

# 2019 Athlete Information Packet

## **TERRAPIN** **TRIATHLON & 5K**





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# Welcome

Dear Athletes,

Welcome to the Terrapin Triathlon and 5K! The Maryland Triathlon Club is excited to be hosting the event for the third year. We welcome back any returning athletes and are thrilled to be hosting any new participants. This event would not be possible without our sponsors, the Pepsi Enhancement Fund, and the University of Maryland Department of Recreation and Wellness.

The Maryland Triathlon Club is a student-run organization with a passion for triathlons and endurance events. Our club has more than thirty active members; we are part of the Mid-Atlantic Collegiate Triathlon Conference and we compete in several races in the region each semester. For more information about our club or to join, visit <http://umdtri.com/>.

This packet contains important information about preparing for and competing on race-day. Please read it over carefully!

If you have any questions, please email [umdterrtri@gmail.com](mailto:umdterrtri@gmail.com).

Best of luck in your race!  
Maryland Triathlon Club



# Race Day Schedule: Sunday, April 28, 2019

**5:15am:** Mandatory volunteer meeting

**5:30am:** Transition area opens

**5:15am-6:30am:** Race day packet pickup

Location: behind transition area near bridge to Terrapin Trail Garage (Lot SS1)

**6:45am:** Athlete information meeting (on pool deck)

**6:45am:** Waves 1-3 begin staging on pool deck. All waves enter pool area and wait in their assigned areas.

**6:50am:** Transition area closes

**7:00am:** First triathlete enters the pool

Race timing chips will be picked up on the pool deck a few minutes before the athlete begins swimming

**8:00am:** 5K starts

**8:00am:** Last triathlete enters the pool (Estimate)

**9:00am-11:00am:** Post-race celebration

**10:00am:** Awards ceremony



# Packet Pickup

There are two options for packet pick-up:

- 1) Friday, April 26, 2019 (4-7pm)

Location: Eppley Recreation Center, Adventure Program Area

Directions:

Go to Eppley Recreation Center (4128 Valley Dr, College Park, MD 20742). Go down the stairs between the ERC and the outdoor pool (to the left of the ERC when facing the building). You will see an open garage door, where packet pickup will be held. There is also a traffic circle, reached by driving behind the Eppley Recreation Center.

- 2) Sunday, April 28, 2019 (5:15-6:40am)

Location: Near transition area (lot SS1, between Eppley Recreation Center and the School of Public Health).

Directions:

The address of Eppley Recreation Center is 4128 Valley Dr, College Park, MD 20742. Go down the stairs between the main entrance and the School of Public Health. If coming from the Terrapin Trail Garage, follow the path down from Xfinity and cross the bridge.





## Swim Wave Information

At packet pickup, you will receive a race number and cap, which correspond to a swim wave. The swim waves have been organized based on your approximate 100 M swim time. If you have not sent in your swim time, please do so ASAP (email it to [umdtertri@gmail.com](mailto:umdtertri@gmail.com) or update your registration on RaceReach). Organizing the swim based on estimated swim times will allow the pool swim to be run in the most efficient way possible.

On race day, you will find the section of the pool deck which has a sign for your wave. Wait here until your wave is called to line up; at this point, you will receive your ankle timing chip. The first three waves should be ready to line up at **6:45 AM**, immediately following the athlete information meeting.

Wave Number	Race Numbers	Approximate 100M Swim Time	Cap Color
1	1-40	1:15-1:30	Red
3	41-80	1:30-2:00	Neon Yellow
4	81-120	2:00-2:30	Orange
5	121-160	2:30-3:00	Neon Pink
6	161-200	3:00+	Purple

## Course Information

Transition Area:



The transition area is located in Parking Lot SS1 (behind Epley Recreation Center, between Epley and the School of Public Health). Signs will be posted directing you to the area. Transition is open from 5:30am to 6:50am on race morning.



### **Restrooms:**

The locker rooms (toilets, showers, changing areas) at Epley Recreation Center will be open from 5:00am. Athletes and volunteers may leave their belongings in the lockers, provided they bring a lock. **These are the only restrooms available before, during, and after the race.** Enter from the transition area or from Lot SS2 (see map).

