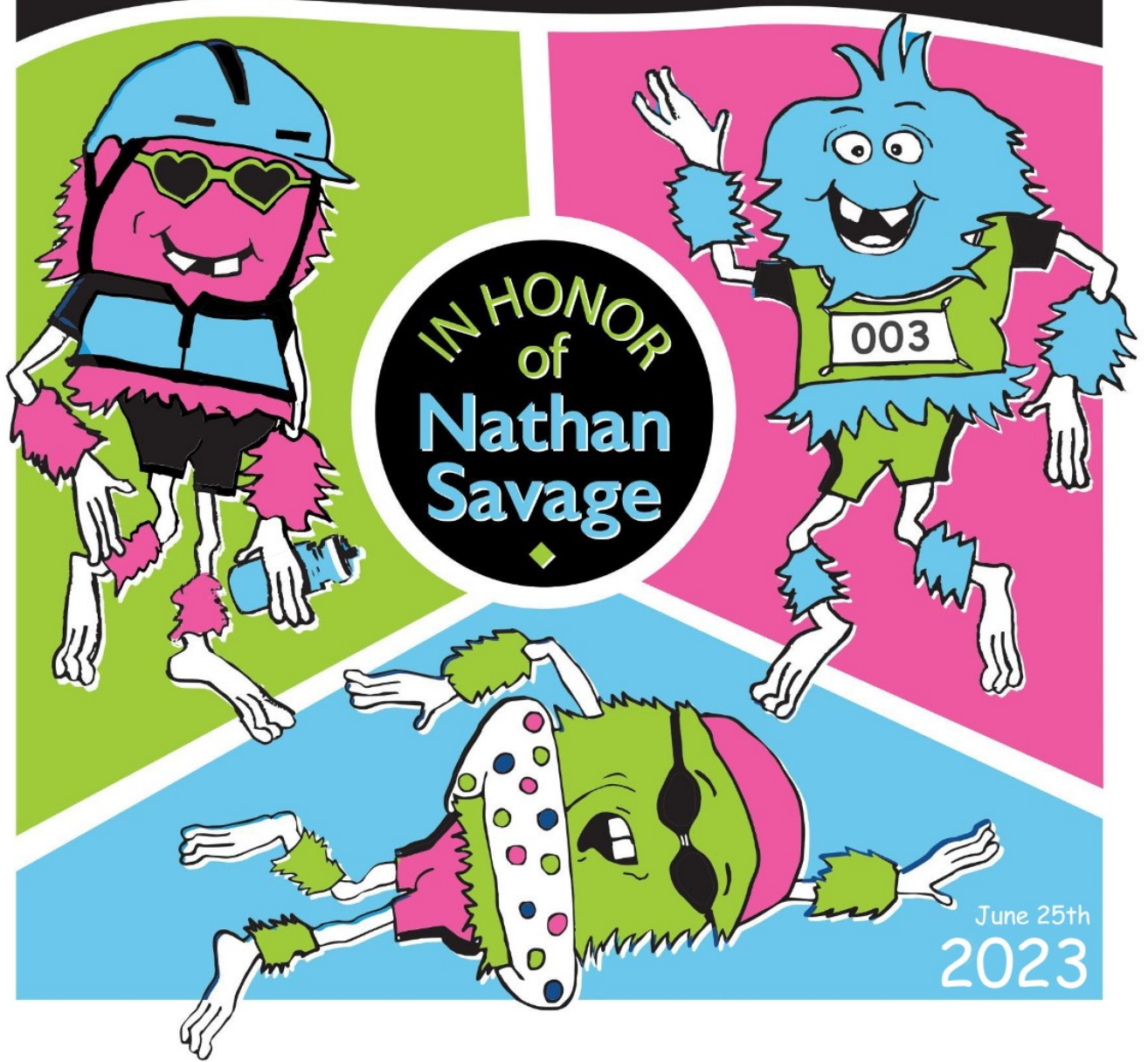


CITY OF

Parks, Recreation & Waterfront

SOUTH PORTLAND

Youth Triathlon



TRI-ATHLETE GUIDE



Welcome triathletes and families,

Thank you for participating in the 4th Annual South Portland Kids Triathlon! We are thrilled to be bring this event back for a fourth year! This event is in honor of South Portland's own, Nathan Savage. Nathan, an avid tri-athlete, was passionate about physical fitness and giving back to the community. He wanted to make sure his triplet girls (Charlie, Maizie & Reese) grew up knowing the importance of leading a healthy lifestyle and helping the community.

