

ATHLETE GUIDE 2026 Sunshine Triathlon



Message from the Race Director

Race Director John Walsh

Email sunshine@trinl.com



Welcome to the 2026 Sunshine Triathlon!

It is with huge excitement that we welcome athletes to a day built on hard work, community, and the pure joy of pushing your limits. Whether you're here to chase a personal best, complete your first triathlon, or simply soak in the energy of Rotary Sunshine Park, you're part of something special. You've trained for this. You've earned this. And it's almost time to **swim strong, ride smart, and run proud.**

From our race volunteers to our volunteer race organizing committee we are so thrilled for every athlete on the start line. Thank you for bringing your spirit, your determination, and your love of sport. We're thrilled to have you racing with us.

Have an incredible race and enjoy every moment out there.

Let's make it unforgettable.

The Standard Distance Triathlon and Aquabike are World Championship Qualifier events! Please fill in the EOI prior to event day to be eligible.

(see website for the link)

A special thank you to our hard working committee members:

Isabelle Baird, Martin Berthiaume, Don Clarke, Steve Delaney, Emily Ferren, Kim Larouche

A special thank you to our Amazing Event Supporters and Sponsors



VOLUNTEERS:

WE WOULD LOVE TO HAVE YOU HELP US.

THERE ARE MANY TASKS BEFORE RACE DAY AS WELL AS ON RACE DAY WITH WHICH WE WOULD APPRECIATED YOUR HELP: kit bag stuffing, picking up supplies, course setup and marshaling, just to name a few.

Please email: Sunshine@trinl.com

2026 Schedule of Events

Friday, August 7th

Race Kit Pickup and Expo for **Sunshine Triathlon** at The Outfitters (Mt. Pearl) during business hours

Saturday, August 8th

Race Kit Pickup and Expo for **Sunshine Triathlon** at The Outfitters (Mt. Pearl) during business hours

07:00 PM – Mandatory Athletes Meeting on Google Meets – check your email for the link.

Sunday, August 9th

2026 Sunshine Triathlon!

07:00 AM – Transition Opens

07:45 AM – Transition Area Closes

07:15 AM – In-water warm-up opens, closes at 7:50

08:00 AM – Swim start for Standard Distance Triathlon, Relay, Aquabike and Aquathlon

08:00 AM – Run #1 start for Standard Duathlon

08:05 AM – Swim start for Sprint Distance Triathlon, Relay, Aquabike and Aquathlon

08:05 AM – Run #1 start for Sprint Duathlon

08:07 AM – Swim start for Super Sprint Triathlon swimmers

09:00 AM – Athlete Reception is at the Sunshine Camp Chalet Building

10:00 AM – Cut-off to start last bike loop

10:30 AM – Bike Course Closes

12:00 PM – Triathlon Event Ends

Important Race Day Information

HEADPHONES AND MUSIC POLICY

During online registration all participants agreed to NO headphones or sound equipment will be used while participating in this event. Thus we expect that participants abide by this for safety, insurance reasons, Triathlon Canada rules, and because music enhances performance amongst other reasons. While we welcome and want to have as many participants as possible for this event. This does not mean not following the rules.

No headphones or sound equipment of any sort is permitted to be used during the swim or bike or run or anytime from the start of the event until an athlete finishes or fails to make a cut-off time and exits from the event. Any athlete observed violating this rule may be immediately disqualified as per Triathlon Canada rules.

TIMING FOR THE BIKE AND RUN

THE BIKE AND RUN SEGMENTS CONSIST OF A NUMBER OF LOOPS. WE WILL BE COUNTING LOOPS, SO BIKE NUMBERS (FOR BIKE LOOPS) AND BIB NUMBERS (FOR RUN LOOPS), MUST BE CLEARLY VISIBLE.

MAKE SURE WE ARE ABLE TO COUNT EACH OF YOUR LOOPS! **CALL OUT YOUR NUMBER** AS YOU PASS THE BIKE LOOP COUNTERS (LOCATED AT BIKE IN) AND RUN LOOP COUNTERS (NEXT TO FINISH LINE)

TIME LIMITS FOR THIS EVENT

Athletes will not be permitted to continue into another lap or segment of the course, in the swim or bike or run, if they fail to meet the time cut-offs. Also note, cyclists finishing a bike course lap after the bike course cut-off, of 10:30 AM, should be aware of cars on the bike course. The last bike loop must be started by 10:00 AM.

