



NORTH COUNTRY
TRIATHLON

2009 Course Safety Document: *Please Review Prior to Competing*

In an effort to help all of our racers get the most out of the event we have outlined course components of the North Country Triathlon (Sprint and Olympic courses) that will help keep racers and our volunteers safe, while enjoying the event to its fullest.

While we do our absolute best to call-out course components that may be particularly dangerous, or challenging, course conditions may suddenly change due to weather, or unforeseen road hazards.

No course-safety meeting or safety documents can substitute for actual experience of the physical course. A “pre-run” of the course and an effort to “get know the course” should be a priority for any novice or experienced participant of the North Country Triathlon.

Also, one great way of learning about the course is to talk to your fellow racers. Not only will they be able to give you valuable information on the course, you may make a new friend in the process! You can actively ask questions to fellow racers on the North Country Triathlon blog:
<http://northcountryevents.blogspot.com/>

Sprint Distance Event

Olympic Swim Course

- Swim is an “out-and-back” course that takes the racer clock-wise around the buoys. Sprint swimmers round midway on the course. See course image below.
- Course has 10 kayakers spread equidistant from one another around the course as well as one Fire & Rescue boat with trained divers and CPR team on the outside of the course.
- Swimmers who are in need of any assistance at all, please raise hand and a kayaker will come to your aid.
- Swimmers ARE allowed to use the tip of the kayak to rest at any point during the event if they feel tired, out of breath, etc.
- If swimmer does not feel up to completing the course, please notify the kayak volunteer to raise their paddle indicating to the Rescue boat to help pull you from the water.

Note: There is no shame in requesting to be pulled from the water. Safety comes first, and you want to live to race another race.



Sprint Ride Course

- Ride course takes the cyclist on a “loop” traveling up Rt. 8, to West Hague Rd. to New Hague Rd. and coming down to Rt. 9N.
- Ride up Rt. 8 is probably a 7-9% grade for about 1 mile. Please pace yourself. There is an aid station at the Volunteer Fire Department where Rt. 8 and West Hague Rd. converge if you need assistance or water.
- Road shoulder on all course roads is very narrow and road IS NOT closed to vehicle traffic. Please ride as close to the shoulder as is safely possible.
- Two parts of the course where cyclist should use extreme caution are:
 - *Downhill curve on New Hague Road* - This curve is a fast downhill to the right with no banking. This is where your speed and momentum can carry you quickly over the yellow lines into approaching traffic. If it is raining, slick roads will accentuate this. Please use extreme caution.
 - *Downhill approach to 9N.*- On the downward approach to 9N from New Hague Road, cyclist will encounter a steep grade to the point of the hard right onto 9N. Look for signs alerting you to slow down well before 9N and check brakes

accordingly. Cyclists will merge on 9N heading south back to Hague Beach. At this merge, you will likely encounter Olympic cyclists on their way back from their loop. Please be aware of your fellow cyclists when merging here.

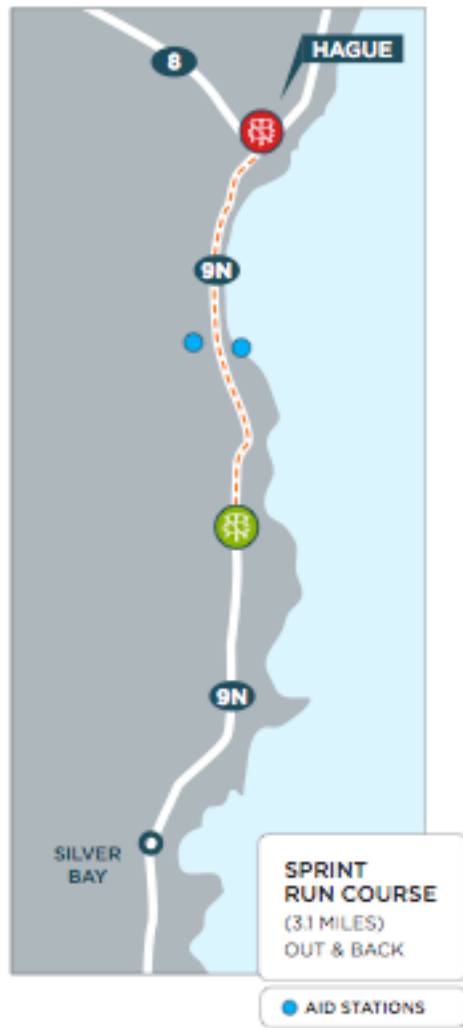


Sprint Run Course

The run course is also an “out and back” and will take the racer against traffic going out and coming back.

