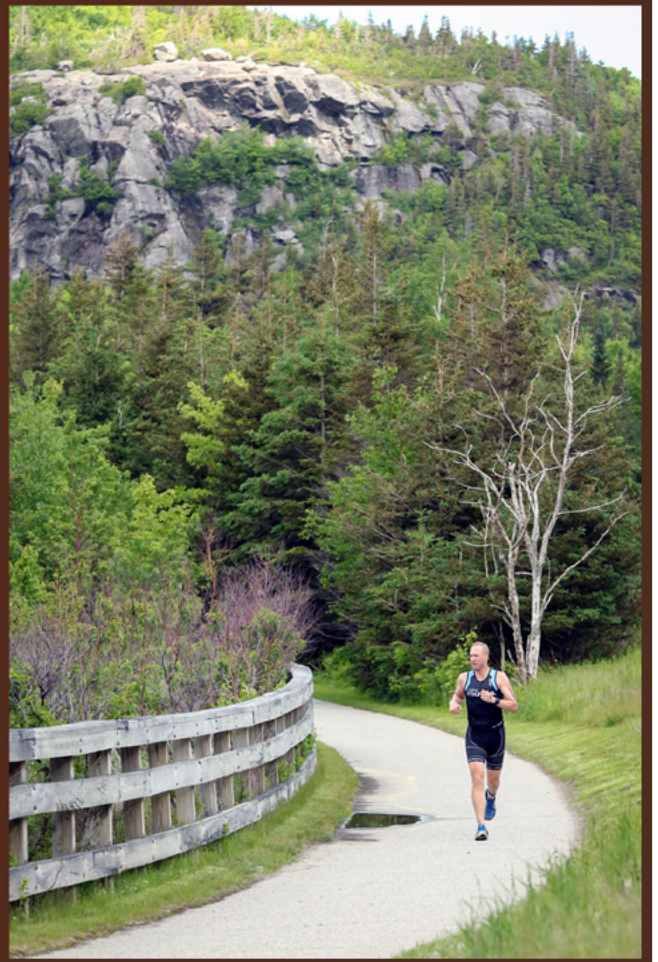




# 2021 Athlete Guide



# WELCOME TO THE 2021 WHITE MOUNTAINS TRIATHLON

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On behalf of our entire team at Millennium Running, our charitable partner- Adaptive Sports Partners of the North Country, and our venue partner - NH State Parks and the Franconia Notch State Park, we are excited to host you to one of the most beautiful venues in the sport! If you have competed with us before, our warmest welcome back. If you are joining us for the first time, we can't wait to share the White Mountains with you!

After a one year hiatus due to COVID, we are thrilled to be back this year - bigger and stronger than ever! 2021 will mark the largest field in the 8 year history of the event. We can't thank you enough for your support of our event, our events-based small business, our charity partner, and the local White Mountains community.

We look forward to celebrating with you at the post-race BBQ on the slopes of Cannon Mountain, featuring beverages from our friends at Woodstock Brewing!

We hope you have a fun, safe, and memorable experience competing at the 2021 White Mountains Triathlon!

Good luck,

*John Mortimer, Millennium Running owner*



# EVENT SCHEDULE

## Friday

- 4:30pm-6:00pm | Registration and Early Packet Pick-Up at Transition (secure overnight bike racking available)
- 5:00pm | “**Tour the TRI**” and Q&A with Colin Cook of [Peak Triathlon Coaching](#)

## Saturday

- 5:30am | Registration and Packet Pick-Up opens
- 5:30am | Transition Area opens
- 6:45am | Mandatory Race Meeting at beach for ALL HALF ATHLETES
- **7:00am | Half Race Start**
- 8:15am | Mandatory Race Meeting at beach for ALL OLYMPIC ATHLETES
- **8:30am | Olympic Race Start**
- 10:00am | Mandatory Race Meeting at beach for ALL SPRINT ATHLETES
- **10:15am | Sprint Race Start**
- 11:00am | Post-Race BBQ opens
- 12:00pm | Olympic & Sprint distance awards ceremony begins
- 1:00pm | Half-Iron distance awards ceremony begins

