

2018 NAVIGATORS
STAMFORD KIC IT RACES
ATHLETE GUIDE

PLEASE NOTE: There are important changes to this year's course!
June 23 & 24, 2018
Cummins Park
Stamford, Connecticut
06902



S T A M F O R D

K I C  **I T**

R A C E S

TO BENEFIT KIDS IN CRISIS

PACKET PICK- UP & CHECK- IN PROCEDURES

Location:

Cummings Park
440 Shippan Avenue
Stamford, CT

IMPORTANT: According to USAT rules, all triathletes must pick up their own packet in person and show ID. NO EXCEPTIONS WILL BE MADE! It is recommended that all triathletes pick up race packets early, unless limited by travel time, extenuating circumstances, etc.

Friday, June 22

5:00pm - 7:30pm

ALL RACES – Packet Pick Up and Registration accepted for all races

Saturday, June 23

6:30am - 7:30am

KIDS TRIATHLON ONLY – Race day registration accepted for Kids Triathlon

8:00am - 9:45am

5K ONLY – Packet Pick Up and Registration accepted 5K

11:00am - 2:00pm

OLYMPIC/SPRINT ONLY – Packet Pick Up and Registration accepted for Adult Triathlons

Sunday, June 24

5:30am - 6:30am

OLYMPIC/SPRINT ONLY – Packet Pick Up and Registration accepted for Adult Triathlons

CHECK- IN PROCEDURES

Olympic/Sprint Triathlon Check- In

To complete the athlete check- in process, you will need photo identification and must show proof of current USA Triathlon (USAT) membership. If you are not already a USAT member, you must purchase a one-day membership that can be done automatically during online registration. Athletes must pick up their own packet. No one may pick up for another athlete, including relay team members.

What you pick- up:

During athlete check-in, you will receive your race bib, bike sticker, helmet sticker, swim cap, timing chip, race shirt and goodie bag. In addition to the above items, fundraising athletes receive ¼ zip shirts, goodie bags and VIP parking passes.

*VIP Parking is in lot P1, closest to the beach and transition. Please note this lot is closed to entry & exit between 6:30am – 11:00am on Sunday.

USA Triathlon Age Group Policy

All athletes will be grouped based on their age on December 31 of the race year, not by their age on race day. Therefore, your birthdate is required on our entry form in order to calculate your age on December 31 of this year. For more information on the age-up rule, visit www.usatriathlon.org

5K Check- In

5K participants pick up a race bib and race shirt. Your timing chip is adhered to the back of your race bib and is disposable. Friends/family may pick-up participants bib for the 5K race ONLY. Please bring a copy of the person's ID and this signed [permission slip](#)

RACE BIB COLORS



Kids Triathlon



5K



Sprint Triathlon



Olympic Triathlon

RACE WEEKEND SCHEDULE

LOCATION FOR ALL RACES:

Cummings Park
440 Shippan Avenue
Stamford, CT

Saturday, June 23

Kids Triathlon & 5K

6:30am: Transition Opens & Packet Pick-Up
7:45am: Transition Closes
7:45am: Pre-Race Briefing
8:00am - 8:45am: Kids Start in Various Waves
8:15am: Kids Festival Starts
9:45am: Anticipated Kids Awards Ceremony
10:15am: 5K Race Start
11:15am: Anticipated 5K Awards Ceremony

Sunday, June 24

Olympic and Sprint Triathlon

5:30am: Transition & Packet Pick-Up Open
6:45am: Transition Closes
6:45am: National Anthem & Pre-Race Briefing
7:00am: Olympic Triathlon Race Start (Wave assignments below)
7:20am: Sprint Triathlon Start (Wave assignments below)
9:00am -12pm: Post-Race Activities
11:00am: Awards Ceremony

SUNDAY - KEY RACE DAY SCHEDULE / TIMES

Time	What's Happening	Location
5:30 am - 6:45 am	Transition Available (must have body marked and timing chip to enter)	Cummings Park, Stamford
5:30 am – 6:30 am	Packet Pick Up	Cummings Park, Stamford
6:30 am - 6:45 am	Suggested Swim Warm-Up	Cummings Beach, Stamford
6:45 am	National Anthem & Pre-Race Briefing	Cummings Beach, Stamford
7:00 am	OLYMPIC Triathlon Start	Cummings Beach, Stamford
7:20 am	SPRINT Triathlon Start	Cummings Beach, Stamford
8:00 am	Swim Course Closes	Cummings Beach, Stamford
9:00 am - 12:00 pm	Post-Race Festival	Cummings Park, Stamford
10:00 am	Bike Course Closes	Cummings Park, Stamford
11:00 am	Awards Ceremony	Cummings Park, Stamford
11:30 am	Run Course Closes	Cummings Park, Stamford
12:00 pm	Transition Closes & Medical Services End	Cummings Park, Stamford
3:00 pm	Results Posted Online	www.kicitriathlon.com

