



Dear Athlete,

Thank you again for registering for the **Annual DAM Sprint Tri & Duathlon** presented by **CRAVE Bistro** scheduled for this upcoming Sunday, July 14th at Lake Gardner in Amesbury, MA. We are psyched to see all of you!! As usual we have a ton of veteran DAM triathletes, some brand new to the sport, and a handful of youth triathletes registered to compete.

Please take a few minutes to read this packet in its entirety. We included every detail possible, to limit any unanswered questions.

Event Snapshot

Date: 7/14/2024

Race Site: 80 High Street, Amesbury MA (Lake Gardner Beach)

Race Start Time: 8AM

Pre-Race Packet Pick Up: To be held on Saturday from **11-3pm on the front deck at CRAVE Bistro** located at 10 Water Street just down the street from race site in Amesbury, MA. **Athletes are strongly recommended to pick up their packets in advance, especially first timers.** There is a new Café attached to Crave, called Water Street Café, that would be the perfect opportunity for a pre-race breakfast, lunch or just a cup of coffee. They'll be open till 2pm!



Race Day Packet Pick Up will open at 6AM and close at 7:40AM at Lake Gardner under the High5EM tents towards the beach past the concession stand.

What is REQUIRED at Packet Pick Up?

A Valid ID or USAT card (if you are a USAT member)

Can you pick up for your friends?

No – As part of USAT guidelines, everyone must check-in. If you are on a relay team, all members of the relay team must be present to get your team's packet.

What you'll get at Packet Pick Up: Race shirt, swim cap & a race packet which will contain your timing chip, bib #, bike/helmet #. Your bike/helmet numbers are adhesive stickers. Your bib # is required during the run ONLY, worn on the front part of your person (waist, shirt or shorts)

Parking: There will be NO PARKING race morning at Lake Gardner. See options below in order of convenience.

–21 Friend Street, Amesbury MA (Public Parking) – 1/4 mile away from race site

–49 Friend Street in Amesbury, MA (Town Hall Parking Lot) – 1/4 mile away from race site

–24 Water Street, Amesbury MA (Public Parking) – Less than 1/2 mile away from race site

–9 School Street, Amesbury MA (Back of the Public Library) – Less than 1/2 Mile away from race site

Please park only in designated areas. Vehicles parked in neighborhoods/side streets with “No Parking” signs will be towed. **There is no parking along High Street. The entire road will be shut down by 7am that morning; cars will be towed that are parked on High Street.**

Race Morning: If you do pick up your race packet on Saturday, the first thing you need to do when you arrive on Sunday morning, is get body marked by the entrance to transition (SWIM IN/RUN OUT), unless you'd like to do this on your own.

RIGHT CALF – YOUR AGE as of 12/31/24

RIGHT ARM – YOUR ASSIGNED RACE NUMBER

Transition Area: The transition area will open at 6:00AM. All athletes will need to be body marked prior to entering the transition area. At 7:45AM transition will close, and everyone will need to be down on the beach by 7:50AM. At that point, the Race Director will begin reviewing important safety and venue logistics. **Athletes will not be allowed to remove bikes/equipment from transition prior to 10AM. An announcement will be made when you are allowed to begin removing bikes.**

Please be courteous to your fellow racers and respect this request as this is a smaller venue.

Bike Mechanical Support: If you have any issues with your bike on race morning, please visit the Riverside Cycle Tent. A mechanic will be on site at Lake Gardner providing minimal mechanical support pre-race starting at 6AM. On course bike support is limited, so you should be prepared to carry your own spare tubes, cartridges, etc. If you happen to run into an issue, that prevents you from getting back to Lake Gardner, please call Bike Coordinator, Will Lai at 978-219-4135 or 978-594-7050 and we'll do our best to send support.

2024 Wave Plan

8:00AM Duathlon Start

8:03AM Male 44 and Under / Clydesdale

8:06AM Male 45+

8:09AM Female 44 & Under

8:12AM Female 45+ / Athena / Relays

8:15AM Rec+Novice / Aquabike / Para

Novice/Rec Category: The DAM is the perfect triathlon for first timers. You'll be surrounded by seasoned triathletes and there are plenty of volunteers around and in transition (LOOK FOR THEM IN High5EM SHIRTS or VOLUNTEER SHIRTS), feel free to ask them if you are unsure of anything.