# REGISTRATION / PACKET PICK-UP

## Packet Pick-up Times and Locations

- Friday at Transition: 4:30pm-6:00pm
- Saturday pre-race at Transition: beginning at 5:30am
- Overnight bike racking with security is available beginning at Friday packet pick-up

## Packet Items

- Bib number & safety pins
- Body marking tattoo
- Timing Chip
- Food Ticket(s)
- 5 Lap Counting Bands (Half participants only)
- Bike number
- Swim cap
- Event Hoodie Shirt
- Woodstock Inn & Brewery Beer Ticket (21+)

This is a USAT (USA Triathlon) sanctioned event, thus requiring every participant to hold either an annual membership or a one day USAT license. Athletes who cannot provide proof of active annual membership will be required to purchase a one day license.

To pick up a race packet, **you must present a picture ID**, and if a USAT Annual Member, your membership card. Please don't forget this otherwise we'll have to impose a USAT One Day License Fee.

**Packets may not be picked up on behalf of an athlete.** Competing athletes must be present to pick up their own packet due to USAT Sanctioning rules, no exceptions

## Body Marking Tattoos

All athlete packets will include custom body marking tattoos that must be applied in order to gain access to transition.

- Individuals – Required body marking locations are: Hand x1 (Bib Number), Arm/Shoulder x2 (Bib Number)
- Relays – Required body marking locations are: Hand x1 (Swimmer), Arm/Shoulder x1 (Biker), Arm/Shoulder x1 (Runner)

## Number Assignment

Numbers and start order will be assigned by race distance, competition category (i.e. Age Group, Elite, Novice, etc.) and by self-seeded swim ability, in that order. Number assignments will be made once registration closes on Thursday morning and will be sent directly to participants by Thursday afternoon.

## HEALTH AND SAFETY

The health and safety of our participants, volunteers, and staff is the most important aspect of our events. Millennium Running will continue to ensure all safety procedures at our events are followed to protect our athletes and community.

## VENUE MAP



## TRANSITION

Transition will be located in the Echo Lake Beach Parking Lot. Transition will open at 5:30am for all races and will close 20 minutes before the start of each respective race. Each race will have a set of transition bike racks separate from the other two events. At the start of each event, that section of transition will be cordoned off for safe loading and racking of events later in the day. **Please enter and exit transition through the gates marked “Athlete Entrance and Exit.”**



## TRANSITION RACKING LAYOUT

Transition racks will run horizontally across the transition area for each race. Racks will be labeled in alphabetical order (“A”, “B”, “C”, etc.) and will have assigned athletes at each space. Numbers on each of these racks will cascade and serpentine around transition so as each athlete on the rack will be separated by at least 14 starters, which should allow plenty of time for one athlete to clear transition prior to the next athlete arriving at that particular rack.

Only athletes are allowed in the transition area.

Your bike must be deemed suitable in the following ways to be allowed into the race:

1. Tight, functioning brakes
2. Tight handlebars
3. Handlebar end-plugs in place (no exposed hollow handlebar ends - endo-bars and aero bar shifters are fine)
4. Your helmet must be a bicycling specific helmet, as defined by the USAT Competitive Rules.

