

Athlete Guide

Dear TRIMOM Athlete,

Race day is nearly here! We are excited to welcome you to the 4th Running of the Rhode Warrior Olympic Distance Sprint Triathlons. This Athlete Guide is filled with the information you need to have an enjoyable experience.

The Rhode Warrior 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 Rhode Warrior 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 Rhode Warrior

The Olympic and Sprint Triathlons will be held on Sunday September 3rd beginning with the Olympic at 6:45am at the [Misquamicut State Beach](#) located at 257 Atlantic Avenue Westerly, Rhode Island!

Directions: From CT - Take 95 North to exit 92 to Route 78E. At the end of Rte. 78 E continue straight through the intersection and onto Airport Road. Make a left onto Winnapaug Road. Follow Winnapaug Road to Atlantic Ave. Make a left onto Atlantic Ave and the beach is up on the right!

From Points North - Take 95 S to Route 4S to Route 1S to Westerly. Make a left turn onto Route 1A South. Make a left onto Weekapaug Ave. Make a right onto Atlantic Ave. Beach is approx. 2 miles up on the left!

Please arrive as early as you can!

We open at 5:30am for

Race Day Packet Pickup, Transition, Body Marking and any last minute Bike Tech Support that you might need!

Registration Pick-Up Times & Locations

PACKET PICKUP Opportunity #1

Saturday September 2nd from 5:30pm - 6:30pm at
Race Transition Area at Misquamicut State Beach -
closest to Westerly Town Beach Wuskeneau

**Parking is tricky - recommend parking at The Misquamicut Chamber of Commerce building located across from
the Westerly Town Beach Wuskeneau** After 6pm - Westerly Town Beach Lot Opens

PACKET PICKUP Opportunity #2

Sunday September 3rd from 5:30am - 6:30am at
[The Misquamicut State Beach](#)

Registration Pick-Up Continued...

It is strongly encouraged that you pick up your race packet on Saturday as this will give you more time to prepare for racing on Sunday Morning. The TRIMOM Staff rocks registration; nonetheless, lines are expected on RACE MORNING. Arrive as close to 5:30am as possible on Sunday if you do plan to pick up your packet at that time!

Packet Pickup Concludes at 6:30am on RACE MORNING FOR ALL RACES regardless of your start time!!!

After 6:30am -
YOU WILL NOT BE ABLE TO PICK UP YOUR
PACKET! PLAN ACCORDINGLY!

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 PHOTO, NO RACING, NO EXCEPTIONS
2. YOU MAY NOT PICK UP ANOTHER ATHLETE'S PACKET - NO EXCEPTIONS!!
3. 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!
4. 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.
5. 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 PARKING!

You have three options for race day athlete and spectator parking

1. Athlete and Spectator parking is available at the [Misquamicut State Beach](#). Have your family and friends spend the day at this exquisite beach while you suffer out on our course! Parking is \$7.00 for In State vehicles and \$14.00 for Out of State Vehicles. Convenient and easiest!
2. Park at [Wal-Mart Dunn's Corner](#). Located approximately 4 miles from the race site and right on our bike course - this option is free to all. You can easily ride your bike from there as well!!
3. For your fans only - NO ATHLETE PARKING!! [The Westerly Town Beach](#) - Wuskeneau Facility, located directly adjacent to transition is open for free until 8:45am. Your fans can drop you off and watch the swim. They must be out of the lot by 8:45am!! Beach staff will be on hand to make sure that it is not used for athlete parking! This lot is small and first come first serve! Please respect the beach if your fans are using this option and make sure they remove their car from the lot before 8:45am or you will jeopardize the future of the race!!

RACE DAY INFORMATION!

- Registration, Body Marking Area and Transition open at 5:30am. 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
6:30AM for all RACES!!! ALL ATHLETES
MUST BE SET UP AND OUT OF
TRANSITION BY 6:40AM !!**

RACE DAY INFORMATION CONTINUES!

- You will receive a swim cap, 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 Company. As mentioned above, you will receive a timing chip upon entering transition on race morning. Please attach the red chip to the Velcro strap. 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 will be emailed immediately, available at the finish in our results tent on large displays tvs and kiosks.
 - We are utilizing REAL TIME LIVEATHLETE TRACKER! Pass this link to your family and friends and they can track your progress all day long!
- IT IS YOUR RESPONSIBILITY TO VERIFY RACE RESULTS AT THE EVENT! WE HAVE PROVIDED STATE OF THE ART TIMING!!! PLEASE CHECK RESULTS AT THE EVENT AND APPROACH TIMING STAFF WITH ANY DISCREPENCIES IMMEDIATELY!!
- 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 Swim Waves are 5 Minutes Apart.

