2XU
WHITE MOUNTAINS
Triathlon
2018
Athlete Guide

WELCOME TO THE WHITE MOUNTAINS TRIATHLON

Welcome to the 2018 White Mountains Triathlon! The Millennium Running Team is excited to host you to Franconia Notch, one of the most beautiful venues in the sport. If you have competed with us before, our warmest welcome back. If you are joining us for the first time we can't wait to share the White Mountain experience with you!

We're thrilled to announce that this year's event has SOLD OUT and we can't thank you enough for your support of our event and the entire White Mountains community! Although the 2018 event has been condensed into a one-day format, we're pleased to bring back the Sprint, Olympic, and Half distances, while also expanding the athlete field to over 400 athletes. The weekend festivities are also slated to include our Summit Social celebration, various educational seminars, and a post-race BBQ at Cannon Mountain, featuring beverages from our friends at Woodstock Brewing!

While we are super excited for this year's event, it also carries a somber note. We recently lost White Mountains Triathlon founder, race director, friend, and all around great guy Jeff Cole. Jeff was an inspiration to not only this event and our Millennium team, but to the triathlon community at large. He was one of the friendliest and funniest guys around, his visions for the sport and contributions to the community being second to none. Jeff's lasting legacy can be seen all over the sport with not only the White Mountains Triathlon, but also his other endeavors and projects including SwimRun USA, BodyMarx, and the Kennebunk Triathlon Club.

Jeff "passed the torch" of the White Mountains Triathlon to Millennium Running last year, and it is not a responsibility that we take lightly. The White Mountains Triathlon will continue to grow in Jeff's legacy, with his unique fingerprints covering the event and venue. It was, and will always be, our goal to produce an event that would make Jeff proud. We will miss Jeff, but he'll always be with us at the White Mountains Triathlon.

We hope you have a fun, safe, and great experience celebrating Jeff's legacy with us at this weekend's White Mountains Triathlon!

- The Millennium Running Team

EVENT SCHEDULE

Friday

- 4:00pm-5:00pm | Open Water Swim Clinic for Beginners by TriathlonSkills.com, Echo Lake Beach
- 4:30pm-6:00pm | Registration and Early Packet Pick-Up at Cannon Mountain Aerial Tramway
- 5:30pm-7:00pm | Sunset Social – Join us for drinks, appetizers, and of course a beautiful sunset across the White Mountains from atop Cannon Mountain

Saturday

- 5:30am | Registration and Packet Pick-Up opens
- 5:30am | Transition Area opens
- 6:45am | Mandatory Race Meeting at beach for ALL HALF ATHLETES
- 7:00am | Half Race Start (Wave Schedule under Swim section)
- 8:15am | Mandatory Race Meeting at beach for ALL OLYMPIC ATHLETES
- 8:30am | Olympic Race Start (Wave Schedule under Swim section)
- 10:00am | Mandatory Race Meeting at beach for ALL SPRINT ATHLETES
- 10:15am | Sprint Race Start (Wave Schedule under Swim section)
- 11:30am | Post-Race BBQ opens
- 12:00pm | Olympic & Sprint distance awards ceremony begins
- 1:00pm | Half-Iron distance awards ceremony begins

REGISTRATION / PACKET PICKUP

Packet Pickup Times and Locations

- Friday at Cannon Mountain's Aerial Tramway (exit 34b): 4:30pm-6:00pm
- Saturday pre-race at Cannon Mountain's Peabody Lodge (exit 34c): beginning at 5:30am

Packet Items

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

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.

TRANSITION

Transition will be located in the Echo Lake Beach Parking Lot. **Transition will open at 5:30am for all races, and will close 20 minutes before the start of each respective race.** Each race will have a set of transition bike racks separate from the other two events. At the start of each event, that section of transition will be cordoned off for safe loading and racking of events later in the day. **Please enter and exit transition through the gates marked "Athlete Entrance and Exit."**

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, as 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.

SWIM

WETSUITS ARE REQUIRED! Due to the expected water temperature in Echo Lake, wetsuits are mandatory. No exceptions! Wetsuits can be full length or sleeveless.