# Pre- & Post-Race Transition Athlete Entrance / Exit

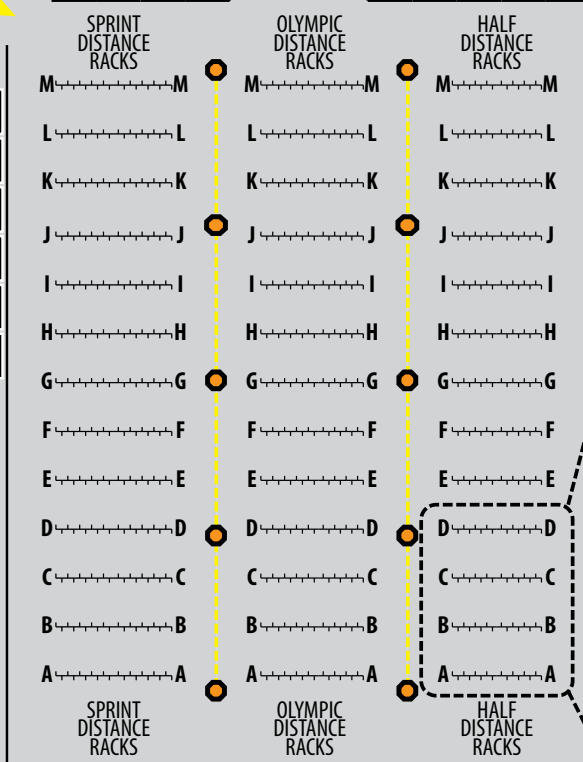
Profile Road (Rt. 18)

Bike Mechanic

BIKE:  
IN & OUT

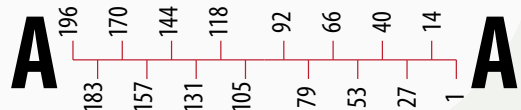
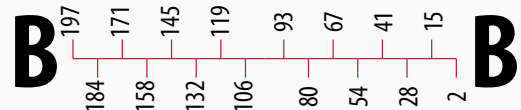
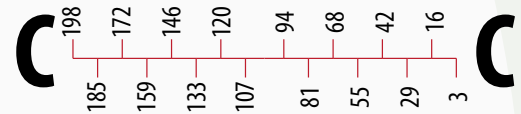
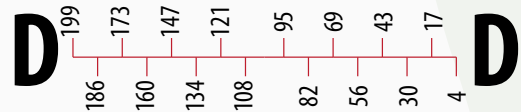
Announcer

Registration



**Athletes in each race  
will be assigned the following:**

Rack Letter (Found on the end of each rack)  
Bib Number (Found on the rack of your assigned letter)



Echo Lake

Beach Parking Lot

SWIM  
EXIT

## SWIM

WETSUITS ARE REQUIRED! Due to the expected water temperature in Echo Lake, wetsuits are mandatory. No exceptions! Wetsuits can be full length or sleeveless. We will be following the USAT recommendations as well as working with our venue and municipal partners to ensure that all the athletes are safe for the swim.

**Water Temperature:** The water temperature at Echo Lake Beach was 67°F, 1' deep off the dock, on Monday, June 21st.

**Swim Start Schedule:** To allow a safe and competitive experience for all athletes, this event will be using a “time trial” start method, where each athlete will start 5 seconds apart. Swim start order will be determined by competition category (ex. age group, elite, novice...) and then swim level ability within the category.

**Time Trial Start Staging:** Each group of 100 athletes (1-99, 100-199, 200-299,...) will have dedicated areas to stage on the beach prior to one’s start time. Each group will line up in the Start Area on the beach next to a cone labeled with their corresponding bib & rack number. All athletes will be able to warm up in the water within the lane lines prior to staging. It will take less than 15 minutes for all athletes per race to enter the water.

### Swim Courses: [\(Course Map\)](#)

- Sprint (.25 miles) – One .25 mile loop
- Olympic (1500 meters) – Two times 750m rectangle.
- Half (1.2 miles) – Two times 6/10 mile rectangle

**Please Note:** Olympic and Half swimmers will not exit the water between their first and second loops. All those athletes will complete their first loop and stay in the water to begin their second. Sprint athletes complete one loop of the course.

**Cap Colors:** Each athlete will receive a distinct swim cap color printed on your race packet. Make sure you are wearing the appropriate color so that our safety officials can identify all swimmers.



## BIKE

We have worked closely with the New Hampshire State Police and local law enforcement agencies to lay out the best possible courses for both awesome views and your safety.

All major intersections and turns will be staffed by law enforcement professionals as well as our great volunteer course marshals. They have been briefed about the athlete's expectation to pass through intersections unabated by vehicle traffic and will do their utmost to accommodate, but this isn't guaranteed. All law enforcement officers have the ultimate discretion to direct you to STOP and/or SLOW DOWN.

