



## **Athlete Guide**

### **Welcome to the LITCHFIELD HILLS TRIATHLON**

**All participants must read this guide with Covid protocols in place!**

Saturday, July 10, 2021  
Brodie Park  
580 W. Hills Road  
New Hartford, CT 06057

#### **Race Communications:**

Mark H. Wilson (914-466-9214) - Race Director  
Tonia H. Wilson (716-353-1288) - Administrator

**IF YOU ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE THAT IS SICK, PLEASE DO NOT COME TO THE RACE! YOUR REGISTRATION WILL BE DEFERRED UPON NOTIFICATION TO TONIA TO A FUTURE RACE.**

AquaBike : 1500M Swim, 40K Bike  
Triathlon : 1500M Swim, 40K Bike, 10K Run

#### **PACKET PICK UP**

- Friday, July 9th at the race site from 12pm - 8pm.
- This is NOT mandatory.

#### **BIKE DROP OFF**

- We highly encourage you to drop your bike off on Friday between 12pm - 8pm.
- There will be overnight security at the race site.

#### **PARKING**

- Free Parking will be at Brodie Park (Race Site).

#### **MISCELLANEOUS ITEMS**

- There will be port-a-johns centrally located near the transition area.
- There are no other restrooms anywhere else on or near the course.

- There will be aid stations on the run course only stocked with water, **Hammer Nutrition** HEED, Electrolytes, Gels.

## **RACE DAY SCHEDULE**

- Check In opens at 5:30am - closes at 7:10am
- Transition opens at 5:30am - closes at 7:10am - first come first serve, not assigned spots.
- Swim warm-up 6:45am - 7:15am
- MANDATORY Pre-race meeting held 7:15am at the water front.

UNLESS you hear from us directly, always assume that the race is on regardless of weather conditions where you are at.

Email notices will be sent as well as postings on our Facebook group page for emergency notifications.

We will race rain or shine but will never put any of our athletes in danger.

- There will be NO race day registration.
- There will be tables and signage for a Men's Check In and a Women's Check In with cones placed 6 ft apart.
- Waiver will have been signed electronically upon registration.
- You do NOT need to show any paperwork or your USAT card at registration.
- If you are more comfortable, please wear a mask as you approach the tables.
- For those that picked up their packets on Friday - Body Marking and Timing Chip pick up will be available from 5:30am - 7:10am.

## **BIB NUMBER, HELMET & BIKE STICKERS**

- You must have your number displayed on the front of your body during the run portion of the race.
- Helmet sticker can be placed anywhere on your helmet.
- Bike sticker must go on your bike.
- These are required and you must have all of this to take your bike out of transition POST RACE

## **BODY MARKING**

Marking will be done race morning-your # will be marked on your hand & arm and your USAT age (your age on 12/31/2021) will be marked on your calf.

## **RELAY TEAMS**

- Relay team members must tag each other and exchange the timing chip at the designated spot within the bike transition area before moving forward to the next leg of the race.
- The team will be issued one race number.
- The runner of the team must have the number displayed on the front of their body as they cross the finish line.

## **RACE START**

- AquaBike and Triathlon will start together at 7:30am SHARP.
  - Waves as follows: all MEN at 7:30am, all WOMEN at 7:33am.
  - Relay teams will start with the 7:33am wave regardless of male or female swimmer.

***Please note; there is a 1/4 mile distance between the end of the swim and bike transition. We highly recommend that you bring shoes to the swim start with you that you can run up the unpaved road back to transition. You DO NOT want to do this barefoot!***

## **AQUABIKE**

- Your race ends as you enter the transition area off of the bike.
- Please make your way at your leisure to the Finish Line to be caught by our photographer and to receive your Finisher Medal.

## **SWIM**

- The course will be a 750 meter triangle in a counter clockwise direction with a beach start.
- Each participant will come out of the water, run around the buoy and enter the water again for your second loop of the swim.
- You are permitted to use a personal swim buoy during the race if you feel it necessary.
- You will swim in a counter-clockwise direction keeping buoys on your left shoulder.
- You will be provided with a swim cap that we require all participants to wear during the race.
- This is a wetsuit legal race.

