

Overview

Here is all the info you need for the **XTERRA French River Triathlon** on July 13th, 2019! The event is filled with both long and short course options, with each distance offering a swim for the first leg (1/4 mile or ½ mile), or 1.5 mile run (run distances are same for short or long course). Athletes then head out for either a 9 mile or 12 mile mountain bike ride, and then finish with either the 3.5 mile or 5.5 mile trail run. There are rocks, roots, a river, plenty of dirt and maybe some mud – just what XTERRA is all about!

Please take the time to review this packet to familiarize yourself with the contents. Specifically, pay special attention to:

- Timeline on July 13th
- Parking

Alex Rogozenski
USAT Certified Race Director
MRA Multisport

Alex@MRAMultisport.com





Directions & Parking

The main race venue is **Oxford High School at 495 Main St, Oxford, MA**. There is plenty of parking at the High School. Please follow the parking signs, and do NOT park in the Carbuncle Pond lot.



Timeline

Friday, July 12

Noon – course open for pre-ride/run*

*Note: few sections of course will need cones for additional marking, such as the splits for the long/short courses; these won't be in place until Saturday morning. Be aware and look for more subtle markings at these intersections. The course will be 100% rideable with the marking that will be in place, just pick you head up and be on the look out.

as of Tue 7/7 the course is all marked for riding or running

Saturday, July 13

6:30am-7:45am - Check-in/Packet pickup at Oxford High School; ALL timing chips picked up here

**for ALL race participants, valid photo ID

MUST be presented for insurance purposes. **

NO ID = NO BIB, NO EXCEPTIONS!

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7:45 – Transition Area Closes – Athletes begin to move to the Start Line Area on the shore of Carbuncle Pond.

7:50 - Pre-race announcements and Nation Anthem near starting line at water's edge

8:00 - Start of race! Staggered start for all categories / distances:

8am - Long and Short course duathlon start - mass start format.

Approx. 8:05 - Short course swim start - Time Trial format, 2 swimmers every 3 seconds.

Approx 8:10 – Long course swim start – Time Trial format while Short course swim is going on.

11:30am (approx.) – Awards ceremony for both distances and all categories

11:45am – course is closed to racers. Due to our arrangement with local EMS provider, the course must be closed at this time. Volunteers on the course will keep racers informed of timing.

Bib Pick-up

Racers can pick-up their bibs on race day morning at the venue. All timing chips are picked up at the race venue on Saturday morning. Please remember to bring a photo ID with you! You will receive your race number bib, bike number card, timing chip for ankle, (see below), swim cap, and race swag if you purchased it. We're also providing complimentary BibBoards as well, so you don't have to worry about pin holes in your shirts anymore!

Race Numbers

Each racer will receive a timing chip that is affixed to the **ankle strap**. The ankle chip MUST BE WORN for the entire race. Without it, a time will not be registered for you. As a back-up to the electronic timing, your number must be visible on the front of you. Relay teams will exchange the timing chip in the Transition Area. Race numbers have a unique design to distinguish between short and long course participants.





Swim Start and Course

All swimmers will be staged on the beach of Carbuncle Pond by 7:45am for pre-race announcements and to line up for the race start.

A true time trail format, there is no separation of waves by gender. Line up with faster swimmers in front, slower swimmers in back. Swimmers will self-seed based on anticipated finish times. The fastest male and female swimmers should seed themselves closer to the front, the slower male/female swimmers will seed themselves closer to the rear of the group. The swim course is ¼ mile distance for short course, ½ mile (2 laps) for long course, and everyone should have expected goals/swim finish times in mind. Realize all bets are off once you're in the water, so this self-seeding is just a general placement of your own swimming ability. This is just like lining up for a local 5k run – faster folks in front, slower in back, more out of courtesy for other racers. At the beachfront, pairs of swimmers will cross the timing mats and enter the water every 3-4 seconds. YOUR INDIVIDUAL TIME WILL NOT START UNTIL YOU CROSS THE TIMING MAT NEAR THE EDGE OF THE WATER. This is a Time Trial start, not a Mass Start, not a Wave Start. At 3 second intervals, there are about 40 athletes entering the water each minute. You will NOT be far off the leader, regardless of where you start the swim.

The Swim segment starts on the shores of Carbuncle Pond, and swims in a counter-clockwise manner around a triangle course (keep buoys on your left). Swimmers will then run up to the Transition Area. The water temperature is expected to be in the mid-70's, so this will hopefully be a wetsuit-legal race. (official water temp will be taken on morning of the race. Per USAT rules, if the water temperature is greater than 78 degrees F, athletes are allowed to wear wetsuits but become ineligible for any awards.

Wetsuit rentals are available through <u>Miles To Go Sports</u>, and can either be picked up in store or delivered to the race venue (\$35 for 3 days, \$50 for 5 days). Supplies are limited, to don't hesitate and contact <u>Miles To Go Sports</u> today!



There will be several kayaks, lifeguards, and EMTs on shore; all for your safety. Each of these volunteers on the water has also been given the authority to remove any swimmer from the swim portion of the race if they believe an emergency situation is inevitable. Per USAT rules, it is OK to rest by holding onto a kayak or other floatation device, but your forward progress cannot be assisted. If you need a breather, signal to a kayaker and they'll assist you.

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* note – short course is 1 lap (1/4 mile) of swim course, long course is 2 laps (1/2 mile).





Bike Course

After exiting the Transition Area (remember <u>no</u> riding bikes in TA and chin strap must be buckled!), bikers will head into the woods on the trails of Hodges Village Dam (9 mile short course (not 7 as indicted on map below), 12 miles for long course). **BLUE** arrows and white XTERRA tape will mark off the bike course.



