



**Welcome to the Monmouth County Park System's
Timberbrook Triathlon
Saturday, October 9, 2010 9:00 a.m. Start
Manasquan Reservoir, Howell, NJ**

Just a few reminders for this morning's race:

**PLEASE MAKE SURE YOU ARE ENTERED IN THE CORRECT CATEGORY,
AGE GROUP AND BOAT TYPE (KAYAK/CANOE).
IF THERE IS A PROBLEM PLEASE GO TO THE CHECK-IN TABLE IMMEDIATELY.**

The order of the race is:

1. **3 Mile Run**
2. **2 Mile Canoe/Kayak**
3. **5 Mile Bicycle**

NOTE: You will pick up your race packet on the morning of the race.

The numbers you find in this packet should be placed in the following locations:

- **Small number** is placed with duct tape on the bow (front) of your boat. Duct tape is available at the check-in table.
- **Bike number** (adhesive #) is placed on the frame of your bike.
- **Number with the tear stub** is placed on the person who is your biker. **Teams:** Your biker must have this number on when you cross the finish line so we can record your finish. **Solo racers:** can keep this number on for the entire race. Pins are available at the check-in table. Please do not remove the stub; you will need this when you cross the finish line.

Boat Rentals (from Monmouth County Park System)

- For those racers who have prepaid for a **canoe rental**, you should present your boat race number, from your registration packet, at the boat rental area near the bike transition area.
- For those who have rented a **kayak**, you must pick up your boat, paddle and life jacket at the Bait Shop on the Lower Level of the Visitor Center.
- If you have made arrangements with an outside vendor, you must contact them prior to the race to find out their location on the morning of the race.

Pre-Race Meeting

All racers must be present for a pre-race meeting at 8:45 a.m. in the parking lot, next to the boat ramp. Practice boating is permitted prior to the 8:45 a.m. meeting.

Transitions

For team entrants, the relay "hand-off" takes place in your space with the corresponding race number. While not an actual hand-off, team members should wait to be touched before beginning the next leg of the event. This applies to both the runner-to-boater transition and the boater-to-biker transition. Teams who leave the transition area early will be disqualified.

(OVER)

Please Note

- In the event of high winds or poor conditions, the canoe/kayak portion of the race may be canceled. In the event of bad conditions, the decision will be made by our Operations Staff on the morning of the race.
- First and Second place medals are given for each category. The awards will be presented on the Visitor Center patio at the race's conclusion. Results will also be posted at www.monmouthcountyparks.com on the Tuesday following the race.
- For additional information, please call (732) 542-1642 ext. 23 or email rward@monmouthcountyparks.com.

The order of events is as follows:

3 Mile Run on Perimeter Trail

Start is on trail near the bike transition area.

- Run out 1.5 miles to the Environmental Center and back along the same route. There is a water station at the end of the run as you leave the trail.
- Reminder for **teams**: your runner **will not** have a number on them at the start of the race.
- **Solo racers**: you can wear the number with the tear stub for the entire race.

2 Mile Canoe/Kayak on the Reservoir

Competitors launch their boats from the beach near the west boat ramp adjacent to the registration area. Racers round two buoys on the open waters of the reservoir and return to the original launch area near the west boat ramp. Racers must carry their boats a short distance from the beach to the parking lot.

- **LIFEJACKETS MUST BE ON AND ZIPPED AT ALL TIMES WHILE ON THE WATER. This is for your safety should you end up in the water.**
- **If you have any difficulties while on the water, STAY WITH YOUR BOAT.**
Do not try to swim to shore. A safety boat will assist you as quickly as possible.
- **Solo Entries** may ask for assistance from a member of the race staff or a designated family member or spectator to help carry their canoe or kayak both to and from the entry point.
- **Team members must wait** for their runner to get their numbered space before departing for the water. Any team that leaves their space before their runner reaches them will be disqualified. Team members must be a TANDEM canoe or kayak.
- Double bladed paddles are not permitted for solo canoeists.
- This portion of the race may be shortened or canceled in the event of high winds, heavy rain, fog or other conditions which may affect the safety of our participants.

Bicycle Portion on Perimeter Trail

After exiting the water you **MUST** place your boat back in its numbered space. **Failure to return your boat to its proper space will result in disqualification.** Then proceed to the bike transition area. When leaving the transition area, enter the perimeter trail and turn right. You will follow the trail all the way around the reservoir and the Finish Line will be at the end of the trail. The trail surface varies from packed, fine gravel to blacktop.

- Each biker must have an ANSI-approved bike helmet. Bikes will be checked prior to the race. Park system staff reserves the right to not allow any bicycle deemed unsafe by the staff.
- Only racers are permitted in the bike transition areas.
- **TEAMS:** *must wait for the boat to be placed in your numbered space before your biker leaves for the bike transition area. Leaving early will result in disqualification.*
- **TEAMS:** Your runner will not have a number at the start of the race, please make sure your biker has the number with the tear off stub on them when they cross the finish line.

Please remember to practice good sportsmanship while out on the course.

If you have any questions, please ask any member of our staff and they will be glad to assist you.

GOOD LUCK!