



2017 NAVIGATORS STAMFORD KIC IT RACES ATHLETE GUIDE

Please note: there are important changes to this year's course!

July 15 & 16, 2017
Cummings Beach
Stamford, Connecticut
06902

PACKET PICK-UP & CHECK-IN PROCEDURES

Location:

Cummings Beach
440 Shippan Avenue
Stamford, CT

IMPORTANT: According to USAT rules, all **triathletes** must pick up their **own** packet in person and show ID. **NO EXCEPTIONS WILL BE MADE!** It is recommended that all triathletes pick-up race packets early Unless limited by travel time, extenuating circumstances, etc.

Friday, July 14

5:00pm - 7:30pm
ALL RACES – Registration accepted for all races

Saturday July 15

6:30am - 7:00am
KIDS TRI ONLY – Raceday registration accepted for Kids Triathlon

11:00am - 2:00pm
OLYMPIC/SPRINT/5K ONLY – Registration accepted for Adult Triathlons & 5K

Sunday, July 16

5:30am – 6:30am – **NO REGISTRATION**
Packet pick-up limited to athletes that cannot attend early packet pick-up due to travel, extenuating circumstances, etc.

8:30am – 10:00am
5K ONLY – Raceday registration accepted for 5K
**(You will not be allowed to enter Cummings Beach with your vehicle past 6:30am!
Please plan accordingly)**

Registrations are accepted during Friday & Saturday packet pick-up dates for all events. Race day registration is available for the 5k race ONLY. **There is NO race day registration for adult triathlon events.**

CHECK-IN PROCEDURES

Olympic/Sprint Triathlon Check-In

To complete the athlete check-in process, you will need photo identification and must show proof of current USA Triathlon (USAT) membership. If you are not already a USAT member, you must purchase a one-day membership that can be done automatically during online registration. **Athletes must pick up their own packet. No one may pick up for another athlete, including relay team members.**

What you pick-up:

During athlete check-in, you will receive your Dryfit-shirt, cinch bag, race bib, bike sticker, helmet sticker, swim cap and timing chip. In addition to the above items, fundraising athletes receive bike jerseys and VIP parking passes.

*VIP Parking is in lot P1, closest to the beach and transition. Please note this lot is closed to entry & exit between 6:30am – 10:30am.

USA Triathlon Age Group Policy

All athletes will be grouped based on their age on December 31 of the race year, not by their age on race day. Therefore, your birthdate is required on our entry form in order to calculate your age on December 31 of this year. For more information on the age-up rule, visit www.usatriathlon.org.

5K Check-In

5K participants pick up a race bib and Dryfit shirt. Your timing chip is adhered to the back of your race bib and is disposable. Friends/family may pick-up participants bib for the 5K race ONLY.

BIB COLORS

OLYMPIC TRIATHLON + OLYMPIC RELAY
SPRINT TRIATHLON + SPRINT RELAY
5K RACE

RACE WEEKEND SCHEDULE

LOCATION FOR ALL RACES:

Cummings Beach
440 Shippan Avenue
Stamford, CT

Saturday, July 15

Kids Triathlon

6:30am: Transition Opens & Packet Pick-Up
7:15am: National Anthem & Pre-Race Briefing
8:00am – 8:45am: Kids Start in Various Waves
8:15am: Kids Festival Starts
9:45am: Awards Ceremony

Sunday, July 16

Olympic Triathlon

5:30am: Transition & Packet Pick-Up Open
6:25am: Transition Closes
6:45am: National Anthem & Pre-Race Briefing
7:00am: Olympic Men 39 & Under & Aquabike
7:03am: Olympic Men 40+ & Relay
7:06am: Olympic Women
9:00am-12pm: Post-Race Activities
11:00am: Awards Ceremony

Sprint Triathlon

5:30am: Transition & Packet Pick-Up Open
6:25am: Transition Closes
6:45am: National Anthem & Pre-Race Briefing
7:18am: Sprint Men Start
7:21am: Sprint Women Start
9:00am-12pm: Post-Race Activities
11:00am: Awards Ceremony

5K Run

8:30am: Registration & Packet Pick-Up Open
10:00am: 5K Race Start
9:00am-12:00pm: Post-Race Activities
11:00am: Awards Ceremony

