

# JERSEYMAN



## 2009 ATHLETE GUIDE

New Jersey Multisport Association  
[www.njmultisport.com](http://www.njmultisport.com)

## **TABLE OF CONTENTS**

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Letter from the race directors	Page 2
Race Dedication	Page 3
Schedule of events	Page 4
Logistics	Page 5
Swim Course and Rules	Page 6
Bike Course and Rules	Page 7
Run Course and Rules	Page 11
Swim Waves	Page 12
Sprint bike cue sheet	Page 13
Half Iron bike cue sheet	Page 14
Race Day Checklist	Page 15

## LETTER FROM THE RACE DIRECTORS

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Hello and welcome to the second annual JerseyMan Half Iron and Sprint triathlons. You are in for a great day of racing and fun! A lot of people have put in a lot of hard work to make the second annual JerseyMan triathlon bigger and better. We would like to thank you all and we appreciate the support we have received along the way.

The swim will be taking place in one of the nicest bodies of water New Jersey has to offer, enjoy! Both bike legs will be sure to please as they are unforgettable rides that include some of Hunterdon County's most scenic routes. The run courses will also be sure not to disappoint.

We would like to take this opportunity to ask every triathlete to look out for their fellow athletes and if you see somebody in trouble please help out. We are a small community and we need to look out for one another. We are taking extra measures to ensure everyone's safety. There are two areas of great concern that we need to address to all participants. We have been informed by the police that all athletes need to slow down and heed their direction at all times. A particular area of concern is as the Half Iron approaches the town of Frenchtown. This can be a fast section that can be dangerous due to traffic and a left turn that approaches quickly. The roads will be chalked directing you to slow down. The other area of concern is around mile marker 34.5, there is a metal grate bridge that can be dangerous. We will be rolling a 1000 pound rubber mat across the bridge to alleviate the effect of the bridge. We will also be enforcing a 10 mph max speed across this bridge. The road will be marked warning you to slow down. Again we want to ensure the safety of all participants so please adhere to the direction of all volunteers, police and race officials they are there to assist you! Please remember the race course is open to traffic at all times so it is imperative you follow the rules of the road.

Enjoy your race as you will have a truly wonderful experience and enjoy the great post race BBQ celebration! Please remember to thank the volunteers and police as without them this race would not be possible.

Race hard, have fun and be safe!  
Ian Heffernan and John O'Connell  
Race Directors

## RACE DEDICATION

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The 2009 JerseyMan triathlon is dedicated to the memory of John M. Fischer



JOHN M. FISCHER

John M. Fischer, Marathoner, Triathlete, Ironman, passed away suddenly February 9, 2009. John was a two time Boston Marathoner and an avid competitor in many local triathlons in Hunterdon County, as well as completing his first Ironman in Florida in 2007. He was registered to compete in this year's JerseyMan in preparation for the Lake Placid Ironman in July. He was actively engaged in the training process until the day before he died. When people asked him, "Why would you run a whole marathon after swimming 2.4 miles, and biking 112 miles?" He would laugh and say, "Because most people think it's impossible and nothing is impossible." So when the strokes get tougher or the pedals seem harder to push or when you feel your quads working while you're running on a hill, let John be the inspiration to keep moving you forward, telling you that whatever your current obstacle is, it is not impossible. Think positively and keep in mind one of John's favorite quotes: "The body achieves what the mind believes."

## **SCHEDULE OF EVENTS**

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### **Saturday, April 11, 2009**

8 AM – 12 PM Supported pre race ride. Become familiar with the course prior to the race.

### **Friday May 8, 2009**

3:00 – 8:00 PM Packet Pickup Hampton Inn Clinton, NJ (HIGHLY RECOMMENDED)

### **Saturday, May 9, 2009**

5:30 AM Park opens

5:45 – 7:00 AM Packet pickup HALF IRON (Arrive Early) Bring a flashlight!