Time Cut-offs:

Standard Distance Swim (1500m): 60 minutes

Sprint Distance Swim (750m): 30 minutes

Try-a-Tri Distance Swim (300m): 30 minutes

Bike Course Closes: 10:30 AM (roads reopen to traffic and the cyclist may complete current lap)

Athletes must start last bike loop by: 10:00 AM

Overall event cut-off: 4 hours, ~ 12 Noon

PARKING AND ARRIVAL

Transition will open at 7 am. Access to **parking lot on Bennett's Road after 7:30 AM will require exiting and driving north towards Old Broad Cove Road intersection as the bike course lane is closed.**

Parking is available on Bennett's Road in the parking lot across from Transition. You can also park on Thorburn Road in designated parking areas except barricaded areas of the bike course (from Bennett's Road to Tolt Road).

NO PARKING AT Sharpe's convenience store and gas bar parking lot.

For the safety of the athletes, volunteers, spectators and general public **DO NOT park on either side of Thorburn Road between Bennett's Rd and Tolt Road.** This is part of the Bike Route and vehicles parked along the route pose a safety hazard to cyclists. Your car will be ticketed and/or towed if parked there.

PLEASE DO NOT park in the town Fire Hall Parking Lot or block their access in any way.



ATHLETE CHECK-IN



7 AM - Athlete check-in opens. You must present your roadworthy bike and your helmet along with start number-bib at the check-in to participate. Please proceed to set up your equipment at your preferred spot in transition area. There will be specific bike rack locations for duathlon, aquabike, aquathlon, relay, try-a-tri, sprint, and standard distance athletes.

TRANSITION AREA SPACE

Bike rack spaces are on a first come basis, no reserved spaces.

Each athlete has the width of their handle bars for space.

Please place all of your items inside that area.

Please **do not move another participant's equipment.**

Extra gear can be placed along the transition fencing as long as it does not interfere with movement through transition.

Important Times to Note:

07:00 AM – Transition Opens

07:45 AM – Transition Area Closes

07:15 AM – In-water warm-up opens, closes at 7:50

08:00 AM – EVENT START!

BIKE & GEAR REMOVAL IS NOT PERMITTED UNTIL AFTER THE LAST CYCLIST HAS FINISHED OR WHEN SAFE TO DO SO AS DIRECTED BY TRANSITION PERSONEL IN ORANGE VESTS

TRANSITION AREA

There will be assigned areas for Try-a-Tri, Sprint, Standard, Duathlon, Aquabike, Aquathlon, and Relay, so please make sure your bike is racked in the appropriate area. If it isn't it will be moved by race officials.

During the race, always enter the transition area using **TRANS IN** (Swim In, Bike In). Always exit transition using **TRANS OUT** (Bike Out, Run Out). This ensures all athletes will have about the same amount of distance to move through transition with and without their bikes.



BIKE & GEAR REMOVAL IS NOT PERMITTED UNTIL AFTER THE LAST CYCLIST HAS FINISHED OR WHEN SAFE TO DO SO AS DIRECTED BY TRANSITION PERSONEL IN ORANGE VESTS.

This ensures that athletes still racing are not impeded by those that have completed their event.

RACE NUMBERS

In your race kit you are provided with 2 stickers as well as a race bib. One sticker is for your helmet and the second sticker must be placed on your bike seatpost, with the number rearmost. You may need to remove other gear below your saddle for correct placement.

Suggestion 1: Leave the sticker backing on the helmet sticker and use packing tape to cover the sticker and secure it to your helmet.

Suggestion 2: Leave the sticker backing on the seatpost sticker where it goes around your seatpost. Only remove the backing on either end of the seatpost sticker to join the ends of the sticker together – but be sure that this bike number remains in the correct position and is always visible, especially for loop counting.

Race numbers must always be visible during the race and are required as follows:

Bike: number on front of helmet, number on seat post (adhesive numbers provided in race kit). You are NOT required to wear your bib race number during the bike portion of the race. For athletes competing in the Aquabike please ensure you have your race number and it is visible when crossing the finish line.

Run: race bib number on chest during run portion, use provided safety pins or a race number belt (not provided).

IMPORTANT

THE BIKE AND RUN SEGMENTS CONSIST OF A NUMBER OF LOOPS. WE WILL BE COUNTING LOOPS, SO BIKE NUMBERS (FOR BIKE LOOPS) AND BIB NUMBERS (FOR RUN LOOPS), MUST BE CLEARLY VISIBLE.

