



Athlete Guide

Dear TRIMOM Athlete,

Race day is nearly here! We are excited to welcome you to the RI Duathlon Festival. This Athlete Guide is filled with the information you need to have an enjoyable experience.

The RI Duathlon Festival is a production of TRIMOM Productions, LLC. If you have questions that are not answered here or on the pages of our website (<http://www.trimomprod.com>) devoted to The RI Duathlon Festival then feel free to send us an email at info@trimomprod.com.

An email will be sent if we need to communicate any last minute news or announcements, but we also invite you to become a fan of TRIMOM on [Facebook](#) where we'll post quick updates as we get closer to race day.

Kathy Robbins and the TRIMOM Staff

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The RI Duathlon

The Duathlon will be held on Sunday October 15th
at Burlingame State Park Campground!

The Family and Youth Duathlon will begin promptly at
9:00am

The Duathlon will begin at 10:00am

Directions: From CT - Take 95 North to exit 92 to Route 78E. At the end of Route 78E make a left onto Route 1 North. Follow through Westerly, into Charlestown. Follow signs for Burlingame Campground.

From Points North - Take 95 S to Route 4S to Route 1S. Follow Route 1 South into Charlestown. Once in Charlestown, follow signs for the Burlingame Campground (not the Burlingame State Park exit).

Once in the park, follow the signs for parking and transition!

Please arrive as early as you can!
We open at 8:00am for packet pickup.

Registration Pick-Up Time & Location

PACKET PICKUP Opportunity #1
Sunday October 18th from 8:00am - 9:30am
(8:45 am for Youth/Family Divisions)
at
Burlingame State Park - Legiontown

Registration Pick-Up Continued...

Packet Pickup Concludes at 9:30am
(8:45am for Youth/Family Divisions)am
on Race MORNING!!!

After that time YOU WILL NOT BE
ABLE TO PICK UP YOUR PACKET!
PLAN ACCORDINGLY!

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

ALL ATHLETES MUST HAVE A PHOTO ID IN ORDER TO PICKUP THEIR PACKET - NO PHOTO, NO RACING, NO EXCEPTIONS

YOU MAY NOT PICK UP ANOTHER ATHLETE'S PACKET - NO EXCEPTIONS!!

ALL MEMBERS OF A RELAY TEAM MUST CHECK-IN BEFORE THE PACKET WILL BE GIVEN OUT. IF YOU ARE NOT ALL ARRIVING TOGETHER - THE PACKET WILL BE GIVEN TO THE FINAL MEMBER CHECKING IN!

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 OR PRINTED TEMPORARY MEMBERSHIP CARD - IF YOU DO NOT YOU WILL BE REQUIRED TO SIGN THE USAT WAIVER AND PAY FOR A ONE-DAY LICENSE.

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 the Burlingame Campground. Please follow the signs and volunteers for parking!

- Transition open at 8:00am.
- 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.
- You will receive a timing chip, bike number and bib number at packet pickup. 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.
- Timing Services will be provided by The TRIMOM Timing Co. As mentioned above, you will receive a timing chip at registration. 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. Results kiosks will be stationed at the finish so that you can instantly see your results.
- 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"

THE FIRST LEG OF OUR COURSE!

THE RUN

THE COURSE

The run course is supported with signs. The run takes place through the quiet streets of The Campground. Youth/Family Division Athletes will complete a .5 mile run.

Athletes competing in our regular duathlon will complete a 2 mile run! There is no aid station so please plan your nutrition needs accordingly!

THE COURSE CONTINUED...

THE BIKE

After completing the first run, you will proceed to your bike in transition. Once you have changed into your bike gear in transition (note: there are no changing rooms in transition - and make sure you buckle your helmet chin strap!) you will jog your bike to the Mount Line. Only after crossing the Mount Line are you allowed to get on your bike and begin riding.

[ROAD BIKE MAP](#)

[MOUNTAIN BIKE MAP](#)

Obey the rules of the road! **Littering and riding side by side with other cyclists except to pass is strictly prohibited and are grounds for penalties or disqualification.** When passing another cyclist be sure to call out, "*On your left!*"

The Road Bike is a great 14 mile single-loop through the quiet country roads of Charlestown!

The Mountain Bike is a great 8 $\frac{1}{2}$ mile single loop on the famed Vin Gormley or Yellow Dot Trail!

The Youth/Family Bike is a quiet bike on the roads throughout the campground! There is no bike support, but a SAG Wagon - please plan your bike tech needs accordingly.

THE COURSE CONTINUED...

THE ROAD BIKE

The road portion will be marked with



At two points on the ROAD COURSE – you may encounter Mtn. Bikers entering the Road. First, on Buckeye Brook Road and second, on Kings Factory Road. When you see this



BE ON ALERT FOR MOUNTAN BIKERS!!!

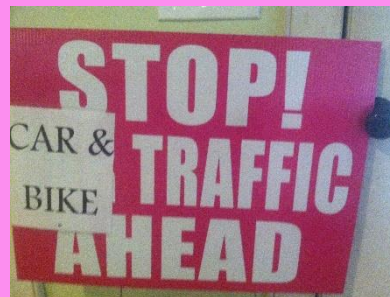
THE COURSE CONTINUED...

THE MOUNTAIN BIKE

The MOUNTAIN BIKE portion will be marked with



At two points on the MOUNTAIN BIKE COURSE – you may encounter ROAD BIKERS/CARS when you enter the Road. First, on Buckeye Brook Road and second, on Kings Factory Road. When you see this sign



BE ON ALERT FOR ROAD BIKERS/CARS!!!

THE FINAL LEG OF OUR COURSE!

THE FINAL RUN

[COURSE MAP](#)

The final 2 mile run course is the same course as the first run. The run is supported with signs. There is no aid. Please plan your nutrition needs accordingly!