5:45 – 9:00 AM Packet pickup SPRINT (Arrive Early)

5:30 AM Body marking and transition opens

7:15 AM Water opens for swim warm up

7:30 AM MANDATORY pre race meeting for Half Iron (transition closes)

7:45 AM HALF IRON RACE STARTS! (see wave assignments on page 12)

9:15 AM MANDATORY pre race meeting for Sprint (transition closes)

9:30 AM SPRINT RACE STARTS! (see wave assignments on page 12)

1:30 PM Sprint Triathlon Awards

2:30 PM Half Iron Awards

4:00 PM Post Race Party concludes

## LOGISTICS

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### **Directions to early packet pickup and race site**

We recommend you use [mapquest.com](http://mapquest.com) to obtain accurate directions

Packet Pickup on Friday May 8th 3:00 PM – 8:00 PM  
Hampton Inn (Host hotel)  
16 Frontage Road  
Clinton, NJ 08809

The address of the race site and race day packet pickup is:  
68 Van Syckle's Road  
Clinton, NJ 08809

### **Lodging**

#### **Host Hotel:**

Hampton Inn, Clinton 908-713-4800 A special rate of \$89 has been negotiated and will be provided to all JerseyMan athletes. All that is needed is to provide them with the discount code JMT when making your reservation. If you have already booked a higher rate please call them and provide them with the discount code. If you booked a different local hotel please feel free to switch as the Hampton Inn is very convenient.

### **Camping**

Spruce Run State Park (event site) 908-638-8572

### **Parking**

Parking will be available race day starting 5:30 AM. There will be no fee for parking . Please give yourself enough time race morning to arrive on time. Roads can be congested as athletes and spectators converge on the area in a short period of time. If you are racing in the sprint please arrive well before start time as there will be Half Iron athletes on the roads. Come watch the start of the Half Iron and get pumped up!!!

### **Amenities**

Indoor restrooms and showers will be onsite!!!

### **Packet Pick up**

Packet pickup will be available Friday, May 8<sup>th</sup> 3:00 PM – 8:00 PM at the Hampton Inn Hotel in Clinton, NJ. Limited packet pickup will be available race day between 5:45 AM and 7:00AM for the Half Iron and between 5:45 AM – 9:00 AM for the Sprint. If you plan to pick up your packet race day please arrive early as packet pickup will close promptly at the specified times.

1. Confirm athlete bib number on the athlete list posted.

## LOGISTICS (cont)

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2. Pick up registration envelope, this contains the following:
  - a. **Race Numbers**- bike frame numbers and bib number
  - b. **Swim cap**
  - c. **Timing Chip**
3. Pick up Goody Bags

After you have received your packet, label all of your gear with your name and with the numbers provided. Be sure that all of the numbers are applied properly to avoid penalties during the race.

### **Transition Open**

**It will be DARK so bring a flashlight!**

5:30 AM – 7:15 AM Half Iron

5:30 AM - 9:15 AM Sprint (The sprint transition has a separate entrance then the Half Iron. Both transition areas will become one once the sprint transition closes at 9:15. This separation allows the sprint transition to stay open after the Half Iron starts.)

Prior to being allowed in the transition area you must be body marked and race number must be on your bike. Body marking will be taking place right outside the transition area.

Transition closes at 7:15AM for the Half Iron and 9:15 for the sprint. . All athletes must be out of the transition zone and headed to the swim before this time.

- Each row of bike racks will be assigned a group of numbers
- Drop/Check your personal race items in Transition .
- Follow the volunteers and signs to swim start.

## SWIM COURSE AND RULES

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Course Length: Sprint .5 miles / Half 1.2 miles

The Sprint/Half will be one loop counter clockwise around buoys in Spruce Run Reservoir. Sprint racers will turn left at the first red triangle buoy. Half racers will proceed around the entire marked course keeping right of the buoys. The swim will start on a well maintained sand beach that will allow plenty of room for all competitors.

