



# King Pine Tri Pre-Race Meeting

## Intro & Welcome

### Look for in emails:

- Bib # & Wave Start
- Link to website's Weekend Schedule and Course Maps

### Arriving at event:

- State ID & USAT card (if member)
- Receive race # (bib, helmet & bike) / timing chip / swim cap / event shirt / event towel

### Parking

- Fri, Sat & Sun – Parking on the dirt ski area lot. Both sides of Rt. 153 are permitted.

Self - Body Marking – Swim cap, top of left hand & left quad need bib #

Left calf gets age as of Dec. 31st 2022.

### Transition Area (original location)

- Race #'s checked, bike helmets & bike end plugs
- Check schedule time 1 hour to set-up
- Enter at swim in/run out
- Exit bike out

## **SWIM**

- Buoys on left - swimmers on right
- Swimming counter clockwise
- H2O temp 57 degrees as of 6/2/22
- Wave start

## **BIKE**

- Thank you, Philbrick's Bike Shop, – will be on site & course – call Meg if you need anything .Great time to use your gift cards!
- Per USAT Rules Helmet on and clipped before moving bike. Do not mount bike till at the mount/dismount line (in road).

## **RUN**

- Sprint & Olympic out & back
- 2 water table sprint / 4 water tables Olympic H2O Tables
- Will have water & ice (weather dependent)
- Self service

### Finish - waterfront area

- Return Chip
- Medal pick-up
- Beverages & ice
- Post-race Brunch served in the base of the ski area. Must have bib # to get breakfast.

### Aquabike

- Finishes at bike in
- Walk to finish to claim finisher's medal & return chip

### Duathlon

- Start on Rt. 153 in the area across from transition.
- Merge with swimmers on way into transition

### Relay Teams

- Hand off at swim in / Run out
- Use designated relay area

## **Closing Notes:**

#1 – Thank you Philbricks for their support. Not too late to have your bike checked.  
Direct message Meg at 603-953-6586

#2 – Our New Sponsor is Garmin

#3 – New volunteer program. Please email [tritekvolunteers@gmail.com](mailto:tritekvolunteers@gmail.com) to sign up to volunteer.

#4 – Please remember I will not be accessible by phone or email Friday & Saturday.

#5 – M&V Convenience (Rt. 16 West Ossipee) will be offering a 5 cent discount per gallon with bib#.

We appreciate being respectful of the King Pine Ski Area, Purity Spring & their guests.

Thank you!

Safe Travels