KEY RACE DAY SCHEDULE / TIMES

Time	What's Happening?	Location
5:30am – 6:25am	Transition Available (must have body marked and timing chip to enter)	Cummings Beach, Stamford
6:30am – 6:45am	Suggested Swim Warm-up	Cummings Park, Stamford
6:45am	National Anthem & Pre-Race Briefing	Cummings Park, Stamford
7:00am	OLYMPIC MEN 39 & UNDER + AQUABIKE	Cummings Park, Stamford
7:03am	OLYMPIC MEN 40+ & RELAY	Cummings Park, Stamford
7:06AM	OLYMPIC WOMEN & FIRST TIMERS*	Cummings Park, Stamford
7:18am	SPRINT MEN	Cummings Park, Stamford
7:21am	SPRINT WOMEN, RELAY & FIRST TIMERS*	Cummings Park, Stamford
8:30am	Swim Course Closes	Cummings Park, Stamford
8:30am	5K Registration Opens	Cummings Park, Stamford
9:00am-12:00pm	Post-Race Festival	Cummings Park, Stamford
10:00am	5K RUN RACE START	Cummings Park, Stamford
10:30am	Bike Course Closes	Cummings Park, Stamford
11:00am	Awards Ceremony	Cummings Park, Stamford
11:20am	Run Course Closes	Cummings Park, Stamford
12:00pm	Transition Closes & Medical Services End	Cummings Park, Stamford
3:00pm	Result Posted Online	WWW.KICITRIATHLON.COM

*First Timers

Any newcomer to the sport of triathlon can elect to swim in the last wave of each event if desired. This wave is last to go in the water, making it less intimidating for new participants. You must see the Registration Manager at the packet pick-up tent to be switched.

PARKING INSTRUCTIONS

**PLEASE PRINT PARKING PASS
ATTACHED SEPARATELY IN THIS EMAIL!**



Parking is available inside Cummings Beach throughout race day morning to all athletes and spectators. *Cummings Beach lots are the only official parking for the races.*

RACE MORNING PARKING GUIDELINES:

- **P1:** FUNDRAISING ATHLETES ONLY! Front rows of P1 are reserved for fundraising athletes only. Non-fundraising athletes can park in the rear of P1 *if available*. All athletes parking in P1 must be parked by 6:30am! **Cars parked in P1 will not be allowed to exit until 11:00am.**
- **P2, P3, P4:** NON-FUNDRAISING ATHLETES! These lots will have open access via Soundview Avenue throughout the day. Soundview Avenue can be reached via Cove Road from Elm Street off of I-95. (GPS 187 Soundview Avenue, Stamford.)

Please refer to the map above for additional information.

KEY EVENT VENUES

Cummings Park Beach, 440 Shippan Avenue, Stamford

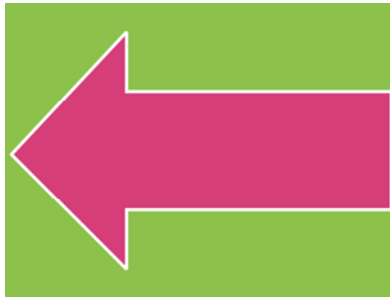
All races, race needs, finish live activities and amenities as well as parking will be staged at Cummings Beach.



RACE INFORMATION

Course Signage

Detailed course signage (road arrows below) will be visible throughout the course. Neon GREEN tape markings will be placed throughout the bike course and neon PINK tape markings will be placed throughout the run course.



USA Triathlon Sanction and Rules

USA Triathlon has sanctioned the *Navigators Stamford KIC IT Triathlon*. Please visit www.usatriathlon.org for a complete set of the USAT competitive rules. Special note to the following:

- Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.
- If an athlete decides to withdraw from the race at any time, it is the responsibility of the participant to report to the timing official at the finish line and turn in race number immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result being prevented from competing in any Navigators Stamford KIC IT event in the future.

Timing Chips

MYLAPS Bib Tag System is the official timing mechanism used at the Navigators Stamford KIC IT Races. The disposable Velcro tag is worn around your ankle (either ankle) or affixed to your race bib (5K runners ONLY). Tags must be worn from start to finish of your race. You will pick-up your timing chip during packet pick-up.