- There will be lifeguard and volunteers in the water in both kayaks and motor boats.
- You are allowed to hold on to a kayak for assistance but they cannot move you forward if you intend to finish your race.
- If you are in need of assistance please flip on to your back immediately. A kayaker will approach you.

\*\*\*\*\*We cannot express enough that your safety is the most important part of your race. Your family members are counting on you to go home to them tonight. This is a race that is designed for your enjoyment, the spirit of competition and the pursuit of fun, fitness and well-being. IF YOU ARE NOTICING ANYTHING THAT DOES NOT FEEL RIGHT TO YOU AT ANY TIME DURING YOUR RACE, PLEASE STOP AND ASK FOR ASSISTANCE.

## **BIKE**

- Athletes ONLY will be allowed in transition area and athletes only will be allowed to remove bike from transition with matching numbers on bikes and body.
- NO coaches, spouses, children, relatives, club members will be allowed in transition. No exceptions! This is for the safety of the participating athletes and security of property.
- There will be NO drafting; this means that you must keep 3 bike lengths between you and the rider in front of you. Only when you are going to pass can you call out "ON YOUR LEFT" and then pass, only on the left side, making sure that you are able to move into the roadway safely.
- Quickly pass (within 15 seconds) the other rider and then safely move back in front, moving ahead to leave 3 bike lengths between you and the rider that you passed.
- YOUR HELMET MUST BE SNAPPED ON BEFORE YOU MOVE YOUR BIKE OFF THE RACK!
- The 40K hilly bike course is open to traffic. Please use caution and obey the rules of the road.

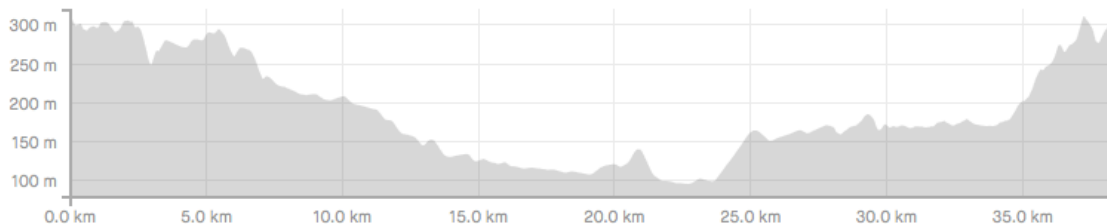
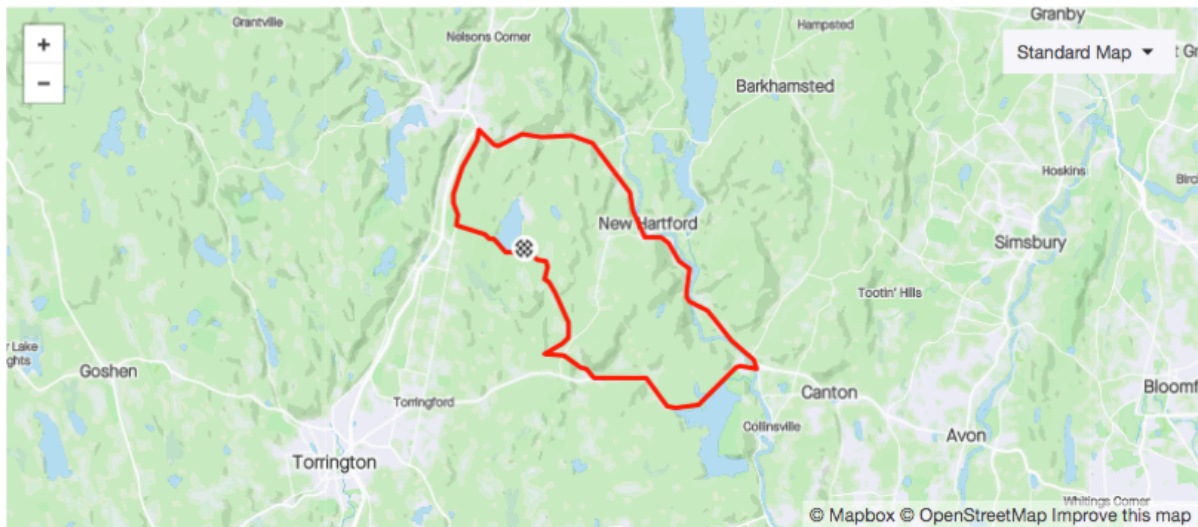
**We are back to the ORIGINAL bike course with the construction being over on the bridge. Please note the course turns below.**

