

## **2010 ATHLETE INFORMATION GUIDE**

On behalf of the many, many people associated with Fronhofer Tool Triathlon (FTT) and especially on behalf of our major race partner, The Fronhofer Tool Company, it is my pleasure to welcome each of you to our 2010 race(s)! As always, we want to thank the Lake Lauderdale Park and the Village of Cambridge for being a wonderful host site for the fourth consecutive year.

We've assembled the following detailed race information to help make the race weekend a success for you - included is information for both the Olympic Race on Saturday, August 7 at 8am and the Sprint Race also on Saturday, August 7 at 2pm. Please read this carefully, reread it carefully and then maybe read it one more time. Of course, if you have any questions after that, please e-mail me at [Kevin@t3coaching.net](mailto:Kevin@t3coaching.net)

### **USA TRIATHLON:**

The FTT races are sanctioned by USA Triathlon. All USAT rules will be in effect during the event. These rules will be reviewed at the pre-race meetings described below. This is a non-drafting race. Please direct any rules questions and/or protests to the Race Director on site. Protests of penalties must be filed within 60 minutes after the protesting individual finishes the race. See their web site for additional info at <http://www.usatriathlon.org>

### **DIRECTIONS & PARKING INFORMATION:**

Directions to the race are available at <http://www.fronhofertooltriathlon.com>

Parking for both races will be in the designated parking lots within the park. Please follow the Parking Marshalls when going to park. PLEASE DO NOT PARK ON SIDE OF PARK ROADS!!! Reminder this year there will be a \$1.00 parking fee. This money goes directly to the park. Please be supportive of this, as we would not be able to have this event without their support.

### **OLYMPIC RACE ATHLETE CHECK-IN:**

Athlete check-in for the Olympic & Sprint Race is Friday or Saturday at the Lake Lauderdale Pavilion. Friday check-in is available for both races from 4-6:30pm. Saturday check-in is available from 6am-7:30am for the Olympic/Double and 12-1:45pm for the Sprint. You will be REQUIRED to present a photo ID and either show proof of USAT membership or purchase a one-day license. No other athlete can pick up your packet, period. All three members of a relay must check in before we will release the race packet to a relay team member. Momentum Sports will have mechanics available near check-in. There is no mandatory bike inspection.

### **PRE-RACE MEETING**

You are strongly encouraged to attend a pre-race meeting at the race registration. Times are listed below. The Race Director will highlight important race information and any last minute changes.

\*Olympic Pre-Race meeting, Saturday, August 7, 7:30am (at Transition Area)

\*Sprint Pre-Race meeting, Saturday, August 7, 1:30pm (at Transition Area)

### **RACE NUMBERS:**

There will only be ONE race number in your race packet that all racers (Olympic & Sprint) are required to display during the event. This is your run BIB. The run bib number MUST be displayed during the entire run segment on the front of your body, not the side or back! Pin your run number to your shirt, swimsuit, or race belt with the safety pins available at Athlete Check-In.

### **OLYMPIC RACE BODY MARKING:**

Body marking will take place on Saturday morning at/near registration, beginning at 6am. You will NOT be permitted into the transition area without your body marked and you will NOT be permitted to race without your body marked. Do not apply body lotion or sunscreen until after you have been body marked. Be sure that the volunteer who marks you also writes your age on your right calf.

### **OLYMPIC RACE TRANSITION AREA ACCESS:**

All bikes will be racked on Saturday morning. Transition area will open at 6am and will close at 7:45am. Any athlete who arrives after 7:45am will not have access to the transition area. Only athletes who are body marked will be admitted. Each entrant will have a range of bike rack slots in which to rack their bike

(i.e. First come First Serve). Seven bikes per rack so please make sure to store your gear under and near your bike and out of the way of your fellow competitors. Remember to alternate the direction your bike faces by each slot. Momentum Sports will provide mechanics just outside the Transition area from the time Transition opens until the last athlete exits swim-to-bike transition for the Olympic Race only. Following the race, the Transition area will slowly open for you to reclaim your gear beginning at approximately 10:30am. We know that many of you want to get your gear and head home after the race but we must respect the fact that athletes are still racing so you will not have access to transition before 10:30am. Please be respectful of this. There are restrooms & showers very near the transition area. Please do not "water" the local grass; if caught, you will be disqualified.

#### RELAY TEAM TRANSITION ACCESS:

For both the Olympic Race and the Sprint Race, all relay team members will have access to the Transition area. Bikes must be in the transition area by the time transition area access closes at 7:45am for the Olympic Race and 1:45pm for the Sprint Race. Relay teams must pass the timing chip to their teammates at your bike rack spot in the Transition area. There will be a designated spot for Relay Teams near the back of the transition area.