Fritz's Bicycle Shop will be on-hand to provide minor adjustments to your bike on race day.

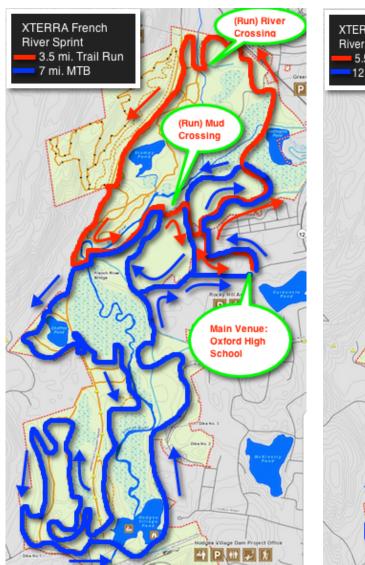
Run Course

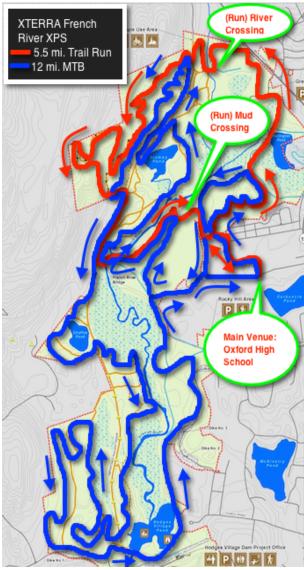
Runners head back out onto the trails on a challenging run course measuring at 3.5 miles for short course, and 5.5 miles for the long course race, each with two aid stations. You will cross a river, you will go up rocky hills, you will go down rocky hills, you might go through mud, you will traverse over typical New England rooty sections, and you will have the time of your life. Follow the RED arrows and white XTERRA tape to highlight a trail entrance.

For those choosing the **duathlon option for both long and short courses, you're 1.5 mile trail run for the 1st leg will start on the beach of Carbuncle Pond and head out the same as the **Run Out/Bike Out** section trail before circling back around through the trails, coming in via the special **Run In** trails. Duathlon specific signs will guide you for this first leg. You will be able to get the heart rate pumping on this track right before you hop on your bike!









- short course (sprint) 9 mile bike, 3.5 mile run
 - bike course split is just after the bridge, just before mile 3. Short course goes left, long course goes right onto paved access road
- long course (XPS) 12 mile bike, 5.5 mile run





Aid Stations sponsored by Gatorade

At the XTERRA French River, participants will be able to choose from water or sports drink from Gatorade Endurance at two aid stations on the run course and around the venue. There are no aid stations on the bike course. Gatorade products are specially formulated to rehydrate you and replenish those lost electrolytes, sodium and other nutrients on the course.



Rules

The following rules are put in place for your safety on race day. Variable time penalties will be assessed for certain violations.

- Ankle strap (with timing chip) must be worn on your ankle for the entire race. Relay teams timing chips must be exchanged in the Transition Area.
- You cannot discard any gear or equipment on the course; you can leave clothing/gear at the Aid Station, but they are NOT responsible for it. They will return all gear to the Transition Area at the conclusion of the race; all unclaimed clothing will be donated to charity.
- Headphones are not allowed on the course during the race for the safety of all racers and for insurance purposes.
- Strollers, joggers, and pets are not allowed on the course during the race for the safety of all racers and for insurance purposes.
- Unsportsmanlike Conduct will not be tolerated. No further clarification necessary.
- Follow proper trail etiquette yield to faster racers behind you, and call out if you're overcoming another racer. Yet another reason to not wear headphones on the course
- You must have fun and take pride in the fact that you're able to compete in endurance events, like the XTERRA French River.





Awards

Awards will be announced at the conclusion of the event.

- Swim Tri long course
 - o Top 3 Overall Male and Female Finisher
 - o Top 3 Male and Female Finisher in each Age Group
 - Under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
 - Top Challenged/Para
 - o Top Relay Team
- Swim Tri short course
 - o Top 3 Overall Male and Female Finisher
 - o Top Relay Team
- Duathlon (each distance)
 - o Top 3 Overall Male and Female Finisher









Spectators

We love them and they make a huge difference in the whole race experience. The best spot would be at the **Oxford High School** itself – from here, spectators can have views of the swim, all the transitions, and the finish line. Greenbriar Park is a great place to see runners come by, and Hodges Village Dam is perfect for bike spectating.

Weather Policy Reminder

It is truly our intent to put on a great, fun race for you, the athlete. Mother Nature has no bias, however. As stated in the cancellation policy, in the case of serious and dangerous conditions, we reserve the right to delay the race a few hours, adjust segments, or as a last resort cancel the event. In the unfortunate situation that the race is canceled, there is a no-refund policy in place, as the costs have already been incurred to host the event and we do not want to take away any contributions to our charities. We expect you to be disappointed if the **XTERRA French River** is canceled, as we will be, but we also hope you understand why a no-refund policy is in place.

Sponsors - Volunteers - Beneficiaries

The sponsors and volunteers help with the race in so many different ways and really make it all possible. Say "Thank you!" to every volunteer you see. Please support the sponsors and beneficiaries however you can to show your appreciation.

Oxford Recreation Commission - Main Beneficiary

Fritz's Bicycle Shop – Bike Support Sponsor

Miles To Go Sports – Podium Sponsor

Wicked Good Cookies

Purgatory Beer Company

