

ISLANDMAN AND ISLANDKIDS ATHLETE INFORMATION GUIDE

On behalf of the many, many people associated with ISLANDMAN and ISLANDKIDS Triathlons presented by Tim Kerr Charities, Inc and on behalf of our many sponsors, it is my pleasure to welcome each of you to our 2017 race. As always, we want to thank the Borough of Avalon for being a wonderful host site for the twelveth consecutive year!

We have assembled the following detailed race information to help make the race weekend a success for you – included is information for both the Adult Sprint Race on Saturday, June 24th at 7:25 am and the youth Islandkids Race on Saturday June 24th at approximately 9:15 am. Please read this carefully. Of course, if you have any questions after that, please e-mail us at Midge@timkerrcharities.org

USA TRIATHLON: The ISLANDMAN TRIATHLON is sanctioned by USA Triathlon. All USAT rules will be in effect during the event. These rules will be reviewed at the pre-race meeting described below. This is a non-drafting race. Please direct any rules questions and/or protests to the USAT officials on site. Protests of penalties must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race. USAT Officials will be located in Community Hall. See their web site for additional info at <http://www.usatriathlon.org> or the USAT-Mid Atlantic Regional web site at <http://www.usat-ma.org>.

DIRECTIONS & PARKING INFORMATION: Community Hall is located at 3001 Avalon Avenue, Avalon, NJ, 08202. From the North or South on the Garden State Parkway, take Exit 13 to Avalon. Travel the Avalon Boulevard into the town. Go through the light at Ocean Drive. Go one block and through the next light at Dune Drive. Go two blocks, crossing First Avenue and arrive at Avalon Avenue. Community Hall is on the opposite right corner and inside will be packet pick up. Transition is the parking lot directly ahead of you. There is parking in the large lot to the left of transition. There will be limited street parking. Additional parking can be found back at 30th and Dune Drive behind the municipal building and elementary school/library.

ISLANDMAN ATHLETE CHECK-IN: Athlete check-in is Friday, June 23rd from 4-7 pm and race day Saturday, June 24th from 5:30am-6:30 am in Community Hall. You will be REQUIRED to present a photo ID and either show proof of USAT membership or purchase a one-day license. No other athlete can pick up your packet, period. Hollywood Bicycle Center will provide race day support at transition. There is no mandatory bike inspection.

ISLANDKIDS ATHLETE CHECK-IN: Friday, June 23rd from 4-7 pm and race day Saturday, June 25th from 6-8:30 am. **MANDATORY YOUTH BIKE RACKING!** Due to safety issues, we need to rack the youth bikes PRIOR to the start of the adult event. Parents, we need your help in putting your athlete's bike in transition before 7:25 AM. It will be less hectic for your child and safer for all participants in both races. (Just come on over and drop their bike while they are having their breakfast!) They will still have access to set up their transition once they get to the race site. THANK YOU for your cooperation. Islandkids is the largest youth triathlon in the Mid Atlantic Region. An extremely safe course where the focus is on fun, finishing, and racing for charity. Just a reminder, Triathlon is an individual sport. Once the race begins, **NO PARENTS ARE ALLOWED IN TRANSITION DURING THE RACE.** We have experienced triathletes who are trained as youth tri mentors and assigned to all the age groups to assist your young athlete if the need arises. This is your child's race, not yours. Be supportive of your child and all the participants from behind the fences. Give

all the young athletes the space they need to compete safely and to the best of their ability. Don't worry, US Candids Photography will be there taking professional photos at the event and will capture all the special moments for you. <http://www.uscandids.com/>

WRISTBAND: A wristband with your race number will be affixed to the wrist of all adult athletes at Athlete Check-In. This is where you will show your photo ID and USAT membership card. This band designates you as an official entrant and is a mandatory SECURITY ID. No wristband, no transition area access, no race. Additionally, you will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist. Your wristband will also get you post-race food and access to a massage on the day of your race. Please do not remove your wristband until after the post-race party!

PRE-RACE MEETING: Race day, Saturday June 24th 7:05 am at the Gazebo at 30th Street and the Beach. The Race Director will highlight important race information and any last minute changes and the USAT Head Official will conduct a brief USAT rules review.

RACE NUMBERS: You will be given a bib number and a sheet of Tyvek race numbers at packet pick up. All racers are required to display the numbers properly during the event.