MYLAPS Bib Tag System will capture your splits (swim, TRANSITION, bike, T2, run) and overall finish time. The race will officially end 4 ½ hours after the final athlete enters the water on race morning. All aid station stops, transitions, etc. will be included in your total elapsed time.

Competitor responsibilities to ensure correct timing:

1. When you pick up your race packet at Packet Pick-Up, verify all information on your participant ID label. Report any errors in spelling, gender, age to the Registration Manager on-site.
2. You must apply your timing chip when dry and make sure to properly peel off the adhesive sticker.
3. Wrap the chip as tightly as possible around your **ankle**. You may apply Vaseline around your ankle; it will not affect the timing chip. We recommend that you use the provided black tape to secure your chip as extra protection. When wrapping tape around your chip band make sure to go all around the chip as pictured.



4. Leave chip exposed. Do not put under your wet-suit!
5. **RELAY ATHLETES ONLY:** pass your chip from team member to team member by unlatching the Velcro strap. All passes must occur in transition.
6. At the conclusion of the race you must remove you chip! Volunteers will help you remove the chip. If you re-enter transition at any point after your race has concluded and still have you chip on then you risk timing errors on your splits. Please do not bring chips anywhere near the transition or finish after your race has concluded.
7. If you lose your timing chip during the event, please notify timing official immediately after crossing the finish line. No chip = no time.

Medical

There will be medical staff at the swim venue to handle any medical needs that arise during the swim. Trained individuals will be stationed along the swim course – in boats and on rescue boards – to assist you in case of an emergency.

Additionally, there will be a medical station located at the finish. The medical station at the finish will close four hours after the race start at 11:00am.

Particular dangers during triathlon events include dehydration, hypothermia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint that you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

We can never over-emphasize the importance of hydrating prior to and during the event. Our Medical Director recommends you begin hydrating heavily several days before the race and drink enough fluids so your urine is clear, colorless and copious by race day.

Post-Race Logistics

Following the race, you should immediately collect your bike and gear from transition. Any gear left in area beyond 12:00pm will be donated to local shelters. Any bikes left will be stored with the City of Stamford and will be your responsibility to collect.

Results

Your timing and results are provided by a computerized MYLAPS Bib Tag System timing chip worn on your ankle (triathlon) or race bib (5k/10k run). Results will be posted at www.fasttracktiming.com and www.kicitriathlon.com.

Portalets

Located at Cummings Beach.

Fluids

Water and Glukos Energy Drink will be available at Cummings Beach and run course aid stations.

Bike Repair

Bike Repair will be available at transition. Our thanks to **Endurance House** for their support and participation. Endurance House will monitor the bike course and assist as needed. If you break down, we will provide transportation back to the finish. Alert a volunteer, police officer or passing athlete. A SAG truck will be dispatched to transport you and your bike back to T2. Do wait in a safe place off the course.

SAG Transportation

Should you not be able to complete the bike course, a sag vehicle will monitor the route to provide transportation back to Cummings Beach. In order to dispatch the SAG Van, please tell passing athletes to alert the next course monitor or police officer. They will pass along the communication and the sag vehicle will be dispatched to you when safe to do.

Relay Exchange Zones

Participants in the Team Relay will exchange the timing chip and MYLAPS bib strap at their Transition spot. The biker should be at the assigned spot in transition waiting for the swimmer to arrive and hand over the timing chip and strap. The strap with chip must be securely fastened on the ankle before leaving transition. The same logistic will be done between the runner and biker at transition. Relay teams will be located in the back of transitions.

SWIM COURSE INSTRUCTIONS

Olympic Swim: .9 miles/1.5km

Sprint Swim: .5 miles/.8km

Course Maps are located on our website at www.kicitriathlon.com.

