



Crisfield Multisport Festival – Race 2 in the Eastern Shore Triathlon Series

Produced by TCR Event Management

Thank you one and all for registering for the Crisfield Triathlon, a first for this area! We are excited to show you what Somerset County has to offer and the City of Crisfield!! With beautiful water views and flat roadways, this venue has been screaming for a triathlon. We hope that this guide will help alleviate any questions that you may have but, if not, be sure to send us an email to info@tcreventmanagement.com

Date and Location

The 2019 Crisfield Triathlon will take place on Sunday, May 19th, 2019 at the American Legion #16, located at 116 Lorie Quinn Drive, in Crisfield, MD. Parking will be located in a large grass lot in the immediate area and transition and the finish line are 100 yards away from your vehicle.

Packet Pickup

Packet pickup will be RACE DAY ONLY and will be also held at the American Legion #16. Packet pickup will begin at 7am and all youth triathletes must be checked in and ready to go by 7:45 am.

Packet pickup for adults will be continuous, from 7am to 8:30 am, but everyone is encouraged to arrive before the youth race at 8am, so as to stay out of the way of our athletes.

Please be sure to bring identification. Your USAT number has been verified prior to packet pickup, but we will need a photo ID to verify your identity.

Race Day Registration

There WILL be Race Day Registration on site. You MUST provide a current USA Triathlon card or you will have to purchase a one-day license, for an additional fee

Schedule of events

7:00 am Packet pickup and on site registration

8:00 am Youth Triathlon begins (mass start)

9:00 am Adult Triathlon begins (Wave 1 – 9:00 All males/Duathlon Wave 2 - 9:05 All females)

All aquabike athletes will start with their appropriate gender wave

10:05 Estimated first finisher

11:30 Estimated last finisher and awards

Swim

You will be given a swim cap that matches your colored wave. Please be sure to enter the water with the appropriate group as you are timed based on the start of that wave.

You MAY use a personal float for safety, if you are concerned.

The swim will be an open water swim start. Adults will walk out from the sandy shore, to the end of the large pier, and will start near a large green buoy. Adults will then swim towards the large ORANGE BUOYS. ORANGE BUOYS ARE TURN BUOYS. When you reach an orange buoy, keep that buoy to your right and make the turn to the next buoy. YELLOW buoys will be placed in between, so that you can sight to the next turn buoy.

The youth swim will be in a contained area and will be a simple square course. Youth participants will be in shallow water and will have guards in the immediate area, should they need assistance.

The exit for both events (Adult and Youth) will be the beach area at Wellington Beach, adjacent to the transition area.

Bike

Bike Racking

Bike racking is a first come first serve basis. There will be one rack assigned for the youth triathlon, which will be kept clear for those athletes only.

Course Markings

The bike course will be marked with ORANGE arrows on the ground and will have arrow signs at every turn. A course map is available, with turn by turn directions, on the main site (www.CrisfieldTriathlon.com) under Course Maps. Law enforcement will be out on course to assist you at heavy intersections. If you know of any persons who would like to volunteer to help direct you on course, please have them check out the VOLUNTEER tab on the main page

Drafting

USA Triathlon rules state that bicycles should stay 3 bike lengths away.

Common rule violations

In addition to the aforementioned drafting, you can find a list of common rules at the USA Triathlon website at <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

Helmets

All participants **MUST** wear a helmet. No helmet, no ride. The chin strap for the helmet **MUST** be fastened.

Headphones

As this is a USA Triathlon sanctioned event, the use of headphones is prohibited. You will be asked to remove the headphones, should you be seen wearing them.

Assistance on course

There will be very little motor assistance on course. Please ensure that you have the materials necessary to change a flat tire, in case you have a puncture. If there is an emergency on course, please let a law enforcement officer on course know the emergency and approximate location.

Run

The run course map can be found under COURSES at www.CrisfieldTriathlon.com The run will be a large, single loop. The run course will be marked by GREEN arrows on the ground, in addition to arrow signs at all turns.

The course IS OPEN to vehicle traffic, so please be aware of your surroundings. We are trying to control all major intersections but there will be businesses that we will run by and we cannot control every entrance and exit.

Please do not wear headphones so that you are able to be aware of your surroundings during the run.

There will be ONE aide station on the run course, near McCready Hospital. This is just over a mile in to the run course. This aide station will have water and Gatorade. There will also be cups of water at the RUN OUT chute.

Aqua-Velo Participants

If you are an Aqua Velo (Swim and then Bike) participant, your time will officially end when you come in to transition. We welcome you to come over and pass under the finish line after racking your bike. **YOU MUST ENTER TRANSITION WITH YOUR BIKE!** Please do not ride your bike across the finish line.

Duathlon Participants

Duathlon participants will start their 1 mile run when WAVE 1 of the swim is released. You will start from the finish line area. When you come in to transition, you will enter in through the Swim In/Run Out chute, and will be shown that prior to leaving for your event. You will then continue on the bike and run portion and finish as every other athlete.

Relay Participants

Relay participants will make their exchange of their chip in transition, at the bike rack area. Each team will only have ONE chip per team, and it must be passed along to the other member of the team.

After Party

The Crisfield Lions Club will have food for the athletes as a part of your registration. You should have been able to select either a Soft Crab Sandwich, or a Crab Cake, as part of your registration. Your bib will have a pull tag that says FOOD on it. You are allowed ONE (1) free sandwich as a part of your registration. Additional food is available for purchase for spectators and athletes. There will also be beer for sale from the American Legion.

There will be Water, Gatorade, Soda available for athletes at the conclusion of the event, along with some light snacks.

Please consider heading in to Crisfield to support many of the local restaurants and businesses that will open up for us at noon! We have spoken to Bubby's Wing Shack, Waterman's Inn and The Gathering Place Restaurant and know they will be open. We are hoping that Linton's Crab Deck may be open too, for those wishing to sample some hard crabs!

Awards

Awards will be given for the Top Male, Top Female, and Top 3 in each age, as defined by USA Triathlon.

All participants will receive a finishers medal, visor, beaded necklace and water bottle.

Sponsors

We want to thank our Title Sponsor, Sheehy Lexus of Annapolis, for providing us with the support necessary to hold this event, as well as our other series sponsors, Carrion Electric and Seaside Smiles.

We also want to thank our local sponsors, the American Legion #16, the City of Crisfield, Anthenelli, Phoebus and Hickman LLC, and all of our wonderful partners in the local Emergency Services.