PARKING & KEY EVENT VENUE

PLEASE PRINT PARKING PASS available on www.kicitriathlon.com



RACE MORNING PARKING GUIDELINES:

- **P1:** FUNDRAISING ATHLETES ONLY! Front rows of P1 are reserved for fundraising athletes only. Non-fundraising athletes can park in the rear of P1 if available. All athletes parking in P1 must be parked by 6:30am! Cars parked in P1 will not be allowed to exit until 11:00am.
- **P2, P3, P4:** NON-FUNDRAISING ATHLETES! These lots will have open access via Soundview Avenue throughout the day. Soundview Avenue can be reached via Cove Road from Elm Street off of I-95. (GPS 187 Soundview Avenue, Stamford.)

Please refer to the map above for additional information.

RACE INFORMATION

USA Triathlon Sanction and Rules

USA Triathlon has sanctioned the Navigators Stamford KIC IT Triathlon. Please visit www.usatriathlon.org for a complete set of the USAT competitive rules. Please take note to the following rules:

- Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.
- If an athlete decides to withdraw from the race at any time, it is the responsibility of the participant to report to the timing official at the finish line and turn in race number immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in being prevented from competing in any Navigators Stamford KIC IT event in the future.

Timing Chips

Chronotrack Tri-Tag System is the official timing mechanism used at the Navigators Stamford KIC IT Races. The Velcro tag is worn around your ankle (either ankle). Tags must be worn from start to finish of your race. You will pick-up your timing chip during packet pick-up.

Chronotrack Tri-Tag System will capture your splits (swim, T1, bike, T2, run) and overall finish time. The race will officially end 4 ½ hours after the final athlete enters the water on race morning. All aid station stops, transitions, etc. will be included in your total elapsed time.

Competitor responsibilities to ensure correct timing:

1. When you pick up your race packet at Packet Pick-Up, verify all information on your participant ID label. Report any errors in spelling, gender, or age to the Registration Manager onsite.
2. Wrap the chip as tightly as possible around your ankle. You may apply Vaseline around your ankle; it will not affect the timing chip.
3. Leave chip exposed. Do not put under your wetsuit!
4. RELAY ATHLETES ONLY: pass your chip from team member to team member by unlatching the Velcro strap. All passes must occur in transition at your designated bike rack.
5. At the conclusion of the race you must remove your chip! Volunteers will help you remove the chip. If you re-enter transition at any point after your race has concluded and still have your chip on then you risk timing errors on your splits. Please do not bring chips anywhere near the transition or finish after your race has concluded.
6. If you lose your timing chip during the event, please notify timing official immediately after crossing the finish line. No chip = no time.

Medical

There will be medical staff at the swim venue to handle any medical needs that arise during the swim. Trained individuals will be stationed along the swim course – in boats and on rescue boards – to assist you in case of an emergency.

Additionally, there will be a medical station located at the finish. The medical station at the finish will close five hours after the race start at 12:00pm.

Particular dangers during triathlon events include dehydration, hypothermia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint that you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

We can never over-emphasize the importance of hydrating prior to and during the event. Our Medical Director recommends you begin hydrating heavily several days before the race and drink enough fluids so your urine is clear, colorless and copious by race day.

Post-Race Logistics

Following the race, you should immediately collect your bike and gear from transition. Any gear left in area beyond 12:00 pm will be donated to local shelters. Any bikes left will be stored with the City of Stamford and will be your responsibility to collect.

Results

Results will be posted at www.kicittriathlon.com

Portalets

Located at Cummings Park.

Fluids

Water and Gatorade Endurance Formula will be available at Cummings Park and run course aid stations including the 5K. No aid stations available on the bike course.

Bike Repair

Bike Repair will be available at transition. Our thanks to **Endurance House & Danny's Cycles** for their support and participation. Endurance House will monitor the bike course and assist as needed. If you break down, we will provide transportation back to the finish. Alert a volunteer, police officer or passing athlete. A SAG truck will be dispatched to transport you and your bike back to Transition. Do wait in a safe place off the course.

