



**LOBSTERMAN
TRIATHLON**



ethos

2017 ATHLETE GUIDE

Olympic Distance Triathlon • September 16, 2017

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BOSTON • LOBSTERMAN





Dear Athlete,

On behalf of the event organizers, the town of Freeport, ME, Winslow Park and sponsors, thank you for signing up for the 2017 Lobsterman Triathlon and Aquabike. Feel free to contact us at any time with any or concerns you might have. More information can also be found on the race website, www.lobstermantri.com.

This race has seen the best and worst of what September weather has to offer and will not be canceled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, changing the course, removing one of the sports, or postponing the start. There are no refunds in the case of changes or cancellations. If canceled, the 2017 Lobsterman will not be rescheduled.

Volunteers are still needed for the Lobsterman, so please encourage your friends and family to join the fun! Please visit www.lobstermantri.com/volunteer to sign up as a volunteer today. All volunteers receive t-shirts, coffee, snacks, and an invitation to our post-race party with free beer. Please thank the volunteers because without them, the race could never happen!

The Lobsterman promises to be a fun and exciting event. We are honored to host athletes from all over North America in this great competition. We look forward to seeing you on race day!

Sincerely,

ethos
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THANK YOU TO ALL OUR 2017 PARTNERS!



This year the Lobsterman Triathlon is proud to partner with the [Cancer Community Center](#) as the beneficiary of the LobsterJAM race. All LobsterJAM participants will be raising valuable funds that will go directly to this great organization. So if you see one of them racing, be sure to give some extra support!



EVENT SCHEDULE

Thursday, September 14

- 3:00pm... Packet pick-up begins at [Gorham Bike & Ski](#) (Portland, ME) with special discounts for racers.
- 6:00pm... Packet pick-up ends.

Friday, September 15

- 4:00pm... Packet pick-up begins at Winslow Park (Freeport, ME)
- 5:30pm... Complimentary swim clinic hosted by Michael Phelps Skills Center at Winslow Park.
- 7:00pm... Packet pick-up ends.

Saturday, September 16

- 6:00am... Transition Area opens, packet pick-up available.
- 7:15am... Swim warm-up begins.
- 7:45am... Packet pick-up begins.
- 8:00am... Swim warm-up ends.
- 8:00am... Transition Area closes, packet pick-up ends.
- 8:00am... **Mandatory** pre-race meeting at the boat launch for all athletes.
- 8:15am... Lobsterman Triathlon officially begins.
- 10:30am... Lobsterbake and beer garden open for athletes and spectators.
- 12:00pm... Lobsterman awards ceremony in beer garden.

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PACKET PICK-UP

Before you can compete in the 2017 Lobsterman Triathlon, you must sign in and pick up your official race packet. Here are three different times you can do this:

- Thursday, September 14 from 3:00 p.m. - 6:00 p.m. at Gorham Bike & Ski in Portland (693 Congress St, Portland, ME). More info at 207-773-1700 or by visiting their [website](#). Special discounts will be offered to racers.
- Friday, September 15 from 4:00 p.m. – 7:00 p.m. at Winslow Park in South Freeport (the race venue).
- Saturday, September 16 from 6:00 a.m. – 7:45 a.m. under the large pavilion at the race venue

We highly encourage you to come on Thursday or Friday, for both your own peace of mind, and so that we can figure out any issues that may arise.

Bring your photo ID with you! You are required to show it when you sign in. Every participant must present his or her photo ID at packet pickup. If you are an annual member of USA Triathlon, you **MUST** present your USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$15).

Not all members of a relay team have to show up at the same time. Each member will be given his or her own packet. If any one member of the team does not check in or sign the USAT waiver, the team will not be allowed to participate.

You will receive a race packet, which will include a run number, a bike number, timing chip, body tattoos, and safety pins. A wave-specific colored swim cap and official Lobsterman t-shirt will also be picked up at registration. Please double-check that you have everything you need for the race before you leave packet pick-up.

PRE-RACE & VENUE INFORMATION

• Pre-Race Swim Clinic

The Michael Phelps Skills Center (MPSC) will be hosting a free swim clinic at the race venue and invited all Lobsterman athletes to attend. The MPSC is dedicated to excellence in the sport of swimming by training people all over the country in the method of instruction under which Michael Phelps blossomed.