The first area to be careful of is the turnaround point midway through the run. The runner will cross 9N to the other side. While we have volunteers at this point that will be looking for and slowing/stopping vehicles, please be sure and use the age-old word of wisdom of “look both ways before crossing the street”.

The second area to look out for is the cross-over at Hague beach where you will come into the staging area to the finish line from the opposite (west side) of 9N. There will be officers and volunteers directing traffic here, but please again, always be on the lookout for vehicles when crossing.



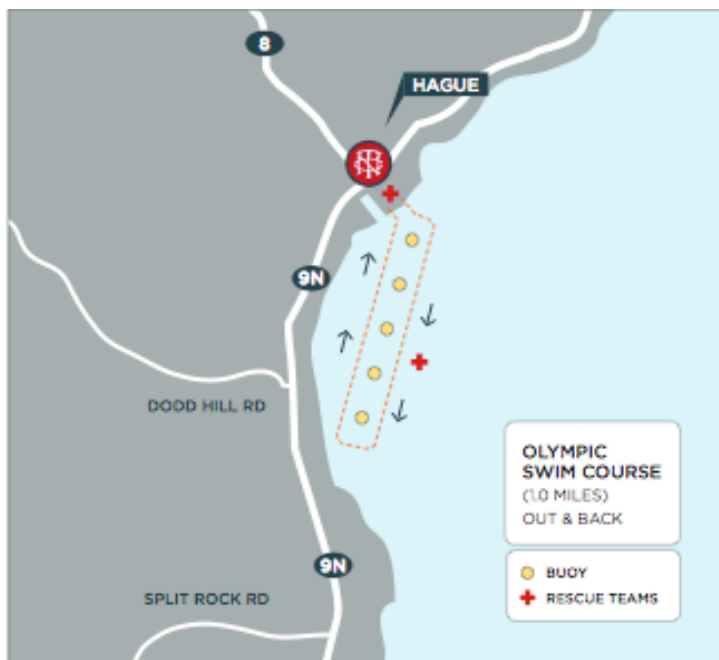
Olympic Distance Event

Olympic Swim Course

- Swim is an “out-and-back” course that takes the racer clock-wise around the 5 buoys.
- Course has 10 kayakers spread equidistant from one another around the course as well as one Fire & Rescue boat with trained divers and CPR team on the outside of the course.
- Swimmers who are in need of any assistance at all, please raise hand and a kayaker will come to your aid.

- Swimmers ARE allowed to use the tip of the kayak to rest at any point during the event if they feel tired, out of breath, etc.
- If swimmer does not feel up to completing the course, please notify the kayak volunteer to raise their paddle indicating to the Rescue boat to help pull you from the water.

Note: There is no shame in requesting to be pulled from the water. Safety comes first, and you want to live to race another race.



Olympic Ride Course

The North Country Triathlon Olympic distance ride course is one of the most challenging courses in the country. The key course challenge being the Chilson Hill climb that takes cyclist to the top of Chilson Hill to the turnaround.

While the climb to the top is grueling, it is totally doable if the cyclist keeps a modest pace. The climb is up a 7-9% grade for the better part of 3 miles.

The part of the hill that is worth noting from a safety standpoint is the descent.

Because you are dealing with a 7-9% grade on the way up, you have an incredibly invigorating, but extremely fast and potentially dangerous downhill.

Note To All Racers:

1. Please check your brakes and front wheel hardware the morning of the race before you set out on the ride course.

2. While we are giving awards to the top time on the ascent, there are no awards for fastest descent.
3. Moderate your speed on the way down according to your level of cycling experience and general level of energy on the course.

Brake failure, or a front wheel popping out of the forks on the Chilson Hill descent could prove fatal.



Olympic Run Course

The run course is also an “out and back” and will take the racer against traffic going out and coming back.

Three areas to think about:

Pudding Island Road: Part of the Olympic run takes participants down Pudding Island Rd. which is a hard-pack dirt road under the shade of

trees. It is a great relief when its hot out and is quiet and away from the main road. One important thing to mention about Pudding Island is that you follow it all the way until it comes out again at 9N. Runners continue on 9N until the turnaround at Silver Bay General Store. Runners DO NOT RETURN via PUDDING ISLAND RD on the way back. Runners stay on the west side of 9N all the way back to Hague Beach for the finish.

Turnaround: The first area to be careful of is the turnaround point midway through the run. The runner will cross 9N to the other side. While we have volunteers at this point that will be looking for and slowing/stopping vehicles, please be sure and use the age-old word of wisdom of “look both ways before crossing the street”.

Finish Line Cross-Over: The second area to look out for is the cross-over at Hague beach where you will come into the staging area to the finish line from the opposite (west side) of 9N. There will be officers and volunteers directing traffic here, but please again, always be on the lookout for vehicles when crossing