- It is your responsibility to know the course beforehand.
- There will be orange paint markings on the roadways, announcing every turn.
- There will be yellow lawn signs with black arrows at every turn.
- Go by the painting on the roadways as signs can be knocked down; if you don't see markings, don't turn there!

Strava Ride Route



## Litchfield Hills Triathlon (Olympic Bike)



- Transition: right onto West Hill Rd. – 2 miles.
- Right onto Route 183 – 2.5 miles.
- Right onto Route 44 – 10 miles.
- Right onto Route 179 – 300 yards.
- Right onto Route 202 – 5 miles.
- Right onto Carpenter Road
- Continue straight onto Dings Rd. – 0.5 miles.
- Right onto Maple Hollow Rd. – 1 mile.

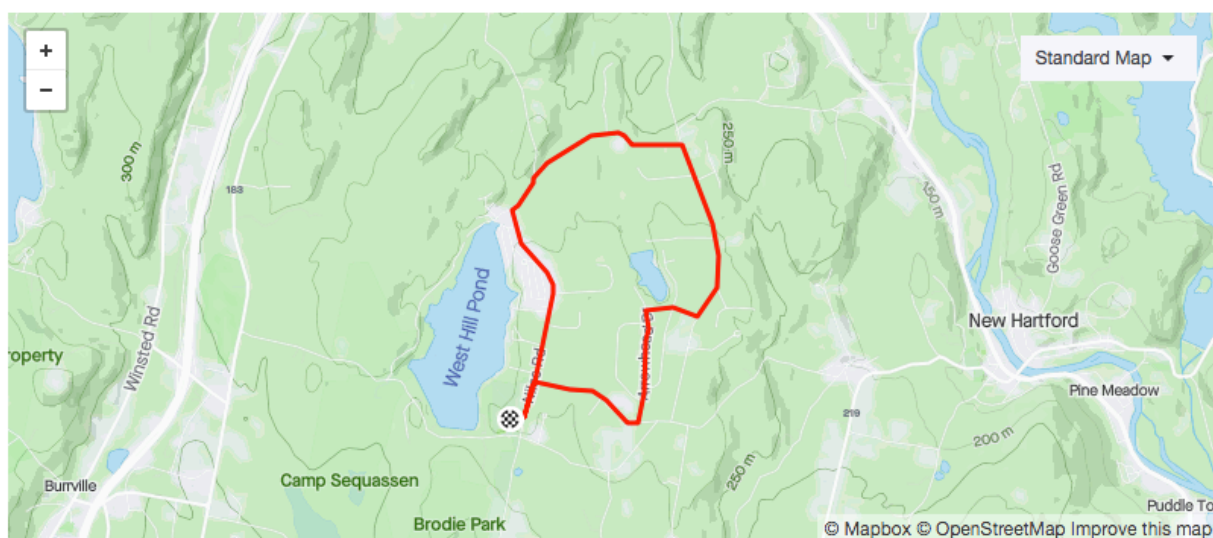
- Left on Bruning Rd. – 2 miles mostly uphill.
  - Left onto West Hill Rd. – 0.8 miles.
  - Right into Bike Finish and Transition at Brodie Park.
- 
- Always stay to the right hand side of the road.
  - Use the shoulder when available.
  - We do have a SAG vehicle that will sweep the course. If you need assistance please wait for them.
  - Of course, if you see a fellow racer in need please have someone call 911.
  - **DO NOT ride in the road and NEVER cross over the yellow line in the middle of the road. The course is NOT closed to traffic.**

## RUN

- Please be mindful that this course is NOT closed to traffic.
- Aid stations at every mile with water, **Hammer Nutrition** Heed, Endurolytes & Hammer Gels.

