



SETUP

CONTENTS

Welcome from Race Director 1

Schedule of Events 3

Race Site, Parking 3

Packet-Pickup, 5

Transition Area 6

Course Cut-off Times, 6

Body Marking, Race Numbers 9

Timing Chips, Race Results 11

USAT Rules 12

Course Map Links 15



Maritime International

A SET UP EVENTS PRODUCTION

SEASON 4
EVENT 1
SUPER SERIES # 8

www.setupevents.com/Maritime

8 AM START MAY 18, 2014



A Message from the Race Director:

Dear Athletes,
It is with great pleasure that I welcome you to the 2014 Maritime International Triathlon!

Located in Talbot County, Maryland at the Calhoun M.E.B.A Engineering School, located in Easton, Maryland and benefiting the Chesapeake Bay Foundation and the MEBA Merchant Marine Memorial Foundation. This race would not be

possible without the support of the Calhoun M.E.B.A Engineering School and the many volunteers. This race with a great venue with a one loop swim, a out and back one loop bike and the traditional out and back 2 loop run. Please take a moment out of your day to thank all of the volunteers and staff members of the Engineering School.

Training for a Triathlon , whether it being your first or twentieth, is a challenging endeavor and we know you have worked hard in the weeks and months leading up to this event. Getting to the starting line is a success in itself and we hope to make your race day experience positive and fun while helping you to achieve your athletic goals. Myself and the rest of the Set Up Events team thank you for being here and will be doing everything possible to help you reach the finish line. If you have and questions, concerns, or feedback, please do not hesitate to let us know.

Greg Hawkins
Race Director



Athlete Guide

Talbot County, MD

1,500 meter Swim

24 mile Bike

10k Run

Thank you to all of our Set Up Sponsors!



SETUP



ENDURANCE FUELS
& SUPPLEMENTS



Performance T-shirts – Socks – Caps
www.gearforraces.com



TYR

Always in front.



WETSUITRENTAL.COM

Flotation • Warmth • Speed



Schedule of Events

Saturday, May 17, 2014

Pre-Race Events

4-7:00pm: Packet pickup ([TriCycle & Run](#) Store 929 Talbot St., St. Michaels, MD 21663)
 5:00 pm **Transition Clinic** Presented by Alysia Lovegren of Catalyst 3 Coaching @TriCycle & Run
 5:30pm: Pre-race meeting (TriCycle & Run)

Sunday, May 18, 2013

Race Day Timeline

****Arrival Time: Please arrive at the Race Site no later than 6:45am****

6:00-7:30 am: Packet pickup (@ race site)/Body marking/Chip pick-up

7:45am: Transition area closes (no exceptions)/Pre-race meeting (@Swim Start)

7:50am: Wave 1 lines up to start at 8 am sharp!

8:00am: RACE START 1st Wave

Noon: Estimated awards time/Last athlete finishing

Transition Clinic

Coach Alysia Lovgren, from our sponsor [Catalyst 3 Coaching](#), will be hosting a free Transition Clinic before the Maritime International Triathlon. Learn how to set up an efficient transition area and save time and energy during the "4th leg" of triathlon. The discussion will be geared for beginners, but even if you are an experienced racer, you may pick up some new tricks for the upcoming season. Alysia will also hang around after the clinic to answer any other triathlon-related questions you may have. The clinic will be held during packet pickup at 5pm at the TriCycle and Run location.

Don't miss this great opportunity to learn from our 2013 MTS Overall Winner!



Race Day Parking

Parking is available behind the Engineering School near the Transition Area within immediate vicinity of the race site. Look for the many volunteers and signs upon entry to the park for additional directions!

Race Site address:

MEBA

27050 St. Michaels Road

Easton, MD 21601

Thank you to our 2013 MTS Sponsors!



We Dare You To Tri



Team Z

www.TriTeamZ.com

Race Information



Race Site: Calhoon MEBA Engineering School
 27050 St. Michaels Rd.
 Easton, MD 21601 [Directions](#)

Packet Pickup

Packet Pickup will be at the following times:

Saturday May 17th, 4—7:00pm at TriCycle and Run Store 929 S. Talbot St. St. Michaels, MD 21663

Sunday, May 18th, 6:00—7:30am at Race Site 27050 St. Michaels Rd. Easton, MD 21601

Things to bring with you to Packet Pickup:

1. Photo ID—this is REQUIRED! No ID = No Race!!!
2. USAT Card— if you are a USAT member.
3. Questions

-Special notes about Packet Pickup

1. Adults—Each adult must pickup their own race packet. This also goes for each Relay Member.
2. Minors—Those under the age of 18 years old may have their parent/guardian pickup their packet.
3. Race Categories—You may change division during packet pickup.
4. Swim Wave Times— Wave start times will be posted by last name and by bib number.
Waves are final.
5. Timing Chips—You will receive your timing chip on race morning NOT at packet pickup. Please see the Timing Chip section on page 13.