1. The Tyvek bicycle frame number MUST be attached to your bike with the race number clearly visible from both sides of the bike. The bike frame number must be affixed to your bike frame BEFORE you enter transition area.
2. The small helmet number MUST be worn on the front of your bike helmet. This is for race officials and race photographers. The helmet sticker also must be affixed to your helmet BEFORE you enter the transition area.
3. The run bib number MUST be displayed during the entire run segment on the front of your body, not the side or back! Pin your run number to your shirt, swimsuit, or race belt with the safety pins available at Athlete Check-In.

BODY MARKING: Body marking will take place on Saturday morning at the transition area entrance, beginning at 6 am. Additionally, you could get body marked in Community Hall after you pick up your packet Friday night or Saturday morning. Race number on both arms and age on your calf. You may also body mark yourself! You will NOT be permitted into the transition area without your body marked and you will NOT be permitted to race without your body marked. Do not apply body lotion or sunscreen until after you have been body marked. Be sure that the volunteer who marks you also writes your age on your right calf. Clydesdales and Athenas, please ask the volunteers to mark a C next to your age!

TRANSITION AREA ACCESS: All bikes will be racked on Saturday morning. Transition area will open at 5:30 am and will close at 7:00 am. Any athlete who arrives after 7:00 am will not have access to the transition area. Only athletes who are wearing their wristband and are body marked will be admitted. Additionally, you must have your bike frame number and your helmet number affixed before you will be allowed access to the Transition area on Saturday. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim.

RACKING YOUR BIKE: Racks are no longer numbered. What does this mean/ First come first choice of rack position, except for the labeled ELITE rack. You may rack anywhere on that one particular rack bearing your group of numbers. Rack alternating sides of the rack and it is best to rack from your seat if possible. Please make sure to store your gear under and near your bike and out of the way of your fellow competitors. Hollywood Bicycle Center will provide mechanics just inside the Transition area from the time transition opens until the last athlete exits swim-to-bike transition. Following the race, the transition area will slowly open for you to reclaim your gear beginning at approximately 10am. We know that many of you want to get your gear and head home after the race but we must respect the fact that athletes are still racing Islandman and Islandkids so please be respectful of your fellow athletes and do not enter transition before 10am . There are ample portable toilets behind the transition area and in Community Hall. Please do not “water” the local grass; if caught, you will be disqualified.

TRANSITION AREA CONDUCT: For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area. You must walk or run your bike out of the Transition area. There will be clearly marked mount and dismount lines on Avalon Avenue. Please watch out for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers.

SWIM CAP: The official swim cap found in your race packet MUST be worn during the entire swim. Do NOT trade your swim cap with another athlete as the caps are color-coded to assist race management in organizing you at the swim start. If you have a latex allergy, you may bring a non-latex swim cap and you should alert a USAT official that you will be wearing one. If possible, wear the one we give you over your non-latex cap.

WETSUITS FOR ATHLETES: The use of wetsuits during the swim segment will be allowed, and is encouraged, if the water temperature on race morning is 78.0 degrees or less. If the water temperature exceeds 78.0 degrees but is less than 84.0 degrees, an athlete may wear a wetsuit but will be ineligible for awards and national ranking consideration. If the water temperature is 84.0 degrees or above, the use of wetsuits will be strictly prohibited. Based on ocean water temperatures in late June the last few years, water temperature has been in the 60s. The ocean is currently a warm 70 degrees!!!

SWIM START & SWIM CHECK-IN: Athletes will exit transition by the back south run out section and proceed to the beach directly behind Transition and at the Finish Line. Athletes MUST walk across the Finish Line timing mats to be “checked in” for the swim. Athletes will then walk to the swim start on the other side of the boardwalk pier. Athletes will be called to the waters edge by wave. There will likely be warm-up swimming allowed until 7:10am. At that time, all athletes MUST be out of the water. The swim start line will depend on the direction of the ocean current and decided race day morning by the Avalon Beach Patrol. The swim course will set up for you to swim with the current once you reach the three flags. You will be staged according to swim cap color. Failure to wear the official swim cap or starting in a swim wave other than the one in which you have been assigned will result in your disqualification. Seed yourself in your wave according to your ability. If during the swim segment, you cannot continue, remove and wave your cap and either an ABP lifeguard boat, ABP wave runner, or an interior, in water, ABP Lifeguard with a rescue buoy on the swim course will assist you. You may also turn around and swim back to shore. Be sure that you notify a race official at the Finish Line Area. If you drop out of the swim, you may only continue with the bike or run segments if approved by the race medical team. Avalon Fire and Rescue Squad will be present at the swim area on the beach. You will not, however, be eligible for awards.