The main goal of this South Portland event is to expose youth to the great sport of triathlons and most importantly, to HAVE FUN! Through this event, we hope participants will leave with a greater feeling of self-confidence and an "I can do it" attitude.

Inside this packet you will find the following:

- Participant Gear Checklist
- Participant Checklist
- Race Rules
- Parking Instructions
- A timeline of the day's events
- Map of bike route and entire SPCC & SPHS complex



We look forward to an awesome race and we can't wait to cheer you on!

Sincerely,

Your Race Committee

Lesley Hurley

Kari Filieo

Nellie Savage

Jenna Martyn-Fisher

Breese Reagle

Anthony Johnson

**“The only one who can tell you
'you can't' 'is you. And you
don't have to listen”**

- Nike

PARTICIPANT GEAR CHECKLIST

SWIM

- Swimsuit
- Swim Cap (Required and will be in race bags.)
- Goggles (Optional)
- Towel for transition area

BIKE

- Bike
- Helmet (Required)
- Shorts/Pants
- Socks
- Sneakers (Required)
- T-shirt (Race # should already be pinned on the front of your shirt.)

RUN

- A positive attitude!
- Fast legs, and a smile at the finish line!

PARTICIPANT CHECKLIST

Friday, June 23rd - 5:00-6:30pm

- Packet pick up and bike and helmet drop off at South Portland Community Center, 21 Nelson Road, between 5:00-6:30pm. **The Bicycle Coalition of Maine will be on hand for optional bike safety checks.**
- Pack your gear. (Gear checklist on previous page).
- Eat healthy, drink water and get to bed early!

Race Day, Sunday June 25th

Pre-Race:

- Check in at “check-in” table located in SPCC lobby when you arrive. Grab your bike and head to the transition area to get setup.
- Transition Area is open for set up at 8:15am.** No family in transition area please, as we have volunteers to help.
- Grab goggles and cap for swimming and head to the pre-race meeting in the SPCC parking lot on the High School side you can leave your running shoes in the transition area).
- Mandatory pre-race meeting will occur at 8:45am in the SPCC parking lot (Nelson Rd side) for participants.**

Post-Race:

- A refillable water bottle and snacks will be provided at the finish line.
- We will have a brief closing ceremony at the finish line once all participants have completed the race. **Please stick around after your child finishes! We want to honor all of the racers at one time!**
- Don't forget to grab your bike and all your gear once you are finished.

PARKING NOTES:

Please park in the South Portland Community Center lot on Nutter Road (lot furthest from High School). There will be limited parking in the High School Parking Lot (behind the stadium bleachers). There will be NO PARKING on the Nelson Road side parking lot of the Community Center. This is where the bike transition area will be.

RACE RULES

PARTICIPANTS:

- Swim caps should have your number on them and must be worn by all participants.
- Kick boards & noodles will be available to participants in the swim portion if they choose.
- Bike and run clothing must be put on **over** your swimsuit in the transition area.
- Race numbers must be pinned to t-shirt during the bike and run.
- Bikes can not be ridden in the transition area. Participants will be shown by volunteers where they can mount their bikes.
- Participants will be instructed where to dismount their bikes by volunteers and will have to run or walk their bike into the transition area prior to starting the run.
- Bikers must be two bike lengths behind the bike in front of them unless passing on the left.
- Unless passing, all bikers must stay to the right.

PARENTS:

- You may only act as a spectator during the race. We will have plenty of volunteers to guide the participants along each course.
- Parents are not allowed in the transition areas until the race is over.

EVENT SCHEDULE



FRIDAY, JUNE 23rd

5:00 - 6:30 PM Packet Pick up & Bike/Helmet Drop
off at South Portland Community Center

SUNDAY, JUNE 25th

8:15-8:45 AM Check in and set up transition area.

8:45 AM Mandatory Pre-race meeting in the Nelson Rd
parking lot outside front entrance of Community
Center.

9:00 AM Participants line up inside Community Center
Race starts in the pool!

Race will finish at approximately 9:45am/10:00am at the SPHS
track.



2023 BIKE/RUN ROUTE



Road Closures from 9:00—9:30am

- Close Nutter Road
- Close half of Highland Avenue between corner of Nutter Rd and Mountain View Road
- Close Mountain View Road
- Close Nelson Road



MAP KEY	
	= Biking Portion (1 loop) —1.2 miles
	= Running portion (2 laps around track) - .7 miles