

Athlete Guide

Dear Athlete,

We, at TRIMOM Productions, are very excited to welcome you to the Fat Clam Sprint Tri! Inside, you will find all the information that you will need for a great race experience.

If you have any questions, do not hesitate to contact us. Good luck with the rest of your training and we'll see you at Camp Westwood!

info@trimomprod.com

Kathy Robbins - Owner, Managing Member of TRIMOM
Productions, LLC

The Fat Clam Sprint Tri

The Fat Clam Tri will be held on
Saturday, July 21st at 8:00am
at [YMCA Camp Westwood!](#)

Please arrive as early as you can!

We open at 6:00am for
Transition, Body Marking, Timing Chips and any
last minute Bike Tech Support !

RACE WEEKEND TIMELINE

Saturday July 21st

Transition/Registration Open - 6:00am

**Registration in Lodge at Camp Westwood

Registration Closes - 7:45am

**Please plan accordingly - after 7:45am - you will not be able to pick up your packet! We strongly advise that you pick up your packet on Friday!!

Transition Closes - 7:55am

First wave in water - 8:00am

What You Need To Know About Picking Up Your Registration Packet...

1. ALL ATHLETES MUST HAVE A PHOTO ID IN ORDER TO PICKUP THEIR PACKET - NO EXCEPTIONS
2. YOU MAY NOT PICK UP ANOTHER ATHLETE'S PACKET - NO EXCEPTIONS!!
3. IF YOU ANSWERED THAT YOU HAD A VALID USAT CARD OR HAD A PENDING MEMBERSHIP DURING THE ONLINE REGISTRATION PROCESS- YOU MUST SHOW YOUR VALID USAT CARD, PRINTED TEMPORARY MEMBERSHIP CARD, OR CARD ON THE USAT APP - IF YOU DO NOT YOU WILL BE REQUIRED TO SIGN THE USAT WAIVER AND PAY FOR A ONE-DAY LICENSE.
4. IF YOU PURCHASED A ONE-DAY LICENSE DURING THE REGISTRATION PROCESS, WE HAVE RECORD OF YOUR PAYMENT YOU WILL BE REQUIRED TO SIGN THE USAT WAIVER.

RACE DAY INFORMATION!

All race day parking is at Camp Westwood- Please use the main entrance and follow directions of our staff.

- Body Marking Area and Transition open at 6:00am. Please get your body markings and timing chip before heading into transition area. All Athletes need to get body marked. It is essential for identifying athletes on the course and in race photos.
- Transition Area is for Athletes only! Once you enter transition proceed to your rack position. The end cap of the rack will be labeled numerically by bib numbers. Find the rack that corresponds to your bib number. Please respect the space of other athletes when laying out your gear.

**TRANSITION AREA CLOSSES PROMPTLY AT
7:55AM!!! ALL ATHLETES MUST BE SET UP
AND OUT OF TRANSITION BY 7:55AM !!**

RACE DAY INFORMATION CONTINUES!

- You will receive a swim cap, bike number and bib number at packet pickup. You will pick up your timing chip on race morning! Please affix your bike number to your bike frame, your bib number to your t-shirt/top that you will be wearing on race day and your timing chip to your left ankle.
- You are placed in an age-group based on the USAT Age-Up Rule: "All athletes will compete in the age group corresponding to their age on Dec. 31 of the event year." Please confirm your swim cap color and age-group are correct. All Fat Clam! Swim Waves are 5 Minutes Apart.

TIMING SERVICES

- Timing Services will be provided by The TRIMOM Timing Company. As mentioned above, you will receive a timing chip/strap upon entering transition. Attach the chip to the strap. Then, please wear around your left ankle. All athletes will receive 6 times upon completing the race: (1) SWIM (2) T1(3)BIKE(4)T2(5)RUN(6) Overall Time.
- We will be utilizing LIVE ATHLETE Tracker. Click on the link below, pass to your family and friends and they can follow you in real time!

[FATCLAMLIVE TRACKER](#)

- Results will be available immediately at The Lodge!! It is your responsibility to check your results and notify us of any discrepancies prior to the awards ceremony!! PLEASE CHECK THE RESULTS!!
- Results will be emailed to you immediately following your finish! Results are also available at [The TRIMOM](#) and [TRIMOM Timing](#) Co Facebook and Webpages!

RACE DAY PARKING INFORMATION!

All of the event parking takes place at Camp Westwood.

We need to close the access road to all vehicles, for the event from 7:45am SHARP until approx. 9:30am when the majority of athletes are finished.

If you or your fans arrive after 7:45am - you will not be allowed into the venue!

