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# The 2009 ROMP Triathlon and Aquabike Athlete Guide

September 5<sup>th</sup> 2009 9:30 AM Rangeley, ME



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Dear Athlete,

Thank you for signing up for the ROMP Triathlon and Aquabike! This letter will outline, in detail, some of the important parts of the race and hopefully answer your questions. Please read over the whole document and contact us with any concerns you might have. For more information, please check out the race website at www.tri-maine.com.

Race Packet Pick-Up

Before you can compete in the ROMP, you must sign in and pick up your official race packet. There are two available times you can do this:

-Friday, September 4th from 5pm to 6pm at the Rangeley Lakes Region Chamber of Commerce. Directions are available by calling (207) 864-5364, or by visiting their website www.rangeleymaine.com.

-Saturday, August 31st from 7:00am to 8:00am at the Rangeley Town Park (swim and T1 location).

Due to time constraints on Saturday morning, we highly encourage you to check in on Friday, both for your own peace of mind and so we can figure out any issues that may arise. There will be an informational meeting at 5:30 pm on Friday (not mandatory), during which you can ask questions of the race directors. Bring your photo ID with you! You are required to show it when you sign in.

If you are an annual member of USA Triathlon, you MUST present your USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$10). If you are not an annual member of USAT, you have already paid as part of your entry fee. However you must sign a USAT waiver. EVERY NON-USAT MEMBER MUST SIGN THE WAIVER, INCLUDING ALL MEMBERS OF A RELAY. Not all members of a relay have to check in at the same time. Materials will be given to the first member to arrive and that person will be responsible for distributing them.

The USAT waiver is available to download on the [race website](#). Fill it out and bring it with you to packet pickup to save yourself some time! Race numbers and wave assignments will be posted next to the registration table.

You will receive a race packet that includes a run number, a bike number, safety pins, a swim cap with your number written on it, a gear bag with a numbered luggage tag (for your swim gear), a goody bag, and an official ROMP Triathlon custom race shirt. Please double-check that you have all of these things before you leave packet pick up.

Parking, Shuttles, and Gear Drop-Off

Since the ROMP has different transition and finish areas, it is more complicated than other races. Please read this section carefully so you understand how the pre-race flow works!

The ROMP is a point-to-point race course with two transitions. The first transition area for the swim-to-bike (T1) is located at the Rangeley Town Park. The second transition area for the bike-to-run (T2) is located at the Rangeley Lakes Trail Center parking lot, off the access road to Saddleback Mountain.

We recommend that you do the following things on race morning, in this order:

1. Set up your first transition area at the Rangeley Town Park with your bike and swim stuff.

- You can do this between 7:00am and 8:00am. There will be temporary parking at the Town Park - however, you must move your car once you have unloaded your gear.

2. Drive to T2 (bike-to-run) at the Rangeley Lakes Trail Center and set up a transition area with your run stuff. Again, there will be limited parking available and you must move your car once you are done.

- This can be done between 7:30 am and 8:30 am.

1. Park at the designated parking lot at Saddleback Mountain.

2. Take shuttle back to the Race Start area. The last shuttle leaves from Saddleback at

8:45 am.

Other options

-Have someone drop you off at the Town Park with your bike/swim gear, assuming you have already set up your T2 area.

-Ride your bike from the Saddleback parking lot to the Rangeley Town Park. If you didn't stage your equipment at T1 earlier, you must bring it with you. FYI - it is mostly downhill from Saddleback to the Town Park - a great way warm up!

Shuttles and Parking

Reminder - There is no athlete parking at the swim start! All athletes should plan to park at the designated parking lot at Saddleback, or be dropped off at the Rangeley Town Park. The shuttle from Saddleback will be at 8:45. Shuttles will be available to bring spectators back to finish at Saddleback. Spectators can park in town. Specific parking instructions will be available at packet pickup. PLEASE NOTE: The shuttle will not be transporting bicycles.

Directions to Rangeley Town Park

From the south: Take the Maine Turnpike/I-95 north to Exit 75 in Auburn. Take Rt. 4 North through Farmington to Rangeley. Or take I-95 to Augusta Exit 112B then follow Rt. 27 North to US 2 West. At Farmington take Rt. 4 North to Rangeley. The Town Park is off Rt. 4 on the left hand side as you enter downtown Rangeley.

From Bangor: Take the Maine Turnpike/I-95 south to Exit 157. Take US 2 West to Skowhegan and Farmington, then Rt. 4 North to Rangeley. The Town Park is off Rt. 4 on the left hand side as you enter downtown Rangeley.