***The suggested warm up swim is from 6:30am – 6:50am. All athletes are strongly encouraged to take advantage of this practice swim to better acclimate your body to the water.**

The swim takes place at Cummings Beach and begins with an in-water start. High tide is at 4:56am. All participants will be staged on beach. Swimmers will be called by wave to enter swim start corral. View waves here:

Time	Wave
7:00am	OLYMPIC MEN 39 & UNDER + AQUABIKE
7:03am	OLYMPIC MEN 40+ & RELAY
7:06AM	OLYMPIC WOMEN
7:18am	SPRINT MEN
7:21am	SPRINT WOMEN, RELAY & FIRST TIMERS*

*First Timers

Any newcomer to the sport of triathlon can elect to swim in the last wave of each event if desired. This wave is last to go in the water, making it less intimidating for new participants. You must see the Registration Manager at Athlete Check-In to be switched.

The direction of the swim is counter-clockwise. Buoys will be on your LEFT.

All athletes must complete the swim within one hour after the final wave start in order to continue the race.

Water temperature is 68 degrees (7/7/17). A water temperature under 78 degrees will permit all participants to wear wetsuits.

USAT rules on wetsuits:

- USAT rules state that competitors may wear wetsuits if the water temperature is 78 degrees or lower.

- USAT rules also state that if the water temperature is between 78.1 - 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards.
- If the water temperature is 84 degrees or above, participants may not wear wetsuits.
- Age group athletes shall not be permitted to wear a wetsuit in water temperature equal to or greater than 84 degrees Fahrenheit.

Neoprene booties are considered part of a wetsuit and would be legal to wear anytime wetsuits are legal. Swim-socks/booties are legal at any temperature as long as they do not provide flotation.

Swim course rules and instructions:

1. Athletes who wear glasses or have other special needs may place these items on the table at the swim finish prior to the start. Be sure to label them with your name and race number.
2. Bring the swim cap and timing chip provided to you at athlete check-in to the swim start check-in area. The first wave for the Olympic triathlon will be called to the swim staging area beginning at 6:50am. You will be required to cross a timing mat to complete the swim check-in process.
3. Do not wear your bib number under your wetsuit during the swim. The water will quickly destroy the bib fabric.
4. Wearing swim goggles is recommended but not required.
5. No fins, paddles, snorkels or flotation devices of any kind are allowed.
6. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.
7. Swimmers are required to stay on course, swim counter-clockwise and keep course markers to the left.
8. If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance from the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.
9. The swim course will close one hour after the final swim wave start. All athletes still in the water after the cut-off time will not be permitted to continue on with the event.
10. As you exit the water, you will cross timing mats on your way to transition. Once inside transition, change into your bike gear.
11. You can only start in your designated wave OR AFTER. Any athlete who starts in wave BEFORE their assigned wave is subject to disqualification.

BIKE COURSE INSTRUCTIONS

Olympic Bike: 24.8 miles/40km

Sprint Bike: 14.0 miles/22.5km

Course Maps are located on our website (www.kicitriathlon.com).

Open racking is available in bike racks in transition. Fundraising athletes receive preferred bike racking closest to transition area.

Course description

After exiting Transition, Olympic athletes will do a quick loop in Shippan Point before riding with traffic through downtown Stamford. Sprint athletes will ride directly with traffic through downtown Stamford at the start of their ride. The course then travels through downtown area and heads to North Stamford. At Main Street and Washington Blvd bikers will shift from the north bound lane to the south bound lane. Bikers will ride north in the southbound lane until the left turn onto Bridge Street. The turn on Palmer Hill Road begins an uphill climb which turns to a series of ups and downs as you enjoy back country Stamford. There are several climbs and many fast downhill. Athletes are advised to keep alert of your surroundings during descents. These are rural roads which will require athlete's constant focus and concentration.

Please note: Road surface is fair with several frost cracks on Westover Road. Be cautious of pot holes along Shippan Avenue as well! The City of Stamford has used tremendous resources to patch but there remain a number of potholes, fissures and bumps. Watch your tires, especially on the downhill!

Per USAT official rules ALL bikes must have bar ends plugs. Additionally, if you plan on using a GoPro it must either be strapped to your chest or mounted on your bike. Athletes with GoPros mounted to their helmets will not be allowed to race. Cell phones are permitted on the race course; however, they need to be stored in hidden place (bike bag, back pocket).

