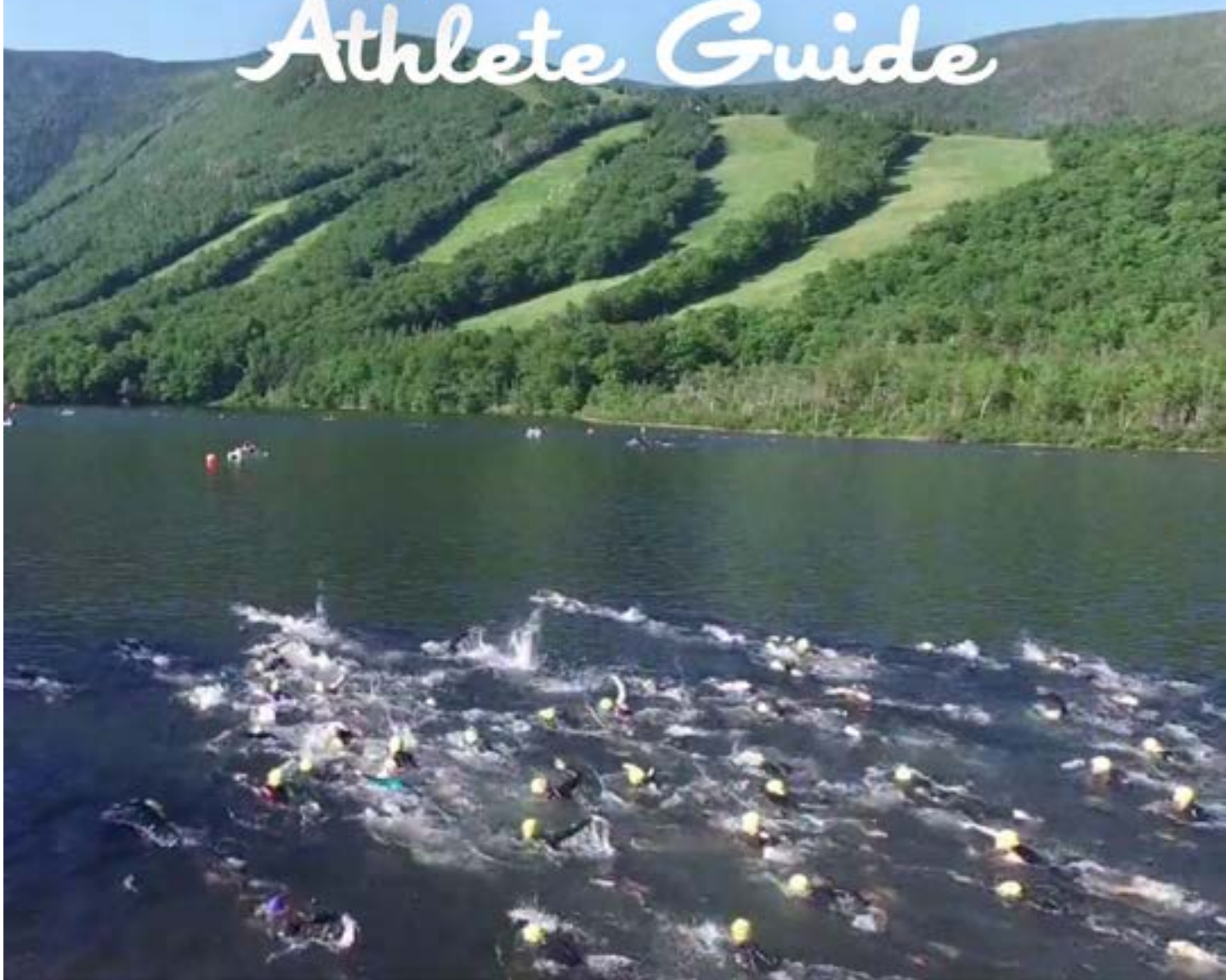




2017
Athlete Guide



WELCOME TO THE 2XU WHITE MOUNTAINS TRIATHLON

I'd like to extend a warm welcome to all that have chosen to be a part of the 2XU White Mountains Triathlons this weekend. We mark a special weekend this year that not only recognizes our 5th year in the incredibly supportive and scenic community of Franconia and the "all-in" attitude that the Franconia Notch State Park staff has invested with us; but also a new relationship with our friends at Millennium Running for whom the 2XU White Mountains Triathlons will become a cornerstone multisport event among their incredible calendar of competitive and active lifestyle experiences. It should be obvious this weekend with the enhancements that are planned that Millennium intends to assume a prominent role with the New England triathlon community and that the "WMT" will most assuredly attain the reputation as "THE" New England region triathlon weekend to race at in years to come.