- Friday, September 15, at 5:30 p.m., Winslow Park in Freeport, Maine

The clinic will include quick and clean instructions on handling anxieties, waves, wetsuits, sighting and any challenges specific to this event. Coaches will continue to be available after to provide additional insight or answer any questions that come up. Complete the swim comfortably and confidently for a good, fun race!

No cost or RSVP required, however, please note that all attendees will have to pay the Winslow Park entrance fee. Look for the MPSC coaches in red shirts.

• Chip Timing

The race will be chip-timed. Your timing chip will be in your race packet.

Timing chips will attach to your LEFT ankle and are to be worn for the duration of the race. The chip is disposable and can be discarded post-race.

Relay Timing chips are Velcro and ARE NOT disposable. All relay chips are to be returned in the proper bin located in the finish corral. Relay handoff will take place at your designated bike rack and involve passing your chip on to your teammate.

If you have to drop out of the race, you will need to report to the timing trailer as a DNF (and to let us know that you are safely off the course). You will need to return your chip at this time.



PRE-RACE & VENUE INFORMATION

• Transition Area, Body Marking, and Pre-Race Meeting

The Transition Area will open at 6:00 a.m. and will close at 8:00 a.m. Body marking tattoos are included in race packet. A body-marking tent will be located at registration, or athletes may choose to apply those before arriving on-site. All athletes, including relay members, must be body-marked to participate.

A swim warm-up from the beach will be available from 7:15 a.m. - 8:00 a.m. After this time, competitors must clear the water and make their way onto the boat ramp.

There will be a **mandatory pre-race meeting at 8:00 a.m. at the boat ramp**. All racers, including relay members, must be there at this time. The first swim wave will go off at 8:15 a.m.

• Race Numbers

You are required to display your race number at all times while competing. This is for your safety, and so that our volunteers can correctly record your split times. Also, it allows the photographers to identify your pictures.

Even though the race is chip timed, you need to display your number the entire race. During the swim, your number must be visible on your body (hand). During the bike portion, your number must be displayed on your bike (clearly visible from the left side) using the specific bike frame number you are given at registration. During the run, you must wear your race bib on your front. This is especially important for the finish.

If you are planning on wearing layers and take them off as you go, find a way of displaying your number the entire time. A good option is to use a race number belt that you can clip and unclip very easily. Another idea is to pin the number to your running shorts and pull them over whatever you were wearing up to that point. The worst thing that you could do is pin your number to the outside of a jacket and then leave that jacket in the transition area (because you'll have to go back and get it before you finish!).

PRE-RACE & VENUE INFORMATION

• Swim Waves

You are responsible for knowing what wave you are in and when it is scheduled to start. Your official race time begins when your assigned wave goes off, whether you are in it or not. The actual start times of the waves may change as the race goes on, so please pay attention! Swim waves, cap colors, and bib number assignments will be released after registration closes. They will also be displayed at packet pick up.

• Venue Information

Winslow Memorial Park, 50 Winslow Park Way, Freeport, ME 04032

From South of Freeport:

Take 295 North to exit 17, toward Yarmouth/Freeport. Turn right onto US Route 1 to head north. Go about 1 mile. Turn right onto South Freeport Rd at the Big Indian Statue. Go about 1 mile down the road and take a right onto Staples Pt. Road. This road ends at Winslow Park.

From North of Freeport:

Take 295 South to exit 19. Follow signs to Route 1 and take right onto Route 1 to head south. Go about 1 mile and take left onto South Freeport Road at the Big Indian Statue. Go about 1 mile down the road and take a right onto Staples Pt. Road. This road ends at Winslow Park.

Entering the Park - Please read this section carefully and plan ahead!

Winslow Park will open at 5:30 a.m. on Race Morning. PLAN TO GET THERE EARLY TO AVOID BACKUPS AT THE GATEHOUSE AND TO GUARANTEE PARKING. In the interest of keeping traffic flowing, there will not be any gatehouse fees. Please communicate this to your friends and family so that they do not stop at the gatehouse looking to pay.

Parking

It is imperative that you follow the directions of the parking staff in order to ensure that there is as much space available as possible. DO NOT pull into the first spot you think you see! The staff knows every inch of the park and can fit all of the cars as long as you cooperate with them. We thank you in advance for respecting the guidelines and being courteous to the parking staff.