MAKE SURE WE ARE ABLE TO COUNT EACH OF YOUR LOOPS! **CALL OUT YOUR NUMBER** AS YOU PASS THE BIKE LOOP COUNTERS (LOCATED AT BIKE IN) AND RUN LOOP COUNTERS (NEXT TO FINISH LINE)

TIMING CHIPS

This is a timed event. Upon check-in on Sunday morning please proceed as directed by the registration volunteer to pick up your chip timing strap. The timing official will test the strap and ensure that it is registered to the correct person. The timing chip is then placed around your ankle using the Velcro surfaces.

The strap should be wrapped tightly enough that it will remain on during the event, especially when you are removing your wetsuit. Please do not tie or knot the strap around your ankle as this ruins the strap for future use. Please ask the timing official for assistance if needed.

The chip and strap must be worn low on the ankle for a time to be recorded.

Throughout the race there are several timing mats that record your movement as you cross them, as with any electronic equipment issues may still occur and it is possible that a split time may be missed. If you lose or forget your chip during the race you will not receive split times. There is a backup system to capture times crossing the finish line so you will have a finish time in the event of a technical error. Race results will be provided immediately after the event. If there is an issue with your race time, please see a timing official or race representative.

Your timing chip will be removed at the start line. If you drop out of the event before the finish line, or are missed at the finish line, please return the chip to the timing official at the finish line.

For those participating in the Sprint or Standard Relay:

The timing chip is your relay “baton” and is switched from swimmer to biker to runner as the race progresses. If you forget to do this, you will not receive your individual splits. The timing chip exchange takes place at the bike rack inside the transition area.

Swimmers will exit the water and proceed to the transition area to tag their cyclist where the bike is racked in transition. The timing chip must be removed from the swimmer and placed on the ankle of the cyclist before the bike can be removed from the rack.

Cyclists must return the bike to the bike rack before removing the timing chip. The timing chip must be placed on the ankle of the runner before the runner leaves transition.

The timing chip must be worn on the ankle of each participant. Placement on the wrist or in a pocket is not permitted.

DUATHLON, AQUABIKE, AND AQUATHLON SPECIFIC INFORMATION

Duathlon will consist of a run segment (RUN #1) then a cycling segment and then a second run segment (RUN #2):

- Run #1 starts at the same time as the swim for the other related distance events (sprint / standard) and will start on the trail at the swim start area. The same starting horn will start both the triathlon and the duathlon. Duathletes will follow the marked trail.
- STANDARD DISTANCE IS 2 LOOPS OF THE RUN COURSE for run #1. Run past the finish line/transition area to complete your first loop and do one more loop, ending at the transition area.
- SPRINT DISTANCE IS 1 LOOP OF THE RUN COURSE for run #1. When you reach the finish line/transition area, you have completed run #1.
- At the end of Run #1 (either the required one or two loops), enter transition at the Trans In (Bike In, Swim In) side. From this point the duathlon is the same as a regular triathlon for the bike and run #2 segments.

Note that FOR RUN #2

- STANDARD DISTANCE IS 6 LOOPS OF THE RUN COURSE for run #2.
- SPRINT DISTANCE IS 3 LOOPS OF THE RUN COURSE for run #2

Aquabike, sprint or standard length, will consist of a swim and a bike leg as described below:

Aquabike athletes will start in the water with the corresponding Sprint and Standard distance race.

- Sprint distance athletes will do 1 loop of the swim course and 2 loops of the bike course.
- Standard distance athletes will do 2 loops of the swim course and 4 loops of the run course.

The Aquabike finishes when the athlete racks their bike in transition area, exits through the Trans Out (Bike Out, Run Out) exit and runs across the finish line.

Aquathlon, sprint or standard length, will consist of a swim and a run leg as described below:

Aquathlon athletes will start in the water with their corresponding Sprint and Standard distance race starts.

- Sprint distance athletes will do 1 loop of the swim course and 3 loops of the run course.
- Standard distance athletes will do 2 loops of the swim course and 6 loops of the run course.

Aquathlon athletes will run up to transition after the swim segment, exit at Trans Out (Bike Out, Run Out), and turn toward the run course. Run through the finish arch after the required number of loops.

Due to the limited numbers of athletes participating in the Relay, Duathlon, Aquathlon, and Aquabike, there will only be awards for team, male, and female overall winners.

BATHROOMS

Bathrooms are available at the following locations.

1. Near Transition
2. In the Chalet
3. On the trail by the Swim start



Swim Course



The swim course is a 4 corner course comprised of one or two clockwise loops.

