 9:00 am sharp, rain or shine. Race meeting is on the beach at 8:50am.

Swim: Each competitor is required to wear his/her own swim cap. Wetsuits are permitted. No fins or snorkels. No escorts.

Bike: No drafting. No individual escorts or support. Each competitor is required to wear a bike helmet. Carry water on your bike. We ask that family or friends do not follow you on the bike course due to narrow, twisty local roads. There will be a follow up vehicle to pick you up if you are unable to finish. There will be road guards and course markings at major intersections.

Run: Two water stops will be on the run course. No escorts, please. **Anyone running through the finish chute twice or crossing the finish line twice will be disqualified.**

Transition Area: No spectators or individual support will be allowed in the roped off transition area. Please use caution crossing this area, accidents can easily happen when racers are entering and leaving during the race. **No dogs are allowed in the vicinity of Barrett's Cove by Town Ordinance, owners may be fined.**

Race Numbers: Numbers will be written on both arms and legs, plus you will be required to wear a number tag. You must cross the finish line of the run with your number tag on and visible to the timer to qualify as an official finisher.

Teams: One wristband will be provided for each team. The swimmer must bring the band to the cyclist at the run area. The cyclist must come to a complete stop in the transition area before handing the band to the runner. You must have the wristband to finish. If any leg of the race is not completed the team cannot finish the race. Only the runner is required to have a race number tag. If you are a cyclist on a team, please do not put your bike on the rack at any time, those spaces are for individual competitors. Only the runner for the team may enter the finish chute and cross the finish line for the team. Any other member of the team who enters the chute or crosses the line will disqualify the team.

Think Safety: Bike and run segments are open to traffic. Safety is the racer's responsibility. Failure to comply with any course rule will result in immediate disqualification from the race.



Solid Red Dot: Transition/ Swim Area
Swim course = 1/2 mile

Dotted Red Line: Run course out and back
Run course = 6.6 miles

Yellow Line: Bike Course / **Two laps**
Bike course = 26 miles

Wanted: Race Volunteers

We are always in need of volunteers to perform a variety of tasks. Contact us if you can help out on race day or know someone who can. Our race depends on the help of our many wonderful volunteers!

E-mail gregg@mainesport.com or call 236-8779

Race Form

First Name _____ Last Name _____

Date of Birth _____ Age _____ Male _____ Female _____ T shirt size _____ (S M L or XL)

Individual or Team Swimmer Team Biker Team Runner

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Emergency Contact Person _____ Phone _____

In consideration of acceptance of this entry, I myself, my heirs and assigns, waive and release any and all claims for personal damages I may have against the persons and officials of this race.

Signature _____

Date _____