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PRE-RACE & VENUE INFORMATION

Parking (continued)

All athletes and spectators should plan to arrive at the park before 7:30 a.m. to avoid traffic issues. With our large number of participants again this year, there is a potential that we will fill every parking spot.

PLEASE CARPOOL AS MUCH AS POSSIBLE. Meet your friends at the Park and Ride on Route 1 and take one car down to the park. This will alleviate a lot of potential stress and will get you excited for the race.

Parking Outside of Winslow Park

People who don't want to arrive early (before 7:30 a.m.) or have to leave early (before noon) should plan to park at one of the following lots and ride their bikes down:

- 1) The Freeport Integrated Health Center Building at 174 South Freeport Road - approx. 2 miles from Winslow Park (1/2 mile from Staples Point Road). Take Exit 17 to Route 1 to South Freeport Road. Lot is on the left before Staples Point Road.
- 2) The Park and Ride on Route 1 (Near Exit 17) across from Delorme - approx. 3 miles from Winslow Park (north on Rte. 1, right onto South Freeport Rd., Right onto Staples Point Rd).
- 3) The public lots in downtown Freeport - approx. 5 miles from Winslow Park (visit www.freeport-mapusa.com for detailed information)

Spectators and athletes should be prepared to walk or ride bikes down to the venue from outside the park.

PRE-RACE & VENUE INFORMATION

• Road Closures

Staples Point Road will be **closed entirely to traffic** from 7:45 a.m. until all athletes have completed the bike course, and the police have deemed it safe for traffic, sometime after noon. **YOU WILL NOT BE ALLOWED TO LEAVE THE PARK DURING THIS TIME.** Please understand that this is for the safety of the other athletes, staff, and volunteers. With cyclists and runners on the road, it is very unsafe for cars to drive out of the park. This policy is non-negotiable and will be enforced by the Police.

There will be food, drinks, beer, massage, vendors and more, so plan to relax and enjoy the park after your race. If you have unusual circumstances that require that you leave before Noon, you must contact us before Thursday, September 14 to discuss the situation. Remember that you won't be allowed into the TA to retrieve your bike until all racers are off the bike course. Please respect your fellow participants by allowing them to race in a safe and clear TA.

If you will need to leave early (before Noon), we recommend that you park at a different lot outside of Winslow Park and ride your bike down to the venue, so that you can bike out (we can make arrangements to get your bike from TA).

• Restrooms

There will be Port-O-Potties near the existing bathhouses next to the transition area, near the start area, and finish line.