NOTE: YOUR Photo ID is required to pick up your race packet. If you are a USAT member you are required to show a current USAT license to get your race packet. All relay team members must pick up their own race packet.

REMINDER: Photo ID is REQUIRED>>>>>>No ID = No Race = No Exceptions



Course Cut-Off Times

We expect each athlete competing in this event to be properly trained for it. The following cumulative cutoff times will be observed for each leg of the race.

Swim—1 Hour

Bike—3 Hours

Run/Finish Race— 4 Hours

Participants who do not meet these cut-offs will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will no longer be provided and Set Up Events hold no responsibility for athlete safety after this point.

Transition Area



Triathletes may enter the transition area at 6:30AM. All bikes must be racked 15-minutes before the start of the first swimmer (7:45). Bike racks are numbered and triathletes must put their bicycles and gear on their designated rack.

Each rack holds 6 bikes, with positions on racks being based on a first come, first serve basis. To the right is an example of how your transition area should be organized. Please be courteous of the space and belongings of other racers before, during, and after the race.



Transition Security: Please note that once your race is over, many others are still racing. You will only be allowed to remove your bike from the transition area once the Race Director give the OK. Please do not argue with the Volunteers. This is a Safety Issue for all athletes still on the course.



Aquabike

If you are racing in the Aquabike Category we will have a separate finish line for you near the Transition Area look for the Aquabike Finish Line Signs.

Bike Support



The crew from Tricycle & Run , the official bike support sponsor of the Maritime International Triathlon will be available on and off the course to meet your race day bike support needs. Stop by their tent for any last minute racing supplies or bike maintenance procedures!



Aid Stations

Run: Two aid stations on each loop of the run course.
Water , Heed, will be available at the aid stations.



Bike: There are NO Aid stations on the bike course.

Post Race Food

Drinks, fruit, cookies, chips, and bagels be provided free of charge to athletes following the race, we also will have Pizza from Sam's Pizza in St. Michaels.





VIRGINIA
TRIATHLON SERIES



SETUP



MARYLAND
TRIATHLON SERIES

WE DARE YOU TO TRI

2014 TRIATHLON SERIES RACE DATES

- **SMITHFIELD SPRINT** SATURDAY, APRIL 5 | SMITHFIELD, VA
- **RICHMOND TRI CLUB SPRINT** SATURDAY APRIL 26 | RICHMOND, VA
- **ANGELS RACE** SUNDAY APRIL 27 | LYNCHBURG, VA
- **APPALACHIAN POWER SMITH MTN LAKE** SATURDAY MAY 3 | HUDDLESTON, VA
- **EAST COAST SUPER SPRINT** SUNDAY MAY 4 | RICHMOND, VA
- **KINETIC HALF** SATURDAY MAY 10 | LAKE ANNA STATE PARK, VA
- **KINETIC SPRINT** SUNDAY MAY 11 | LAKE ANNA STATE PARK, VA
- **MARITIME INT** SUNDAY MAY 18 | ST. MICHAELS, MD
- **ROCK HALL INT** SATURDAY MAY 31 | ROCK HALL, MD
- **ROCK HALL SPRINT** SUNDAY JUNE 1 | ROCK HALL, MD
- **JAMESTOWN INT** SATURDAY JUNE 7 | WILLIAMSBURG, VA
- **JAMESTOWN GRAN FONDO** SUNDAY JUNE 8 | WILLIAMSBURG, VA
- **BATH COUNTY** SATURDAY JUNE 21 | WARM SPRINGS, VA
- **COLONIAL BEACH SPRINT** SATURDAY JULY 12 | COLONIAL BEACH, VA
- **COLONIAL BEACH INT** SUNDAY JULY 13 | COLONIAL BEACH, VA
- **TIDEWATER** SATURDAY JULY 19 | HAMPTON, VA
- **CULPEPER SPRINT** SATURDAY AUGUST 2 | CULPEPER, VA
- **CULPEPER INT** SUNDAY AUGUST 3 | CULPEPER, VA
- **DRUID HILL PARK SPRINT** SUNDAY AUGUST 10 | BALTIMORE, MD
- **GENERAL SMALLWOOD INT** SATURDAY AUGUST 16 | INDIAN HEAD, MD
- **GENERAL SMALLWOOD SPRINT** SUNDAY AUGUST 17 | INDIAN HEAD, MD
- **PATRIOT'S HALF** SATURDAY SEPTEMBER 6 | WILLIAMSBURG, VA
- **PATRIOT'S SPRINT** SUNDAY SEPTEMBER 7 | WILLIAMSBURG, VA
- **SAVAGEMAN 30.0** SATURDAY SEPTEMBER 13 | DEEP CREEK, MD
- **SAVAGEMAN 70.0** SUNDAY SEPTEMBER 14 | DEEP CREEK, MD
- **GIANT ACORN SPRINT** SATURDAY SEPTEMBER 27 | LAKE ANNA STATE PARK, VA
- **GIANT ACORN INT** SUNDAY SEPTEMBER 28 | LAKE ANNA STATE PARK, VA
- **WATERMAN'S HALF** SATURDAY OCTOBER 4 | ROCK HALL, MD
- **WATERMAN'S SPRINT** SUNDAY OCTOBER 5 | ROCK HALL, MD