### **Swim:**

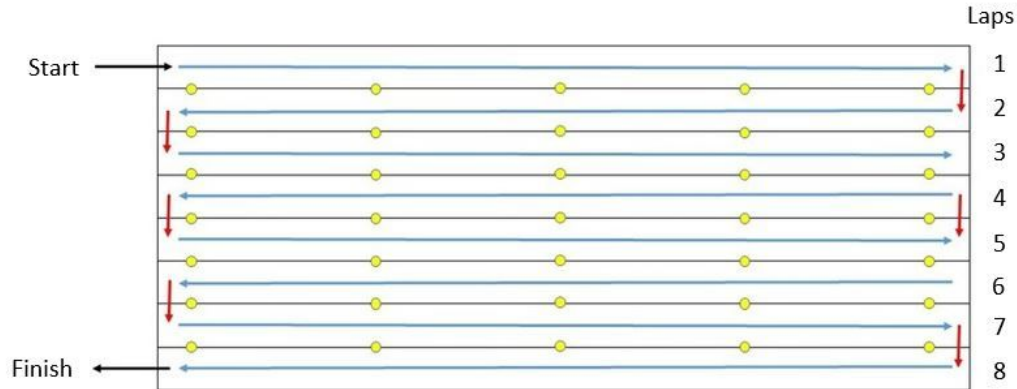
The swim is in the **50M pool** at Epley Recreation Center. Please note that this means that each length is **50M, not 25M**.

The swim will be conducted in a time trial start, with swimmers starting every 15 seconds. Waves will be assigned based on your estimated swim time.

Before beginning the swim, you will pick up your race timing chip on the pool deck.



## Eppley Recreation Center – 400 M Swim, 8 lengths Terrapin Triathlon Swim Format



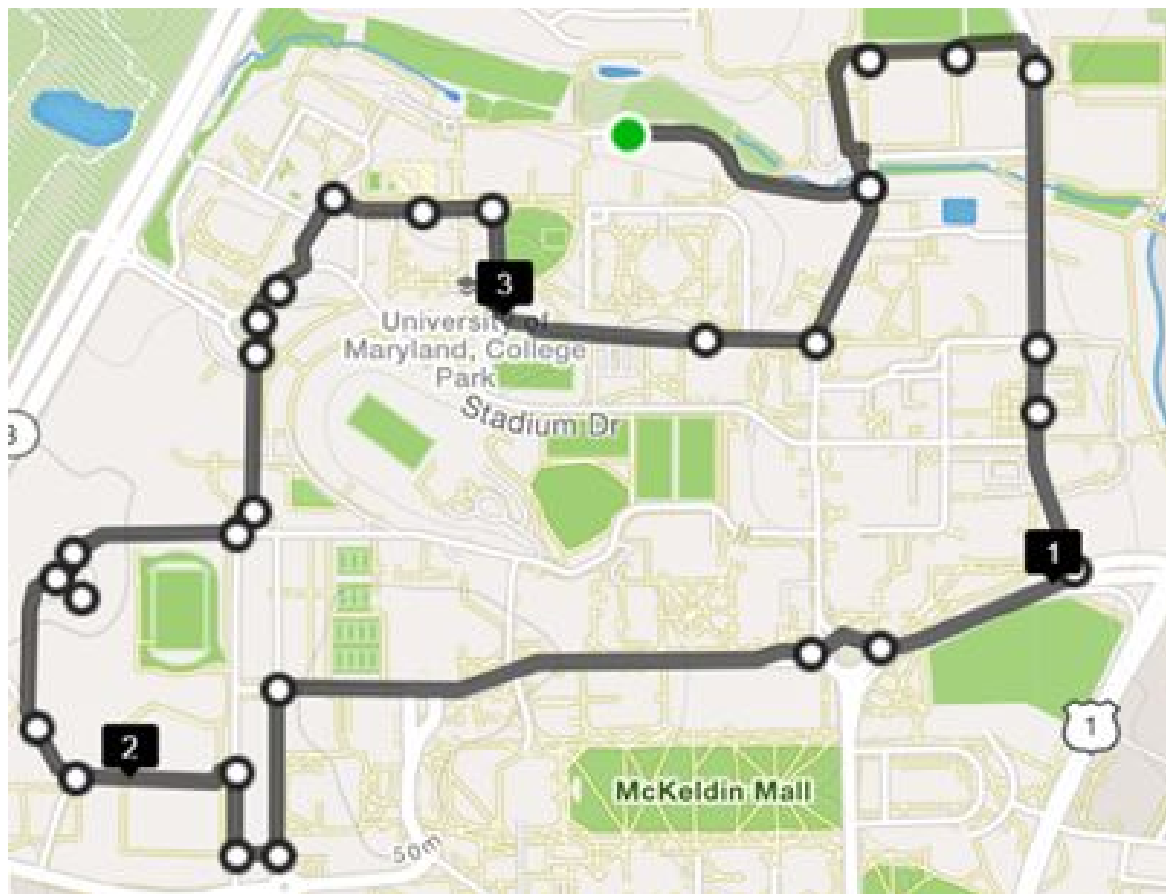
### **Swim to bike:**

After exiting the pool, a clearly marked, matted path will lead you out the pool door to the transition area

### **Bike:**

The bike will be a **three-loop** course, totaling 9.2 miles. After your first and second loops, you will be directed to continue on the course (continue on Regents Drive). After your third loop, you will be directed to return to the transition area (turn in Wellness Way).





