

Frequently Asked Questions About the New London Hospital Days Triathlon

What are the age categories for individuals for this race?

There are six age categories for participants:

Under 18 18-29 30-39 40-49 50-59 60+

For younger participants, we rely on the discretion and judgment of the racer and their parent/guardian to determine their ability to do the race. Children 11 and under may participate in our ½-mile fun run immediately following the triathlon.

Who receives prizes?

Prizes are awarded to the top three male and female finishers in each age category. The top three teams in the open category receive a prize, as well as the top female team, the top 18 & under team, and the top Over 40 team. The awards ceremony and refreshments will take place on the New London Historical Society lawn after the race results have been computed (usually about 11:00 AM). The raffle for the pass from Mount Sunapee is also drawn at that time; put your race number in the box provided after the race for a chance to win the ski pass! You must be present to win.

Where does the race start?

The race begins with the swim at Bucklin Beach, which is about ½ mile from registration. Although there will be a shuttle van, please allow a few minutes to get from registration to the beach. All participants are expected to be present at the pre-race meeting at Bucklin Beach at 8:45 AM. Feel free to ask questions. *See course description below.*

Where are the transitions?

The start, swim-to-bike, and bike-to-run transitions all take place at Bucklin Beach. The finish line will be at the New London Historical Society. *See course description below.*

Are bathing caps required?

Yes, and they are provided at registration along with your number and T-shirt and the provided bathing caps are required to be worn (they may be worn over another swim cap).

Do I need a wet suit for the swim?

Although you may wear one, wet suits are not required. In fact, most swimmers do not use wet suits, probably because of the short distance and because Little Lake Sunapee is usually fairly warm in August.

How is the race timed?

All Sports Events provides electronic timing for the race. Electronic timing technology offers quicker and more accurate results. Each racer is assigned an electronic chip, which must be strapped to the LEFT ankle. For a team, racers must pass the chip to the next racer at the transition area. Each racer is required to strap the chip to the LEFT ankle. Failure to do this will result in disqualification. Your chip is assigned specifically to you and your team. You may not swap it with another racer or team. We will have a chip collection area at the end of the race, so please make sure to drop yours off. There is a fee of \$50 for lost or un-returned chips.

Where can I find results?

Results are posted near the registration area after the race and will also be available at www.allsportsevents.com.

What if the weather is bad?

We reserve the right to postpone the race start if weather interferes, but it usually takes place rain or shine.

Where can spectators stand?

Spectators can be on the beach, outside of the coned-off race and transition areas. Also, they can line the shoulder of Little Sunapee Road at marked areas. There may be some room for spectators near the rear gate. There are also spectator areas at the finish line at the NH Historical Society.

Is there anything special for kids?

Yes. We have a ½-mile “Kids Fun Run” that begins at about 10:30 a.m. The cost is \$5 and all runners get a T-shirt and a ribbon. You can register and pay that morning. All kids 11 years or younger are invited to run for fun!

COURSE DESCRIPTION

Order of events: Swim ¼-mile, bike 5.7 miles, run 3.1 miles (5k)

Note: Transition areas subject to change.

Swim course: The swim course will be similar to past years, swum in a counter-clockwise direction around two buoys and finishing on the beach on the parking lot end. The swim is conducted in waves (2 minutes apart), with most experienced swimmers first.

Swim-to-bike transition: Upon leaving the water, all swimmers must cross the timing mat. Individual racers can then get their bikes from the bike racks in the transition area. Team swimmers must hand their timing chips to team bikers in the transition area, and bikers must affix the chips to their LEFT ankle.

Bike course: Bikers will exit the beach area via the parking lot. The bike route will be the same as in the past. Turn right onto Rt. 114 and at the top of the hill turn right onto County Road. Turn right at the stop sign onto Newport Road. Go right onto Otterville Road which is after Maple Hill Farm, then turn right onto Little Sunapee Road. Follow Little Sunapee Rd. back to Rt. 114 ending at Bucklin Beach. All bikers must dismount on the pavement, before the timing mat.

Bike-to-run transition: Bikers dismount on Route 114 (Little Sunapee Road), before the biking transition shoot. Walk their bikes through the shoot, cross the timing mat, and leave their bikes in the Bucklin Beach transition area hung by the seat in their designated rack according to their bib number. Individual racers can then immediately exit the parking lot to start the run. Team bikers will hand the chips to team runners in the transition area and team runners must affix the chips to their LEFT ankle.

Run course: After the transition, the run will start at Bucklin Beach. Go left onto Little Sunapee Road, take a right onto Golf Course Road, at the top of Golf Course Road take a left onto Twin Lake Villa Road, follow around the cold-a-sac continue straight on Twin Lake Villa Road to the end. Take a left onto Little Sunapee Road, follow to the finish at the NH Historical Society.