



## The Friends of Aine Foundation

In Aine's memory to help grieving children  
[www.friendsofaine.com](http://www.friendsofaine.com)

### RACE DAY INFORMATION, FAQ's and TIPS

#### What are the distances for each event?

Our tri-athlon is made up of three events: swimming, biking and running.

- Ages 4 -10 swim 25 yards (no flotation devices allowed), bike 1 mile, run ½ mile
  - Ages 11 -15 swim 50 yards (no flotation devices allowed), bike 2 miles, run 1 mile
- (Refer to Course Map)

#### What time should I arrive?

For the safety of our participants, roads will be closing at 7:30am. This will include part of Nashua and County Roads and the entrance road to the High School. We recommend you arrive no later than 7:15 to allow ample time to be ready for an 8am race start. If you are not pre-registered, please allow more time.

#### Where should I park?

Parking will be in the upper lots behind Ross Lurgio/Bedford High School. **Please park first and walk your bike to the Bike Transition location at the Town Pool.** There is NO parking at the Town Pool or in the lower BHS lot.

#### Where do I pick up my race bag and number?

Pre-Race Day bag pick-up will be on **Saturday, August 13, 9am-1pm** at the Town Pool. Race shirts, bib numbers and timing anklets will be included in your race bag. If you are unable to pick up your bag the day before, it will be available for you at the Registration table the morning of the race.

#### What should I bring on race day?

- goggles
- towel
- clothing for bike and run segment (many participants choose to wear swimsuit with t-shirt)
- running shoes (any closed-toe shoe will do, running shoes are best)
- bicycle
- bicycle helmet--can't race without it!
- water bottle (there will be water along the course as well)
- sunscreen

**Should I label my gear?**

We strongly suggest labeling all of your gear using a Sharpie or some other identifiable mark. Your registration bag will also have stickers for your helmet and bike that correspond to your bib number.

**Where do I put my bib number?**

For the swim event, be sure to “sharpie” your bib number onto both upper arms and put on your ankle strap. For the bike and run events, be sure your paper bib number is pinned onto the FRONT of your race shirt prior to race start.

**Do I need to wear my anklet strap?**

The ankle strap is your timing mechanism. Be sure your ankle strap is on BEFORE you enter the pool.

**Can I use an iPod while I race?**

For safety reasons, we ask that no electronic devices be used.

**Do I have to wear a helmet while biking?**

All racers are required to wear bike helmets. Please be sure to bring it with you and leave it with your bike in the Bike Transition Area at the Town Pool.

**Are training wheels allowed?**

Absolutely. All riders should be aware of other riders and allow them to pass when it's safe/appropriate.

**Are there water stations along the course?**

Yes, there will be water stations available along the course route. It is important to stay hydrated so be sure to use them.

**Will there be food available?**

There will be food available for the racers at the finish line and concessions available for everyone.

**Are bathrooms available?**

Yes, there are bathrooms located at the town pool facility and there will be port-a-potty facilities at the high school.

**What are the jumping roping and obstacle course about?**

Aine loved to ride her bike, swim, jump rope and challenge herself so we wanted to give everyone an opportunity to do it all! The jump rope and obstacle course are for anyone who wants to give it TRY, whether you run the race or choose not to do the race.

**Do I need to register to jump rope?**

No, you don't need to register, however, anyone who participates in the jump rope will be required to sign a waiver. And a \$1 donation is appreciated!!

**Do I need to register to do the Obstacle Course?**

No, you don't need to register, however, anyone who participates in the obstacle course will be required to sign a waiver. And a \$1 donation is appreciated!!

**What else can we do at the event?**

We have raffles, music, face painting, merchandise, food and fun! And of course you'll want to hangout and wait for the awards.

**Tips for a Successful Try-athlon**

- We are racing for fun!
- Eat a good meal the night before.
- It is common to be nervous or have butterflies before the event. Keep in mind, others, whether they have ever participated in a triathlon or not, most likely feel the same way.
- Make sure your helmet fits snugly and properly.
- It is important to stay hydrated. There will be water stations along the route for you have a drink when you need it.
- During the swim, should you become tired, feel free to hold on to the lane line. There is no penalty and you need to stay safe.
- When on the bike, be sure to look forward and keep your eyes on the roadway. There most likely will be participants behind and in front of you. If possible and when safe, allow other riders to pass.
- When and if you should pass another athlete on the bike course, be sure to let him/her know you are approaching. Shout out "on your right" or "on your left" when passing.
- Pace yourself so you don't wear out before the finish line.
- If you have to walk, no worries!
- And most importantly, this is your event. You are participating in it for yourself. We will be proud of you regardless of what time you finish!