As always, race hard, race fairly, and above all, race safely.



Jeff Cole and Kevin Bachi
WMT Founders



EVENT SCHEDULE

Friday

- 4:30pm | Open Water Swim Clinic for Beginners by TriathlonSkills.com, Echo Lake Beach
- 5:00pm-7:00pm | Registration and Early Packet Pick-Up at Peabody Lodge, Cannon Mountain
- 6:00pm | Transition Clinic for Beginners, Echo Lake parking lot

Saturday

- 6:00am | Registration and Packet Pick-Up opens
- 6:00am | Sprint Transition Area opens
- 7:30am | Registration and Packet Pick-Up closes
- 7:45am | Mandatory Race Meeting at beach for ALL SPRINT ATHLETES
- 8:00am | Sprint Race Start (Wave Schedule under Swim section)
- 9:15am | Post-Race Brunch opens
- 10:00am | Sprint distance awards ceremony begins
- 4:00pm-6:00pm | Registration and Early Packet Pick-Up at Aerial Tramway, Cannon Mountain
- 5:30pm | Sunset Social – Join us for drinks, race friendly appetizers, nutrition sampling, and of course a beautiful sunset across the White Mountains from atop Cannon Mountain

Sunday

- 5:30am | Half & Olympic Registration and Packet Pick-Up opens
- 5:30am | Half & Olympic Transition Area opens
- 6:30am | Half & Olympic Registration and Packet Pick-Up closes
- 7:15am | Mandatory Race Meeting at beach for ALL HALF & OLYMPIC ATHLETES
- 7:30am | Half Race Start (Wave Schedule under Swim section)
- 8:15am | Olympic Race Start (Wave Schedule under Swim section)
- 11:30am | Post-Race BBQ opens
- 12:00pm | Olympic distance awards ceremony begins
- 2:00pm | Half-Iron distance awards ceremony begins



REGISTRATION / PACKET PICKUP

Location • Cannon Mountain's Peabody Lodge, Exit 34C of I-93

Packet Pickup Times

- Friday at Cannon Mountain's Peabody Lodge: 5pm-7pm
- Saturday pre-race at Cannon Mountain's Peabody Lodge: 6:00am-7:30am
- Saturday at Cannon Mountains Aerial Tramway: 4:00pm-6:00pm
- Sunday pre-race at Cannon Mountain's Peabody Lodge: 5:30am-6:30am

Packet Items

- Bib number
- Number tattoo
- Timing Chip
- Food Ticket(s)
- Partner Goodies from Sponsors; 2XU, Franconia Notch State Park & more!
- Bike number
- Swim cap
- Event T-Shirt
- Woodstock Inn & Brewery Beer Ticket (21+)

This is a USAT (USA Triathlon) sanctioned event, thus requiring every participant to hold either an annual membership or a one day USAT license. Athletes who cannot provide proof of active annual membership will be required to purchase a one day license.

To pick up a race packet, you must present a picture ID, and if a USAT Annual Member, your membership card. Please don't forget this otherwise we'll have to impose a USAT One Day License Fee. **NO EXCEPTIONS-DULY ADVISED HERE.**

TRANSITION

New for 2017! We've relocated transition to the Echo Lake Beach Parking Lot. Transition will open at 6:00am on Saturday for the Sprint and 5:30am on Sunday for the Half and Olympic races. Bikes may be removed from transition post-race only after the final cyclist has finished and with matching body markings and bike frame number.

RACKING SYSTEM

Bikes will be racked according to number. Spots will be marked with number sequences at the end of each rack. There will be plenty of comfortable space for each athlete. Bikes may not be racked until race morning, there is no overnight security.