From the West: Pick up US 2 East to Gorham, NH. Take Rt. 16 North then Rt. 4 to Rangeley. The Town Park is off Rt. 4 on the right hand side as you enter downtown Rangeley.

For a detailed Google Map of all the key places of interest involved with the triathlon, [go here](#).

Transition Areas, Body Marking, Pre - Race Meeting

The Transition areas will open at 7:00 am, and will close at 9:00 am. Body marking will begin at 7:00 am and will take place at T1/Swim Start at Rangeley Town Park. Swim warm-up in the lake will be available from 8:30 am to 9:00 am. There will be a mandatory pre-race meeting on the beach at 9:20 am for all athletes, so you must be on the beach at this time! The first swim wave will start at **9:30 am**.

Race Numbers

You are required to display your race number at all times while competing. This is both for safety, and to make sure that our volunteers can correctly record your split times. Also, it allows the photographers to identify your pictures. During the swim leg, your number will be written on your body (shoulders, legs, and hands) and cap. During the bike leg, your number must be displayed on your bike (clearly visible from the left side) using the specific bike frame number given to you at packet pickup. During the run, your race number must be worn on the front. This is especially important for the finish.

If you are planning on wearing layers and taking them off as you go, find a way of displaying your number the entire time. A good option is to use a race number belt that you can clip and unclip very easily. These are available at Peak Performance Multisport. Another idea is to pin the number to your running shorts and pull them over whatever you are wearing up to that point. The worst thing you can do is pin your number to the outside of a jacket and then leave that jacket in the transition area (because you'll have to go back and get it before you finish!).

Gear Bags for Swim Start

You will receive a numbered gear bag at race packet pickup for all of your gear during and after the swim. You will want to leave this at your designated spot in T1. Anything you want returned to the finish needs to be in that bag before leaving on the bike leg. This includes your warm-up clothing, wetsuit, swim cap, goggles, and shoes/flip-flops. **PLEASE NOTE:** While we will do our best to collect and transport gear bags safely, Tri-Maine is not responsible for any belongings in gear bags; so put your name on things. Also, Rangeley Town Park is a carry-in, carry-out area, so we ask that you put all wrappers and other trash back in your gear bag to dispose of later.

Course Info

Swim

The swim is a clockwise 1/2-mile rectangular course that starts and ends on the beach. The conditions are typically calm. There will be buoys marking the course, which you will keep to your left. The water temperature will be approximately 65 degrees, depending on the weather the week before the race. We highly recommend wearing a wetsuit. Race management reserves the right to require wetsuits if we deem it too dangerous to go into the water without one. Wetsuits can be rented from Peak Performance Multisport. Email info@mypeakmultisport.com with any questions.

REMEMBER - Safety First! There will be a number of boats in the water and lifeguards on the shore monitoring the race. If you are in need of assistance during the swim, raise your arm in the air, or swim to the nearest kayak/boat. You are allowed to stop and rest on the boat without a penalty as long as you do not make any forward progress.

The first wave of swimmers is scheduled to begin at 9:30 am. Waves will go off every 3 minutes. You will be assigned a wave based on your age category. Wave assignments and starting order will be posted at registration. Novices and relays will be in the last wave. If you haven't already, you can opt to be in the novice swim wave by e-mailing nicole@tri-maine.com or when you check-in at race packet pickup. *Please note that the wave assignments and start times are subject to change. Official start times and assignments will be posted at registration.

After exiting the water, there is a short run on sand and grass to the transition area. Please shout your race number at the timers when you exit the swim and when you enter the transition areas, so they can accurately record your split!

Transition Areas

You will be assigned to a specific bike rack based on your race number. If you put your bike in the incorrect spot, it will be moved to the correct spot. You may not use balloons to mark your spot because of the danger they pose when there is wind. No one is allowed into the Transition Areas except athletes and race staff/volunteers at any time!

Since the Transition Areas have such high traffic, you must be aware of other athletes at all times and their space. Please do not move anyone else's stuff without permission and do not let your belongings take up more than your fair share of space (typically a couple of feet on one side of your bike). When you are ready to begin the bike leg of the race, exit out the opposite end of the TA from where you entered. You may not mount your bike until you have left Transition and reached the designated mount/dismount line.

You **MUST** have your helmet buckled before you get on your bike. If you mount your bike without your helmet fastened on your head, you risk disqualification. The same is true if you take your helmet off before you dismount your bike. When you return from the roads, you must re-rack your bike in the same spot where it was originally racked. It is a very good idea to understand the flow of the Transition Areas before the race begins.