Swim Courses: (Course buoys will be set by Friday afternoon)

- 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: Olympic and Half swimmers will not exit the water between their first and second loops. All those athletes will complete their first loop and stay in the water to begin their second. Sprint athletes complete one loop of the course.

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:

Half			
Wave	**Time**	**Cap Color**	**Cohort**
1	7:00 AM	Blue	Elite, Men Under 40
2	7:03 AM	White	Men 40-49
3	7:06 AM	Silver	Men Over 50, Clyde, Relays
4	7:09 AM	Pink	Women, Aqua
5	7:12 AM	Yellow	Novice

Olympic			
Wave	**Time**	**Cap Color**	**Cohort**
1	8:30 AM	Red	Men Under 40
2	8:33 AM	Green	Men 40-49
3	8:36 AM	Orange	Men 50+, Clyde
4	8:39 AM	Pink	Women, Relay
5	8:42 AM	Yellow	Novice

Sprint			
Wave	**Time**	**Cap Color**	**Cohort**
1	10:15 AM	Red	Men Under 40
2	10:18 AM	Green	Men Over 40, Clyde
3	10:21 AM	White	Women Under 50, Relay
4	10:24 AM	Orange	Women Over 50
5	10:27 AM	Silver	Novice Men
6	10:30 AM	Yellow	Novice Women

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 - Half – Our iconic KOM competition in the half distance has returned for 2018! 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 top Men and Women!

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 the Half distance. The Olympic will have two Aid Stations, and Aid will not be available on course for the Sprint. All three Aid Stations will be bottle exchange style with Gatorade and water available. We're pleased to welcome back the Cub Scouts to man Aid Stations throughout the 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, also, strongly suggest 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 run courses use the beautiful, 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 the Sprint Route (CLICK HERE for Interactive Map) The sprint course will turn immediately following the aid station on course, eliminating the out-and-back style addition used for Olympic and Half loop.
- Olympic (4.25 miles) – One loop of the Route (CLICK HERE for Interactive Map)
- Half (13.1 miles) – Three loops of the Half/Olympic Route (CLICK HERE for Interactive Map)

Run Aid Stations – 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 Shots and bananas

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.

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.

MILLENNIUMRUNNING.COM

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 CLINIC INFO

Our friends at TriathlonSkills.com will be offering a swim clinic for beginners on Friday night. The swim clinic starts at 4:30pm at Echo Lake beach and is sold out, make sure to sign up early for 2019!

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 athletes 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)! No pets allowed within Fraconia Notch State Park.

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.

- 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, Stonyfield Yogurt, Drink Maple, Cannon Mountain and others.

AWARDS & MEDALS

The Olympic & Sprint awards ceremony is slated for 12:00pm and the Half awards at approximately 2:00pm. All finishers will receive a new custom White Mountains Tri finisher's medal!

WAIT LIST

All wait list registrants will be accepted into the White Mountains Triathlon, so plan on racing! Unfortunately, wait list registrants came after the "sold out" point of the event, so event t-shirts and finisher medals will not be available for those folks. That being said, please check back with us following the event and unpicked up apparel and finisher's medals will be available on a first-come first-serve basis.

SUMMIT 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. Additionally, all Summit Social attendees will receive a complementary beer from our friends at Woodstock Brewery.

Pre-purchased Summit Social tickets can be picked up at Early Packet Pick-up located at the base of the Cannon Mountain Tramway on Friday evening starting at 4:30pm. Additional tickets can be bought online up until online registration closes, and onsite as well. Don't miss this great opportunity!

Join us at 5:45pm for a Pre-Race Chat / Visualization Seminar with coach Ryan Davis of the Davis Method.

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 11:30PM. With a 7:00-7:15 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 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 AND TIMING (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.

NEW ENGLAND TRI TOUR

The White Mountains Triathlon is a proud member of the New England Tri Tour. The NETT is a great regional series with events all over New England. Offering both Sprint and Olympic distance series, make sure to check out our partner events! The Tour features perks for age group winners, completion of multiple events, and completion of events in all NE states.

NEW ENGLAND TRIATHLON TOUR

SPONSORS

The 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!

CANNON THE LIVING LEGEND

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