### Bike Courses:

- Sprint (7.25 miles) – [CLICK HERE for Interactive Map](#)
- Olympic (24 miles) – [CLICK HERE for Interactive Map](#)
- Half (56 miles) – [CLICK HERE for Interactive Map](#)

The bike course will be marked with a combination of the following:

- Traffic Cones
- Directional Signs
- Marshal Volunteers at key intersections
- Police detail at key intersections

### King of the Mountains Climb:



Our iconic KOM competition has been expanded this year to be across all three race distances! It will be located on Rt. 141 in Franconia and be comprised of a 1/2 mile stretch of climbing at the end of your ride.

**Half – Miles 51 | Olympic – Miles 20 | Sprint – Miles 3**

Top KOM riders will be recognized in each event!

**Bike Support:** There will not be any on-course support, please be prepared accordingly. Our friends from [Littleton Bike and Fitness](#) will be on-site at transition, but will not be on course.

**Bike Aid Stations:** There will be three Aid Stations en route for the Half distance located at miles 23, 43, and 50. The Olympic will have two Aid Stations located at miles 12.5 and 19.5, and Aid will not be available on course for the Sprint. All three Aid Stations will be bottle exchange style with Gatorade and water available. We're pleased to welcome back the Cub Scouts to man Aid Stations throughout the bike, please be careful and understand they are not professional bottle exchangers, although they're pretty darn good!

### Bike Course Advisories:

- CAUTIONARY NOTE - You'll depart T1 and immediately encounter a dramatic downhill, most of which is 10%, for the first 2.5 miles on Profile Rd./Rt.18. This section of the road is very uneven from frost heaves and cracks, please use extra caution. There is ample pavement between the crown and the right shoulder for a safe decent, in single file. We, also, strongly suggest that you DO NOT MAKE ANY PASSES here.
- At Mile 53(Half) / 21(Oly) / 6(Sprint) along Rt.3/Presidential Highway, you'll make a left turn in to the Skookumchuck trail head parking lot. Pay attention to the cones, marshal, and Police Officer there to safely pass the trail-head fence posts.
- Be on the lookout for oncoming non-event pedestrian traffic on this bike path. At the end of the Skookumchuck Trail when cyclists exit the bridge they will cross with oncoming runners. Please be prepared and mindful at this mixed crossing zone.
- PLEASE DO NOT LITTER on the course (or anywhere)! This will be cause for immediate disqualification.



# RUN

All three White Mountain Triathlon run courses use the same loop on the beautiful, recreation trail of Franconia Notch State Park. The series of paths weave and wind through the pristine terrain, affording athletes some of the best views in the Whites! Landmarks such as the Cannon Mountain Tramway and Echo Lake are points of interest along your route. All runs finish at the base of Cannon Mountain, at the main Peabody Lodge and lift area for a post-race party and celebration

