

2010 RACE INFORMATION

BLACK FLY TRI FEST LITTLE BUGGERS YOUTH TRIATHLON

presented by

TYR, WHITAKER CHIROPRACTIC, and MC CYCLE AND SPORT

Your entry is CONFIRMED! Keith Jordan, race director, and the friendly folks from Waterville Valley, Campton, and Thornton, New Hampshire welcome you to the Second Annual Black Fly Tri Festival... we thank you for entering and hope you have a great race! Please check your entry info and let us know if there are any errors by calling Lin-Mark at 856-468-0010, or e-mail them at lin-mark@lin-mark.com. Also, please check our web site, www.blackflytri.com for updated information, directions, confirmed entries, and sponsors.

YOU MUST BRING A PHOTO ID AND YOUR USAT CARD (IF YOU'RE A MEMBER) TO REGISTRATION!

ABSOLUTELY NO SPRAY PAINTING ON ROADWAYS... SIDEWALK CHALK ONLY!!!!

LITTLE BUGGERS RACE INFORMATION

PARKING: Parking is available at the Black Bear Lodge, Waterville Valley Conference Center, Village Condos, Recreation Department, and Snow's Mountain. Parking on the race course is not permitted. **Please make sure you allow adequate time for parking...** we want everyone to have plenty of time for pre-race preparations! For those athletes staying at Waterville Valley and it's resorts, you may easily walk to the race start from your resort parking lots.

REGISTRATION: Once you've parked, make your way to the registration tent, located next to the transition area (near the Ice Arena and Town Square). **Registration starts at 2:00 PM. PARENTS: Please bring a photo ID and your child's USA Triathlon card (if they're a member) to registration. YOU MUST HAVE ID!** USAT *requires* that all athletes show proper identification, and since we have no way of verifying your child's membership at the race site, it is your responsibility to bring your USAT card OR print out the proof of membership at www.usatriathlon.org if you have lost the card. You'll pick up your packet, which will include your swim cap, bib number, bike frame number (big sticker), and helmet number (small sticker). You'll also pick up your goodie bag and race shirt. Then, proceed to body marking. Next, head to the transition area to rack your bike. MC Cycle & Sport will be available for last minute bike emergencies.

PRE-RACE MEETING: Saturday, July 10, at 2:45 PM at transition. Black Fly Tri is a non-competitive, non-timed triathlon FOR FUN. All are encouraged to attend this meeting to go over rules, procedures, course layout, and race-day activities.

RACE DAY: Once you've parked and have picked up your packet, make your way to body marking, located next to the transition area. This will be the first thing you do on race day. Volunteers will body mark you with your number before you proceed to the transition area. Next, head to the transition area to rack your bike in it's assigned spot. Each bike rack spot is numbered, and will match your bib number. You must wear the swim cap issued at registration and be ready to start in numerical order. Please allow time for the short walk down to the swim start. The first swimmer will start at 3:00 PM. **All athletes must be out of the transition area by 3:00 PM when the first swimmer starts.** The swim is a time trial start.

Athletes will line up according to their race number and swim cap color, in numerical order. Athletes will then be sent over the timing mat individually at 5 second intervals, to begin their swim. Typical water temperature in Corcoran's Pond is 70 degrees F. There will be lifeguards, boats and kayaks on the 50 yard **TYR SWIM** course to assist you if needed.

After completing the swim, you will transition to the 1.5 mile **MAVIC BIKE** course. You must buckle your helmet before you take your bike off the rack, and keep it buckled until after you re-rack your bike. Triathletes are encouraged to bring a water bottle on the course. MC CYCLE AND SPORT will be patrolling the course to aid with any mechanical problems. ALL TURNS WILL BE CLEARLY MARKED WITH SIGNS, AND MANNED WITH VOLUNTEERS AND POLICE OFFICERS. PAY ATTENTION!! Course maps are available on the website, www.blackflytri.com, and will also be available at packet pickup. There will be maps posted next to the registration tent. Always stay to the right of the roadway and do not cross the center line. Please dismount from your bike at the marked location before entering the transition area.