ISLANDMAN RACE SWIM COURSE: The swim course is parallel to the beach. Swim start will either be 33rd Street on the beach or 36th Street and the beach. From the start, you will swim straight out to a flag approximately 50 meters off shore. You will then round the flag and pass two additional flags for a 300 meter distance and a total of three flags. Once you get to the final flag, you swim the 50 meters back to shore. Again, this portion will be with the current! Failure to swim the entire course will result in disqualification. You MUST swim outside all flags. Whether the flags are to your right or your left will be determined race morning. For your safety, Avalon Beach Patrol will monitor every section of the swim course with 24 lifeguards. It is then the unique ¼ mile run along the beach, passed the Finish Line (DO NOT CROSS IT!) and up to transition. There will be a water station on the beach by the finish line before you turn up to transition.

ISLANDMAN AND ISLANDKIDS SWIM WAVES TIMES, ENTRANTS, & SWIM CAP COLORS

ISLANDMAN TRIATHLON SWIM WAVES

***SUBJECT TO CHANGE WITH NEW REGISTRATIONS!!**

TIME	WAVE #	MEMBERS	CAP COLOR (TBD)
7:25	1	M/F ELITE	
7:28	2	MEN 29 AND UNDER, MEN 60+	
7:31	3	MEN 30-39, CLYDES	
7:34	4	MEN 50-59	
7:37	5	MEN 40-49	
7:40	6	WOMEN 40+/ATHENA	
7:43	7	WOMEN 39 AND UNDER	

ISLANDKIDS TRIATHLON SWIM WAVES

9:15	1	BOYS/GIRLS 13-15	
9:17	2	BOYS/GIRLS 11-12	
9:19	3	BOYS/GIRLS 9-10	
9:21	4	BOYS/GIRLS 7-8	

ISLANDKIDS TRANSITION: The youth racks will be set up along the back east side of transition by the playground/boardwalk side by age groups. Simply look for the age group category and rack their bike according. Do not rack at a different spot. It is set up for safety and proper flow without any cross over's as the bigger kids are getting off the bike as younger ones are getting onto the bike. Thank you!

PRE RACE MEETING: at the Gazebo just behind transition at 9 am. This is where each age groups will meet with their Tri Mentors for the event.

ISLANDKIDS SWIM COURSE:

The youth swim course will take place directly just north of the transition. The participants will also swim with the current determined by ABP race day. Swim start will be somewhere between 27th and 29th Streets. There will be 10 lifeguards in the water with red rescue buoys 10 meters apart for 100 meters. The kids will have a beach start at the waters edge and run into the water and swim from guard to guard. As

the age groups get younger, the guards will move to shallow waters for safety. All participants will be able to touch the bottom, but please encourage your child to swim the course. (They will be faster, it is easier than trying to “run” the swim!) The main focus is to let the kids experience multisport racing and if need be, just “get wet” for the event.

ISLANDMAN BIKE COURSE: The bike course is a 4 mile loop course. You must complete the loop three times for a total of 12 miles for the bike course. When you complete your FIRST AND SECOND LOOPS, stay to the LEFT when you turn right on 30th Street and LEFT on Avalon Avenue. You will be passing transition here and will be merging with other athletes mounting and coming onto the course out of transition on the right side. Please use caution! When completing your THIRD and FINAL LOOP, stay to the RIGHT after you turned RIGHT on 30th Street and SLOW DOWN to dismount and enter transition directly ahead of you on Avalon Avenue. The other CAUTION AREA is when there is two way bike traffic on First Avenue from 30th Street to 38th Street. Dune Drive is entirely closed off for the the 5 blocks as you begin your south loop turn around. **THIS IS A VERY SHARP AND TIGHT TURN.** Use caution. The entire course is closed to vehicle traffic but you should always be aware of your surroundings. The course is well **marked in white spray chalk** this year along with signs and volunteers every block. Each athlete is required to wear an approved helmet during the bike segment. You **MUST** have your helmet securely fastened on your head before you mount and dismount your bike. A USAT rule requires you to wear your helmet at ALL times when on your bike at an event, including before or after the race – if spotted riding without your helmet you will be disqualified. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. USAT officials will be monitoring the bike course and strictly enforcing these rules. Failure to obey the instructions of any USAT official may result in your disqualification or a time penalty. The USAT Head Official will explain key rules at the pre-race meetings on Saturday. Upon completion of the bike segment you must re-rack your bike in your space. Failure to do so will result in a disqualification. You **MUST** have bar ends on your bike – all bikes will be checked after transition is closed. Failure to have bar ends will result in your bike being removed from the transition area and your disqualification. Hollywood Bicycle Center will have bar end caps near transition if needed.