1. Each athlete must wear a swim cap provided by the JerseyMan.
2. No fins, paddles, or pull buoys are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddleboards.
5. Wetsuits are mandatory for all athletes.
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
7. Eyeglasses must be labeled with the athlete's race number. Glasses should be placed onto the eyeglasses table near the swim exit, just outside of transition in the swim exit

## SWIM COURSE AND RULES (cont)

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chute. You may retrieve them following the swim from the eye glasses table. Do not forget to do this upon exiting from the swim; you are responsible for reclaiming your glasses.

*\*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN.*



## BIKE COURSE AND RULES

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### **Sprint Course Length 19.5 miles/31 kilometers**

The bike will be 19.5 miles through beautiful towns and farmlands of Hunterdon County. The bike will be one loop on rolling terrain. There is one decent climb that is relatively short but it will be rewarded with a nice downhill section! Racers will find this a nice course!

### **Half Course Length 56.6 miles/90 kilometers**

The bike will be a scenic **one loop** 56.6 mile race through beautiful farmlands and quaint towns. The course will travel to historic Frenchtown, NJ. From there the course travels along the Delaware River providing a flat (to downhill) lightning fast 12 mile section.

The route will then take you along a gorgeous babbling creek and passes through NJ's only covered bridge. The bike course will be one scenic loop with over 30 miles of fast flat terrain with the remainder of the route being a variation of terrain with some hills mixed in. The bike course will promise to keep your interest throughout the entire 56 miles!

## **BIKE COURSE AND RULES (cont)**

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1. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.
  2. Position Rules:
    - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
    - b. Athletes must ride single file on the far right side of the road except when passing another athlete. Side-by-side riding is not allowed.
    - c. Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.
    - d. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing.
    - e. An overtaken athlete must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
    - f. Athletes committing rule violations will be notified “on the spot” by an official.
  3. A CPSC- approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed.
  4. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.
  5. Each athlete must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each athlete should be prepared to handle any possible mechanical malfunction.  
*\*NOTES: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACEMENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL BE ON THE COURSE THROUGHOUT THE DAY, BUT ARE LIMITED IN NUMBER. PLEASE BE SELF SUFFICIENT.*
  6. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
  7. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
  8. Bike inspection is not mandatory and will not be provided at check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes.
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## **BIKE COURSE AND RULES (cont)**

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However, race officials may at their discretion make final judgment as to the soundness of bikes.

**9. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.**

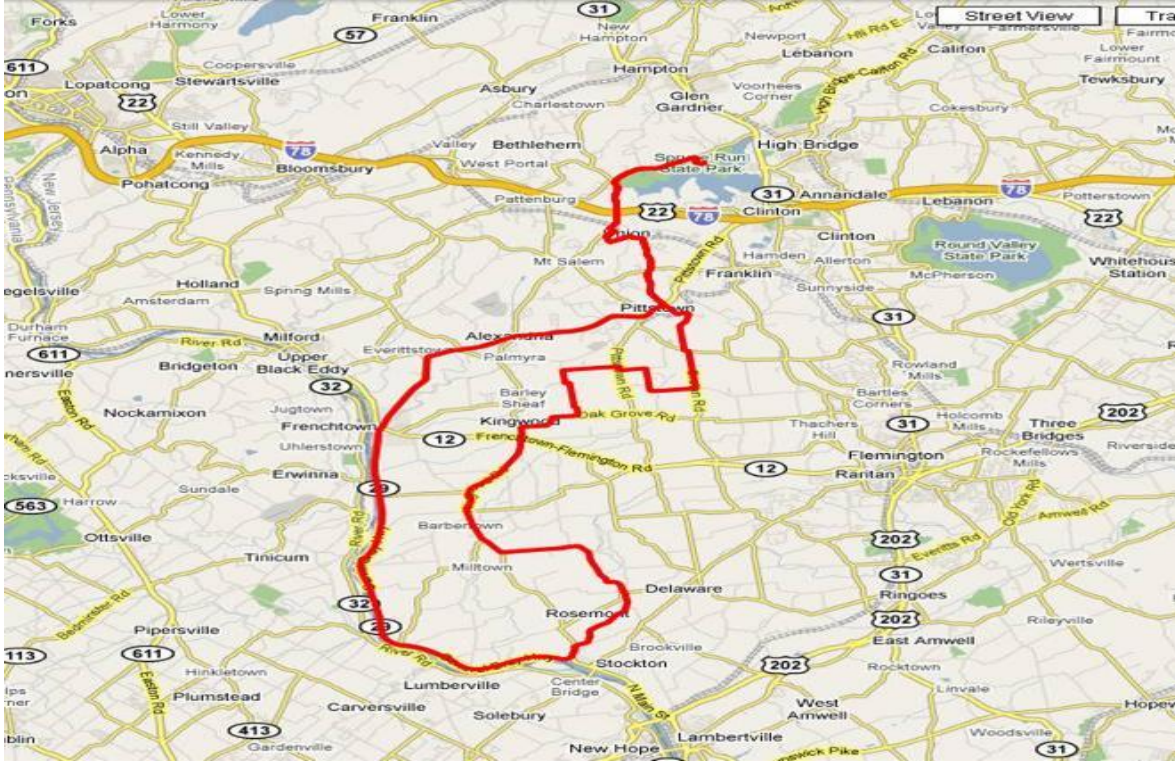
**10. MEDICAL SUPPORT:** If you need minor medical assistance Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

