



# NEWPORT

SPRINT & OLYMPIC TRIATHLON

## 2019 ATHLETE GUIDE



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# WELCOME ATHLETES

**We want to welcome you to beautiful Sachuest Beach (Second Beach) in Middletown, Rhode Island for the 2019 Age Group and High School USAT State Championship Newport Olympic/Sprint Triathlon and Aquabike. Within this athlete guide, you will find all the information you need to make your race experience an exceptional one. If you have any questions, please do not hesitate to contact us at [rd@onyourleftracing.com](mailto:rd@onyourleftracing.com) or (401) 450-5089. We look forward to a fantastic event and cannot thank you enough for participating.**

**See you on the course!**



# DIRECTIONS

Sachuest Beach, more commonly known as Second Beach, is GPS friendly. The address is 315 Sachuest Point Rd, Middletown, RI 02842. If you would like a visual map of the venue, please visit our website [www.onyourleftracing.com](http://www.onyourleftracing.com), select the event page for Newport Triathlon, and scroll down and click on the "Map/Directions" tab.

Please take note that the run and bike courses are not closed to traffic. We ask that you be mindful of USAT rules riding single file unless passing. Stay to the right unless directed otherwise by our volunteers, Police, or event signage/cones.

Littering of any kind will absolutely not be tolerated and will result in appropriate USAT penalties. We are lucky enough to race this beautiful course and in order to continue to do so we must respect our surroundings.

Our volunteers will guide you to the parking area which is conveniently located steps away from transition in Second Beach parking lot.



- Packet pick up and in person registration will be Friday, 9/6 from 4-7 at Second Beach public parking lot.
- Packet pick up and registration Saturday 9/7, 4-7 at Second Beach public parking lot.
- Race morning 9/8 from 5am-6:30am next to transition also located at Second Beach parking lot. Please see the map above for packet pick up and transition location within the parking lot.

Once you pull onto Sachuest Point Rd, follow our OYL signage and volunteers to the designated parking area. Transition opens at 5:00am and closes at 6:45am.

Pre-race Meeting (6:45 am), followed by the national anthem and race start (7am start).

Time trial swim starts just north of transition, on the beach, at 7:00am. Two athletes will enter the water every 10 seconds.

Post-race meal (immediately following your race), and awards ceremony (11:30 am) will be on the beach which is the area surrounding the swim start. If you have family or friends cheering you on, they are able to purchase post race meal tickets for \$10 to also enjoy our amazing catered breakfast. See our registration table for more details.



# ATHLETE REGISTRATION & CHECK-IN

**WHERE:** If you did not register or pick up your packet prior to race day, you may register or pick up your packet on race morning at the registration/athlete check in area. This will be located next to the transition area.

**WHAT TO BRING:** All athletes MUST have a photo ID and their USAT card (or \$15 to purchase a 1-day USAT membership).

**RACE PACKET CONTENTS:** Run bib, bike number, OYL swim cap, and a ticket for your post-race meal. As a token of our appreciation for racing our Newport Triathlon event, we will be providing a **50% off voucher for our Wave Sprint Tri which will be held on 9/15/19. Enter CORE19 when registering for discounted event registration.**

**TIMING CHIP & BODY MARKING:** Please pick up your timing chip at the timing station located next to registration. Body marking will also be located next to the registration area. We will have plenty of volunteers at the finish line to make sure you do not forget to return your chip.

**PER USAT:** Only registered athletes are permitted to pick up their registration packets. There are no exceptions to this rule. This rule applies to Olympic, Sprint, Aquabike, and Relay athletes.



# PRE-RACE INFORMATION

**PHYSICAL ADDRESS:** 315 Sachuest Point Rd Middletown RI 02842.

**ATHLETE BRIEFING:** OUR RACE DIRECTOR WILL BRIEF ALL ATHLETES OVER PA AT 6:45 AM AT OUR PRE-RACE MEETING.

**TRANSITION:** You must be body marked and checked-in prior to entering transition. Transition opens at 5:00 am and closes at 6:45 am. Your bike must have bar end plugs and brakes and your helmet must also be ANSI approved.

**Wet Suits:** The official water temp will be taken at 5:30 am by our USAT official. We do anticipate this being a wet suit LEGAL race and will confirm this over PA at 5:30 am.

**Bike Support:** Stedmans Bike Shop will be on site providing bike support for the race. They will be located next to transition.



# THE COURSE

Please view the following link on our website, <https://onyourleftracing.com/newport-triathlon-sprint-olympic/> and scroll down to "Swim Course", "Run Course", and "Bike Course" tabs for course specific information.

We encourage you to review the run, bike, and swim courses prior to race day. There will be two water stops on the run course. The first will be located just outside transition and the second will be at mile 1.5 on the run course. There will be ample life guards and a safety patrol boat monitoring the swim. We will provide plenty of guidance on both the run and bike courses and all turns will be clearly marked with our OYL signage and volunteers/police details.

**Swim Course: The Olympic & Aquabike swim will be a two loop, out and back, course. Please exit the water after the first loop, follow the cones around our OYL flag and make your way back into the water for your second loop. Sprint athletes will swim ONE out and back loop before exiting the water for T1. There will be kiddie pools full of fresh water located after you exit the sand and before you enter transition. Rinse your feet and get ready to ride.**

**Aquabike:** Once you dismount, please make your way into transition crossing the timing mat which will log your bike time ending your race. Rack your bike and head over to our finish line where you will receive your finisher medal, photo, and post race recovery.

**Please Note: The Olympic and Aquabike bike and run courses are two loops. The start of second loop will be clearly marked with OYL volunteers and signage. The Sprint bike & run courses will be a single loop and will also be clearly marked.**

# RACE DAY INFORMATION



The Newport Triathlon begins with a time trial start from the beach. Two athletes will enter the water every 10 seconds.