BIKE COURSE:

A motorcycle will lead the first biker on the course for the first lap and a motorcycle will follow the final finisher.

ISLANDKIDS BIKE COURSE:

The youth bike course is a lollypop loop closed to traffic. The 5k bike course starts at 30th and Avalon Avenue once they mount at transition. It is a straight ride down the entire avenue until it deadends at 8th Street. The athletes then turn left on 8th Street, go one block and then turn left onto First Avenue. It is just one block and a final left onto 9th Street. One block and turn right to come back on Avalon Avenue. There are volunteers on every corner and the course is **marked in orange spray chalk**. A motorcycle will lead the first biker through the course and a motorcycle will follow the final bike finisher. **Kids are required to have a helmet.**

ISLANDMAN RUN COURSE: The run course is a loop course, very spectator friendly! Upon exiting the Transition area, runners will run roughly 0.1 miles up and over the boardwalk down to the water's edge on the beach. There should be some hard sand, this year's high tide is expected at 9:37. Runners will go down ½ mile south to 39th Street and round the LAP 1 TURN barrel to the left, keeping barrel on the left. It is then 1 mile down to 22nd Street and LAP 2 TURN barrel to the right, keeping the barrel on the right. It is then a 1 mile run back to 39th Street to round LAP 3 TURN barrel to the right, keeping the barrel on the right. Runners will now merge as they head back to the Finish Line on 29th Street. Be sure not to cross the finish line unless you have made all three turns and completed the 5k. If you cross the finish line, prior to doing this, you will be disqualified. There is a water station at T2 Exit at the run start and runners will pass the water station at 29th Street twice on the course (roughly miles 1 and 2). Each station will be stocked with water. There is NO pacing of runners allowed by any outside source. Runners observed with a pacer/non-entrant will be disqualified. USAT officials will be recording race numbers to ensure each athlete completes the prescribed course.

ISLANDKIDS RUN: The run is an out and back 1k beach run, or .6 of a mile. Youth exit out of transition to a water station. They go up and over the boardwalk to the water's edge on the beach. They run to 35th Street and then turn around the barrel to the right, keeping the barrel to their right and then run back to the 29th Street Finish Line.

ISLANDMAN AND ISLANDKIDS RACE FINISH: The finish line will be in the same location for both the Adult Race and the Youth Race, 29th Street and the Beach. All adult finishers will receive those much loved ice cold finisher's towel. All youth finishers will receive a custom finisher's medal. All finish times will be posted in the awards area.

POST-RACE CELEBRATION: The post-race celebration begins as soon as you cross the finish line! Be sure to stick around for music, food, massage and refreshments. Athletes can get food with their wristband. Foods provided by our sponsors listed below include SUNDAE BEST water ice, bagels, TONIO'S PIZZA, hot dogs, UTZ Chips, KOHLERS BAKERY, the best donuts the island has to offer and lots more goodies! Hydration support Hammer Nutrition, Glaceau Vitamin Water, Vita Coco, and Body Armour!!! We have something for everyone! The awards presentation will begin at approximately 10:30am in Community Hall. Islandman Awards go first and then the Islandkids Awards and Fastest Family. **NEW SPONSOR: THE Princeton** on 21st Street (just a half a mile away from transition) **FREE BEER with your bib** and then \$3 Coors Light Special. They will have a full lunch and snack menu with burgers, salads and much more. Sit, relax and enjoy the afternoon!

BIKE RAFFLE TO BENEFIT CHOP: The raffle tickets for the 2 custom bike cruisers donated by Hollywood Bicycle Center to benefit CHOP will be drawn at the end of the ceremonies. You do not have to be present to win.) In years past, we have given everyone one free ticket in their race bag. This year we are asking everyone to buy a ticket this year. Tickets are only a \$5 donation, 6 for \$25. (Each bike retail value is \$400!) PLEASE consider bringing \$5 to packet pick up and purchase a ticket. If everyone participates we raise \$5,000 so simply and easily for CHOP. Just think about your low race entry fee of \$95 for Islandman and the amazing race items you get with it. Tech shirt (\$24.95) Defeat socks (\$10) an athlete bag stuffed with goodies, Custom water bottle (\$5.99) Finisher's Towel and a Hammer Gel (not to mention our special

apparel awards. Well...you get the idea. We don't make that much profit for charity but we work extremely hard to provide you with an amazing unique event. Thanks in advance. Let's sell out the bike tickets!!!