SAG Transportation

Should you not be able to complete the bike course, a SAG vehicle will monitor the route to provide transportation back to Cummings Park. In order to dispatch the SAG Van, please tell passing athletes to alert the next course monitor or police officer. They will pass along the communication and the SAG vehicle will be dispatched to you when safe to do.

Relay Exchange Zones

Participants in the Team Relay will exchange the timing chip at their Bike rack in transition. The biker should be at the assigned spot in transition waiting for the swimmer to arrive and hand over the timing chip and strap. The strap with chip must be securely fastened on the ankle before leaving transition. The same logistic will be done between the runner and biker at transition.

SWIM COURSE INSTRUCTIONS

Wave Start Times 3-Minute Interval between waves 20-Minutes between the starts of the Olympic & Sprint Triathlons

It should be noted that age is determined by the age athletes turn by the end of this calendar year, as per USAT rules. (To avoid confusion: if you are currently 49 and will turn 50 in November, you will be placed in the 50-54 age group)

Wave #	Division	CAP COLOR	Time
1	Olympic Triathlon Men 16 – 89 Clydesdale	BLUE	7:00 AM
2	Olympic Triathlon Women 16 – 89 Athena Aqua/Bike Team Swimmers First Timers	GREEN	7:03 AM
3	Sprint Triathlon Women 16 – 89 Athena	ORANGE	7:20 AM
4	Sprint Triathlon Men 16 – 89 Clydesdale Aqua/Bike Team Swimmers First Timers	YELLOW	7:23 AM

*** Waves 3 & 4 may be combined based on final participation.**

**** Waves 2 & 4 are designated for “First Timers” in each distance.** Any newcomer to the sport of triathlon can elect to swim in this wave. This wave will be the last to go in the water, making it less intimidating for new participants. Please switch to the First Timers wave during the packet pickup process on Friday, Saturday or Sunday. No need to call or email before packet pickup.

Olympic Swim: .9 miles/1.5km

Sprint Swim: .5 miles/.8km

Course Maps are located on our website at www.kicitriathlon.com

*The suggested warm up swim is from 6:30am – 6:45am. All athletes are strongly encouraged to take advantage of this practice swim to better acclimate your body to the water.

The swim takes place at Cummings Beach and begins with an in-water start. High tide is at 9:40am, the tide will be coming in. All participants will be staged on beach. Swimmers will be called by wave to enter swim start corral.

The direction of the swim is counter-clockwise. Buoys will be on your LEFT at all times.

Olympic Swimmers will turn at the triangular Orange & Yellow buoys. Sprint swimmers will turn at the triangular Green buoys. There will be circular Orange buoys as course markers along the route.

All athletes must complete the swim within one hour after the final wave start in order to continue the race.

Water temperature is to be measured the week of the event. We anticipate the water temperature to be less than 70 degrees Fahrenheit. A water temperature 78 degrees and lower will permit all participants to wear wetsuits.

USAT rules on wetsuits:

- USAT rules state that competitors may wear wetsuits if the water temperature is 78 degrees or lower.
- USAT rules also state that if the water temperature is between 78.1 - 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards.
- If the water temperature is 84 degrees or above, participants may not wear wetsuits.

Neoprene booties are considered part of a wetsuit and would be legal to wear anytime wetsuits are legal.

Swim-socks/booties are legal at any temperature as long as they do not provide flotation.

Swim course rules and instructions:

1. Athletes who wear glasses or have other special needs may place these items on the table at the swim finish prior to the start. Be sure to label them with your name and race number.
2. Bring the swim cap and timing chip provided to you at athlete check-in to the swim start check-in area. The first wave for the Olympic triathlon will be called to the swim staging area beginning at 6:55am. You will be required to cross a timing mat to complete the swim check-in process.
3. Do not wear your bib number under your wetsuit during the swim. The water will quickly destroy the bib fabric.
4. Wearing swim goggles is recommended but not required.
5. No fins, paddles, snorkels or flotation devices of any kind are allowed.
6. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

7. Swimmers are required to stay on course, swim counter-clockwise and keep course markers to the left.
8. If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance from the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.
9. The swim course will close one hour after the final swim wave start. All athletes still in the water after the cut-off time will not be permitted to continue with the event.
10. As you exit the water, you will cross timing mats on your way to transition. Once inside transition, change into your bike gear.
11. You can only start in your designated wave OR AFTER. Any athlete who starts in wave BEFORE their assigned wave is subject to disqualification.

