



Dear 2018 Athlete:

On behalf of our entire race coordination team, welcome to the 10th Annual Nantucket Triathlon!!

We are excited to have you coming to Nantucket and we are truly gratified by the huge turnout of athletes who want to participate in these events. We strive to improve our event(s) every year both for our athletes and the Nantucket community as a whole. As you may know, the Nantucket Triathlon has donated over **\$175,000.00** to the Town of Nantucket Scholarship Fund.

Please also don't forget to pick up your official Nantucket Triathlon apparel at our merchandise table run by Frank and the awesome crew at ES Sports. Pullovers, hoodies, tanks, kids stuff – we have it all. There will be tons of Nantucket Triathlon gear for purchase at the venue on race day(s) and also online any time at: www.essports.com/acktri.

Enclosed in this pre-race package you will find important and very detailed information about race registration, parking, and other race logistics. Please print this and review it carefully. These are the things you must/should know before you arrive on Nantucket to race.

Finally, please remember that you are all now officially ambassadors for the sport of triathlon. Please remember to thank everyone you meet from Nantucket including volunteers, police and Nantucket residents. They have allowed us to do this race on Nantucket in the middle of the summer when Nantucket is very crowded and resources are stretched. Please show your appreciation and enthusiasm!

If you have any questions, please feel free to contact our Race Staff at 508-901-9207.

We look forward to seeing you on Nantucket Island!

Jamie Ranney
Bill Burnett
Co-Founders



MANDATORY PACKET PICK UP

Race registration will occur at Jetties Beach in the upper parking lot on the left as you approach the end of Bathing Beach Road.

ALL ATHLETES: 3:00 pm – 8:00 pm, Friday, July 20th

Note: Due to the early start time we have initiated a mandatory packet pick up and bike racking policy the day/night before for the sprint race only.

ALL BIKES MUST BE RACKED BEFORE 9:00 pm ON FRIDAY

Once your bike is racked it WILL NOT LEAVE the Transition Area (TA) until you are racing (unless you have a mechanical issue). Pumps will be available in and around TA on race morning so don't worry, you will be able to pump those tires - again. There will be no test riding the morning of the events. Overnight security will be provided for the TA so your bike will be safe. If you have a travel-related issue (i.e. you are getting to Nantucket after 9 pm), please contact Bill Burnett at bill@streamlineevents.com.

All pre-registered entrants must pick up their own packet in person due to insurance requirements. All participants must show a photo ID and their up-to-date USAT card (unless a one (1) day membership was already purchased with entry).

RELAYS: Special note: if you are part of a 2 or 3 person relay team you must pick up your packet as a team. That is, everyone on your team must show up at the same time – so coordinate this well in advance. IDs will be checked and medical waiver forms will be issued for each relay team member. We will not release your race packet if you are missing a team member during packet pick up.



RACE REGISTRATION PARKING

There will be parking available at Jetties Beach on Friday July 20th for race registration. However – it is very limited as the beach is open to the public on both days and the upper parking lot is completely closed for race set up. We have spread registration over six (6) hours to accommodate the smooth “flow” of registration on Friday and to allow people to arrive at different times. There is virtually NO parking on the feeder roads into Jetties and improperly parked cars will be ticketed and towed.

Given all this - please understand that at peak registration times on Friday, there may be NO parking available at Jetties at all. DO NOT try and park in an area at Jetties that impedes traffic/shuttle buses/beachgoers.

The BEST plan is to ride your bike down to Jetties for registration and racking on Friday and either walk back to Town (less than 1/2 mile) or take the public WAVE shuttle which will be available at Jetties every 15-20 minutes to bring you back to Town.

Your Race Packet

In your race packet you will find:

1. Timing Chip – must be worn on one of your ankles (doesn't matter which one) during the entire event (it can be covered by your wetsuit). A strong suggestion is to put this thing on as SOON AS YOU WAKE UP ON RACE MORNING so you don't forget it. If you lose it? Or forget to bring it to the race? \$50.00 charge.
2. Run Bib Number – must be displayed during the Run Leg **on the front** of your body (not your back where we can't see it). Fasten your bib number using a race belt or use safety pins when you are setting your gear up in TA.
3. Bike Frame Number – must be attached so the number is clearly visible from both sides of your bike. This number **MUST BE ATTACHED TO YOUR BIKE BEFORE YOU WILL BE LET INTO THE TRANSITION AREA.**
4. Bike Helmet Number – must be attached to the front of your bike helmet so it is clearly visible when you are riding.
5. You will also get your SWIM cap at packet pick-up. The color will identify your swim wave.



RACE WEEKEND TIMELINE

Friday, July 20th

- 3:00 – 8:00 pm Mandatory Packet Pick Up for all Saturday Sprint Distance Racers (see above)
- 9:00 pm ALL bikes racked. TA CLOSED.