Your bike must be deemed suitable in the following ways to be allowed into the race:

1. Tight, functioning brakes
2. Tight handlebars
3. Handlebar end-plugs in place (no exposed hollow handlebar ends - endo-bars and aero bar shifters are fine)
4. Your helmet must be a bicycling specific helmet, as defined by the USAT Competitive Rules.



SPRINT • OLYMPIC • HALF
JUNE 24-25, 2017



SWIM

WETSUITS ARE REQUIRED! Due to the expected water temperature in Echo Lake, wetsuits are mandatory. No exceptions! Our partner 2XU will be onsite to rent and sell wetsuits. Course buoys will be set by Friday afternoon

Swim Courses:

- Sprint (.25 miles) – One .25 mile loop
- Olympic (1500 meters) – Two times 750m rectangle.
- Half (1.2 miles) – Two times 6/10 mile rectangle

Please Note: New in 2017 – Olympic and Half swimmers will not exit the water between their first and second loops. All athletes will complete their first loop and stay in the water to begin their second.

Primes – \$50 each to top male and female under-40 and over-40 for fastest swim split in the Half distance race.

Cap Colors – Each wave will receive a distinct swim cap color listed on your race packet. Make sure you are wearing the appropriate color so that our safety officials can identify all swimmers.

Wave Schedule:

Sprint (Saturday)

- 8:00am | Wave 1 (White Cap, Females Under 40)
- 8:03am | Wave 2 (Yellow Cap, Females 40+)
- 8:06am | Wave 3 (Orange Cap, Male Under 40, Relays)
- 8:09am | Wave 4 (Pink Cap, Male 40+)

Half (Sunday)

- 7:30am | Wave 1 (Red Cap, All Females, Relays)
- 7:33am | Wave 2 (Green Cap, Male Under 30)
- 7:36am | Wave 3 (Blue Cap, Male 30-39)
- 7:39am | Wave 4 (Silver Cap, Male 40+)

Olympic (Sunday)

- 8:15am | Wave 1 (White Cap, Females Under 40, Relays)
- 8:18am | Wave 2 (Yellow Cap, Females 40+)
- 8:21am | Wave 3 (Orange Cap, Male Under 40)
- 8:24am | Wave 4 (Pink Cap, Male 40-49)
- 8:27am | Wave 4 (Red Cap, Male 50+)



BIKE

We have worked closely with the New Hampshire State Police and local law enforcement agencies to lay out the best possible courses for both awesome views and your safety.

All major intersections and turns will be staffed by law enforcement professionals as well as our great volunteer course marshals. They have been briefed about the athlete's expectation to pass through intersections unabated by vehicle traffic and will do their utmost to accommodate, but this isn't guaranteed. All law enforcement officers have the ultimate discretion to direct you to STOP and/or SLOW DOWN.

Bike Courses:

- Sprint (7.25 miles) – [CLICK HERE for Interactive Map](#)
- Olympic (24 miles) – [CLICK HERE for Interactive Map](#)
- Half (56 miles) – [CLICK HERE for Interactive Map](#)

The bike course(s) will be marked with a combination of the following:

- Fluorescent GREEN arrow tape on the road surface
- Traffic Cones
- Directional Signs
- Marshal Volunteers at key intersections
- Police detail at key intersections

King of the Mountains Climb - Sprint – New with the Sprint race, we'll be adding a KOM competition for 2017! At Mile 3 you'll make a sharp hairpin turn onto Rt 141 and immediately begin your KOM climb. This sprint KOM will be short and sweet, ending just .5 mile later. The KOM course will start with a red and white feather flag and end with a new KOM finish arch across the road. KOM awards will be given to both Men and Women, in the under-40 and over-40 and age categories!

King of the Mountains Climb - Half – Our iconic KOM competition in the half distance has returned for 2017! At Mile 18 on the climb to Kinsman Notch's Beaver Pond, a timing point will be located. The KOM course will start with a red and white feather flag and end with a new KOM finish arch across the road two-miles later. KOM awards will be given to both Men and Women, in the under-40 and over-40 and age categories!

On-Course Bike Support – There will not be any on-course support, please be prepared accordingly. Our friends from Littleton Bike and Fitness will be on-site at transition, but will not be on course.