BIKE COURSE INSTRUCTIONS

Olympic Bike: 24.8 miles/40km

Sprint Bike: 15.6 miles/25.1km

Course Maps are located on our website (www.kicitriathlon.com).

Racking assigned by bib sequence in transition. Athletes may rack anywhere within your assigned row. Fundraising athletes receive preferred bike racking closest to transition area.

Course description

After exiting Transition, athletes will ride through downtown Stamford at the start of their ride. The course then travels to North Stamford. At Tresser Blvd and Washington Blvd bikers will shift from the north bound lane to the south bound lane. Bikers will ride north in the southbound lane until the left turn onto Bridge Street. **NEW in 2018:** Cyclists will turn RIGHT on Stillwater Road, left on Skyview Drive, left on West Hill Road, right on Westover Road, right on Roxbury Road, right on Long Ridge, right on Cold Spring Road. At Washington Boulevard and Bridge Street - Olympic cyclists will **turn right** to do that bike loop a second time. Sprint cyclists will continue south on Washington Boulevard back to Cummings Park. There are several climbs and many fast downhill. Athletes are advised to keep alert of your surroundings during descents. These are rural roads with residential traffic, which will require athlete's constant focus and concentration.

Please note: Road surface is fair with several frost cracks on Westover Road! Canal Street has road construction in process. Be aware of steel plates! The City of Stamford has used tremendous resources to patch but there remain a number of potholes, fissures and bumps. Watch your tires, especially on the downhill!

Per USAT official rules ALL bikes must have bar ends plugs. Additionally, if you plan on using a GoPro it must either be strapped to your chest or mounted on your bike. Athletes with GoPros mounted to their helmets will not be allowed to race. Cell phones are permitted on the race course; however, they may not be used while riding and need to be stored in hidden place (bike bag, back pocket).

OLYMPIC AND SPRINT BIKERS CAUTION NOTICE!

Roads are open to traffic! Therefore, please remember these are all residential streets and we cannot control the exit from residential driveways. **Be aware and use caution!**

- Long Ridge to Cold Spring is a 45° turn. You may gain speed coming down Long Ridge Road. Please slow down before approaching turn!
- Be advised Long Ridge Road and Stillwater is a busy intersection. Police and volunteers will be monitoring the intersection but please approach with caution.
- Cold Spring Road from Long Ridge Road to Bridge Street: Olympic cyclists BEGINNING their second loop must ride in the RIGHT lanes and turn right onto Bridge Street. Olympic cyclists COMPLETING their second loop and Sprint cyclists must right in the LEFT lanes and continue straight on Washington Blvd back to Cummings Park.

OLYMPIC and SPRINT COURSES

Both bike courses contain a fair amount of climbs and descents. Turns are sometimes quick and riders need to keep alert. Course will have volunteers directing you and will be marked with the following arrows as well as yellow road chalk.



Please note the Olympic bike course is a **2- loop course!** It is highly recommended that athletes review the course map before race day and familiarize themselves with the 2nd loop turn location.

- Mile 11.8: Olympic athletes you will take a **RIGHT** onto Bridge Street to begin the second loop.
- Mile 11.8: Sprint athletes will continue **STRAIGHT** on Washington Blvd to head towards Cummings Park.
- Mile 21: Olympic athletes will continue **STRAIGHT** on Washington Blvd. to head towards Cummings Park.

Bike tech tips & other details:

Technicians will be available at transition prior to the race and on-course (THANK YOU ENDURANCE HOUSE and DANNY'S CYCLES!) once the race begins. Athletes are ultimately responsible for the condition of their own bikes. USAT Race Officials may, at their discretion, make final judgment as to the soundness of each bicycle.

Prior to bike check-in at the transition, be sure your bar-end plugs are in place, your body is marked and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs/skewers and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. While there will be a limited number of pumps available in the transition area on race morning, we recommend that you bring your own and pump your tires prior to entering the transition.

For security and safety reasons, bikes will not be allowed out of TRANSITION once bike check-in begins. Spectators or family members will not be allowed to enter TRANSITION.

On race day, Endurance House will be on-course to aid in emergency repairs.