Saturday, July 21st

RACE DAY

- 5:00 am Bathing Beach Road closes to Jetties Beach.
- 5:15 am Transition area opens. Information/Registration Tent opens.
- 6:10 am Transition area closes. **This is a HARD closure.**¹ No exceptions.
- 6:15 am Mandatory pre-race meeting at stage, national anthem.
- 6:15 am All race roads close.
- 6:30 am Race starts ON TIME. The times between each wave are subject to change.

WAVE	WHO	CAP COLOR	ESTIMATED START TIME
1	Men – 29 & Under	White	6:30 am
2	Women – 29 & Under	Purple	6:33 am
3	Men 30 – 39, Clydesdales	Navy	6:36 am
4	Women – 30 - 49	Powder Blue	6:39 am
5	Men – 40 - 49, All Relay	Royal Blue	6:42 am
6	Men – 50 & Over	Red	6:45 am
7	Women – 50 & Over, Athenas	Pink	6:48 am
8	Novice Men & Women	Yellow	6:51 am

- 8:00 am Madaket Road re-opens to vehicle traffic. **This is a HARD re-opening.**²
- 8:30 am Cliff Road re-opens to vehicle traffic. **This is a HARD re-opening.**
- 9:00 am (approx.) TA re-opens for bike checkout. (estimated)
- 9:45 am (approx.) Awards Ceremony

WEATHER

¹ When we say “**HARD CLOSURE**” it means that the race cannot start until everyone is out of TA. You do **NOT** want to be the last person in there holding up the entire event. Be courteous of the other athletes, give yourself the time you need and respect the race timeline.

² When we say “**HARD RE-OPENING**” it means that the roads will re-open to vehicle traffic at these times – no matter what. At these times, Madaket Road will be “swept” by course vehicles and anyone still on Madaket Road will be directed onto the BIKE PATH. Do NOT ignore these instructions. Your cooperation is greatly appreciated. You are still racing, you just have to get OFF Madaket Road.



We don't cancel our events due to weather unless the Town tells us we have to. You are going to get wet on the swim anyway and its always windy on the island. OK – if there's an actual hurricane (or lightning strikes on the water), we might cancel the swim.³ Other than that – hydrate yourself appropriately and bring sunscreen.

COURSE DESCRIPTION

Course maps are available on the race websites. See www.acktri.com. You should be intimately familiar with them before you race so you are familiar with the course and the conditions.

The course is fairly flat with a few rolling hills. There may be a headwind on the bike in one direction depending on the weather. The roads are in good shape with several areas recently paved. There are some areas on Cliff Road that are cracked and/or depressed below road grade near road drains. There are some areas on Madaket Road near Barrett Farm Road on the way back from Madaket that are cracked by the road shoulder. Race organizers will do their very best to provide signage on the race route, mark significant road defects, etc., but athletes will need to be aware of the road conditions and be on alert for possible traffic on the race route as well as traffic entering the race route from driveways and feeder roads. Keep your head up and watch where you are going.

NOTE: There is at least one area of the course where bikers and runners may find themselves on the road together.

This area is at the Nantucket Ave./Cliff Road/North Liberty Street intersection where the runners are crossing back onto Cliff Road and potentially crossing the route that bikers may be headed out (or back) on Cliff Road. There will be volunteers and police at this intersection as well as lots of course signage – but please BE ALERT.

PAY ATTENTION IN THIS AREA TO AVOID ANY INCIDENTS.

Runners may also find themselves on the road with bikers from the Nantucket Ave./Cliff Road crossover to the intersection of Easton and North Beach Street (where runners go straight and bikers go left) as well as at the end of Hulbert Ave., as athletes turn from the run to the finish line.

Where bikers and runners are on the road at the same time, please remember:

**RUNNERS TO THE RIGHT. BIKERS TO THE LEFT.
RUNNERS TO THE RIGHT. BIKERS TO THE LEFT.
RUNNERS TO THE RIGHT. BIKERS TO THE LEFT.**

The course is clearly marked and there are not many areas where an athlete can make a wrong turn. But if you do? Please remember that it's your responsibility to be familiar with the course. Know the course in advance and you won't have any problems at all. It is always advisable to ride/run the course the day before if you can.

³ Our back-up event – in the unlikely event we cancel the swim - is to covert the event(s) to a duathlon (i.e. run-bike-run).



Swim (.33 miles):

The race start will be on the beach to the LEFT of the West Jetty. Athletes will be corralled in a "chute" down towards the water and "penned" in groups by age pending a "wave" start format.

Swim waves will be sent off at approximately three (3) minute intervals on a buoy-marked course to the left of the West Jetty in and out-and-back format. You will start (from the Jetties rocks) about waist deep IN the water. There will be boats, paddle boards, kayaks and life guards on the swim course. If an athlete needs assistance – or a break – flag down a course boat, kayak or lifeguard. An athlete will not be penalized for holding onto a kayak or paddleboard as long as they do not ADVANCE on the course.