Turn by turn instructions:

From transition, go down wellness road and make a left on Regents Drive.

Turn right to stay on Regents Drive.

Turn right on Paint Branch Drive.

Turn right on Campus Drive.

Continue straight through the traffic circle to stay on Campus Drive.

Turn left on Alumni Drive.

Turn right on Campus Drive.

Turn right on Championship Lane.

Turn left through lot 1d.

Continue right onto Presidential Drive.

Turn left onto Alumni Drive.

Continue straight through the traffic circle to go straight on Stadium Drive.

Turn left on Valley Drive.

Turn right onto Farm Drive.

Turn left onto Regents Drive.

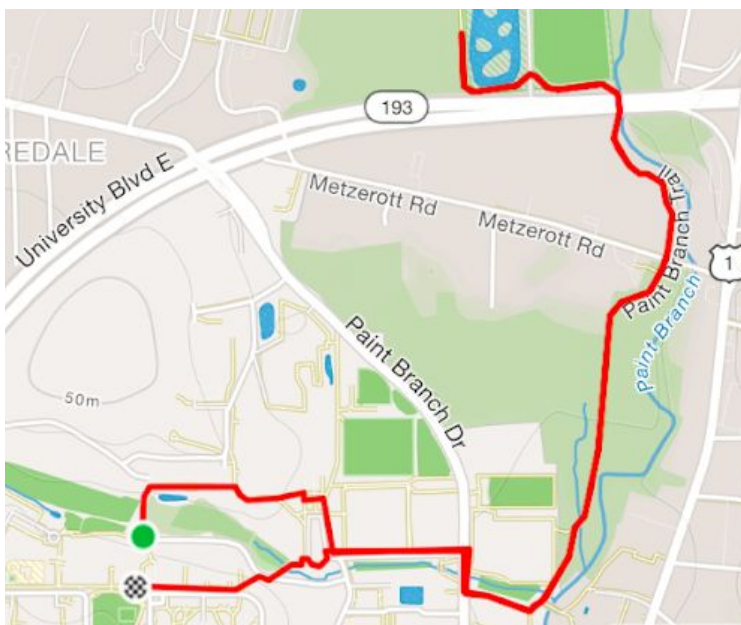
For laps 2 and 3, continue on Regents Drive.

To finish the bike, turn left onto Wellness Way.



### **Run:**

The run is an out-and-back course on the Paint Branch Trail, adjacent to campus; the finish line is in front of the Eppley Recreation Center. Please make sure to stay on the left side of the path for the duration of the run.



### **Finish:**

The race will finish on La Plata Beach, in front of the Eppley Recreation Center.

## **Relay Information**

During packet pickup, the swim cap and race numbers will be given to the captain of the relay team. It is the responsibility of the captain to distribute the numbers and cap to the members of their team. Relay participants will have a specified bike rack. At your spot on this rack, you will exchange the timing chip in between each leg of the race. Please only be in transition when exchanging the timing chip.



# 5K Information

The 5K runners will follow the same course as the triathletes. However, the start of the 5K will be **in Lot SS2**. This lot can be accessed by going down the stairs between the Epley Recreation Center and the outdoor pool. Timing chips will be handed out at the start of the 5K.