#### TRANSITION AREA CONDUCT:

For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area. You must walk or run your bike while in the Transition area. There will be clearly marked mount and dismount lines. Please watch out for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers.

#### SWIM CAP:

The official swim cap found in your race packet MUST be worn during the entire swim. Do NOT trade your swim cap with another athlete as the caps are color-coded to assist race management in organizing you at the swim start. If you have a latex allergy, you may bring a non-latex swim cap and you should alert the race director that you will be wearing one. If possible, wear the one we give you over your non-latex cap.

#### WETSUITS FOR AGE GROUP ATHLETES:

The use of wetsuits during the swim segment will be allowed, and is encouraged, if the water temperature on race morning is 78.0 degrees or less. If the water temperature exceeds 78.0 degrees but is less than 84.0 degrees, an athlete may wear a wetsuit but will be ineligible for awards and national ranking consideration. If the water temperature is 84.0 degrees or higher, the use of wetsuits is strictly prohibited. Based on water temperatures the last few years, water temperature can be anywhere from the mid to high 70s. (wetsuits have been allowed the previous three years)

#### OLYMPIC RACE SWIM START & SWIM CHECK-IN:

The swim start is an in-water start at the beach. Athletes must corral from the transition area to the beach. Athletes will enter the water to KNEE DEEP in a single file line. There will be a volunteer counting you in. There will likely be warm-up swimming allowed until 7:40am. At that time, all athletes MUST be out of the water.

The start line will be on the left-hand side of the beach. You will be staged according by Age Groups. Be sure to know prior which wave you are in (don't base it off color of cap). Failure to wear the official swim cap or starting in a swim wave other than the one in which you have been assigned will result in your disqualification. As you enter the fenced-in corral area, you will cross over a timing chip area and be officially "checked-in." Seed yourself in your wave according to your ability. If during the swim segment, you cannot continue, remove and wave your cap and a boat/kayak will pick you up or you may swim to shore. Be sure that you notify the race director at the pavilion area. If you drop out of the swim, you cannot continue with the bike or run segments due to medical concerns.

#### OLYMPIC RACE SWIM COURSE:

The swim course is two-loop triangular swim (one loop for the sprint). You MUST swim keeping all buoys to your RIGHT. Upon completion of the first loop you must exit the water, run/walk a brief section of the beach (great photo opportunity for spectators), and then re-enter the water. For your safety, certified water safety personnel will be monitoring the swim course with kayaks.

#### OLYMPIC RACE SWIM WAVES & SWIM CAP COLORS:

Waves will be posted races morning.

Caps colors:

- \*Custom Yellow: Could be either Male/Female or Team – these participants received custom caps as being one of the first 50 registered for the FTT
- \*White: Male Caps
- \*Pink: Female Caps
- \*Yellow: Team Caps

#### WATER QUALITY:

Lake Lauderdale is safe and clean – it is cleaner than many bodies of water that are used for area triathlons.

#### SPECIAL NEEDS TABLE:

For both the Sprint Race and the Olympic Race, there will be a table set up at the swim exit for the collection of your eyeglasses, medications or other special needs items. You must leave these items at the table before you start the swim. It is your responsibility to clearly mark all items left on the special needs table with your name and race number.

**OLYMPIC RACE BIKE COURSE (FOLLOW ORANGE Spray Paint markings... Yellow is for the Sprint):**  
The bike course is a one loop course. Each athlete is required to wear an approved helmet during the bike segment. You **MUST** have your helmet securely fastened on your head before you mount and dismount your bike. A USAT rule requires you to wear your helmet at **ALL** times when on your bike at an event, including before or after the race – you **MUST** wear your helmet and if spotted riding without your helmet you will be disqualified. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. Race marshals will be monitoring the bike course and strictly enforcing these rules. Failure to obey the instructions of any Race marshal may result in your disqualification or a time penalty. The Race Director will explain key rules at the pre-race meeting held on Saturday. Upon completion of the bike segment you must re-rack your bike in your space. Failure to do so will result in a disqualification. You **MUST** have bar ends on your bike – all bikes will be checked after transition is closed. Failure to have bar ends will result in your bike being removed from the transition area and your disqualification.

