



Athlete Guide

Dear Athlete,

We, at TRIMOM Productions, are very excited to welcome you to The North/South Trail Mountain Bike Adventure Race! 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 on The N/S Trail!

info@trimomprod.com

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

The North/South Trail Mountain Bike Adventure

The North/South Trail Mountain Bike Adventure will be held on

Sunday August 26th at 7:00am

at the RIDEM Forestry Division Headquarters located at 2185 Putnam Pike, Checpachet Rhode Island! (Just passed the main entrance to George Washington State Park)

Directions:

<http://www.riparks.com/Locations/LocationGeorgeWashington.html>

The North/South Trail Mountain Bike Adventure

PLEASE EMAIL US AT
info@trimomprod.com ASAP and let us
know if you are taking the bus or
arranging your own transportation.

We have a nice size crowd and want to
make sure everyone gets transportation!

The North/South Trail Mountain Bike Adventure

PACKET PICKUP Opportunity #1

Timing chips will be at The

RIDEM Forestry Division Headquarters
on Putnam Pike from 6:00am to 6:45am on
Sunday August 20th!

T-Shirts and Finisher Awards will be at
the Finish Line in Burlingame!

PRE-RACE Bike Drop

There will be pre-race bike drop at The RIDEM
Forestry

Division Headquarters, located just past George
Washington

State Park Main Entrance on Putnam Pike from 5:00pm
to

- 6:30pm on Saturday August 25th

If you are riding our bus from Burlingame -
**YOU MUST DROP YOUR BIKE OFF on Saturday August
25th!**

We will be bike-babysitting all night long - so no need
to worry about your baby! We will be placing them
under TENTS closed to the elements all evening long!

Remember – NO BIKES ON THE BUS!!!

Race Day Parking!

NEW LOCATION

your bib number...

All event parking is at our finish line at Burlingame State Park DAY-USE PARKING LOT located off PROSSER TRAIL in Charlestown. Please print and place the PARKING PASS on your dash for the staff at Burlingame. Please place your car in one of the outside spots closest to the edge of the woods and not in front of the beach.

You may leave your car Saturday Night at Burlingame if you are making alternate arrangements to be dropped off in Chepachet on Sunday. PLEASE PLACE THE PASS VISIBLY ON YOUR DASH SO PARK STAFF AT BURLINGAME DO NOT THINK THAT THERE ARE HIKERS OR OTHERS MISSING! VERY IMPORTANT!!!!

The bus arrives at 4:30am and leaves Burlingame at 5:00am sharp! We should arrive at RIDEM Forestry Office by 6:00am. Race start is at 7:00am

PARKING PASS

I'm with The North
South Trail
Mountain Bike
Adventure!

RACE DAY INFORMATION

- Plate/Timing Chip pickup is at RIDEM Forestry Office from 6:00am to 6:45 am
- Race Start at 7:00am - Mass Start
- There are (3) Check-In/Food Drop/Aid Stations for Athletes. When you arrive at our check-points - please check -off your name and arrival time - so we know where you are on course.
- If you wish to drop your own SUPPLIES at our check-in points, please label your bags with your name and which Drop and leave with us in the am at the start! We will drop them at the points you requested. They will ultimately arrive at the finish - but it takes along time - we recommend only leaving items at the checkpoints that ARE DISPOSABLE! We will not be mailing items back that are left at the checkpoints! There will be no returns following the race - you need to be patient if you want your stuff at the finish as we are covering 68 miles!
- All athletes will receive and be required to carry our safety badge. This has the numbers of race director and on-course bike support! This is FOR YOUR SAFETY if you should run into any on-course issues!
- All athletes must carry a fully charged cell-phone with RINGER ON! In case, TRIMOM Staff needs to get in touch with you!
- THIS IS FOR YOUR SAFETY!

The North/South Trail

The trail is easily navigated by following these blue blazes

The blazes are located on trees, telephone poles etc.

They are located VERY VERY frequently.

If you have not seen a blaze in awhile - double back. You should not travel more than a few minutes without coming across a blaze.

URNS are marked with DOUBLE BLAZES and then a confirmation BLAZE after the turn!!

There are major ROAD CROSSINGS Along the way!

PLEASE USE CAUTION WHENEVER CROSSING ANY MAJOR ROADS!!!



The North/South Trail COURSE DETOURS!!!

DETOUR #1

Once in Arcadia - you will see YELLOW TRIMOM ARROWS leading you on the 95 TRAIL - a bypass away from the infamous and impassable BOULDER SECTION. Follow the YELLOW Arrows. At the end of the Boulder section - you will pop out on Rte 3. and continue to follow the N/S Blue Blazes.

DETOUR #2

Once in Burlingame Campground - You will be detoured off the Vin Gormley/Yellow Dot/N/S Trail and led into the campground to arrive back in the Day-Use Picnic Parking Area. This is different than prior years, as RIDEM will not allow us to finish in the Campground Parking Lot! Heads up and follow the YELLOW TRIMOM ARROWS thru the campground, onto Sanctuary Road and to the Picnic Area.

The North/South Trail

FIRST HALF OF COURSE!

<https://www.strava.com/activities/432498724>

SECOND HALF OF COURSE!

<https://www.strava.com/activities/433961450>



The North/South Trail

- At each check-in point please stop and cross your name off the list and time arrived.
- TRIMOM is offering you THREE opportunities to refuel or make some mechanical adjustments at these safety checkpoints. We will be providing BARS, snacks and WATER!

CHECKPOINT 1 –Mooseup Valley Road

CHECKPOINT 2 – West Exeter Church on Route 165 in Arcadia

CHECKPOINT 3 – Buttonwoods Road – outside of the Animal Shelter in Richmond

- If you have your own nutritional, equipment or clothing needs that you want left at each station- please leave at our ATHLETE BAG DROP TENT in the am at RIDEM Forestry Headquarters labeled clearly with your name and CHECKPOINT1 or CHECKPOINT2 or CHECKPOINT3 and we will get it out there for you!!
- The TRIMOM Staff will also be on-course to help out with difficulties that may occur in-between check-in points. HOWEVER – This is 68 MILES – You may be required to wait a significant period of time for technical support – we HIGHLY RECOMMEND CARRYING TUBES, CO2, Multi-Tools, Chain Links and anything else that you may need!!!!
- We will also have roving on-road support to meet at all road crossings if needed for major technical problems!! Again – we are covering a lot of miles – be prepared fro your OWN TECH SUPPORT!! WEAR YOUR SAFETY BADGE TO REACH US!!!

The North/South Trail

- We will be providing water, pizza, cookies for a quick post-race snack.
- Your event t-shirt, and finisher swag will be at

BURLINGAME! PICNIC AREA!

FOLLOW THE BLAZES