Body Marking

Body Marking

After racking your bike, proceed to the body marking area located near the transition area. (marked by a tear drop flag). Triathletes must be marked at least 30 minutes before the race and **MUST** bring their bib number for verification.

Please refer to the MTS website under [Novice Athletes](#) for more information on transition area rules and race flow.



Race Numbers



Each athlete will receive three race numbers:

- The smallest number (sticky) must be worn on the front of the cycling helmet.
- The medium number (4 holes) is to be worn on the front of the body during the run and when crossing the finish line.
- The largest number is to be folded over the top tube of your bicycle.

Please refer to the MTS website under [Novice Athletes](#) for more information on number placement.





30 M

62 M

100 M



JAMESTOWN GRAN FONDO 2014

JAMESTOWN GRAN FONDO 2014

Williamsburg, VA June 8th

Join us in Williamsburg, VA for the Jamestown Gran Fondo. Scenic routes with 30 mile, metric and full century options allow you to spend a great day with friends new and old and experience all that America's Historic Triangle has to offer. Finish your ride with a great post race party with music, BBQ and Beer.

Register today at:

www.jamestowngranfondo.com

Timing & Results

Timing Chips

Please be aware of the following procedures to insure successful timing of your event:

- All participants will receive their Champion Chip on race morning at the Chip Pick-Up Tent. You are **REQUIRED** to show your paper bib number in order to receive your timing chip.
- Body marking is **NOT** an acceptable Bib number!
- Along with the timing chip participants will receive a neoprene chip strap courtesy of the MTS (it is yours to keep after the race if you like)
It is **REQUIRED** that all participants wear the timing chip on their **LEFT** ankle as shown.



Additional notes:

- Remember, you **MUST RETURN YOUR CHIP** at the finish line.
- **IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.**

Athletes who lose their Chip or fail to return the chip after the race will be assessed a \$30 charge!

Race Results & Awards

Tentative results will be posted as they come available

on race day. USAT penalties will also be posted on a pink slip by USAT officials. These will be posted in the new Result SetUp Tent located near the finish line/Food area on a Television. These results will post as soon as you cross the finish line! Questions or concerns can be directed towards the Race Timer or the Race Director. The USAT Penalty Report will be posted online in the Category Results section by Tuesday following the race.



If you cannot make the awards ceremony, please have a friend pick up your award. If you miss the awards ceremony then you can visit the [VTS/MTS Online Store](#) and pay the shipping and handling fee to have your award shipped to you.

Final results with age group and splits will be posted on the website as soon as possible, usually within 48 hours.



Rules



ALL MTS EVENTS ARE USAT TRIATHLON SANCTIONED

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#).

USAT's Most Commonly Violated Rules:

- | | |
|--------------------------------|--|
| Helmets | Helmets MUST be worn with the chin strapped anytime you are riding your bike, before, during and after the event.

Penalty: Disqualification |
| Outside Assistance | Only race and medical officials may provide assistance to athletes during the race.

Penalty: Variable time penalty |
| Drafting | Keep at least three (3) bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Penalty: Variable time penalty |
| Position & Blocking | You must stay on the far right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking.

Penalty: Variable time penalty |
| Overtaken | Once passed, you must exit the drafting zone to the rear before attempting to re-pass.

Penalty: Variable time penalty |
| Race Numbers | All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they pass the finish line. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission. |



Rules continued



All athletes that are USAT annual members must present their USAT card in order to pick up their race packet. Temporary USAT cards can be printed from the USAT website. [HERE](#)

In the event that you forget your membership card, a one day membership can be purchased at packet pick up for \$12.

USAT Aging Up Policy:

Participants will compete in whichever age group they would be in as of December 31st, 2013. In other words everyone's age group for the 2013 season will be determined by their age on December 31st, 2013.