USAT Bike Course Rules and Instructions:

1. All bikes must display the bike frame number.
2. In accordance with USAT rules, drafting is prohibited.
3. No tandems, recumbents, fairings or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual or prototype equipment will be subject to a determination of legality by the Head Referee.
4. Race officials reserve the right to reject any bicycle or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race.
5. Each participant must wear the race-issued race number on the bike and run course. Ensure you are wearing your helmet sticker and affixed bike sticker to the frame. Race belts may be worn.
6. Athletes are required to wear a helmet approved by USA Triathlon during the entire bike, including in and out of the transition areas. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
7. No individual support is allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort. A penalty will be assessed for discarding a bike bottle or any other litter/trash on the course.
8. Each participant must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support does not include the normal changing of flat tires. Be prepared!
9. Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
10. Athletes may walk their bike, if necessary, but may not make progress on the bike course unless accompanied by their bike.
11. All participants must mount and dismount in the marked zones at the transition areas. Under no circumstances should an athlete ride their bike inside the transition area.
12. Headsets, headphones, MP3 players, iPods, cell phones or other listening devices are not allowed during any portion of the event.
13. If you need minor medical assistance, "sag" vehicles will pick you up and take you to the medical tent, where you will receive treatment. Depending upon the level of care, ambulances may take you to the nearest hospital to receive treatment. If you have a technical problem, the sag vehicles will take you to the finish. If you have a problem, please go to a volunteer or police officer for further assistance.
14. The bike course will close three hours after the final swim wave start. All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the event. The athlete will be removed from the bike course and transported to the finish.
15. After completing the bike portion, you will cross timing mats on your way into the transition. Once inside transition, change into your run gear (public nudity is prohibited). Rack your bike. Since other athletes will be entering after you, please stow your bag under the bike rack and out of the traffic lanes. Following the race, collect your bicycle and bike gear from the transition.

Local traffic laws

Please remember that the local community uses the bike course roadways. Realize that you are an ambassador for the sport and this event and that the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and take the extra step to be courteous and respectful to the residents of the local community.

TRIATHLON RUN COURSE INSTRUCTIONS

Course Signage

Detailed course signage (road arrows below) will be visible throughout the course. Yellow signs with BLUE arrows will be placed throughout the run courses. Split locations will be marked with additional signs and volunteers.



Olympic: 6.2 miles/10km

Sprint: 3.1 miles/5km

[5K Sprint Triathlon Course Map](#)

[10K Olympic Triathlon Course Map](#)

Course description

The run for both the Olympic and Sprint courses are out & back traveling to Shippan Ave. Course monitors will direct you at the turnaround for both races. The 10K course offers 4 water stations and the 5K offers 2 water stations. Aid stations will be complete with water, energy drink products and first aid kits for any minor medical needs. Aid stations will be at the following locations:

- 5K has aid stations at miles .9 and 2.1.
- 10K has aid stations at miles .9, 2.1, 4.2 & 5.2

Upon leaving Cummings Park, the run will share the street with cyclists on Shippan Avenue. Please stay as close to curbside as possible. Outbound and inbound runners will be utilizing the same stretch of road on Shippan Avenue as well. Outbound runners, please stay as close to the curbside as you can, with inbound runners passing you on your right shoulder. Inbound runners: please leave room along the curbside of the road for outbound runners. Outbound runners should be passing you on your right shoulder. Roads will be open to local traffic. Use caution.

RUN COURSE RULES

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by the race identify the official participants in the race. Folding or cutting race number or intentional alteration of any kind is strictly prohibited. A bib number must be placed on the FRONT of the runner and securely attached. Race belts may be worn.
3. This is an individual event. Individual support vehicles or non- participant escort runners are prohibited and will result in the athlete's disqualification. Teamwork, in the form of outside assistance, provides an advantage over single competitors and is not allowed. Non-participant escort runners include participants who have withdrawn from the race, been disqualified or already finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of participant to avoid the disqualification of the participant. It is incumbent upon each participant to reject immediately any attempt to assist, follow or escort. It is permissible for a participant who is still competing to run with other participants who are still competing.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.
5. The run course will close five hours after the final swim wave start. Runners still on the course after that time will be disqualified and given the opportunity to unofficially finish the race. Further, any athlete not making it to the start of the run turnaround by 11:00am will be disqualified and not allowed to continue.

Best of luck and we'll see you at the finish line!

THANK YOU VERY MUCH FOR YOUR
SUPPORT AND PARTICIPATION!

Be sure to follow Kids in Crisis on Instagram @kids_in_crisis
and use the hashtag #KICItTri with your photos!

If you have any additional questions, please contact
Hartford Marathon Foundation: 860-652-8866