Bike Course:

- Mile ~2.5 – first major hill climb
- Mile 7.35 – Left turn on Fish Hatchery, immediately followed by **Railroad Tracks!!!**
- ~Mile 13ish – Aid Station & Turn around in Rest area
- Mile 16.71 – Pass under the Eagleville Bridge
- Mile 16.90 – Second major hill climb
- Mile 18.75 – Left hand turn coming off a fast downhill in Town of Sushan
- Mile 19.71 – Pass over **Railroad Tracks!!!**
- Mile 23.75 – Re-enter the park

#### OLYMPIC RACE BIKE BOTTLE EXCHANGE:

There is 1 water bottle exchange station on the bike course, offering only water bottles. You will pass the bottle at the turnaround on S.R. 313. Please discard all empty bike bottles and trash in the immediate vicinity of these stations. This will make our clean-up efforts much easier. Discarded bottles or gear will not be returned to the Transition area.

**OLYMPIC RACE RUN COURSE (FOLLOW ORANGE Spray Paint markings... Yellow is for the Sprint):**  
The run course has one turnaround, at just over 3 miles. Runners will then run back towards the transition area, finishing in front of the Bathhouse. There will be three aid stations (that you will pass twice) positioned throughout the course. The aid stations are at ~.5 mi, mile 1.5, and mile 2.5. This will allow you to pass by them on the way back. Each station will be stocked with water and HEED by Hammer.

There is NO pacing of runners allowed by any outside source. Runners observed with a pacer/non-entrant will be disqualified. Race Marshals will be recording race numbers to ensure each athlete completes the prescribed course. There will be a lead cyclist on the run.

#### OLYMPIC RACE FINISH:

The finish line will be in the same location for both the Sprint Race and the Olympic Race. The race course will officially close 4.0 hours after the start of the last swim wave for the Olympic. All official individual finishers and relay teams will receive a custom finisher's water bottle. All finish times will be posted on the side of the Bathhouse.

#### DOUBLE FTTers:

This new and exciting format provides brave participants a chance to compete in both the Olympic and Sprint race on the same day!!! Participants will receive just one timing chip and bib number. Participants may leave their bike in the transition area during the time gap between the Olympic & Sprint. There is a chance you will also be able to rack in a new location. Those who compete in the Olympic and then decide they would like to do the sprint also can do so. However, there will be no guarantee of the FTT Double Shirt, and the cost is the same as race day registration. Pre-registered participants will receive a special Double FTT shirt.

#### POST-RACE CELEBRATION:

The post-race celebration begins as soon as you cross the finish line! Be sure to stick around for music, food, massage and refreshments. Athletes can get food with their ticket found in their race packet. Food will be provided by Sorrentino's. Included will be subs, pasta salads, and fruit. Desert will be cookies from Subway, and ice cream from Battenkill Creamery. Food will be available for purchase for friends/family (\$10 adults/ \$6 children). The awards presentation will begin at approximately 12pm for the Olympic Race and ~4pm for the Sprint & Double FTT Race. Also, massages will be available for all athletes, provided my Massage Works – as long as you haven't removed your body marking. Donations are accepted.

#### RAFFLE:

Once again, we have some great raffle prizes! Each participant will receive ONE complimentary ticket in their packet. Improve your chances of winning by purchasing more race day. Anyone can purchase tickets (competitors, spectators, kids, etc...). Winners **MUST BE PRESENT** to win! To view some of the great raffle prizes, go to [www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com). The raffle will immediately follow the awards presentation. Bring some extra dollars☺!!!

#### TIMING, RESULTS & AWARDS:

Score-This ([www.score-this.com](http://www.score-this.com)) will be handling the official timing. You **MUST** use the chip they provide you. You may **NOT** use your own chip. Unofficial race results will be posted prior to the awards presentation. Please report any discrepancy to the Race Director **PRIOR** to the start of the awards presentation. Athletes who do not wear their chip during the entire event will not be scored and will not receive a finish time. Please note that the clock time at the finish line reflects the race start time of the first swim wave. Full results and splits will be available on our web site at [www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com) or at [www.score-this.com](http://www.score-this.com) within 24 hours after the race. Awards will be given to the Top 3 Overall and of each five year Age Group (i.e.M20-24, M25-29, etc...). If you qualify for an award and are unable to attend the awards presentation, please send us your name, age group and a check in the amount of \$10.00, made payable to B.O.O.K.S., 12 Fairview St, South Glens Falls, NY 12803 and we'll first class mail your award to you **OR** you may have a friend pick it up for you.

#### DROPPING OUT:

If you drop out of the race, it is **IMPERATIVE** that you notify a race official and return your timing chip at the finish line.

#### PROTESTS:

All protests of penalties assessed for rules infractions by Race Marshals must be filed with the Race Director within 60 minutes after the protesting individual finishes. Judgment calls (e.g., drafting) are not eligible for protest.