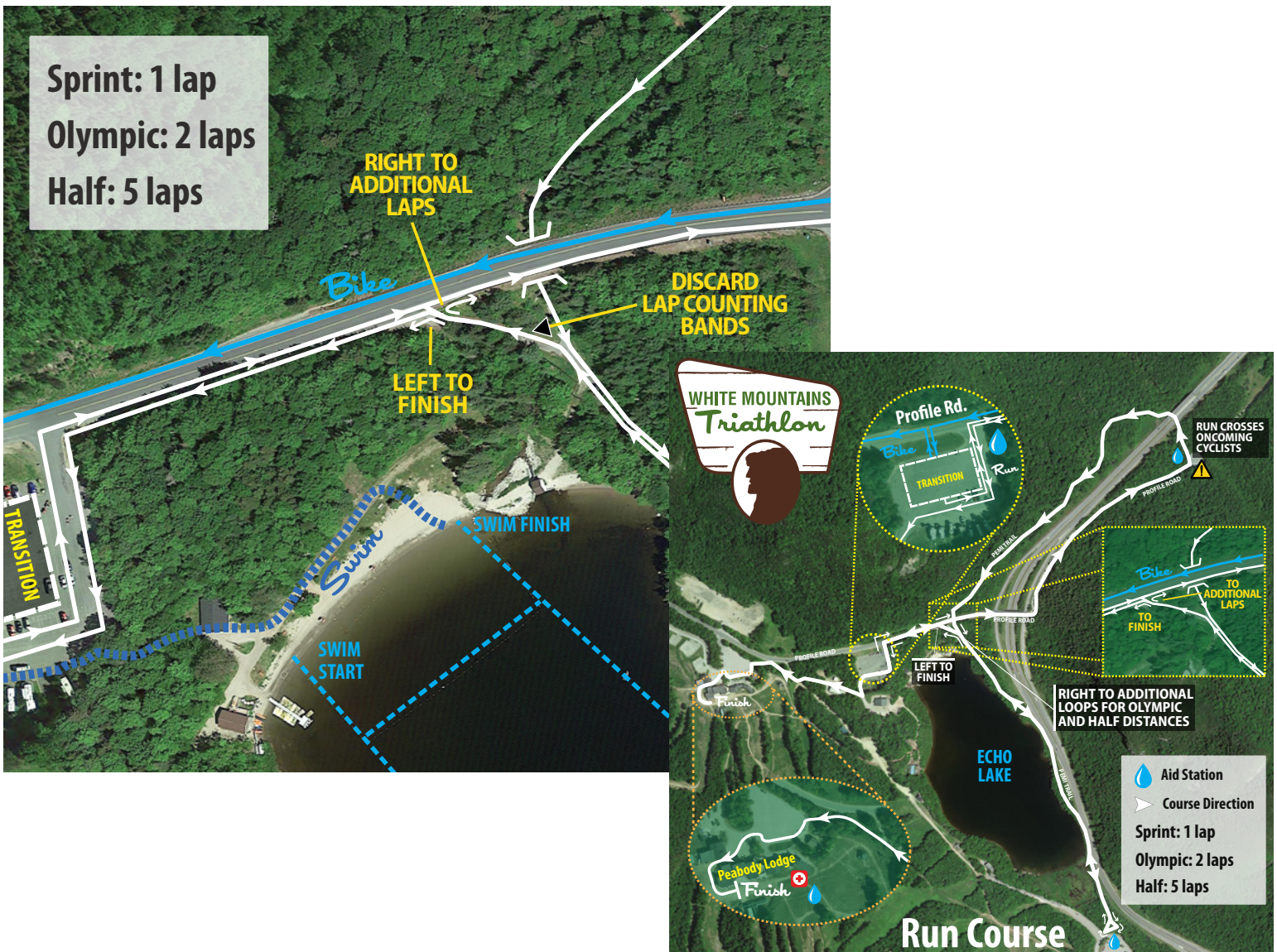
## Run Courses:

- Sprint (3.2 miles) – One loop of the Run course - [CLICK HERE for interactive map](#)
- Olympic (9k / 5.7 miles) – Two loops of the run course - [CLICK HERE for interactive map](#)
- Half (13.1 miles) – Five loops of the run course - [CLICK HERE for interactive map](#)

**Run Lap Counting:** All athletes will be responsible for completing the correct number of laps for their respective distance. Half distance athletes will be given 5 elastic bands in their race packet to help keep tally of laps run. We HIGHLY recommend running with these on your wrist and removing one each time a lap is completed. A band disposal bin will be available at the end of the run loop so that one can be discarded each time by.

**Run Aid Stations:** There will be two run aid stations on course for Sunday's races that can be hit up to 10 times for half athletes. One at the start of the recreation trail ¾ of mile into the loop and another at the turnaround point at mile 2 within the loop.

- All Run Aid Stations will offer the following: Water, Gatorade, UnTapped energy, pretzels and bananas



## ATHLETE TRACKING

You can track competing athletes in real-time through the Millennium Running App. Select the people you want to follow as they navigate their way through the course. You will receive notifications as your favorited athlete(s) pass over timing locations for each discipline. Download the Millennium Running App from the Apple Store or Google Play.