Bike Aid Stations – There will be three Aid Stations en route for Sunday's Half distance. The Olympic will have two Aid Stations, and Aid will not be available on course for Saturday's Sprint. All three Aid Stations will be bottle exchange style with Gatorade available. We're pleased to welcome back the Cub Scouts to man Aid Stations throughout Sunday's bike, please be careful and understand they are not professional bottle exchangers although they're pretty darn good!

Bike Course Advisories:

- CAUTIONARY NOTE - You'll depart T1 and immediately encounter a dramatic downhill, most of which is 10%, for the first 2.5 miles on Profile Rd./Rt.18. This section of the road is very uneven from frost heaves and cracks, please use extra caution. There is ample pavement between the crown and the right shoulder for a safe decent, in single file. We strongly suggest too that you DO NOT MAKE ANY PASSES here.

- At Mile 4(Half & Oly) along Rt. 18 Half cyclists will turn left onto Rt.116 and Olympic cyclists will continue straight. This is a 4-way intersection that will be manned by police officials. Pay attention to the cones, signage, marshal, and Police Officers there to safely navigate this intersection.
- At Mile 53(Half) / 21(Oly) along Rt.3/Presidential Highway, you'll make a left turn in to the Skookumchuck trail head parking lot. Pay attention to the cones, marshal, and Police Officer there to safely pass the trailhead fence posts.
- Be on the lookout for oncoming non-event pedestrian traffic on this bike path.
- PLEASE DO NOT LITTER on the course (or anywhere)! This will be cause for immediate disqualification.

RUN

All three White Mountain Triathlon Festival run courses use the beautiful, paved recreation trail of Franconia Notch State Park. The series of paths weave and wind through the pristine terrain, affording athletes some of the best views in the Whites! Landmarks such as the Cannon Mountain Tramway and Old Man of the Mountain View Center are points of interest along your route. All runs finish at the base of Cannon Mountain, at the main Peabody Lodge and lift area for a post-race party and celebration.

Run Courses:

- Sprint (3 miles) – One loop of Saturday's Route ([CLICK HERE for Interactive Map](#))
- Olympic (4.25 miles) – One loop of Sunday's Route ([CLICK HERE for Interactive Map](#))
- Half (13.1 miles) – Three loops of Sunday's Olympic Route ([CLICK HERE for Interactive Map](#))

Run Aid Stations – On Saturday for the Sprint there will be one Aid Station at mile 1.2. There will be two run aid stations on course for Sunday's races that can be hit up to 9 times for half athletes. One at the exit of transition (also available as athletes run past the transition area for laps 2 and 3. On course, another aid station will be located at mile 1.2 and will be passed roughly every 1.5 miles.

- All Run Aid Stations will offer the following: Water, Gatorade, Clif & GU shots, Muscle Milk bars, bananas

Primes – \$50 each to top male and female under-40 and over-40 for fastest run split in the Half distance race.

STATE PARK ATTRACTIONS

A 2-for-1 Franconia Notch State Park coupon will be included in your packet. Good for a tram ride and admittance to the entire park at any time after race weekend.



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Triathlon

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LODGING

The 2XU White Mountains Triathlon and Millennium are proud to partner with local hotels and restaurants in the Franconia region. Please check out the Travel page for more information about Franconia Notch and the surrounding areas.

PARKING

All event parking will be in the dirt parking lot across the street from Cannon Mountain's Peabody Lodge.

VOLUNTEERS

All races are incredibly dependent on volunteers who come out to make your day a success. Adaptive Sports Partners of the North Country is our Official Charitable partner, and many of their members will be on-site volunteering. Please take a moment to express your appreciation for their efforts on race day.



SWIM AND TRANSITION CLINIC INFO

Our friends at TriathlonSkills.com will be offering Swim and Transition clinics for beginners on Friday night. The swim clinic starts at 4:30pm at Echo Lake beach and is followed by the transition clinic at 6:00pm.

Timing

BODY MARKING TATTOOS

All athlete packets will include custom body marking tattoos that must be applied in order to gain access to transition. Digit tattoos will also be picked up at registration for each athlete's appropriate age.