Large buoys will mark the turn locations and athletes are required to swim around each buoy keeping the buoy on their right side.

Failure to round the buoy will result in penalization and possible disqualification.

ALL Swimmers will swim to the shore and exit through the OUTFITTERS finish arch and over the timing mat.

Please also be courteous AND AWARE OF OTHER swimmers on the course PARTICULARLY at the turn buoys.

For your safety, volunteers from Paddle NL will be in the water with kayaks. Swimmers are allowed to rest at a kayak if they feel the need to do so but **no forward progress can be made while holding a kayak.**

One lifeguard will be on the TriNL boat with radio access to race officials. If you require their assistance, please do not hesitate to do so. Be alert and ask for help if needed. **Your safety is our number one priority.**

DISTANCES

- Standard Distance swimmers will complete 2 Loops of the 750m course outlined above.
- Sprint Distance swimmers will complete 1 Loop of the 750m course outlined above.
- Tri a Tri swimmers will complete 2 Loops of the 150m course outlined above.
- Mad Moto Swimmers will complete 1 Loop of the 150m course outlined above.

Please refer to detailed SWIM rules later in the Athlete Guide.

Bike Course



- NO BIKE PORTION FOR MAD MOTO
- 1 LAP – Try-a-tri
- 2 LAPS – Sprint distance
- 4 LAPS – Standard distance

IMPORTANT

- Athletes MUST stay within the closed bike lane on the course in all situations.
- Athletes please be aware of possible vehicles exiting driveways and side streets across the closed bike lane. Also be aware that some motorists may stray into the bike lane.
- This is a NON-DRAFT-LEGAL event. As well, no parallel cycling is permitted as this makes passing very dangerous. Stay to the right of the bike lane as much as possible to allow for safe passing.
- Athletes MUST walk, as fast as they like, their bike to/from the transition area to the mount/dismount line.
- You must have your helmet on and strap fastened at all times when your bike is off the bike rack. Put your helmet on before removing your bike from the rack, and only remove your helmet after you have racked your bike.

The bike course leaves transition area and proceeds along Bennett's Road, to Thorburn Road, to Tolt Road, to Old Broad Cove Road, to Bennett's Road to the transition area to complete 1 LAP. The entire bike course is closed to vehicle traffic but there may be instances where local traffic may be required to cross the course. Be careful and alert at all times. **It is the athlete's responsibility to ride safely.** All main intersections will be attended by course marshals who have the authority to stop traffic (or cyclists) if needed.

It is an athlete's responsibility to have a bike in good working condition and to be prepared to deal with mechanical issues or flats. The general condition of your bike will be checked at athlete-check-in it is a good idea to have your bike properly checked by a trained professional prior to the race. E-Bikes are not permitted.

Please refer to detailed BIKE rules later in the Athlete Guide.

Run Course



- 1 LAP – Mad Moto
- 2 LAPS – Try-a-Tri
- 3 LAPS – Sprint distance
- 6 LAPS – Standard distance

NOTE: PLEASE SEE EARLIER SECTION FOR DUATHLON SPECIFIC RUN INFORMATION

- The entire run course is closed to vehicle traffic and on the Sunshine Park trails.
- The run course will have yellow high visibility tape across paths that are not part of the run course, so DON'T CROSS THE YELLOW TAPE.
- Runners are asked to be cautious of WALKERS as the park trails are not closed for this event.
- PLEASE USE THE OUTHOUSES TO RELIEVE YOURSELF. PUBLIC EXPOSURE IS GROUNDS FOR DISQUALIFICATION.
- There is 1 aid station along the run course just before the lap start finish line. The aid stations will be equipped with water and Gatorade
- If you are out on the run course and need medical assistance, please see an aid station volunteer.

Please refer to detailed RUN rules later in the Athlete Guide.

Official Race Rules

Please read and understand the following rules, failure to comply may result in penalties or disqualification. If anything is unclear please ask a race official or member of the Sunshine Triathlon committee prior to the start of the race. It is YOUR responsibility to understand and follow the rules!