Bike

The 21 mile bike leg is a point-to-point course on challenging roads. It will be marked with arrows and signs. Please exercise caution while cycling and keep your speed under control.

The roads will be open to vehicles during the race. There is a busy stretch of road where you exit the Town Park, and when you return from Oquossoc on Route 4. The intersections will be controlled by volunteers, the Rangeley Police Department and the Sherriff's department. Please pay attention to the signs and volunteers warning you about upcoming changes. **Stay as far right on the road as possible, unless you are passing someone. Failure to do so may result in disqualification!** If you have bike trouble, please notify the nearest volunteer/officer so a support vehicle can be dispatched. We will dispatch a mechanic but cannot guarantee that he will be able to fix your bike out on course, so you may consider bringing a flat kit with you.

There will not be a water station on the bike course. Plan to bring whatever water you will need for the ride. When you finish the ride, you must dismount your bike on the pavement before the mount/dismount line, and make your way to the Transition Area. Remember - rack your bike in your correct spot.

All athletes must complete the bike course by 1:00 PM. If you are still on-course at that time, you will be picked up by the sweep vehicle and brought to the second Transition Area. You will be allowed to finish the race, but your time will be "unofficial" and you won't be eligible for any awards. This is in the best interest of the town, police, volunteers, and other athletes. Please note that the cut-off time will be adjusted if there is a delay to the start.

Run

The 4.8 mile trail run is a point-to-point course starting at the Rangeley Lakes Trails Center and finishing at the base of Saddleback Mountain. There is approximately 12% uphill grade on the last half-mile. Follow the volunteers, signs, and arrows that are marking the route. Water and electrolyte replacement drink (Hammer HEED) will be available at approximately each mile.

All course maps and profiles can be found on the race website
www.xcskirangeley.com/ROMP.asp

Post Race

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Following the race, there will be recovery food available for all competitors near the finish area. There will also be a barbecue for sale along with beer and wine beginning at 12:30 PM on the Saddleback lodge back deck.

If At approximately 1:30, the awards ceremony will begin. Your swimming gear bag will be available for you to pickup near the finish area. On your way home, you'll want to drive over to the 2nd Transition (just down the Saddleback Mtn. Access Road) and pickup your cycling gear.

### **Rules, Sponsors, and Other Considerations**

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Rules

All rules are available at www.usatriathlon.com. Below are some cursory overviews of the most commonly violated rules in triathlon and duathlon.

As a registered competitor, you have agreed to abide by the rules governing the sport of triathlon. This means that you have read and understand the rules as they appear on the USA Triathlon website. The ROMP will be enforcing all of these rules.

1. **DRAFTING** - This is definitely the most oft-broken rule in triathlon. You may not draft on your bike at any time during the event. According to the USA Triathlon Rule Book, "a participant is not permitted to position his/her bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance" (Sec. 5.10). In terms of other bikes, this translates into a rectangular "drafting zone" seven meters long and two meters wide around each bicycle. Unless you are passing, you should not be in this area. When passing, you have 15 seconds from the time you enter the "drafting zone" to overtake the other cyclist before it is considered a drafting penalty. You must pass on the left and the cyclist being overtaken should give you adequate space.
2. **HELMET** - Your helmet must be functional and must meet the safety standards of the Consumer Products Safety Commission (CPSC) (if the helmet was made before 3/99 it must be certified by ANSI, SNELL, or ASTM). Your helmet should be securely fastened under your chin before you mount your bike. You must wear your helmet at all times when you are on your bike at any point in the day - not just during the race.
3. **HANDLEBAR PLUGS** - There must be plugs in the ends of the handlebars. Please check your bike and if you are missing one or both, get some at your local bike shop before coming to the race. If you don't have bar-end plugs, you will not be allowed into the Transition Area with your bike.
4. **SPEED** - It is very important to keep a safe speed at all times during the bike, especially when being told to slow down by volunteers. Some corners may be marked with cones; if so, you need to stay between the cones and the shoulder of the road.
5. **STAYING ON COURSE** - You must stay on the marked course at all times when making forward progress. If you have to leave the course for any reason, you must restart from the point of departure. Walking is permitted, if necessary.
6. **ABANDONMENT** - Do not leave any trash or race materials anywhere on the course other than the designated water stations or the Transition area. If you leave anything behind you can be penalized. Also, it is rude to leave trash on the road and it gives a bad reputation to this race and the sport of triathlon. *Failure to abide by USA Triathlon rules will result in a penalization, which is a set amount of time added to your finish, or disqualification.