Please refer to the MTS website under [Series Rules](#) for more information on USAT rules and membership

VTS/MTS Online Store!

www.virginiatriathlonseries.com

\$5.00 ea or 3/\$10.00

Vintage Race T-Shirts! \$5.00

Race Socks! \$5.00

Series Cycling Jerseys \$75.00

Cow Bells \$5.00

Water Safety



Water Temperature

The typical water temperature for the Chesapeake Bay this time of year is usually in the upper 60's. The water temperature for each open water event is taken and posted on the event website, the series event page 36-48 hours before the posted packet pick-up time. This temperature reading is a preliminary reading. The official water temperature to determine wetsuit eligibility will be taken on race morning about 60—90 minutes prior to race start by the USAT official on site.

Wetsuit Rules



The MTS abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

- ◇ 78°F or below: Wetsuits ARE Allowed
- ◇ 78.1°F to 83.9° : Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are ineligible for awards.
- ◇ 84° F and above: wetsuits are NOT permitted—this is for your own safety.

Water Safety

Lifeguards will be available throughout the swim course to ensure your safety. If you are in need of assistance, roll on your back and put your hand straight in the air to your assistance. You may hold on to a lifeguard's surfboard or kayak, but using a lifeguard for forward progress will result in a DQ.



swim course to entrance, roll on your signal a lifeguard to

In the case of strong water currents, please keep aware of your surroundings and sight for buoys frequently.

If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DN'F Did Not Finish.



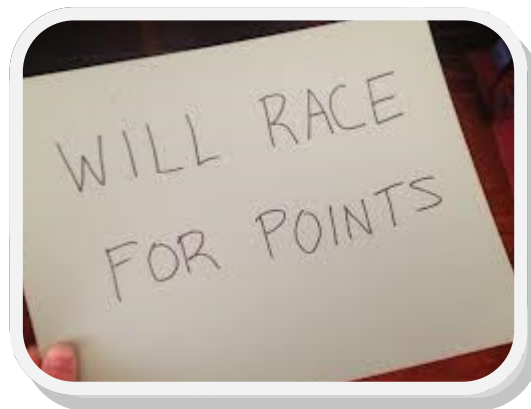
Swim

1500 meters



Official swim wave times will be posted on the website 48hrs before the event, at packet-pickup and on race-day.

- ◇ The swim course is posted on the [Maritime International Page](#) of the MTS website.
[Swim Course Map](#)
- ◇ Swim caps will be provided at Open Water Swim Events at Packet Pick Up. Please wear the designed color of your swim wave.
- ◇ Participants will start in age/category specific waves, be sure to Start IN YOUR WAVE TIME!
- ◇ Be prepared to line up for the swim start a minimum of 10 minutes before your wave starting time.
- ◇ Official swim wave times will be posted on the Event website 48hrs in advance, and will also be posted at packet-pickup and race morning.
- ◇ Orange oval buoys are guide buoys—go straight, while the Yellow triangular buoys are turn buoys. Please review the swim course before the race. Knowing the course is ultimately YOUR responsibility.
- ◇ The wiggly man will mark the swim exit and can be used for sighting in the final stretch of the swim course



Bike

24 miles



The bike course map is posted on the [Maritime International Page](#) of the MTS website.
[Bike Course Map](#) (Scroll down)

The course will be marked with orange spray chalk arrows and Yellow MTS signs with black arrows at all the turns. Every five miles will also be marked in orange spray chalk.

- ◆ Though there will be police presence on the course for your safety, the course & MEBA School are still open to traffic please **BE ALERT** and **BE CAREFUL!**
- ◆ Police and or Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately **YOUR** responsibility.

Rules & Etiquette

- ◆ You must wait to mount your bike until **AFTER** you cross the mounting line outside of transition.
Likewise, you must dismount your bike **BEFORE** crossing the line at the end of the bike.
- ◆ No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see previous section on USAT rules).
- ◆ Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- ◆ Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule.
Crossing the double yellow line is an automatic DQ.

Run

10k (6.2 miles)



- ◆ The run course map is also posted on the [Maritime International Page](#) of the MTS website.
[Run Course Map](#)
- ◆ The run course is an out and back on all pavement. Please stay alert and remain aware of your surroundings as the main road will be shared with athletes finishing the bike.
- ◆ Aid stations will be located at the start and at multiple points on the run.

Rules & Etiquette

- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ You must have your run number on your front as you approach the finish line.
- ◆ Please be sure to return your timing chip to designated volunteers after crossing the finish line...CONGRATULATIONS YOU DID IT!



MARYLAND
TRIATHLON SERIES

SETUP



**CHESAPEAKE BAY
FOUNDATION**
Saving a National Treasure