General Rules

1. Registrations are not transferable and are non-refundable. All athletes must participate using their own identities.
2. Practice good sportsmanship at all times.
3. Pacing by a non-competitor during any portion of the race is forbidden. Pacing by vehicles is also forbidden, blocking is also forbidden.
4. Only athletes and officials will be allowed in certain designated areas (i.e. transition areas, finish line area). Triathletes are not permitted to have assistance during transitions or at any other point during the race with the exception of participants requiring assistance with adaptive equipment or special needs.
5. Bikes are to be racked within the confines of the bike racks. For safety reasons, bikes will be removed if placed on the end supports or anywhere other than on the bike racks.
6. Equipment in transition is to be placed within the immediate area of your bike at all times within the width of your handle bars and the length from the front of the front wheel to the back of the rear wheel. For safety reasons, if any equipment is found in the athlete traffic area, it will be removed. (Any extra gear may be placed along the transition fencing, as long as it is not blocking movement in the transition area.)
7. The Chief Course Marshal and medical personnel have ultimate and final authority to remove a participant from the race if (a) they have violated any of the rules of the race or (b) the individual is judged to be incapable of finishing the race safely.
8. Participants who drop out of the race must notify the nearest course marshal. Those who drop out for medical reasons should also check with the medical personnel. Official race vehicles will be marked as such, and are equipped with cellular telephones.
9. Good sportsmanlike conduct is expected of all participants.
10. Athletes are responsible for their own safety
11. Athletes must obey traffic regulations and/or officials
12. Athletes will show respect for fellow competitors, officials and rules
13. No abusive language.
14. All participants must be 10 years of age or older.
15. For safety reasons, the use of headsets, headphones and glass containers on any part of the course is prohibited.
16. No headphones or sound equipment of any sort is permitted to be used during the swim or bike or run or anytime from the start of the event until an athlete finishes or fails to make a cut-off time and exits from the event. Any athlete observed violating this rule may be immediately disqualified as per Triathlon Canada rules.
17. Failure to comply with any or all the rules may result in immediate disqualification, or other penalties as assessed by the Race Committee.
18. Only legal equipment can be used.
19. Any competitor who in the opinion of a race official presents a danger to themselves, another competitor, official or spectator will be reported to the race director and may be removed from the race.

Swim

1. The water temperature will be announced 1 hour prior to the race. In the interest of the athletes' safety, this temperature will determine if wetsuits are considered mandatory, optional, or illegal. Wetsuits must not exceed 5mm thickness at any point. No snorkels, fins, paddles, pull buoys, flotation devices or buoyancy suits are allowed. Any concerns please ask the race director for Tri-a-Tri ONLY.
2. No propulsive devices are allowed.
3. Sprint distance swimmers shall swim 1 loop of the 750 meter, 4 corner shaped course. Standard distance swimmers shall swim 2 loops of the 750 meter, 4 corner shaped course. Try-a-Tri distance swimmers shall swim 2 loops of the 150m course.
4. The swim will start in three waves; one for Standard distance triathlon, aquabike, aquathlon, and relay team swimmers, one wave for Sprint distance triathlon, aquabike, aquathlon, and relay team swimmers, and one wave for Try-a-Tri triathlon swimmers. Swimmers should seed themselves according to their own speed.
5. No escorts are allowed in the water; however, assistance given by a lifeguard for temporary support will not result in disqualification provided the competitor's forward progress is not assisted. Swimmers may stop at a canoe/kayak if necessary. In an emergency, a competitor should raise an arm overhead and call for assistance.
6. Swim caps provided by the race organizers must be worn by all competitors.
7. Competitors are responsible for staying on course.
8. Any stroke may be used. Swimmer may stand on the bottom but forward progress is via swim stroke only.
9. The swim portion of the event finishes when an athlete runs between the two markers set up on the beach water line and crosses the timing mat. All athletes must exit the water between these markers.

Bike

General Biking Rules

1. All competitors are solely responsible for the actual repair and maintenance of their bicycles and equipment. Repairs are allowed to bicycles during the course of the race; however, competitors are not allowed to change wheels or bicycles during the race.
2. Cyclists must heed the rules of the road according to the Newfoundland Motor Vehicle Act. Marshals are available to assist cyclists through "stop" signs. The road Marshals have the authority to stop traffic; however, the cyclist should be prepared to stop at these intersections.
3. Bicycles may be walked, carried or run, but an athlete must finish with his/her bicycle in his/her possession. The cycle portion finishes when an athlete places his/her bicycle on the bike rack in the transition area before commencing the run.
4. Properly certified and approved helmets are mandatory. Helmets must be properly fastened at all times while the cyclist is in possession of the bike. This applies when walking the bike in and out of transition.
5. Bikes must be walked out of the transition area and mounted once across the mount line.
6. Bike must be dismounted before the dismount line and walked into transition.
7. Bare torsos are not permitted on the bike course.
8. Athletes must obey traffic laws unless directed by an official.
9. Any competitor who appears to be a danger to themselves or others will be removed from the course by a Bike Marshall.