**Start time: 8:00am**



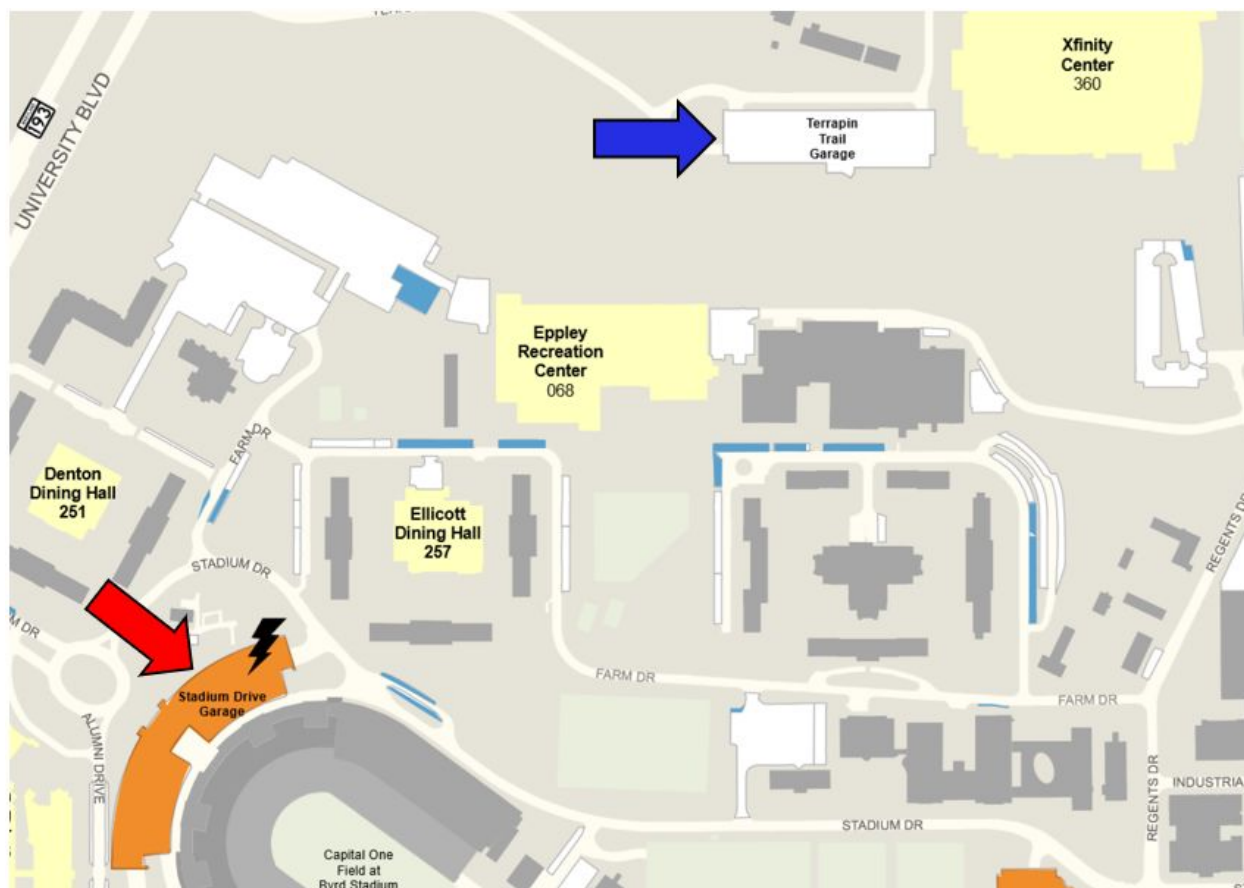


# Parking Information

The most convenient parking on race day is:

- 1) **Stadium Drive Garage** (located behind Maryland Stadium)  
Address: 4025 Stadium Dr, College Park, MD 20742
- 2) **Terrapin Trail Garage** (located next to the Xfinity Center)  
Address: 4155 Terrapin Trail, College Park, MD 20742

Parking is free in Terrapin Trail Garage and \$5 for the day in Stadium Drive Garage. If you have a rooftop bike rack and prefer to park in a surface lot, Lot 9 by the Xfinity center is open for the weekend.





## Post-Race Food

Post-race food will be provided to racers on La Plata Beach (near the finish line). Special thanks for our sponsors (Whole Foods Market, KIND, and The Bagel Place) their donations.

## Awards

The awards ceremony will be held around 10am on La Plata Beach (across from the entrance to the Epley Recreation Center).

Awards will be given to:

- Top 3 Overall (male and female) Triathlon
- Winner of each Triathlon Age Group (male and female)
  - 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
- First male, female, and co-ed triathlon relay team
- Top 3 Overall (male and female) 5K

## Race Photos

We will have two volunteer photographers on the course taking pictures of athletes as they pass by. After the race, these photos will be uploaded to Flickr and emailed to all athletes for you to view and download.



## Sponsors



Race timing provided by Racine Multisports

<http://racinemultisports.com/>



## **Special thanks to...**

Gerry Boyle, Bruce Springer, and the Ironman Foundation

Kurt Klier and Rainer Julian Tandaju

The University of Maryland Police Department

The University of Maryland Department of Transportation Services

The University of Maryland Club Triathlon Team