Inclement Weather

The ROMP will not be cancelled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race Management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. If cancelled, the 2009 ROMP will not be rescheduled.

First Aid

The race will be monitored by paramedics, Fire/Rescue personnel, lifeguards, volunteers and Police who are in close contact with an ambulance. If you have a medical concern before the race, you can use the Northstar EMT services which will be located next to the Transition Area/Swim Course. There will be EMTs there to assist you. During the run leg, there will be bike EMTs stationed on-course and a rescue vehicle on call. At the Finish Area, The First Aid Station is located on the first level of Saddleback lodge for minor medical concerns (i.e. blisters, sore muscles, cuts). If at any point during the race you have a medical concern, notify a safety personnel or a volunteer immediately for assistance. If you have any pre-existing conditions that the medical team should know about, please make them aware before the race. Please e-mail any concerns or information to nicole@tri-maine.com.

Other Considerations Age Groups - You will be assigned to an age group based on your numerical age as of December 31, 2009, so if you are going to turn 50 at any point in 2009, you will race in the 50-54 group. Age groups are every 5 years male and female starting at 19 and under and going up to 60+. There will be awards for the top 3 finishers in each age group and the top three men and women overall, as well as the top male and female Aquabike finishers.

Aquabike - Aquabikers complete the swim and bike legs only. You'll want to either arrange for someone to pick you up at T2 to transport you to the overall Finish Area for the post-race festivities, or ride your bike the short distance up the Access Road.

Bathrooms - The Town Park and Rangeley Lakes Trails Center will have a number of port-a-potties on hand. There will also be indoor restrooms available for use at the finish.

Labor Day weekend of events - On Sunday, there's an EFTA sanctioned Fat Tire Race happening at the RLTC. There's also an informal kayak race starting at the Town Park at 1:00 pm on Sunday

Charitable Cause - This race is a fundraiser for the Rangeley Lakes Trails Center, which works hard to support, promote, and provide outdoor seasonal recreational and educational activities in the Rangeley Lakes area of Maine. Check out their extensive four-season trail system by visiting their website, www.xcskirangley.com.

Course Maps - Available www.xcskirangley.com.

First Timers - For all triathlon-related questions contact Peak Performance Multisport at info@mypeakmultisport.com.

Parking - There will be ample parking at Saddleback Mountain. Please follow the signs and park in designated spots. Please do not park on Route 4 or at the Rangeley Town Park. One-way shuttles will be provided to transport all athletes and spectators from the Saddleback Mountain parking lot to the swim start/T1 area.

Photographs -

Relays - There will be informational sheets handed out to relays at packet pick-up, with details about hand-off, timing, etc. One member of the relay can collect the packets and numbers for the entire team; however, every member is required to check-in and sign the race waiver before the team can compete. There will be awards for the top relay in each category (male, female, mixed).

Results - Unofficial results will be posted at the finish area, once a majority of the athletes have finished. Official results will be posted on the event website by the following Monday morning. Results may be live on the web and there is wifi at Saddleback so bring your phone

Splits - Our volunteer teams will be taking your race number at various parts of the race to get your splits; however, it helps immensely if you shout your number as you go by.

Timing - The ROMP will be timed by [Bart timing](#). Your swim-to-bike transition time will be included your overall bike time, and your bike-to-run transition time will be included in your overall run time.

Volunteers - Volunteers will be stationed throughout the course for your support. Let one of them know if you have a question or concern about the race; they are there to help you. After the race, be sure to thank the volunteers who are working the event. Without them, this race could never happen!

We love more volunteers!!!! If you have friends or family who are attending the event and want to help, please have them contact nicole@tri-maine.com or call (207) 2215420. They will get a high quality shirt, and the opportunity to participate in an extraordinary event.

Wetsuits - Wetsuits are highly recommended for this race. The water temperature will be in the low to mid 60s. Suits can be rented from Peak Performance Sports. E mail info@mypeakmultisport.com with any questions.

We hope you enjoy the second Rangeley Oquossoc Mountain Pursuit, it promises to be a fun and exciting event. We look forward to hosting athletes from across New England in this great competition and raising money for the Rangeley Lakes Trails Center. If you have additional questions, please contact us at the number below. Thanks again for participating and we can't wait to see you on labor day weekend!

Contact Information

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email : [info@ SaddlebackMaine.com](mailto:info@SaddlebackMaine.com) or call JoAnne Taylor at 207-864-5671

Tri-Maine 164 Middle Street Suite 4 Portland, ME 04101 207-221-5420

## **Finally, thank you to all of our sponsors:**

[Saddleback Mountain](#)

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