TIMING, RESULTS & AWARDS: DQTRIDU will be handling the official timing. You MUST use the chip they provide you. You may NOT use your own chip. Unofficial race results will be posted prior to the awards presentation. Please report any discrepancy to a USAT official PRIOR to the start of the awards presentation. Athletes who do not wear their chip during the entire event will not be scored and will not receive a finish time. Please note that the clock time at the finish line reflects the race start time of the first swim wave. Full results and splits will be available at the following web sites www.dqtridu.com, www.active.com and www.timkerrcharites.org within 24 hours after the race. If you qualify for an award and are unable to attend the awards presentation, please send us your name, age group and a check in the amount of \$10.00, made payable to Tim Kerr Charities, Inc. 2821 Dune Drive, Avalon, NJ, 08202 and we'll first class mail your award to you. Also, you could stop by our office when in Avalon!

DROPPING OUT: If you drop out of the race, it is IMPERATIVE that you notify a race official and return your timing chip at the finish line.

PROTESTS: All protests of penalties assessed for rules infractions by USAT officials must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes. Judgment calls (e.g., drafting) are not eligible for protest.

MEDICAL: Avalon Fire and Rescue Squads will provide comprehensive medical care for all official participants during the event. The medical team is prepared to treat for dehydration, minor injuries and road rash and will assist emergency medical services in transporting athletes with any major injuries to the nearest hospital.

UNSPORTSMANLIKE CONDUCT: Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during any portion of the race or at any time during event weekend will not be tolerated and will result in immediate disqualification.

SPECTATOR LOCATIONS: The course is very spectator friendly as it is compact. We suggest three ideal spectator locations: 1) Transition Area side walks. You will see the swim in, T1 Transition, 3 laps on the bike and T2. 2) On the beach for the swim start and swim waves. Please be sure to REMAIN IN THE HIGH SAND AS ATHLETES EXIT THE SWIM and run along the water's edge past the finish line and up and over the boardwalk to transition. Transitions 1 and 2 are very narrow so spectators need to remain out of this pathway for the athletes. Once the last swimmers head through T1 it would be safe to proceed to transition and watch the bike portion of the event. T2 is very accessible and as athletes are continuously spread out through this area near the end of the race. Please also keep in mind that the youth event will take place as soon as the last adult athlete clears the bike course.

2017 RACE REGISTRATION: The 2017 ISLANDMAN AND ISLANDKIDS TRIATHLONS registration will be available online at www.runsignup.com on MARCH 1, 2017 at 9:00 AM. We SELL OUT every year. Don't miss your chance to get the early bird special rate the first 12 hours on opening day.

BENEFICIARIES, SPONSORS, FRIENDS & VOLUNTEERS: We're proud that your participation in Islandman and Islandkids Triathlons have allowed Tim Kerr Charities, Inc is to make contributions on your behalf to The Children's Hospital of Philadelphia. This year's other charity partners will be Travis Manion Foundation, in addition to some local foundations. We're thrilled and humbled that we can accomplish this with your help by choosing to race with us.

We also hope you'll consider supporting the following companies who have helped make this race such a success over the years: Philadelphia Insurance Companies, Hollywood Bicycle Center, Core Water, Glaceau Vitamin Water, Vita Coco, Body Armor, MIOGA Ventures, Princeton, Lordes Wellness Center, Oakley, , UTZ Chips, Tortuga Striders, 99th Street Beach Crew, Salming Running, Avalon Surf, Avalon Manor, Avalon Super Market, Avalon Coffee and Bagel,,Kohlers Bakery, Sundae Best, Tonio's Pizzeria, Hoys 5 &10, The Flower Shop at Garden Greenhouse, and Canada Dry Delaware Valley Bottling Company.

The Borough of Avalon, Avalon Public Works, Avalon Police Department, Avalon Volunteer Fire and Rescue Squads, and the Avalon Beach Patrol. These borough employees have put a lot of time and effort in to helping and organizing this event for you. Of course, we need to thank a group of people for without them, we wouldn't have an event: our volunteers. We all know that no event could ever take place without them so please, please, please thank them when you see them throughout the race. Their dedication, commitment of their time and enthusiasm is unmatched.

FINAL WORDS: We are looking forward to a fun, fast, and safe racing day. We are grateful you chose to race with us this year. Thank you! Be kind and Help Others- Midge Kerr, race director,islandmantriathlon@comcast.net for triathlon questions and comments or midge@timkerrcharities.org for general TK Charity sponsorships and partnerships.