If your fans or you need to skip out early - please bring your patience and we will get you out as soon as we can - but we all need to be considerate of those athletes still on the course!

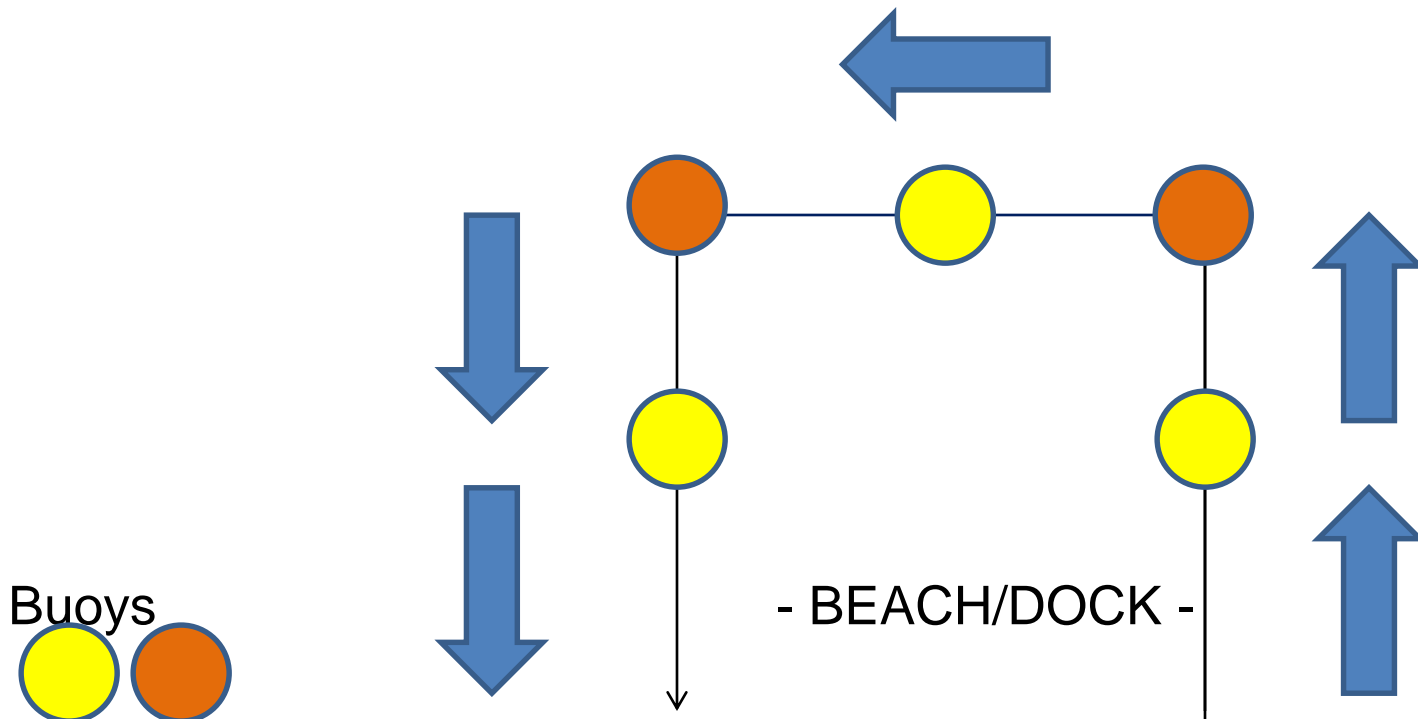
If your fans will be late - direct them to the soccer complex on Fish Hill Road - a great place to watch the beginning of the bike climb!

WE THANK YOU FOR YOUR COOPERATION!!

OUR COURSES

THE SWIM

SPRINT SWIM COURSE



The water temp is approx. 70 degrees - wetsuits are optional.

OUR COURSES!

THE BIKE

It is your responsibility as an athlete to know the course!!!

BIKE COURSE MAP

This is a hilly bike course

Harkney Hill Road (Down)



Fish Hill Road (Up)



Route 102



OUR COURSES THE RUN!!

Sprint Run Course Map

The run course is a very flat out and back on Weaver Hill Road.

There will be one water station at the RUN TURNAROUND

WAVE ASSIGNMENTS

WAVE #	CATEGORY	CAP COLOR	START TIME
1	Sprint 40 and Over Men	PINK	8:00 AM
2	Sprint 39 and Under Men + Clydesdale	WHITE	8:05 AM
3	Sprint Under 40 Women	PINK	8:10 AM
4	Sprint 40 and Over Women + Athena + Sprint Relays	WHITE	8:15 AM