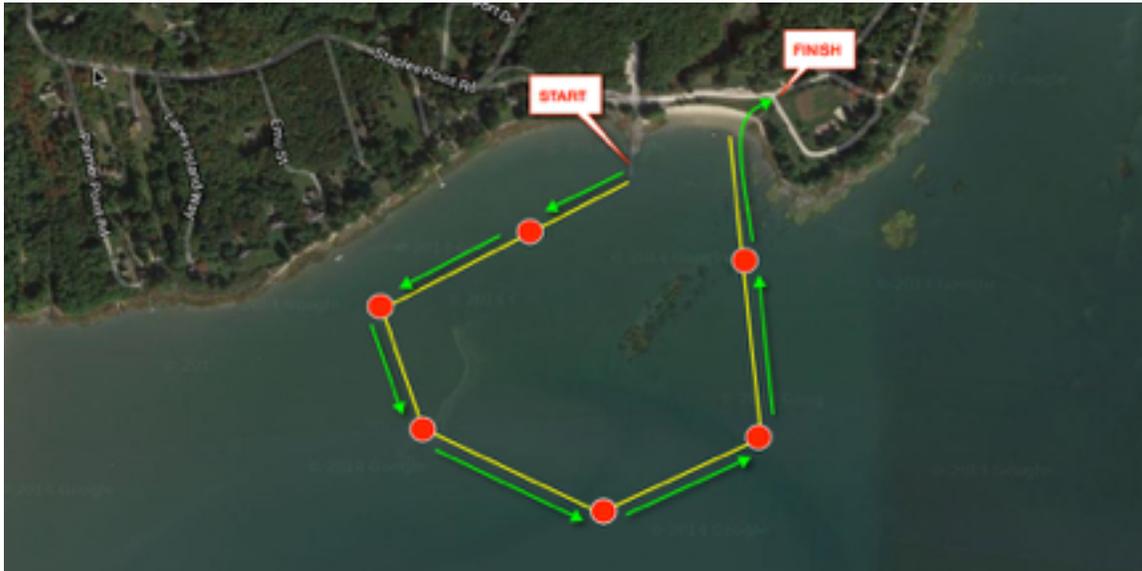


COURSE INFORMATION

- **Swim Course (1.5k)**

The 1.5K (.93-mile) swim will take place in the cove. Starting at the boat launch near the entrance to park, athletes will complete a counterclockwise slightly diamond-shaped course swim in Casco Bay that finishes on the beach. The water is generally calm and clear, however there may be some seaweed at this time of year. Average water temperature for September is low-to-mid 60s, but can be colder depending on the weather leading up to race day.

This being the ocean, you should be prepared to encounter currents and changes in conditions along the route. We will share up-to-date information leading up to and at the event.



- **Pre-Race Warm Up**

We highly recommend getting into the water prior to your swim wave start. The beach area is open for warm up starting at 7:15 a.m. It is in your best interest to acclimate yourself to the water prior to starting the race.

COURSE INFORMATION

- **Swim Course (1.5k)**

Wetsuits and swim caps are required. If you don't bring a wetsuit, you risk not being allowed to do the swim portion of the race. They can be rented from Gorham Bike and Ski. Call (207) 773-1700 for more information. Quantities are limited so call soon! Official swim caps will be provided at packet pickup and correspond with your wave.

When you arrive at the swim start, you will walk single-file through a chute. Listen for the command to enter the water, which will be given about 30 seconds before your wave's start time. Once in the water, you tread water until the start signal goes off. This is an in-water start - there is no diving!

Large buoys will mark the course and you will keep them TO YOUR LEFT the entire time. REMEMBER, safety first! If you are in need of assistance during the swim, raise your arms in the air, or swim to the nearest kayak/boat. You are allowed to stop and rest on the boat without a penalty as long as you do not make forward progress.

Once the race has begun, the Transition Area will be CLOSED—even for athletes who are not starting until one of the later waves. All athletes must be set up, body-marked, and in attendance at the pre-race meeting in order to compete. Late arrivals will be prohibited from entering Transition, for safety and timing purposes.

When you reach the beach, follow the chute towards the Transition Area. If you wish to have a towel or eyeglasses for the end of the swim, you may leave them on the beach.

The time cut-off for the swim is 10:15 a.m. If you have not completed the distance in that time you will be required to exit the water. You will be allowed to continue the race - however, your time will be considered “unofficial” and you will not be eligible for awards.

If you are concerned that you may not finish the swim in time, please e-mail mike@active-ethos.com, or call 603-290-2222.



COURSE INFORMATION

- **Aquabike**

The Aquabike course is the same as the Triathlon, minus the run. Aquabike athletes will race alongside triathletes until the end of the bike. They will dismount their bike and re-rack them in the special area near the finish chute, then finish running under the arch (although the official finish time is when they cross the timing mat at the end of the bike). All course maps can be found on the race website.

Aquabike athletes will be given a finisher award (assuming they cross the finish line) and provided

- **Relays**

The chip hand-off will take place at the relay's designated rack spot. Cyclists must leave the bike racked until they receive the chips. Relay members should leave the Transition Area once they complete their leg of the race. They can retrieve their bike when the Transition Area officially reopens.

IMPORTANT: All cars, including those of relay members, must stay in the park until Staples Point Road re-opens to traffic, after 12 Noon. You will not be allowed to leave, even if you are the swimmer, so please don't ask!

COURSE INFORMATION

• Bike Course (40k)

The 40K (24.5-mile) bike course is a challenging lollipop course that includes rolling terrain. It will be marked with arrows and signs. Police and volunteers will control every major intersection. It is the police's discretion as to whether bike traffic can proceed safely, so do not go through a staffed intersection without police or volunteer approval. Please pay attention to the course signs, arrows on the road, and volunteers warning you about upcoming changes in speed and bumpy/uneven pavement. You must obey the volunteers/police, for your own safety and that of everyone else in the race.