New England Timing will be the timing company for this event. Each athlete in the triathlon will receive 6 timing splits. Swim, T1, Bike, T2, run, and finish. Aquabike will receive the same less the run and T2 splits. LIVE RESULTS WILL BE AVAILABLE UPON RACE START BY CLICKING THE FOLLOWING LINK

<https://my5.raceresult.com/134796/results?lang=en>

Results will be sent via text (as long as you agreed to and provided your cell phone number during registration). Results will also be published on our website and facebook pages same day. Once in transition, each bike rack end cap will be labeled with a range of numbers. Please find the rack that includes your number and take your place. Keep in mind the courtesy of our sport and mind the athletes around you.

We fully expect this race to be wetsuit legal. We will post the water temperature the week of the race on our facebook page. The official water temp will be taken race morning at 5:30 and announced over PA for all to hear.



Please join us for a fabulous post race breakfast provided by chef Martha Sylvestre and her amazing culinary team. Be sure to bring your ticket (provided in your packet) for access to this fantastic spread.

Both TB12 and Newport Healthworks will be on-site providing complimentary body work, massage, and soft tissue work. Do not miss your opportunity to take full advantage of these services offered by the amazing body coaches from TB12 and NPT Healthworks.

Our awards ceremony will take place on the beach, which surrounds the swim start, at 11:30 AM. Standard USAT age group and overall winners (first through third) will be recognized. Aquabike 1-3 overall will be recognized.

Make sure to visit CORE Financial Partners in our recovery zone for your chance to enter and win a 3 year Jeep Wrangler Sport lease. All proceeds from this will be donated in full to the F\*\*\* Cancer charitable organization. Please see the CORE Financial tent for more details.

We sincerely appreciate our athletes and look forward to providing you with a fantastic race day experience. Best of luck on the course!

# **USA** **TRIATHLON**



This is a USAT sanctioned event. There will be a representative from USAT on-site to make sure all rules of the sport are adhered to.

Please click on the link below for a complete list of the USAT rules.

[https://www.teamusa.org/-/media/USA\\_Triathlon/PDF/Race-Directors/Toolbox\\_Forms-Resources/USA-Triathlon-Competitive-Rules-doc.pdf?la=en&hash=E0268ED05596DA7A0D2FF497D3B3465BF2EA9B7C](https://www.teamusa.org/-/media/USA_Triathlon/PDF/Race-Directors/Toolbox_Forms-Resources/USA-Triathlon-Competitive-Rules-doc.pdf?la=en&hash=E0268ED05596DA7A0D2FF497D3B3465BF2EA9B7C)



# LODGING

## **HOTELS:**

### **- One night minimum stay:**

Quality Inn and Suites

936 West Main Rd. Middletown RI 02842

(401) 846-7600

Ramada by Wyndham Middletown Newport

425 East Main Rd. Middletown RI 02842

(401) 846-3555

The Carriage House Inn

93 Miantonomi Ave. Middletown RI 02842

(401) 841-0018

Homewood Suites by Hilton

348 West Main Rd. Middletown, RI 02842

(401) 848-2700

For those athletes looking to spend an extra day or two in town to explore, might we suggest Hotel Viking ([www.HotelViking.com](http://www.HotelViking.com)), Gurney's Newport Resort and Marina ([Gurneysresorts.com](http://Gurneysresorts.com)), and Atlantic Beach Resort and Suites ([www.atlanticbeachhotelri.com](http://www.atlanticbeachhotelri.com)).



# POST-RACE LIBATIONS AND FOOD

For those athletes looking for lunch or a celebratory cocktail post-race, we'd recommend the following;

- Newport Triathlon Catered Beach Breakfast Bash the race venue swim start.

- Mission Burger

29 Marlborough St. Newport, RI OR

58 Aquidneck, Ave. Middletown, RI - delicious burgers and beer!

- Diego's Barrio Cantina

116 Aquidneck Ave. Middletown, RI - fresh Mexican with great margaritas!

- Midtown Oyster Bar

345 Thames St. Newport, RI 02840 - delicious menu and lively bar scene.

- The Lobster Bar

31 Bowens Wharf

Newport, RI 02840 - great views of the harbor!

**For information regarding activities, events, and sights to see in Newport, visit [www.DiscoverNewport.org](http://www.DiscoverNewport.org)**



# SPECTATORS

This course provides ample opportunity for spectators to catch their athletes multiple times. If you will be watching the race, please feel free to park in the same lot designated as our athletes. Our volunteers will guide you as they do our athletes to your parking area. The following areas are our recommended viewing locations;

**For the Swim:** Either side of our swim chute located on the beach will be a great place to view both the swim and the swim exit towards transition. There will be plenty of viewing space around transition as well.

**For the Bike:** Olympic athletes will ride two loops and the sprint a single loop. For Olympic athletes we recommend the area across from Surfers End (the beach that will be on your right as you drive down the hill toward as you turn onto Sachuest Point Rd).

Viewing from here will allow you to view the Olympic athletes twice on the bike. For sprint athletes, anywhere on the guardrail that separates the parking lot from Sachuest Point Rd.

**For the Run:** The Olympic will be a two loop course while the sprint will be a single loop. If you walk out of the main parking lot, taking a right, a few hundred yards up on the left will be a service road. The athletes will pass this road heading as they head towards Sachuest Point where they will turn around, head back, and take a right onto the service road. Viewing from anywhere on the service road will maximize athlete viewing for the run.

**Finish Line:** This one speaks for itself. If spectators would like to partake in our post race catered breakfast on the beach, meal tickets will be available for purchase at our registration table race day for \$10.

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