Strava Run Route

## Litchfield Hills Triathlon (Olympic Run)



- 10K Run from Transition, turn left toward flagpole, through park and left onto Niles Rd.
- Niles becomes West Hill Rd. at town line.
- Straight onto Bsullak Rd.
- Right onto East West Hill Rd. East West Hill becomes Tumbull Rd.
- Right onto Berkshire Dr.
- Left onto Arrowhead Dr.
- Right onto Burwell Rd.
- Left onto Niles Rd.
- Right into Brodie Park, straight to finish line.



Be sure to look up and smile as you cross the finish line for our photographer. You will be able to purchase downloads or prints of your race photos from Mike Frame Images.

## **FINISH**

- If at any time you decide to abandon your race, PLEASE notify Mark or Tonia Wilson immediately.
- You will be timed as you cross under the finish line.
- There will be water bottles available.
- Relay Teams are permitted to cross the Finish Line together; please do not interfere or impede other athletes in any way.

## **AWARDS**

11:00 am

Top 3 Overall (M & F) Triathlon, AquaBike & Relay Teams.

Top 3 M & F, 5 year age groups.

Individualized certificates will be emailed to all winners.

## FOOD & BEER ZONE

- Athletes will receive a wrist band at registration. **YOU MUST WEAR THIS BAND TO BE ELIGIBLE FOR FREE FOOD AND BEER!**
- Hot dogs, chips, granola bars, fruit, water and Body Armor will be available.
- Spectators may eat with donations greatly appreciated.

### **The food is sponsored by the New Hartford Economic Development Commission and Foodtown**

The Beer Zone is courtesy of our sponsor; **Southern Tier Brewing Company**. All beer must be consumed within the zone.

- Wrist bands are color coded so that no-one under the age of 21 will be permitted inside the Beer Zone.
- Beer Zone is for registered participants **ONLY**

## USAT Rules

1. **Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
2. **Chin Straps:** Chin straps must be buckled at all times when on a bicycle. **DO NOT** unbuckle your chin strap unless you are off your bicycle.
3. **Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.
4. **Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring **ANY** glass containers into the transition area.
5. **Drafting:** Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.



**6. Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. **Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.**

**7. Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**8. Headphones:** Headphones, headsets, personal audio devices, etc. are not to be carried or worn at any time during the race.

**9. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

**10. Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. **No garbage, clothing, etc. shall be thrown on the course.**

[Please support and thank our local sponsors:](#)



**Southern Tier Security, Southern Tier Brewing Company, Hammer Nutrition  
Doctor Hoy's , SBR Sports, SPORTea**

**New Hartford Economic Development Commission  
Town of New Hartford, CT**

Old Riverton Inn  
Simsbury Inn

Radwick's Coffee and Sandwich  
So Fine Pizza

**\*\*PLEASE VISIT OUR SPONSORS AT RADWICK'S AND SO FINE PIZZA.  
They have offered these specials to all participants on July 9th, 10th &  
11th!**

**" RADWICK's: Buy Any Sandwich Get One 50% Off.**

**SoFine Pizza: Spend \$20.00 or more, Get \$5.00 Off.**

Grey Area Tavern

Bamboo Asian Restaurant

Six Spoons Chocolatier

Non-Stop Ballroom

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Brewery Legitimus

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Barden Farm Market

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Pete's Pizza

Gresczyk Farms

New Hartford Barber Co.

RC Antiques and Collectibles

Parrott Delaney

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Better Half Bistro

Connecticut Valley Winery

***When you visit any of the above sponsors please let them know you heard about them from the Litchfield Hills Triathlon!***

Thank you for racing with us today. We strive to plan a fun, athlete centered event for you to test your fitness and endurance as well as leave with a new set of friends. Please watch our website at [www.CoachMarkWilson.com](http://www.CoachMarkWilson.com) for race results, photo links, future events and activities. Wilson Endurance Sports, LLC produce 24 races in New York State and 1 in Connecticut. We hope to see you again in the future.

Best of luck and stay safe.

Mark & Tonia Wilson~Wilson Endurance Sports

