



May 3, 2010
Greetings Racers!

We have been very busy putting together the final touches to make our race day a fun, exciting and safe one! **With just under two weeks until our event, we are inviting you to update us with your 525 yard swim time.** It is important that we have an accurate time for each racer so that we can run the waves smoothly. If you haven't sent in your time or you would like to update us, please email: souprqt@midcoast.com with 'SWIM TIME' in the subject line.

We also want to give you parking directions for race day. **If you are competing in the open division (teams and adults ages 14 and over), you will need to park your car in the main YMCA parking lot BEFORE 7:30 a.m.** Registration will take place in the main lobby of the YMCA. After packet and chip pick-up, racers will be able to rack their bikes. Before you can head into transition, you must have your race number. There will be a bike guard at the transition entrance checking for helmets, handle bar end plugs, and general equipment safety.

At 7:30, the main lot to the YMCA will close for the pre-race meeting. Registration will open on Friday afternoon from 4:00 until 6:00 p.m. and will re-open Saturday from 6:00-7:30 a.m. If you have a child racing but are not involved in adult morning competition, we ask that you park at the Troy Howard Middle School. The main lot of the YMCA will re-open to car traffic at 12:00. We will have parking attendants directing traffic on race day to avoid confusion.

The first wave of swimmers will start promptly at 8:00 a.m. after the mandatory race meeting at 7:30 (swimmers will find their wave assignments on the front of their registration packet when they check-in). The pool will be open for warm up from 6:00 until 7:20 for those who wish to swim before they race.

We have secured over 150 volunteers to help make our event successful! Many of these volunteers will be out on the course, directing traffic and racers. We ask you to take a look at the interactive map on our website to familiarize yourselves with the course and the names of the roads. Both the bike and run are straight-forward loops, all with right hand turns, but it always helps to have a sense of course before you head out. The run course will have 2 water stations offering Heed and water.

The post race festivities will take place at the YMCA. We will have music and food as well as complimentary post-race refueling snacks and water for our racers. We will also have a bike mechanic on hand should your ride need any special attention. All Sport Events will be working with us with Chip timing to give our racers accurate race leg and transition times that will be posted and updated during race day and officially on the web. At noon, we will hold the awards ceremony which will be followed by the welcome for the kids' race. The first wave of the kids' swim will start at 1:00 p.m. **Be sure to spread the word that after the kids' race there will be a drawing from our young participants for a brand new bike from Belfast Bicycles which has been generously donated by Belfast Pediatrics!**

We look forward to seeing you all on May 15th! Let's keep our fingers crossed for more of the same beautiful weather that we have been having so that our first annual triathlon will be one of the fastest! Please let your friends and family know that we still have a few spots left so if they are considering trying a tri, they should try our tri first!

Take care and happy training,
Beth Anderson and Jim Wescott
Race Directors Waldo County YMCA Family Triathlon Festival