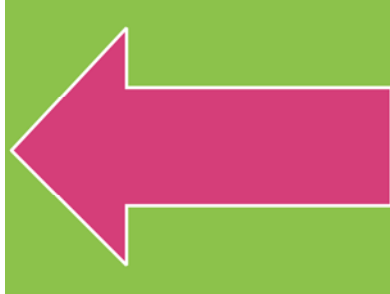
OLYMPIC AND SPRINT BIKERS CAUTION NOTICE!

Roads are open to traffic! Therefore, please remember these are all residential streets and we cannot control the exit from residential driveways. **Be aware and use caution!**

- Long Ridge to Cold Spring is a 45° turn. You may gain speed coming down Long Ridge Road. Please slow down before turn approaching turn!
- Be advised Long Ridge Road and Stillwater is a busy intersection. Police and volunteers will be monitoring the intersection but please approach with caution.

OLYMPIC and SPRINT COURSES

Both bike courses contain a fair amount of climbs and descents. Turns are sometimes quick and riders need to keep alert. Course will have volunteers directing you and will be marked with the following arrows:



Please note the on Olympic bike course has been updated to a 2-loop course!

- Mile 14.1: Olympic athletes you will take a RIGHT onto Bridge Street to enter the second loop.
- Mile 14.1: Sprint athletes will continue STRAIGHT on Washington Blvd to head towards Cummings Beach.
- Mile 21.5: Olympic athletes will continue STRAIGHT on Washington Blvd. to head towards Cummings Beach.

Bike tech tips & other details:

Technicians will be available at transition prior to the race and on-course (THANK YOU ENDURANCE HOUSE!) once the race begins. Athletes are ultimately responsible for the condition of their own bikes. USAT Race Officials may, at their discretion, make final judgment as to the soundness of each bicycle.

Prior to bike check-in at the transition, be sure your bar-end plugs are in place, your body is marked and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. While there will be a limited number of pumps available in the transition area on race morning, we recommend that you bring your own and pump your tires prior to entering the transition.

For security and safety reasons, bikes will not be allowed out of TRANSITION once bike check-in begins. Spectators or family members will not be allowed to enter TRANSITION.

On race day, Endurance House will be at transtion and on-course to aid in emergency repairs.

USAT Bike Course Rules and Instructions:

1. All bikes must display the bike frame number.
2. In accordance with USAT rules, drafting is prohibited.
3. No tandems, recumbents, fairings or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual or prototype equipment will be subject to a determination of legality by the Head Referee.
4. Race officials reserve the right to reject any bicycle or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race.
5. Each participant must wear the race-issued race number on the bike and run course. Ensure you are wearing your helmet sticker and affixed bike sticker to the frame. Race belts may be worn.
6. Athletes are required to wear a helmet approved by USA Triathlon during the entire bike, including in and out of the transition areas. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
7. No individual support is allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort. A penalty will be assessed for discarding a bike bottle or any other litter/trash on the course.
8. Each participant must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support does not include the normal changing of flat tires. Be prepared!
9. Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
10. Athletes may walk their bike, if necessary, but may not make progress on the bike course unless accompanied by their bike.
11. All participants must mount and dismount in the marked zones at the transition areas. Under no circumstances should an athlete ride their bike inside the transition area.
12. Headsets, headphones, MP3 players, iPods, cell phones or other listening devices are not allowed during any portion of the event.
13. If you need minor medical assistance, "sag" vehicles will pick you up and take you to the medical tent, where you will receive treatment. Depending upon the level of care, ambulances may take you to the nearest hospital to receive treatment. If you have a technical problem, the sag vehicles will take you to the finish. If you have a problem, please go to a volunteer or police officer for further assistance.
14. The bike course will close four hours after the final swim wave start. All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to

continue the event. The athlete will be removed from the bike course and transported to the finish.

15. After completing the bike portion, you will cross timing mats on your way into the transition. Once inside transition, change into your run gear (public nudity is prohibited). Rack your bike. Since other athletes will be entering after you, please stow your bag under the bike rack and out of the traffic lanes. Following the race, collect your bicycle and bike gear from the transition.