Staples Point Road and South Freeport Road (from Route 1 to Main Street) will be closed to vehicles for most of the race; otherwise, the roads will be open to traffic. **Stay as far right on the road as possible and only pass on the left**. Also, as you turn right onto Flying Point Road from Lower Mast Landing Road, you need to stay inside of the cones to avoid swinging wide into oncoming traffic. Please be ready to slow down through this turn.

If you have bike trouble or you see someone who needs assistance, please notify the nearest volunteer/officer so a support vehicle can be dispatched. We cannot guarantee that the mechanic will be able to fix your bike out on course, so you may want to bring a flat kit with you.

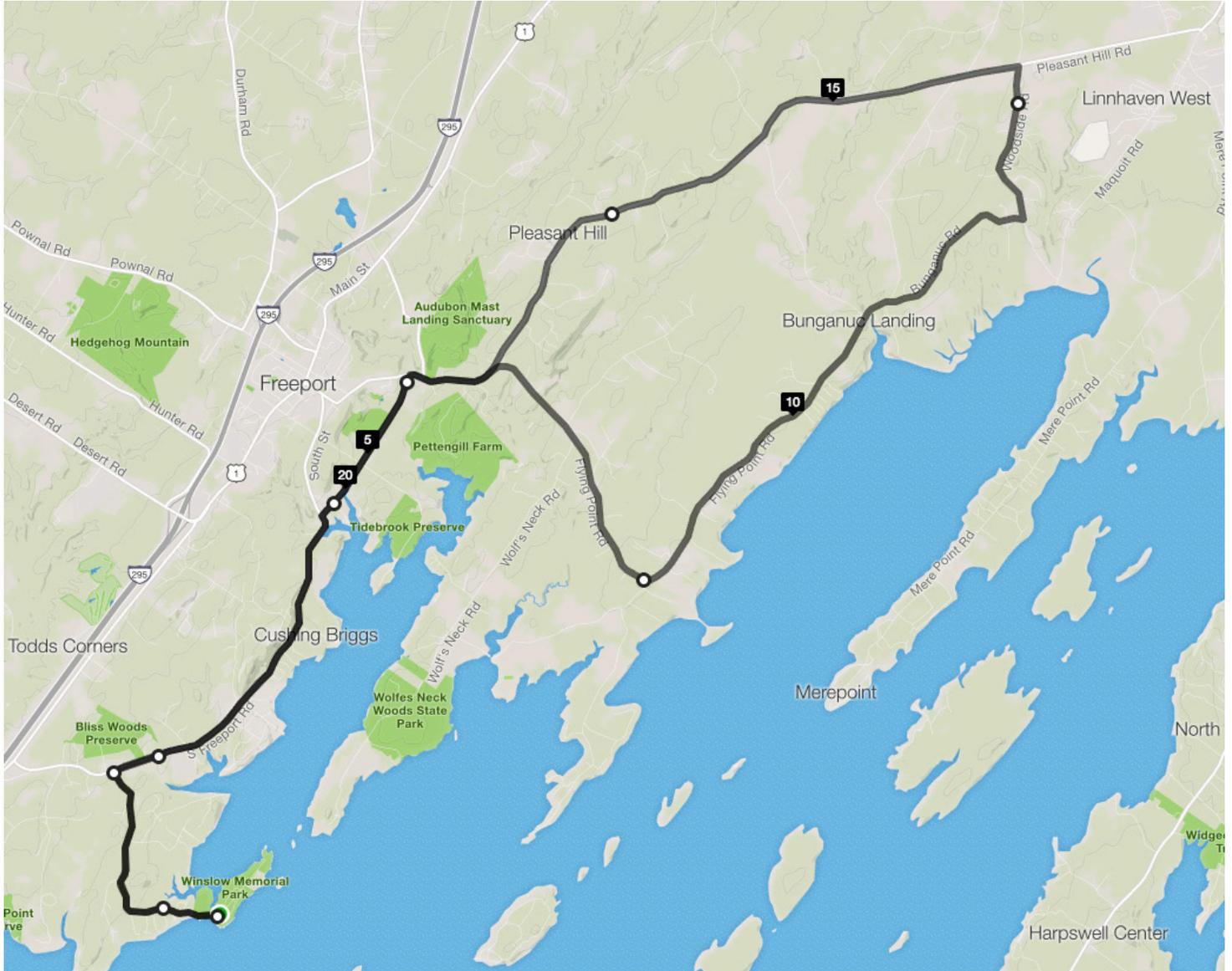
As you enter South Freeport Village, you may have runners crossing in front of you. There will be volunteers monitoring the crossover. Please yell "Bike" as you approach so that they are aware of you. This crossover has never been an issue in the past, but we want to be as cautious as possible. Give plenty of space between yourself and other competitors, especially going around tight corners. **Drafting is illegal during the entire bike portion of the race.** You are responsible for knowing what drafting means (it is described in the rules section of the USA Triathlon website - www.usatriathlon.org). Stay as far right on the road as possible (for your own safety) and obey all rules of the road regarding cycling. We will do our best to sweep the corners, but please pay attention.