10. Standard triathlon distance cyclists must complete 4 circuits of the bike route (~36Km). Sprint triathlon distance cyclists must complete 2 circuit of the bike route (~18Km). Try-a-Tri participants must complete 1 circuit of the bike route (~9Km).
11. All bicycles must have a water bottle cage or a place to store a water bottle.
12. No headphones are allowed.
13. E-Bikes are not allowed.
14. Bike numbers and helmet numbers must be clearly visible at all times.

Drafting Rules

1. The Standard, Sprint, and Try-a-Tri distances are all draft-Illegal, i.e. no drafting is permitted.
2. Drafting off another athlete or motor vehicle is forbidden. Athletes must reject attempts by others to draft.
3. An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing.
4. An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.
5. Age Group bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete.
6. Vehicle draft zone: The draft zone behind vehicle will be 35 metres long and applies to every vehicle on the bike segment. This applies also for draft legal events.
7. Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:
 - (a) If the athlete enters the draft zone, and progresses through it within 20 seconds in the overtaking maneuver
 - (b) For safety reasons
 - (c) Between 100 meters before and after an aid station or transition area
 - (d) At an acute turn
 - (e) If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons
8. Overtaking: An athlete is passed when another athlete's front wheel is ahead of theirs. Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds.
9. Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.
10. Athletes must pass another athlete on the left when mounted on their bicycle.

Penalties for Drafting

1. It is forbidden to draft in a race declared as draft-illegal.
2. Technical Officials will notify the athletes who drafts that they are subject to a time penalty sanction.
3. The athlete sanctioned has to stop on the spot and must stay there for a specific time depending on the race distance: 1 minute for sprint distance, 2 minutes for standard distance.
4. It is the athlete's responsibility to stop. Failing to stop will result in a disqualification.
5. A second drafting offence will lead to a disqualification.

Road Bike Course

1. When riding the bike course riders must stay on the right hand side of the bike lane.
2. Riders found in violation of Rule #1 by the course marshal will be subject to a penalty. There will be a warning with a 'Stop and Go' penalty for the first offense.
3. The 'Stop and Go' penalty: violators will be directed by the Bike Marshal to bring their bike to a complete stop, dismount and with both feet on one side of the bike lift the bike so that both wheels are no longer in contact with the ground. When satisfied that the violator has completed the 'Stop and Go' penalty, the Bike Marshal will allow the competitor to continue the cycle portion. Any competitor found to be guilty of more than one violation by the Bike Marshal may be disqualified after the race has been completed. Disqualifications will be posted within one hour after the last finisher crosses the finish line. Competitors on the disqualification list will have thirty (30) minutes after the publication of the list to protest their disqualification. The decision of the race jury in all matters will be final.
4. Bike Marshals will be on the route and 'Race in Progress' signs will be placed on the Bike course. However cyclists must still exercise caution at all times.
5. Please watch for debris and other hazards on the road.
6. Riders are asked to keep to the right to allow room on the left for other riders to safely pass. Please try to issue a verbal "On your left" warning to riders you are about to pass.
7. Watch for inattentive motorists at all times and use caution AT ALL TIMES.

Run Course

1. Standard distance runners must complete 6 laps of the run route (~9 Km). Sprint distance runners must complete 3 laps of the run route (~4.5 Km). Try-a-Tri distance runners must complete 2 laps of the run route (~3 Km). No form of locomotion other than running or walking is permitted.
2. Runners must stay on the Healey's Pond trails.
3. Runners' numbers must be visible from the front.
4. A bare torso is not permitted while on the run course.
5. A runner is not permitted to be paced.
6. A runner may walk or run, but not crawl.
7. Keeping on the course is the responsibility of the competitor.
8. An athlete is considered finished when torso crosses the finish line.
9. No headphones are allowed.

Relay Team Specific Rules

1. Standard distance teams will start with the individual standard distance competitors. Sprint distance teams will start with the individual sprint competitors.
2. Swimmer will exit the water and proceed to the transition area to tag their cyclist where the bike is racked in transition. The timing chip must be removed from the swimmer and placed on the ankle of the cyclist before the bike can be removed from the rack.
3. Cyclists must return the bike to the bike rack before removing the timing chip. The timing chip must be placed on the ankle of the runner before the runner leaves transition.
4. The timing chip must be worn on the ankle of each participant. Placement on the wrist or in a pocket is not permitted.