Local traffic laws

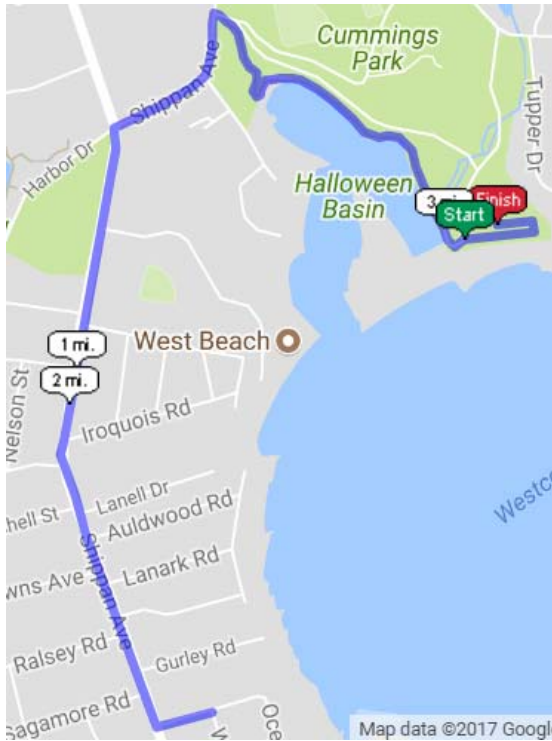
Please remember that the local community uses the bike course roadways. Realize that you are an ambassador for the sport and this event and that the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and take the extra step to be courteous and respectful to the residents of the local community.

TRIATHLON RUN COURSE DESCRIPTION

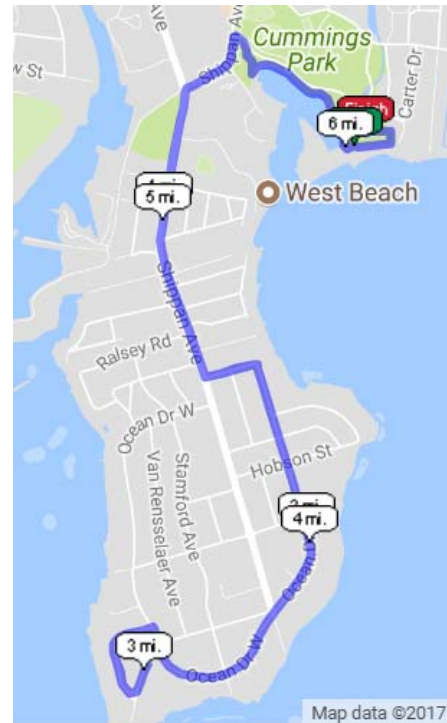
Olympic: 6.2 miles/10km

Sprint: 3.1 miles/5km

5K Sprint Triathlon Course Map:



10K Olympic Triathlon Course Map:



Course description

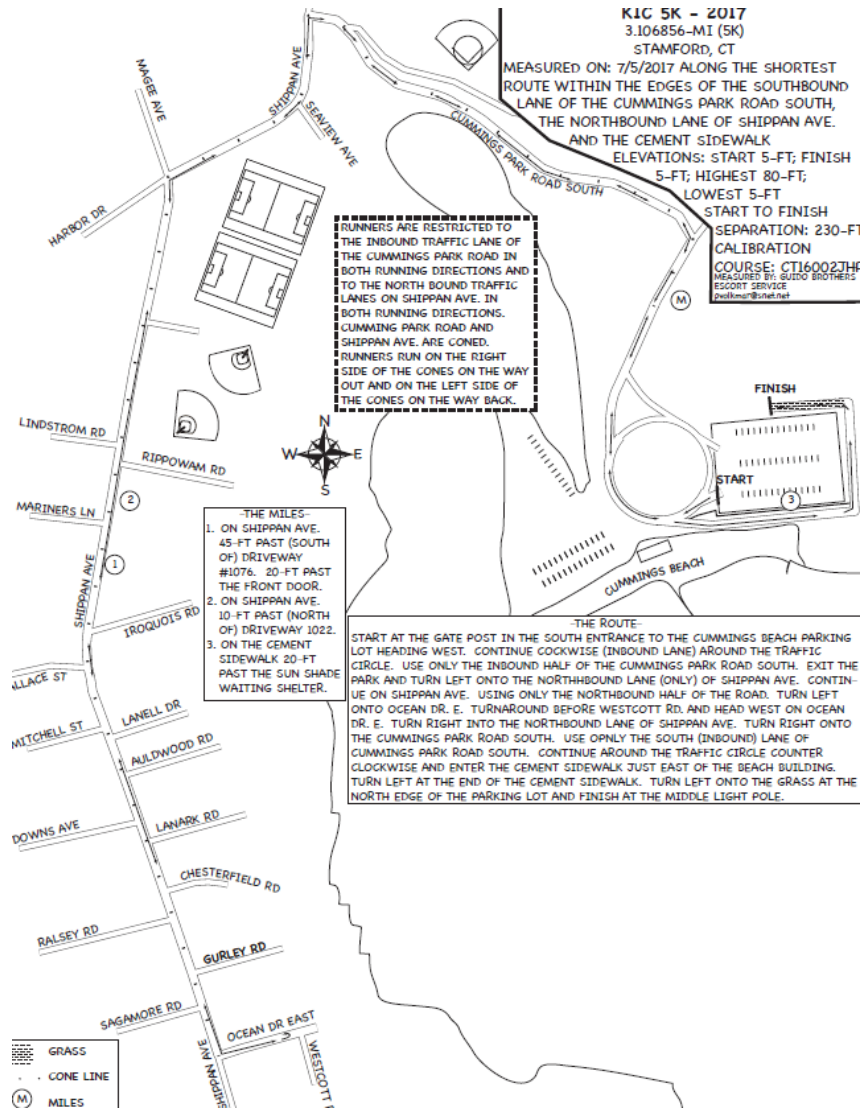
The run for both the Olympic and Sprint/5K courses are out & back traveling to Shippan Ave. Course monitors will direct you at the turnaround for both races. The 10K course offers 4 water stations and the 5K offers 2 water stations. Aid stations will be complete with water, energy drink products and first aid kits for any minor medical needs. Aid stations will be at the following locations:

- 5K has aid stations at miles .9 and 2.1.
- 10K has aid stations at miles .9, 2.2, 3.8 & 5.2

Upon leaving Cummings Beach Park, the run will share the street with cyclists on Shippan Avenue. Please stay as close to curbs side as possible. Outbound and inbound runners will be utilizing the same stretch of road on Shippan Avenue as well. Outbound runners, please stay as close to the curb side as you can, with inbound runners passing you on your right shoulder. Inbound runners: please leave room along the curb side of the road for outbound runners. Outbound runners should be passing you on your right shoulder.

See page 20 for run course rules.

5K RACE COURSE DESCRIPTION



Course description

The 5k race begins at the Cummings Beach roundabout. The course is out & back traveling to Shippan Ave, turning around on Ocean Drive E. Course monitors will direct you at the turnaround. Aid stations will be complete with water, energy drink products and first aid kits for any minor medical needs. Aid stations will be at miles .8 & 2.3. Traffic will be open but monitored by Stamford Police and course volunteers.

RUN COURSE RULES

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by the race identify the official participants in the race. Folding or cutting race number or intentional alteration of any kind is strictly prohibited. A bib number must be placed on the FRONT of the runner and securely attached. Race belts may be worn.
3. This is an individual event. Individual support vehicles or non-participant escort runners are prohibited and will result in the athlete's disqualification. Teamwork, in the form of outside assistance, provides an advantage over single competitors and is not allowed. Non-participant escort runners include participants who have withdrawn from the race, been disqualified or already finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of participant to avoid the disqualification of the participant. It is incumbent upon each participant to reject immediately any attempt to assist, follow or escort. It is permissible for a participant who is still competing to run with other participants who are still competing.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.
5. The run course will close five hours after the final swim wave start. Runners still on the course after that time will be disqualified and given the opportunity to unofficially finish the race. Further, any athlete not making it to the start of the run turnaround by 11:00am will be disqualified and not allowed to continue.

Best of luck and we'll see you at the finish line!

**THANK YOU VERY MUCH FOR YOUR
SUPPORT AND PARTICIPATION!**

*Be sure to follow Kids in Crisis on Instagram @kids_in_crisis
and use the hashtag #KICItTri with your photos!*

*If you have any additional questions, please contact
Event Coordinator at john@jbsports.com or 203-481-5933.*