*\*NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY MILE 17 AND MILE 40. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK -UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER, HEED, AND HAMMER GEL AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE DESIGNATED DROP ZONE.*

# BIKE COURSE AND RULES (cont)

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## Half Iron Bike Course



## **RUN COURSE AND RULES**

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### **Sprint Triathlon Run**

**Course Length 3.1 miles/5 kilometers**

The run will be a 5K (3.1 miles) of mostly flat terrain with some slight grades on well paved asphalt roads. The majority of the course takes place within the park. There will be two water/aid stations on the course with an assortment of HEED, water and HAMMER gels.

### **Half Iron Run**

**Course Length 13.1 miles/21 kilometers**

***Cut Off Time 4:00PM***

The run will be 13.1 mile two loop course. There will be some gradual grades throughout the course but no major climbs. This is a new course for 2009 which was selected to eliminate the majority of the hills from last years course and allow spectators to be more involved. There will be 12 water/aid stations that are spaced between 1 and 1.5 miles apart with an assortment of HEED, HAMMER gels, and water.

### **Run Rules**

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their race number in front of them clearly visible at all times on the course. Race numbers issued by NJ Multisport identify the official athletes in the race. Folding or cutting the race number intentionally or failure to wear your race number is STRICTLY PROHIBITED and may result in disqualification. Race belts are allowed.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are also still competing.
4. Athletes are expected to follow directions and instructions of all race officials and public authorities.
5. The Jerseyman run course will officially close at 4:00PM. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

## SWIM WAVES

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Age is determined by the calendar year. If you turn 30 in 08, even if it's after September 28, you still compete in the 30-34 age group.

### Cap color TBD race day

Wave assignment can vary. Race day instructions may override the below wave assignment.

## Half Iron Waves

WAVE #	START TIME	INCLUDES:
1	7:45AM	Half Iron: M/F elite/pros Male 39 & under
2	7:50 AM	Half Iron: Males 40 & over, Clydesdales
3	7:55 AM	Half Iron: All women, First Timers, Athena and Relays

## Sprint Waves

WAVE #	START TIME	INCLUDES:
1	9:30AM	Sprint: M/F elite/pros Male 39 & under
2	9:35 AM	Sprint: Males 40 & over, Clydesdales
3	9:40 AM	Sprint: All women, First Timers, Athena and Relays