When you finish the ride, you must dismount your bike before the mount/dismount line. Remember - rack your bike back in your assigned spot!

All athletes must complete the bike course by Noon. This is in the best interest of the town, police, volunteers, and other athletes. If you are still on course after this time, you will be allowed to finish the race, but your time will be "unofficial" and you will not be eligible for any awards.

COURSE INFORMATION

- Bike Course (40k)



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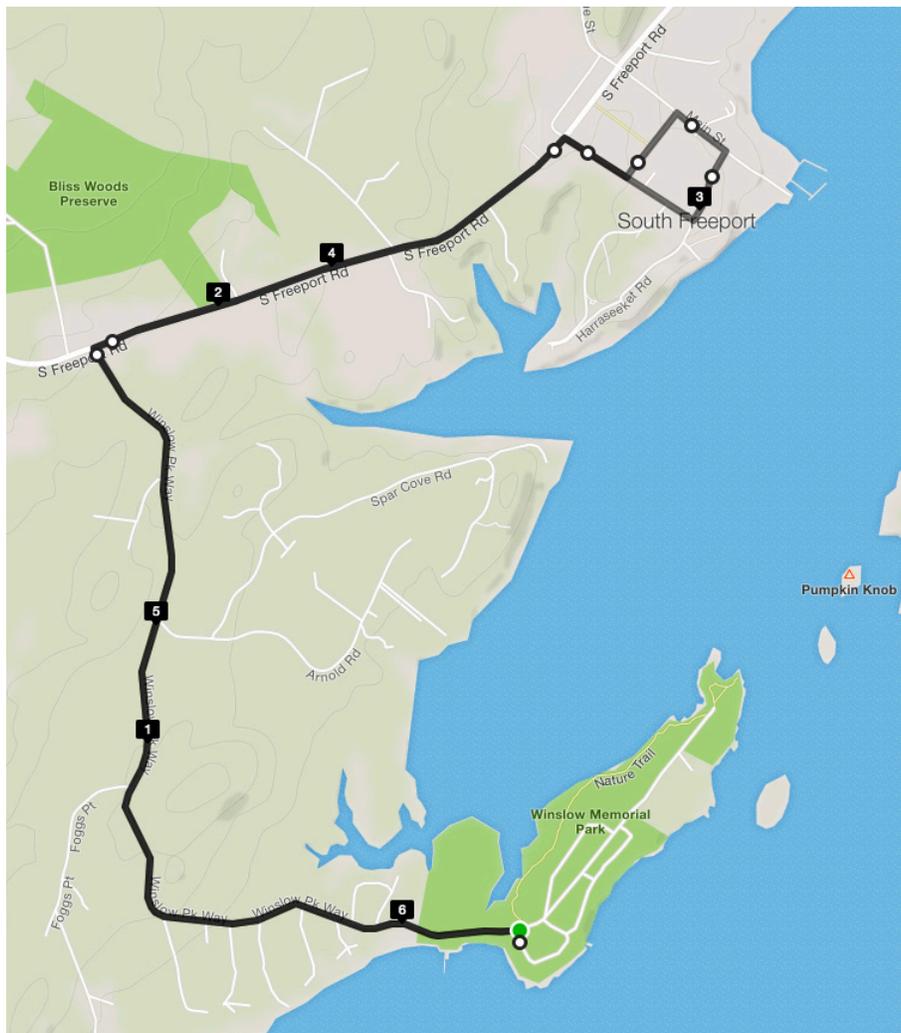


COURSE INFORMATION

• Run Course (10k)

The lollipop course is 10K (6.2 miles) long. The course features closed roads and lots of spectator support! There will be volunteers along the route to make sure that you are staying on-course and not cutting corners. Follow the volunteers, signs, and arrows. **There is a crossover with bikes on South Freeport Road, after the lollipop section of the run course** when you turn back onto South Freeport, so pay attention to bikes coming up from behind you before crossing to the right side of the road. There will be volunteers there to help, but it is **highly recommended that you look behind you at the oncoming bikes and time your crossover accordingly.**

As you head down Staples Point Road towards Winslow Park, stay between the cones (on your left) and the right side of the road. There will be bikes on the other side of the cones returning to the Park. When you enter Winslow Park, stay to the right side of the driveway and follow the road to the finish chute.