Water temperatures are expected to be in the low 70's/high 60's. Wetsuits are optional but recommended for floatation, warmth and speed. The water in this area of Jetties Beach is fairly shallow and athletes may find themselves able to stand in many areas of the swim course. There is NO prohibition on walking/running while on the swim course.

When the athletes have completed the swim they will exit the water, run up the beach to the upper parking and into the tennis courts and into the transition area. The way will be clearly marked and this distance is probably about 400 yards. Pace yourself.

Bike (13.4 miles):

The athletes will exit the transition area and mount their bikes in a designated "mount" zone near the entrance to the upper parking lot. The athletes will ride their bikes out Bathing Beach Road to North Beach Street, down North Beach to Easton, right on Easton to Cliff Road, right on Cliff Road to the intersection of Madaket Road and Cliff Road. At the intersection of Madaket Road and Cliff Road, the racers will bear right and head out Madaket Road to Millie's Restaurant where they will turn around (a cone will be in the road) and head back to Jetties Beach via the same route.

Run (3.4 miles):

Once back at the upper parking lot at Jetties, the athletes will re-rack their bikes and head back out on their run. Athletes will head back out taking a right onto Bathing Beach Road to North Beach, bear left onto North Beach to the end, right on Easton, right up Cliff Road, right on Cabot Lane, left on Grant Ave., around Lincoln Circle, right on Nantucket Ave., left back onto Cliff Road, left on Chester Street at the bottom of Cliff Road and onto Easton, down to the end of Easton near Brant Point, left on Hulbert Ave., at the Brant Point Rotary, run to the end of Hulbert Ave., turn right on Bathing Beach Road and you are in the "money shot" to the finish line. This run course is very similar to the Brant Point Runners weekly run.



RACE DAY PARKING

IMPORTANT! – THERE WILL BE NO PARKING ALLOWED ANYWHERE AT JETTIES BEACH AND THERE IS NO PARKING ON ANY OF THE ROADS LEADING INTO JETTIES BEACH ON SATURDAY DURING THE RACE. THERE ARE NO “SECRET PARKING SPOTS” - ALL ATHLETES MUST FIND THEIR OWN MEANS TO GETTING TO THE RACE ON RACE MORNING(S).

We recommend coordinating with other athletes, housemates, walking, etc., to get down to Jetties on Saturday and Sunday morning(s). Public transportation will not be available on race morning due to the early start time. If you intend to use a taxi or a hotel shuttle– you should **make reservations** the night before and give yourself **PLENTY OF TIME** for the cab/shuttle to arrive and get you down to Jetties. Again – huddle up with your fellow athletes and carpool.

FINAL IMPORTANT REMINDERS

Travel on Steamship Authority – if you are coming over by boat, PLEASE give yourself plenty of time to get to the boat in Hyannis, get parked and to get loaded. You should make reservations in advance through the www.steamshipauthority.com website. **REMEMBER** to bring a blanket or other soft cloth(s) to protect your bike if you are worried about scratches, dings, etc. Your bike **WILL BE** stacked with other bikes on the Steamship boats.

ROAD CLOSURES – 100% of the race route(s) is/are closed to traffic from 6:30 am to 8-8-30 am on Saturday. This was no easy feat to accomplish – particularly on Madaket Road. But also remember - this does NOT mean that you will not encounter a car on the course with all of the private residences and “feeder” roads all of which cannot all be staffed. **It is your responsibility to ride with caution!** Also remember the “hard” road re-opening times identified above.

Bring your ID – Remember to bring your ID to packet pick up. No ID = no race packet.

Spectator Viewing Areas: The best spectator viewing locations are available at:

- The Rotary at Brant Point on Easton Street (limited parking available; RUN COURSE)
- The Rotary at Lincoln Circle (limited parking available; RUN COURSE)
- Tupancy Links on Cliff Road (limited parking available; BIKE COURSE)

Remember to **bring sunscreen, cash** or a **checkbook**.

ATHLETES - If you need to contact the Race Staff for any critical questions please call or text 508-901-9207.



A Message from the Head Referee to all |Age-Group Competitors

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- **Ride on the right side of your lane.**
- **Keep three bike lengths between yourself and the cyclist in front of you.**
- **Pass on the left of the cyclist in front, never on the right.**
- **Complete your pass within 15 seconds.**
- **If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- **Position– riding on the left side of the lane without passing.**
- **Blocking – left side riding and impeding the forward progress of another competitor**
- **Illegal Pass – passing on the right.**
- **Overtaken - failing to drop back three bike lengths before re-passing**
- **Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.**

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers during the bicycle and run stages. Don't leave your trash on the course. Don't carry or use any portable audio devices.