THE TRANSITION AREA!!

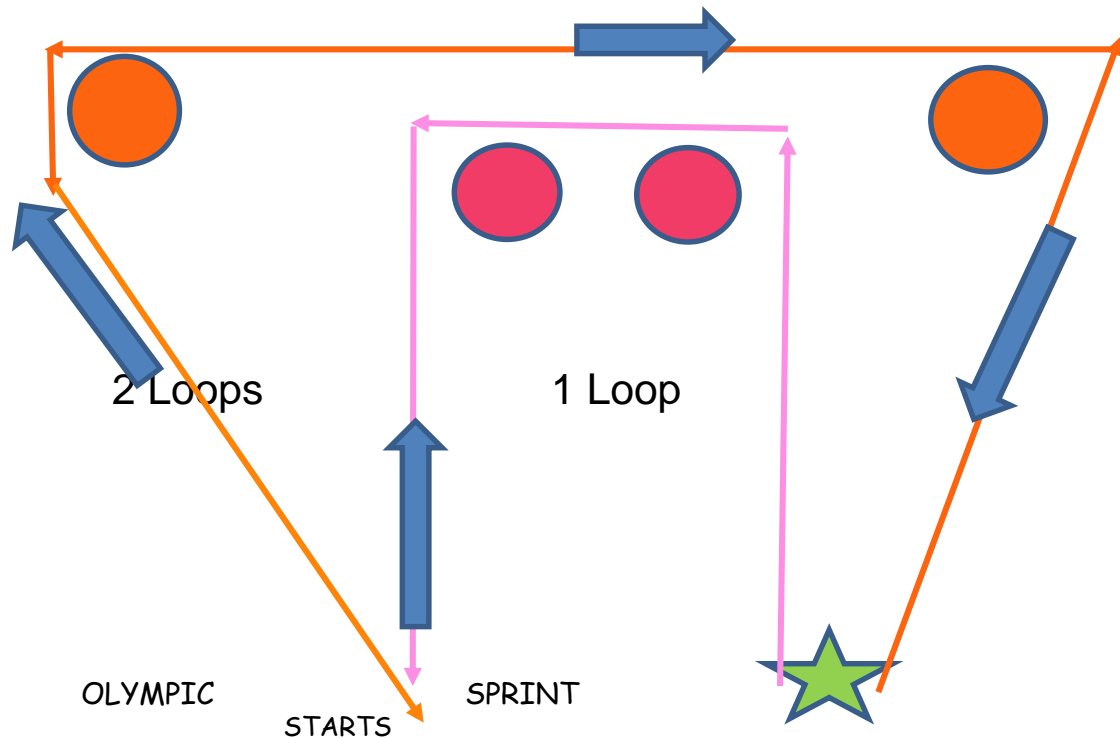
Some notes about The Rhode Warrior Transition!

- *Transition is for athletes only! Please advise your fans to wait outside of transition for you and listen to our volunteers and staff. This is for the protection of you, the other athletes and everyone's equipment!
- ** NO IPODS ALLOWED once the race begins! This is for your safety - athletes with iPods do not here announcements, instructions, or other athletes on the course!
- *Please walk your bikes with helmets clipped from transition out to Bike Mount on Atlantic Ave.
- *Please be aware of athletes that are still racing - when you are done. Keep clear of BIKE IN/RUN OUT for the respect of our other athletes!

Our Courses - The Swim!

THE SWIM - ALL RACES

The swim is in the open Ocean off of the Misquamicut State Beach.



Short Beach Run Back to Start for
Olym/Half 2 Loop

OLYMPIC - Orange Buoy to Orange Buoy - 2 LAPS - .45 Mile each Lap
SPRINT - Pink Buoy to Pink Buoy - 1 LAP - .25 Mile

SWIM COURSE NOTES!!!

- This is the open ocean!
- Tidal Changes, Currents and waves are completely out of our control - we do our best to provide you with the safest, fastest swim possible!
- On Sunday the tidal change is at 7:10am. It is unfortunate as we prefer to not have the tide change during the swim. With that said, we anticipate swimming in a clockwise direction. We will try to get most swimmers in during the "slack" tide, when the tide is "resting." This is pre-dominantly between 15 min before and after the tide change. We will do our best to swim at those times - however this is the ocean and things can change in an instant. We can plan, but mother nature is gonna throw whatever she wants at us!! Keep that in mind!!
- Those having a bit longer swim, might feel the current more with the ending of the "slack" tide. We will try to get everyone into the water as quickly as possible!
- HELP IS NEEDED!! We currently do not have enough water support to offer a single loop Olympic Swim. We are currently planning on a two-loop Olympic with a short beach run in-between loops. However, we are still recruiting more life guards and water support to try to offer a single-loop. If you know of anyone who can volunteer, please have them contact us immediately!!
- We will update everyone if the swim course changes! Please continue to ready any future emails from us to stay up-to-date!