#### MEDICAL:

Cambridge Valley Rescue Squad will be on site. The medical team is prepared to treat for dehydration, minor injuries and road rash and will assist emergency medical services in transporting athletes with any major injuries to the nearest hospital.

#### UNSPORTSMANLIKE CONDUCT:

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during any portion of the race or at any time during event weekend will not be tolerated and will result in immediate disqualification.

#### OLYMPIC RACE SPECTATOR LOCATIONS:

The Lake Lauderdale Park is great for spectators as it is very compact. It is easiest to move around on foot or bike. Leaving the park by vehicle once in is strongly discouraged. Bring binoculars and you will be able to see the athletes across the lake competing in the run portion.

#### KIDS RACE:

We're excited for the 3<sup>rd</sup> year of our FTT Triathlon Kids Race on Friday, August 6 (please note – this is different than year's past). This year, for the first time, the Kids Race will be all by itself on Friday and will have its own courses created especially for our youngest triathletes. Registration is available online in the Kids Race section of [www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com) and will be available at Registration on Friday from 4-6pm. For the safety of all the children participating parents/guardians are asked not to enter the transition area.

Race #1 6:30pm start	6-10 year olds	50yd Swim/ 1.2 mile bike / .25 mile run
Race #2 ~6:50pm start	11-14 year olds	~100yd Swim/ 2.5 mile bike / .5 mile run

\*Kids will need to be body marked in the transition area. Swim caps will not be provided to the kids, but they are welcome to wear one. All kids receive a finisher's medal, t-shirt, and ice cream provided by Battenkill Creamery.

#### FRIENDS & FAMILY:

There will be activities and crafts for children. In addition, a visit from our Looney Tune Friends.

#### 2011 RACE REGISTRATION

The 2011 Fronhofer Tool Triathlon (FTT5) is always the "FIRST SATURDAY IN AUGUST". It will be held Saturday, August 6th, 2011. Registration will be available online starting November 1<sup>st</sup>, 2010 until Sunday, July 24<sup>th</sup> 2011 at midnight and then will not be available again until Race Day. If you pre-register, you will guarantee yourself the lowest entry fee offered. Check <http://www.fronhofertooltriathlon.com> throughout the year for more details.

#### BENEFICIARIES, SPONSORS, FRIENDS & VOLUNTEERS:

We're proud that the Fronhofer Tool Triathlon is able to donate ALL the proceeds to Books In Kids Hands & B.O.O.K.S. We believe that the race and its athletes will raise close to or over \$10,000 for these Not-For-Profit Children's' Literacy Programs. We've also been lucky to work with a wonderful group of sponsors; they've each been a pleasure to work with. When possible, we hope you'll consider supporting the following companies who have helped make this race a reality: Fronhofer Tool Company, T3 Coaching, BDP Industries, Zappone's Motor Company, Sorrentino's Delicatessen, Hammer Nutrition, Fuel Belt, The Great Escape, The Adirondack Triathlon Club, Dana Hogan – State Farm Agent, Jointa Galusha, Donnelly Construction Inc., Irving Tissue, Bard, Northeast Promotional Group, Udder Cream, Zensah, Xterra, Never Reach, The Bullpen, Prima, Rock Hill Bakehouse, Bistro Tallulah's, Red Fox Books, Dog Ate My Homework, Milk & Honey, Boston Candy Kitchen, UnCorked New York, Massage Works, Maggie Crossman Crafts, Mark Mauro, Heidelberg Inn, Koester & Associates, Cargill, Inside Edge/Reliable Racing, Panera, Subway, Battenkill Creamery, Glens Falls National, LaFlammes, Garden Works, Battenkill Books, Burger Den, Salem Autoparts, McClellan Funeral Home, Dr. Dan & Annette Neilsen, McClellan Insurance, Momentum Sports, Luna Bar, Yushaks, Schuylerville Bike & Board, Salem Hardware Store, Ondawa Greens Golf Course, Steady State Sports.

And one group of people we need to thank for without them, we wouldn't have an event: our volunteers. We all know that no event could ever take place without them so please, please, please thank them when you see them throughout the race.

**FINAL WORDS:**

The FTT is a great race, with an unbelievable friendliness to it! We welcome you to enjoy this amazing experience. Say hello to everyone, introduce yourself to someone you don't know, cheer on a stranger – that's what makes our race special. Lake Lauderdale Park is our hidden treasure and we ask you help keep the park clean by following the "carry in, carry out" policy. With this said; please remember how lucky we are to participate in this wonderful sport. So, no matter how your day goes, keep a smile on your face. Good luck and we look forward to seeing you at the finish!

Kevin Crossman  
Race Director

[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

[Kevin@t3coaching.net](mailto:Kevin@t3coaching.net)