After the bike, you will transition to the .5 mile **RUN**. Please remember to wear your race number on the front at all times. There will also be an aid station stocked with WATER as you exit the swim and when you start your run.

KIDS ZONE: A Kids Zone is available to keep the youngun's occupied on race day. Bonk The Moose will also be walking around handing out Black Fly Bucks, that children may redeem at the Black Fly General Store, located in the Expo Area. There will be a bunch of goodies for the children to choose from.

A coloring contest, where the children will color pictures of Buzz the Black Fly, will also take place. Pick up your coloring picture in the Kids Zone. Inspiration signs will also be available there, for the children to make inspirational signs for their favorite athlete.

There will also be a pie eating contest for children aged 4 and up. The contest will occur right before the awards presentation. Please sign your child up at the KIDS ZONE to participate.

LIVE WEBCAST: A live webcast of the race will be broadcast on the EndorFUN Sports' Tel-E-Vision site, located at www.blackflytri.com. Live footage of the swim, bike, run and the finish will be available. Please notify family and friends who will not be accompanying you to the race to tune in.

BLACK FLY BASH: Join us for the Black Fly Bash in Town Square, with live music by Audrey Drake from 5PM -7PM Saturday evening, July 10th.

BONFIRE AND S'MORES: On Friday evening, July 9th, come to the beach on Corcoran's Pond for a great campfire and s'mores from 7 PM-9 PM. There will also be live music in Town Square from 5 PM- 7 PM on Friday evening.

ACCOMMODATIONS: There are numerous places to stay, all within 200-300 yards of the race site and Town Square. To reserve your room, go to www.waterville.com. Please reserve your room as soon as possible. For a list of accommodations, also check www.blackflytri.com.

SCHEDULE OF EVENTS

FRIDAY JULY 9

Waterville Valley, NH

5:00 pm - 7:00 pm : International Distance, Short Course, Lord of the Flies, and Time Trial packet pickup
5:00 pm - 7:00 pm : BuzzFest with exhibits and vendors
7:00 pm : Black Fly Bike Time Trial
5:00 pm- 7:00 pm: Live music on the bandstand in Town Square
7:00 pm-9:00 pm: Campfire and S'mores on Corcoran's Pond Beach

SATURDAY JULY 10

Waterville Valley , NH

5:30 am - 7:30 am: International Distance packet pickup
5:30 am: Transition area opens
7:10 am: International Distance pre-race meeting AT TRANSITION
7:30 am: International Distance Triathlon begins
11:00 pm approx: International Distance awards ceremony
2:00 pm - 5:00 pm: Packet pickup for MS Sprint Triathlon
2:00 pm - 3:00 pm: Packet pickup and registration for the Little Buggers Kids Triathlon
3:00 pm: Little Buggers Kids Triathlon
8:00 am - 5:00 pm: BuzzFEST, with vendors, exhibits
5:00 pm – 7:00pm: Black Fly Bash in Town Square, with live music

SUNDAY JULY 11

Waterville Valley , NH

5:30 am-7:30 am: MS Black Fly Sprint Triathlon packet pickup
5:30 am : Transition area opens
7:10 am : pre-race reminders meeting at Transition area
7:30 am: Black Fly MS Sprint Triathlon begins
10:30am approx: awards ceremony for MS Sprint Tri and Lord of the Flies

DIRECTIONS TO TOWN SQUARE AT WATERVILLE VALLEY:

From points South... take I-93 North to Exit 28 towards CAMPTON/WATERVILLE VALLEY. Take a right off of the exit, onto Route 49. Take a left on Village Road. Town Square is on your left.

From Points North... take I-93 South to Exit 28 towards CAMPTON/WATERVILLE VALLEY. Turn LEFT onto NH-49/CAMPTON VILLAGE RD/WATERVILLE RD. Take a left on Village Road. Town Square is on your left.

If you have a friend or family member coming with you who would like to volunteer, please have them contact Audra at 603-293-8353 or e-mail audra@endorfunsports.com. GET READY TO TRI... we can't wait to see you at the 2nd Annual Black Fly Tri Fest!

Keith Jordan, Race Director