Our Courses - The Swim - Continued...

THE SWIM goes on...

THERE ARE 2 DISTANCES - KNOW YOUR BUOYS!!!

OLYMPIC- YELLOW TO YELLOW - 2 LOOPS
SPRINT - PINK TO PINK - 1 LOOPS

All athletes are required to wear the colored swim cap given to them at race packet pick-up. The swim cap color corresponds to the race wave you are in. The wave details for the race will follow.

Lifeguards and other water support will be in the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard boats, surfboards or kayaks. Swim personnel on the water have been empowered to stop a swimmer from continuing in the race if, in their judgment, the health of the athlete is at risk.

If during the swim you decide to turn back to shore and not complete the swim please, please, please be sure to give your timing chip to the race director and make us aware that you pulled out of the swim. You may complete the rest of the race in an unofficial capacity.

The swim start is dependent on the direction of the current. When you finish the swim, head towards the TRIMOM Flags and follow the beach path back to transition to get your bike

OUR COURSES - THE BIKE!

THERE ARE TWO DISTANCES - KNOW YOUR COURSE!!!

THESE ARE TWO Single-Loop BIKE COURSES!
ALL courses are open to traffic - ride far right, not on the yellow line!

RHODE WARRIOR BIKE COURSE

**Click on the arrow on the far right and mouse will move thru the course you want!

Be Aware - For your safety, you may be required to stop at major intersections. The police and volunteers will do their best to stop all traffic, but please be aware (especially at the Route 1 Crossing for Olympic) that you may be required to stop!

The course is marked with Pink Arrows Painted on the Road and Directional Signs and crucial turns arrows at points along the course!



Our Courses - The Bike Continued...

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.

ALL RACES

When you make the final turn onto Atlantic Ave in Misquamicut

THERE IS NO MORE AERO POSITION!!!

This is a very busy section of the course with heavy pedestrian and beach traffic!! NO MORE AERO FROM THIS FINAL TURN TO TRANSITION!!!

Bike tech support is being provided by [Providence Bicycle](#) and will be set-up during race packet pick-up hours on race morning to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments). Bike Tech will also be circulating The Rhode Warrior bike course in an effort to provide roadside assistance if needed. However, we strongly suggest you carry spare tubes and CO2 or Bike Pump - It is a long course and you do not want to wait!!

**NO IPODS - you cannot hear other athletes, cars or safety personnel!!

**Please follow directions of staff, police and volunteers on the course - they are there for your safety!

KNOW YOUR COURSE AND KNOW YOUR TURNS!!!

[ONLINE BIKE COURSE MAP](#)

Our Courses - The Bike

Continued some more...

Please know and understand the
USA Triathlon Rules!

The most important...

1. No Drafting - you must remain (3) bike lengths behind the bike in front of you.
2. Passing - You have 15 seconds to pass the rider in front of you **ON THE LEFT!** Please yell "ON YOUR LEFT" when making your pass.
3. Blocking - Do not ride side by side with another rider - this is called **BLOCKING** and forces other riders to pass very wide on your left - make your pass or drop out of the draft-zone and ride single file!
4. **NEVER RIDE** or **CROSS** the **YELLOW LINE!** Please remain as far right as possible when riding!

OUR COURSES - THE RUN!!

THERE ARE TWO DISTANCES -
KNOW YOUR RUN!!!

The Sprint is an out and back on Atlantic Ave!

The Olympic is a Single Loop Run located on the quiet roads of the Misquamicut and Weekapaug Beach Communities.

The run course is supported with signs, volunteers and aid stations at every 1.5 miles. Please respect our neighbors. Do not litter!

The Olympic Run is approx. 6.55 miles in length!

[Run Course Map](#)

WAVE ASSIGNMENTS

WAVE #	OLYMPIC CATEGORY	CAP COLOR	START TIME
1	Olympic All Men	YELLOW	6:45 AM
2	Olympic All Women & Relay Teams	ORANGE	6:50 AM

WAVE #	SPRINT CATEGORY	CAP COLOR	START TIME
3	Sprint All Men	YELLOW	6:55 AM
4	Sprint All Women & Relay Teams	PINK	7:00 AM

POST RACE FUN

We will be providing water, pizza, bagels, muffins, fresh fruit, ice pops and cookies for a quick post-race snack.