Swim Course: 1/3 mile counter-clockwise swim! All waves will start in the water. NO wave will have more than 60 people. Buoys WILL always be on your left shoulder at all times!! Position yourself accordingly. If you are a strong swimmer, get in the front. Otherwise, seat yourself where you will feel most comfortable. **Think about this prior to race morning.**

If you are at all nervous about the swim, you should request a different color cap at check in. This will help all water safety volunteers distinguish you from the rest of the waves. At any time during the swim ANY athlete is permitted to grab onto a safety boat to rest, just as long as that safety boat/sup/kayak isn't moving forward. We will have a bunch of safety personnel on the water, including the Amesbury Fire Rescue boat. If you need a hand, put your hands up as best as possible and one of our guides will be there to help. It's okay if you need a minute or two, catch your breath, there is no rush. If you decide this isn't your day, then we can surely get you back to land.

PLEASE take notice of your fellow friends in the water, we are all out there, doing our best and working towards that finish line, but safety comes first. If you notice someone struggling or coughing A LOT, please take a second and make sure they are okay, you will want someone to do the same for you.

This is an important note: If you do DNF the swim or decide to not proceed onto the bike/run legs after the swim you must notify a High5EM staff member or the race timing company. This is a very important safety measure to keep all athletes accounted for.

Wetsuits: The water temperature will be taken on Thursday and announced and then again on race morning as this is a USAT-sanctioned event and will follow USAT guidelines.

** Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

USAT Rules and Guidelines: Please review all rules at www.USATriathlon.org.

Three areas of common violations are (1) Drafting, (2) Blocking and (3) Centerline. To avoid drafting violations you must stay at least 3 bike lengths behind the competitor in front of you. When attempting to pass you must do so within 15 seconds. Blocking violations are assessed for failing to ride to the right (except when passing). Centerline violations can be avoided by not crossing the yellow centerline of the road. HELMETS ARE REQUIRED. Chin strap must be buckled at ALL times you are on the bike even in the transition area. Handlebars/aerobars must have bar-end plugs securely inserted into the bar. Taping over bar ends is not permitted.

Bike Course: On this 12.3 mile scenic, rolling course, you'll travel on quiet roads through a picturesque

New England farm country into Southern New Hampshire. The course has a few sharp turns that will be clearly marked. The entire course will be heavily marked with signage & large mile markers displayed. There will be a large police presence and volunteers will be stationed throughout the course. You'll be turning left out of Lake Gardner to start and left to re-enter Lake Gardner through the main entrance, hanging left of the pennants to rack your bike in transition. From there you will head out onto the run.

Visit our webpage for course maps: <http://www.high5em.com/dam/>

Run: The 3-mile run is a mix of trail and road offering portions of rollers, flats and a few hills. Your first $\frac{3}{4}$ of a mile will take you through a well packed, maintained trail, staged parallel to the lake. This entire single-track section will be staked with small red ground flags, with a few volunteers staggered throughout. Beyond the single-track trail, sits Battis Farm, a beautiful open field, following a nature trail that will lead you to the Fuel Station with water/Gatorade, then out on South Hampton Road that should be very quiet on a Sunday morning. You'll turn Right onto Rowell St. hit your second opportunity for fuel, which will lead you up one "DAM" BIG Hill. Once you reach the top of that hill you'll weave your way through the back roads back to Lake Gardner to the Finish.

Visit our webpage for course maps: <http://www.high5em.com/dam/>

More Course Details: The roads are open to traffic so please be cautious and follow the rules of the road. There are a few sharp turns, which will be heavily marked with caution signs leading up to the turn. We will do our very best to mark up all dicey spots on the road, but please be cautious and always safe.

****Trash:** Amesbury, South Hampton & Newton NH have been very kind to us for so many years, so please don't dispose of any of your trash on any part of the course where there isn't a trash receptacle.

****Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.**

Duathlon Details:

This year marks the 5th Annual Duathlon as part of the DAM which consists of a 2-mile trail run, 12.3-mile bike ride and a 3 mile run.

Run Leg #1 : Your first run leg will consist of a 2-mile run that will weave you through the Amesbury Trail System that sits just parallel to Lake Gardner. The trail is a well maintained, that is rated as easy terrain. You'll start at 8:00AM on the paved trail by the concession stand. The course will have small red ground flags set throughout the single-track trail portion (Stagecoach Trail), and then directional course signage once you're off the single track. You'll be following the Stagecoach trail into Battis Farm, a beautiful open field, where you'll meet your first volunteer. You'll turn around once you reach the Battis Farm parking lot and you will head back the same exact way back to transition, via the Stagecoach Trail.

Bike: This is the same bike course as the triathlon.

Run Leg #2: Your second run leg will be the 3-mile run, the same as the triathlon run leg.

Visit our webpage for course maps: <http://www.high5em.com/dam/>

Aquabike Details:

All aqua bikers will start in the last swim wave at 8:15AM. You will follow guidelines for the 1/3-mile swim course and 12.3-mile bike course. **You will PROCEED to DISMOUNT YOUR BIKE where directed and run your bike through the finish line.** A bike rack will be placed by the finish line for your bikes until it is clear / safe for you to proceed back into transition to rack your bike.

Team Relays: All team relays will need to check in together, as ID's and USAT cards will need to be checked.

You will have one swim cap, one race bib, one bike #, and one timing chip (you will get this race morning like everyone else). The timing chip will be passed to one another in transition and should be placed on your left ankle. The runner must place the bib on the front of their shirt/shorts. Please make sure you know approx. how fast your teammate is racing so you are ready to go in transition.

Award Categories:**Triathlon Award Categories**

Top 3 M/F Overall

Top 3 M/F Age Groups: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Top 3 Clydesdale – Male weight class (Clydesdale) 220 pounds

Top 3 Athena – Female weight class (Athena) 165 pounds

Top 3 M/F Para

Top 3 Tri Relay Teams

Top 3 M/F Novice/Rec

Aquabike Award Categories

Top M/F in Age Groups: 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Duathlon Award Categories

Top M/F in Age Groups: 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Top Du Relay Team

All athletes will receive a finisher medal after crossing the finish line. **The Award Ceremony is scheduled to start approx. at 10:15am on the beach.** Awards will not be mailed out, so if you want yours, please plan to stick around or have a friend claim yours.

Results: These will be readily available and posted on the Concession Stand shortly after you finish. The results can also be accessed on this website: <https://runsignup.com/Race/MA/Amesbury/DAM>

Post-Race Festivities: Athletes will pick from a variety of packaged refreshments not limited to Kate's Real Bars, packaged snacks, fruit, ice coffee and more. Your race entry includes 1 free BEER for those

21+. For those of you with a sweet tooth make sure to check out Amesbury's local cookie enthusiast, Renee! She owns and operates Sweet Cheeks mobile cookie cart and will be on site selling a variety of mouth-watering cookies! We'll also have our friends at North Shore Sport & Spine on site for post-race treatment! Make sure to swing by and see Tim! He's the best!

Professional Photos: Event photos will be available by the Tuesday following the event. The album link will be shared on our social pages. An email will be sent that includes a link to all the event photos. Please download any/all photos to re-share!! If you're on social, please be sure to tag #high5em #duortrithedam

Volunteers: Please thank all course volunteers throughout your event experience, many of them are local residents, Amesbury students, Boy Scouts and friends of High5EM that are all there to help enrich your racing experience.

Please be sure to like our Facebook Event Page to keep updated on all event announcements from now until race morning. Any pictures you take, please feel free to share on this page with hashtags: #DUorTritheDAM #High5EM

If you do have any additional questions that were not covered in this packet please email the Race Director, Ashley Steeves, at info@high5em.com

Thank you,

High5EM TEAM