- Individuals – Required body marking locations are: Hand (Bib Number), Arm/Shoulder (Bib Number), Calf (Age)
- Relays – Required body marking locations are: Hand (Swimmer), Arm/Shoulder (Biker), Calf (Runner)

SPECTATORS

All spectators are welcome throughout the venue with the sole exceptions of transition area and swim corral. Friends and family may enjoy a post-race meal and Sunset Social tram ride (with purchase)!

POST-RACE FOOD

The post-race Brunch/BBQ is slated to be underway by 11:30. Athletes will be admitted with the "FOOD" tear off tag from their bib number. Spectators may pay at the door (\$10). If additional food tickets were purchased during online registration, those tags will be included in the athlete packet.

- Saturday Post Race Bruch - Scrambled eggs, French toast, fruit salad, coffee, tea, and juice.
- Sunday Post Race BBQ - BBQ chicken or a veggie burger, Woodstock Inn & Brewery beer, pasta salad and green mixed salads.

POST-RACE VENDORS

After the race make sure you check in and say hi to our many partners including, 2XU, Stonyfield Yogurt, Muscle Milk, Drink Maple, Cannon Mountain, 207 Coaching and others.

MASSAGE

We're pleased to announce that students from White Mountain Community College will be offering free post-race massages to our Half and Olympic athletes on Sunday!

AWARDS & MEDALS

The Sprint Awards ceremony will begin at approximately 10:00am on Saturday, with the Olympic awards slated for 12:00pm Sunday and Half awards at approximately 2:00pm Sunday. Added to the prize purse for 2017, 2XU is donating apparel to overall men and women winners for each event! All finishers will receive a new custom White Mountains Tri finisher's medal!

SUNSET SOCIAL

Join us for drinks, race friendly appetizers, a meet and greet, and of course a beautiful sunset across the White Mountains from atop Cannon Mountain. Our friends at 2XU will also be giving away a pair of their full calf Performance Run Compression Sock to all Sunset Social attendees! Additionally, all Sunset Social attendees will receive a complimentary beer from our friends at Woodstock Brewery. There will be a check in list for those who have pre-bought Social tickets at the Aerial Tramway on Saturday starting at 4:00pm. Additional tickets can be bought online up until online registration closes, and onsite as well. Don't miss this great opportunity!



RULES AND GUIDELINES

As a USAT sanctioned event, the each event within the White Mountains Triathlon festival will adhere to USAT Rules and Guidelines. Please see below for USAT resources and literature:

- [USAT Competitive Rules](#)
- [Commonly Violated USAT Rules](#)

COURSE CUT-OFFS

It's our desire to permit adequate time for triathletes to finish our race. That said, while we haven't imposed a hard and fast cut-off policy, we expect to look to see where, and how many folks are on the half iron distance bike course by 12:30PM. With a 7:30-7:45 swim start window for half iron athletes, 4.5 hours is sufficient for all bikers to ride the 56miles, that's a 12.4mph average.

RACE PHOTOGRAPHY

Photos will be posted and available for FREE download 2-3 business days following the event for all Olympic & Half athletes.

MEDICAL

Medical staff and EMT's will be located in the Transition Area and Finish Line area. Additionally, our friends at Franconia Life Safety will be protecting and guiding our athletes in the water throughout the swim.

RESULTS [\(CLICK HERE for Event Results\)](#)

Millennium Running is proud to offer live results throughout the event. Live results will be online at millenniumrunning.com as well as on-site at the finish line. All pre-registrants will receive results emails and or text messages with their personal results.

- Individuals – All individuals will be receiving disposable timing chips that must be worn on the left ankle. Once applied they will need to be cut off and cannot be reapplied. After you finish, they're yours to keep!
- Relays – All relays will receive a Velcro timing chip in their team packet. Each athlete will wear the tag then pass it to their teammate. All relay passes are to be done at the bike rack inside of transition. The relay chips are **not disposable and must be returned** at the finish line.

SPONSORS

The 2XU White Mountains Triathlon is proud to partner with 2XU, Woodstock Brewery, Cannon Mountain and all our generous sponsors. Please let them know how awesome they are!



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