COURSE INFORMATION

- **Aid Stations**

Water and Gatorade will be available at four (4) designated aid stations throughout the run.

- **Pausing the Race - IMPORTANT! Please read..**

Due to the nature of our venue, we have a policy in 2017 related to emergency transport of a patient in an ambulance. If it is deemed by the Rescue Chief that we need to clear Staples Point Road to allow a rapid and safe departure by an ambulance, we will pause the entire race and require all athletes to move to the side of the road, or the next safe intersection, as soon as possible. In the interest of fairness, police at every intersection will be told simultaneously about this decision and will have the instruction to halt all athletes immediately. Once the race can be restarted, the police will let the athletes continue. A standard amount of time will be deducted from every athlete on the course.

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POST-RACE INFORMATION

- **Retrieving gear from the Transition Area**

We understand that you will want to retrieve your bike and clothing after the race. We also want to be respectful to participants who started in a later wave and are still competing. Therefore, we will be escorting only a few athletes in at a time to get anything except bikes, such as clothes and bags, before the last bicyclist completes T2. Finishers can only take 1 minute to retrieve their gear. Once all of the athletes return from the bike course, you will be allowed to retrieve your bike. **The “out” side of transition will serve as the athlete entrance and exit both pre- and post-race.**

- **Lobsterbake**

The best part of the post-race festivities is the Lobsterbake! It will include fresh lobster, steamers, corn, coleslaw, bread, etc. and there will be plenty of beer to enjoy (you must be 21 years of age to consume). Non-alcoholic drinks will also be provided.

You need to purchase a ticket to get into the lobsterbake (\$30). If you ordered tickets when you registered, you will receive them at packet pickup. If you want to order more, you can do so by visiting the race website under the Event Tab. Tickets are available through packet pick-up on Thursday, Sept. 14, and the only way you can guarantee a lobster is by pre-ordering one. There will be a non-seafood option as well.

All athletes of age (21+) can enjoy the beer, even if they don't have a lobsterbake ticket. Please drink responsibly!

POST-RACE INFORMATION

• Leaving Winslow Memorial Park

THE ROAD OUT OF THE PARK IS CLOSED ENTIRELY TO TRAFFIC UNTIL AFTER NOON.
We will do our best to open the road as early as possible, but not until we are absolutely sure that there are no safety concerns, and the police have given the go-ahead.

When the road does open, there will still be runners returning to the park, so you must be very careful and aware as you drive. Park staff will be controlling the flow of outbound traffic.

Please show the same respect for athletes that are still out on the course as you would like them to show you.

• Dog Policy

Dogs are welcome at Winslow Park, however all dogs must be kept on leashes and with somebody whenever they are in the park. **If a dog is found locked in a vehicle, the owner will be tracked down and asked to leave the park immediately.**

• Results & Awards

Unofficial results will be displayed in the Results Center at the race. With chip timing, you will receive five different split times: swim (includes run from swim exit to Transition Area), Transition 1, bike, Transition 2, and run.

Live and searchable results are available during the race. Check the results link the event site on race week to choose your favorite athletes for web tracking, or to download a mobile app for real time tracking! On the website and app you can choose your “favorite” athletes to follow, and those participants will be at the top of the screen the whole race with the last time they went through a timing point and their location. Official results will be posted on the race website by Sunday morning.

In addition to Finisher Awards, there will be awards for the top three men and women overall, as well as the top three finishers in each age category. There will also be awards for the top Clydesdales, Athenas, Aquabikers (Top 3 male and female), and Relays (Top Male, Female, Co-ed teams). You will be assigned to an age group based on your age as of December 31, 2017, so if you are going to turn 50 at any point in 2017, you will race in the 50-54 age group. Age groups are every 5 years male and female starting at 19 and under and going up to 70+.