## **SPRINT BIKE CUE SHEET**

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- 0.0 Exit transition proceed towards park entrance
- 0.3 Left turn onto Van Syckle's Road
- 2.3 Left turn onto County Road 635
- 3.9 Left turn onto Stonebridge Road
- 4.1 Right turn onto Wolfs Farm Road
- 4.5 Left turn onto Main Street
- 5.0 Right turn onto Perryville Road
- 7.8 Right turn onto Pittstown Road
- 8.7 Left turn onto Quakertown Road (County Road 579)
- 10.0 Left turn onto Whitebridge Road
- 12.0 Cross Pittstown Road onto Perryville Road
- 14.8 Left turn onto Main Street
- 15.3 Right turn onto Wolfs Farm Road
- 15.7 Left turn on Stonebridge
- 15.9 Right turn onto County Road 635 (Mechlin Corner Road)
- 17.4 Right turn Van Syckle's Road
- 19.3 Right turn into Spruce Run Park
- 19.6 Dismount bike and proceed to transition

## HALF BIKE CUE SHEET

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0.0 Exit transition proceed towards park entrance  
0.3 Left turn onto Van Syckle's Road  
2.3 Left turn onto County Road 635  
3.9 Left turn onto Stonebridge Road  
4.1 Right turn onto Wolfs Farm Road  
4.5 Left turn onto Main Street  
5.0 Right turn onto Perryville Road  
7.8 Right turn onto Pittstown Road  
8.3 Right turn onto Everittstown Road (County Road 513)  
15.8 Left turn onto Route 29 (Water Stop ~ 17 miles)  
27.5 Left turn onto Kingwood Stockton Road (County Road 517 North) towards Rosemont  
27.7 Right turn onto Lower Creek Road  
30.2 Left turn onto Rosemont Ringoes Road (Covered Bridge) T turn  
30.3 Right turn onto Upper creek Road (1<sup>st</sup> right after covered bridge)  
32.0 Left turn onto Featherbed Lane (County Road 519)  
34.0 Right turn onto Kingwood Stockton Road  
34.5 Metal Grate Bridge (Mat will be rolled across on race day) **BE CAREFUL!!! GO SLOW! GO SLOW! GO SLOW!**  
38.5 Cross Rt. 12  
38.9 Right turn onto Oak Grove Road  
40.2 Left onto Hampton Road (40.6 water stop)  
41.5 Right turn onto Oak Summit Road  
42.0 Right turn on Baker Road  
43.1 Right onto Pittstown Road  
43.3 Left Locust Grove Road  
43.8 Right Wolverton Road  
45.5 Left Turn County Road 579 (Croton road)  
46.8 Left turn onto County Road 579  
47.0 Right turn onto White Bridge Road  
48.9 Straight across Pittstown Road to Perryville Road  
51.6 Left turn onto Main Street  
52.1 Right turn onto Wolf Farm Road  
52.5 Left turn on Stonebridge Road  
52.7 Right turn onto Mechlin Corner Road (County Road 625)  
54.4 Right turn on Van Syckle's Road  
56.3 Right turn into Spruce Run Recreation Area  
56.6 Dismount to transition area

# RACE DAY CHECKLIST

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## SWIM

- Timing chip
- Swimsuit
- Body Glide
- Wetsuit
- Goggles
- Goggle defogger
- Swim cap
- Towel
- Squirt water bottle or small tub for water to clean feet

## BIKE

- Bike
- Bar ends plugged
- Bike computer re-set
- Bike number affixed
- Bike shorts (if different than swimming shorts)
- Bike shirt
- Bike helmet
- Bike helmet number affixed
- Bike shoes
- Bike pump
- Proper psi in bike tires
  
- Spare tube, CO2 cartridges and inflator
- Tire wrenches
- Water bottle and energy drink
- Energy source/Salt Tablets
- Sunglasses (optional)

## RUN

- Running shoes
- Running shorts (if not running in bike shorts)
- Running shirt (if not running in bike shirt)
- Running socks (if not running in bike socks or w/out socks)
- Visor/hat
- Lubricant in heel or toe if not wearing socks
- Race number attached to running shirt or race belt
- Energy source for run

## TRANSITION AREA

- Bag or backpack
- Energy source
- Sunscreen
- Extra water bottle and sports drink
- Extra Towel
- Safety pins
- Jacket / sweatshirt
- Post race clothes (usually what you wear to race)