

Race To Educate



Contact info.

For information/questions prior to race day, please email Lilia at efactri@gmail.com

T-shirts

You will receive a t-shirt at the race.

Number Pick-up

Numbers will be assigned at registration on the day of the event. We will do our best to give accurate times, but please know this is designed to be a fun event.

The Course

There is a map of the course at the end of this document. Volunteers will be positioned at turn locations.

Mileages:

275 meter swim, 7.36 mile bike, 2.5 mile run

The streets will not be closed, so please use caution.

Chip Timing

There will be no chip timing at the race. Sorry, but we are trying to raise the most money and are trying to keep down the expenses.

Splits

We will do our best to provide accurate splits, but again this is designed to be a fun event.

Race Timeline

10:00am Number pick-up opens

12:00pm Number pick-up closes

12:30pm First participant enters the water to start their race

The pool locker rooms will be available during and after the event.

Start of the Race

The swim is a 275 yards (11 lengths of a 25-meter pool). The event has been seeded according to the participants' swim time provided. Swimmers with the fastest times will lead the field. Participants will enter the pool based on their number. We will use your swim time from your registration to order the participants (ie. The fastest time will get number one).

Headphones

Headphones are not allowed during the race. This is not a closed course and you need to be aware of your surroundings.

Wetsuits

Wetsuits are not permitted or necessary. The pool is not cold.

Transition Area

The transition area will be in the Portsmouth High School parking lot.

Volunteers

We have worked hard to plan and stage volunteers at strategic places on the course. All will have phone numbers for emergency personnel. If you know of anyone who would be interested in volunteering, please let me know.

Snake Swim Rules

All participants must enter water feet first. NO DIVING. If you enter the pool any other way you may receive a time penalty. Each participant will get a 15 second head start on the person behind them. The first person will start at 12:30pm and the last person at approximately 1:00pm. Approximate start times will be provided at check-in. Participants will be lined up around the

pool based on their race number. There will be a scheduled entry time for each swimmer. Please be ready to enter the water and start quickly when you get to the edge of the pool. Please stay back until you are called. To switch lanes, participants must duck under the lane lines in the shallow end of the pool. Participants will swim close to the lane lines and leave the middle of the lane open in case someone needs to pass. When passing other swimmers participants must lift their head forward to make sure he/she has enough room to pass safely. It is the PASSER'S responsibility to make sure there is enough space to pass. If you try to pass you must do so in the middle of the pool and not by a wall. Touching or grabbing the person in front of you is not permitted. Participants will complete their last length of the pool in the sixth swimming lane. Swimmers will get out of the water to proceed to the bike leg.

Snake Swim Diagram.

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	Duck under rope. Swim down lane 2 and back.
	Duck under rope. Swim down lane 3 and back.
	Duck under rope. Swim down lane 4 and back.
	Duck under rope. Swim down lane 5 and back.
	Duck under rope. Swim down lane 6 and back.
<p>Remember swim on the right side of the lane going down and on the right coming back.</p>	At end of pool climb out and get ready for the bike!

Bike

This is a non-drafting race. All participants must wear a bike helmet.

Participants will not be allowed out of the Transition Area without a helmet. If you are going to pass someone you must give them the necessary space to do so. Do not ride on the left side of the street. It is suggested that participants bring sunglasses for the bike portion of the race. Sunscreen is always a good idea. On the bike route there are two left turns. Take caution when crossing traffic -- left turn locations: returning back to the high school at the intersection of Sagamore Road and South Street, as well as the intersection of South Street and Summit Ave (the road to access the back of the high school). See map below.

Run

The run course is 2.5 miles long. The run will loop around the high school, enter the school trails, and finish around the high school track. Volunteers will be stationed along the route to help direct you.

Refreshments

Refreshments will be provided to participants after the event.

Cancellation/Weather

This is a rain or shine event.

Bike Route:

0 mi	Route Start	Head north toward Andrew Jarvis Dr
0.02 mi	Info	Continue onto Summit Ave
0.25 mi	Right	Turn right onto South St
0.25 mi	East	Head east on South St toward Marston Ave
1.17 mi	Right	Turn right onto New Castle Ave
1.33 mi	Right	Turn right onto NH-1B S/New Castle Ave Continue to follow NH-1B S
2.34 mi	Up Left	Slight left onto NH-1B N
3.15 mi	Southeast	Head southeast on NH-1B S toward Wentworth Rd
5.52 mi	West	Head west on Wentworth Rd toward Sagamore Ave
5.53 mi	Right	Turn right onto Sagamore Ave
6.6 mi	North	Head north on Sagamore Ave toward South St
6.62 mi	Left	Turn left onto South St Destination will be on the right
6.99 mi	West	Head west on South St toward Summit Ave
7.12 mi	Left	Turn left onto Summit Ave
7.36 mi		Destination