RULES AND POLICIES

All rules and explanations of these rules are available at www.usatriathlon.org. Below are some cursory overviews of the most commonly violated rules in triathlon and Aquabike:

As a registered competitor, you have agreed to abide by the rules governing the sport of triathlon. This means that you have read and understand the rules as they appear on the USA Triathlon website. The Lobsterman will be enforcing all of these rules with USAT officials. These officials will be out on motorcycles during the bike, as well as monitoring the swim, run, and transition area. They will assess penalties as they are listed in the rulebook. If you are penalized, you have the right to discuss the reasons with one of the officials. They will be wearing red uniforms and standing near the results. Below you will find some of the most important and commonly violated rules. However, you must be familiar with ALL the rules as posted on the USAT website.

1. **DRAFTING** - “A participant is not permitted to position his/her bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance” (Sec. 5.10). In terms of other bikes, this translates into a rectangular “drafting zone” seven meters long and two meters wide around each bicycle. Unless you are passing, you should not be in this area. When passing, you have 15 seconds from the time you enter the “drafting zone” to overtake the other cyclist before it is considered a drafting penalty. You must pass on the left and the cyclist being overtaken should give you adequate space. There will be officials monitoring the course on motorcycles. For more information, please read the rules posted online.

2. **HELMET** - Your helmet must be functional and must meet the safety standards of the Consumer Products Safety Commission (CPSC). (If the helmet was made before 3/99 it must be certified by ANSI, SNELL, or ASTM). Your helmet should be securely fastened under your chin before you mount your bike. You must wear your helmet at all times when you are on your bike at any point in the day - not just during the race.

3. **HANDLEBAR PLUGS** - There must be plugs in the ends of the handlebars. If you are missing one or both, get some at your local bike shop. If you don't have bar-end plugs, you will not be allowed into the Transition Area with your bike.

4. **SPEED** - It is very important to keep a safe speed at all times during the bike, especially when being told to slow down by volunteers. Some corners may be marked with cones; if so, you need to stay between the cones and the shoulder of the road.

RULES AND POLICIES

5. STAYING ON COURSE - You must stay on the marked course at all times when making forward progress. If you have to leave the course for any reason, you must restart from the point of departure. Walking is permitted, if necessary.

6. ABANDONMENT - Do not leave any trash or race materials anywhere on the course other than the designated water stations or the Transition Area. If you leave anything behind you will be penalized. Also, it is rude to leave trash on the road and it gives a bad reputation to this race and the sport of triathlon.

** Failure to abide by USA Triathlon rules will result in a penalization, which is a set amount of time added your finish or disqualification.*

Policies

- ONLY ATHLETES, STAFF, and DESIGNATED VOLUNTEERS are allowed in the Transition Area at any time. NO EXCEPTIONS.
- When exiting the Transition Area after the race, athletes must show proof that their race number matches their bike number. No one will be allowed to exit the TA with someone else's bike, unless there is a medical or emergency reason, or special arrangements have been made.
- The coordinator has discretion as to how many athletes may enter the TA at a time. Any athlete that enters without permission will be immediately removed and not allowed back in until everyone else has gone through.
- Any athlete that interferes with the progress of a racer, or is disrespectful to staff, volunteers, will face penalties and/or removal from the TA.

Please remember that these rules are in place in the best interest of athletes and volunteers. We recognize the unique nature of this event in terms of how long it takes, and want to do everything we can to make everyone's experience positive. Please help us by showing respect to your fellow participants and all of the staff and volunteers.



MEDICAL SERVICES

Emergency... Call 9-1-1

If you have a small first aid concern before or during the race (i.e., blisters, sore muscles, cuts), you can use the designated medical station, which will be staffed by medical personnel. There will be ice and basic first aid equipment there. For bigger emergencies, a medical director and ambulance will be on site.

Volunteers and police who are in close contact with medical services will monitor the bike route. The nearest hospital is about 7 miles from the venue.

If you have any pre-existing condition that the medical team should know about, please make them aware before the race. Please e-mail any concerns or information to mike@active-ethos.com, or call 603-290-2222.

We are thrilled to have you join us for our favorite race of the year, and one of the most beautiful venues there is. Best of luck with your final preparations – see you in Freeport!

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