\*Please note that all live results and athlete tracking are subject to cellular service throughout all the checkpoints on the courses. While we will try our best, service is notoriously difficult and inconsistent in the mountains. Tracking and results will be updated throughout the event as soon as possible.



## SPECTATORS

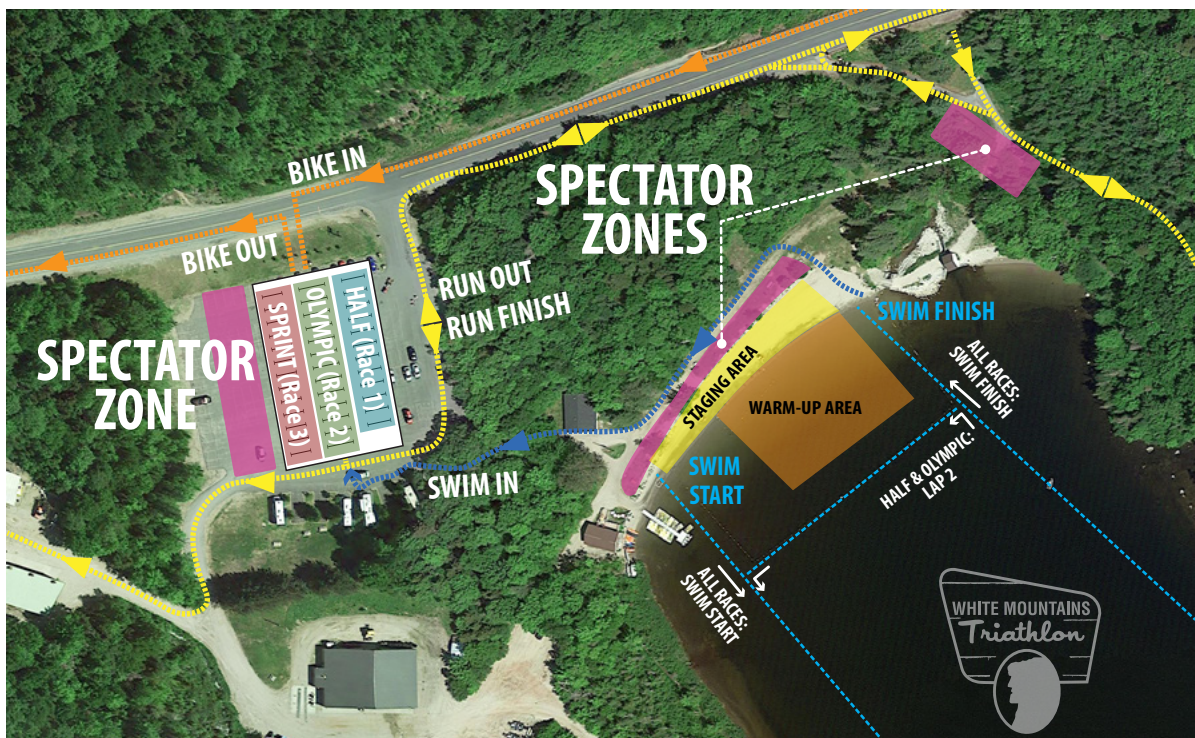
We love spectators supporting and cheering on all our athletes! Friends and family may enjoy a post-race meal (for purchase) and Woodstock Beer with you. No pets are allowed within Franconia Notch State Park. We do ask that spectators respect the athlete field of play by watching the event from one of the designated spectator areas.

**Swim** - A spectator zone will be available on the grass apron directly behind the Echo Lake Beach.

**Bike** - Unfortunately there will not be available spectating on the bike course as the access road to venue parking will close once the bicycle portion of the race begins.

**Run** - There is a designated run spectating zone along the FNSP Recreation Trail directly next to Echo Lake Beach. It can be accessed on foot by traveling through the Beach area. We do however recommend spectators of the Sprint distance head straight to the finish line and those for the Olympic only view lap 1 of the run as you will be unable to return to the finish prior to athletes finishing their race.

