

2<sup>nd</sup> ANNUAL BAINBRIDGE ISLAND TRI, benefiting Arms Around Bainbridge  
Saturday, September 17<sup>th</sup>, 2011

### COURSE OVERVIEW

This year's course consists of a 0.5-mile swim, a 12.5-mile bike ride, and a 3.5-mile run. You can find a more up-to-date and detailed course map at <http://www.mapmyrun.com/routes/view/34162718>; zoom in to see marker notes. Please familiarize yourself with this course (and/or scope it out if you are local) so you will know what to expect.

The race course will be marked with signs & street arrows (as well as by volunteers), and in general is a pretty straightforward route -- but knowing where you are going in advance will help tremendously. Please also note that the cycling leg in particular is considerably more challenging than last year's (relatively flat) course; significant hills and potentially tricky navigation points have been marked on the map, and volunteers will be there to remind you to take caution, gear down, etc.

- SWIM START is at water's edge at the base of the stairs that lead to the beach from 3T Road.
- SWIM is in Blakely Harbor, as a half-mile clockwise loop, and yes, it's chilly: <http://www.mapmyrun.com/routes/view/28972782>.
- SWIM EXIT is via the beach stairs, up to 3T Road; transition area is along 3T Road.
- T1 ENTRY is at the top of the stairs and to the left.
- T1 EXIT / BIKE START is at the eastern end of 3T Road, by Seaborn and Halls Hill Rds; head R up Halls Hill.
- BIKE is a 12.5-mile route, and yes, it's hilly: <http://www.mapmyrun.com/routes/view/28973470>
- DISMOUNT at western end of 3T Road.
- T2 ENTRY is via the western end of 3T Road.
- T2 EXIT / RUN START is again at the eastern end of 3T Road; this time head L along Blakely to Country Club Rd.
- RUN is 3.5 miles, out and back Country Club Rd and then along Pleasant Beach to Lynwood Center: <http://www.mapmyrun.com/routes/view/45612528>
- FINISH is at Lynwood Center, just shy of Historic Lynwood and in conjunction with the Taste of Lynwood street fair. Yes, you will get a coupon for a free beer.
- SHUTTLE BUSES will be available to take you back to the race start, if needed.

### RACE DAY LOGISTICS

- **Parking is limited.** We encourage you to carpool or, if you are an islander, have someone drop you off at the registration area. Street parking will not be allowed along any of the roads around the start and transition areas, for obvious safety reasons. Much of 3T Road will be closed to vehicular traffic; the east end will be open for drop-off only. After registration, check-in, and dropping off your gear, you may park your car over by the finish line in Lynwood Center, and a shuttle will bring you back to the start.
- **Our registration and transition areas will open at 7:30am.** When you arrive, find your way to the small gravel parking lot at the corner of Blakely Ave and 3T Road (at the base of Blakely Hill and Halls Hill Rds) to pick up your race packet.
- **Check-in will be open from 7:30 - 8:30am.** During this hour you will need to 1) pick up your race packet (bib, bike, and helmet #s, plus swim cap); 2) pick up your chip timer; and 3) proceed to the body marking station.
- **After checking in,** you will want to be sure to rack your bike, set up your own transition area, don your wetsuit, take care of any warm-up or other pre-race prep, and make your way to the water's edge by 8:49am. At 8:50am there will be a mandatory pre-race meeting down on the beach.
- **Start time for the race is 9:00am** (just after high tide) for the first wave (more experienced swimmers and triathletes and relay teams) and 9:03 for the second wave (less experienced swimmers/triathletes). Even within those waves, more ambitious cold-water swimmers are encouraged to start at the front of the pack.

- **If you have never swum in Blakely Harbor** (or elsewhere in the Sound), be prepared for take-your-breath-away cold water. On a good day, the water is about 60 degrees on the surface. This is why we STRONGLY RECOMMEND a full wetsuit. You are welcome to wear a neoprene cap or other "hoodie" to stay warm, as long as your official race swim cap is your outer layer. You are also welcome to wear aqua socks or scuba booties, as well as thermal gloves to keep your hands and feet warm -- just nothing that is webbed or might otherwise be considered a swim aid.
- **For relay teams**, you will need to "tag" each other by transferring the team's chip timer at the corresponding entry point to the transition area to get your next team member started. Cyclists may wait there in all their gear -- but without bicycle -- and then walk into the transition area to retrieve the bike and head out for their leg. At the end of the bike ride, runners can similarly wait in full gear by the transition entry point; the team cyclists will have to hand off the bike to their running teammate, who will then walk it in and re-rack it before heading out on the run. Please be sure that all 3 team members have their official race gear (swim cap, sticker on bike helmet, bib on running shirt) visible for the race officials.

#### OTHER NOTES

- **Yes, there are rules!** Although this race is not officially sanctioned by USA Triathlon, we do for the most part follow all standard USAT rules and regulations. This means that bike helmets MUST be worn, no drafting on the bike, no I-pods or headphones, no swim aids or flotation devices, etc.
- **Safety first!** You will also want to note that the course is not closed to vehicular traffic during our race, so please be aware as you ride and run, and abide by all traffic laws. Directional volunteers and police will be at tricky spots on the course to help out, and the course was designed to have a minimal number of places where you have to cut across traffic. In addition, because of the rural nature of Bainbridge roads, there will not be any food/water stations along the course, but only within close proximity to the transition area -- so please plan your fueling and hydration strategies accordingly.
- **Welcome, rookies!** If you are new to triathlon (i.e. a rookie), thanks much for taking the plunge (so to speak) with us! Please don't worry that you may not know all the nuances of the multi-sport event; although ours may not be the easiest course you come across, we do pride ourselves on being beginner-friendly. Don't hesitate to ask any of our volunteers if you have questions. And if you haven't already, you may want to check out some of the wonderful articles at [www.beginnertriathlete.com](http://www.beginnertriathlete.com) or [www.triathanewbie.com](http://www.triathanewbie.com), about what to wear, how to set up your transition area, race day specifics, etc.
- **Welcome, recreational and elite triathletes!** Many thanks to you all as well for joining us this year. We are likewise here to help you have as safe and enjoyable a race as possible!