**Transition** - Transition can be spectated from the West (Cannon Mountain) side, near the event registration area.



## MEDICAL

Medical staff and EMT's will be located at the Swim, Transition Area, on the bike route, and in the Finish Line area. Additionally, our friends at Franconia Life Safety will be protecting and guiding our athletes in the water throughout the swim. A big thank you goes out to our medical partners from Franconia Life Squad, Lin-Wood Ambulance, and Littleton Fire Dept for keeping us all safe!

## PARKING

All event parking will be at Cannon Mountain base area in the main lot as well as the dirt parking lot across the street from Cannon Mountain's Peabody Lodge. Please follow the direction of our awesome volunteer parking marshals.

## LOAD/UNLOAD

On race morning there will be no drop off or unloading / loading at transition. All athletes will walk or ride down to transition as event parking is located less than ¼ mile away. Post-race, athletes must also walk or ride back to parking as there will be no loading in the transition area.

At Friday night's early packet pickup there will be limited unloading opportunities at transition with overnight racking available with security.

## VOLUNTEERS

All races are incredibly dependent on volunteers who come out to make your day a success. [Adaptive Sports Partners of the North Country](#) is our Official Charitable partner, and many of their members will be on-site volunteering. Please take a moment to express your appreciation for their efforts on race day



## POST-RACE FOOD

The post-race Brunch/BBQ is slated to be underway by 11:00. Athletes will be able to exchange their FOOD ticket from bib for a plate of food. Spectators may pay at the door (\$10). If additional food tickets were purchased during online registration, those tags will be included in the athlete packet.

- Saturday Post Race BBQ - BBQ chicken, burger or a veggie burger, Woodstock Inn & Brewery beer, pasta salad and green mixed salads.

## POST-RACE VENDORS

After the race make sure you check in and say hi to our many partners including, Stonyfield Yogurt, Athletic Brewing Company, Dole Fruit, UnTapped, Cannon Mountain and others.

## AWARDS & MEDALS

The Olympic & Sprint awards ceremony is slated for 12:00pm and the Half awards at approximately 1:00pm. All finishers will receive a new custom White Mountains Tri finisher's medal!

## RULES AND GUIDELINES

As a USAT sanctioned event, the White Mountains Triathlon will adhere to USAT Rules and Guidelines. Please see below for USAT resources and literature:

- [USAT Competitive Rules](#)
- [Commonly Violated USAT Rules](#)

## COURSE CUT-OFFS

It's our desire to permit adequate time for triathletes to finish our race. That said, while we haven't imposed a hard and fast cut-off policy, the bike component of all distances needs to be completed by 1:00pm to ensure the completion of each athletes respective distance within our permit issued by the NH State Parks.

## RACE PHOTOGRAPHY

Photos for all athletes will be posted and available for FREE download 2-3 business days following the event thanks to our friends at [AutoFair](#).

## RESULTS AND TIMING (CLICK HERE FOR EVENT RESULTS)

Millennium Running is proud to offer live results throughout the event.

Live results will be online at [millenniumrunning.com](#) and on the Millennium Running app, as well as on-site at the finish line. All pre-registrants will receive results emails with their personal results.

- **Individuals** – All individuals will be receiving disposable timing chips that must be worn on the left ankle. Once applied they will need to be cut off and cannot be reapplied. After you finish, they're yours to keep!
- **Relays** – All relays will receive a Velcro timing chip in their team packet. Each athlete will wear the tag then pass it to their teammate. All relay passes are to be done at the bike rack inside of transition.  
**The relay chips are not disposable and must be returned at the finish line.**

## USAT STATE CHAMPIONSHIP

We're proud to host the 2021 USAT New Hampshire Age Group State Championships for both Olympic and Sprint distances as well as the NH High School State Championship in the Sprint! The top 3 overall men and women finishers from NH in those races will be recognized by USA Triathlon.



## SPONSORS

The White Mountains Triathlon is proud to partner with Woodstock Brewery, Cannon Mountain and all our generous sponsors. Please let them know how awesome they are!

