

Welcome to the first annual Tri Montgomery!

Outlined below are the safety guidelines and important information for the event.

Friday registration is strongly recommended. Saturday registration will be available at Benedict Park from 7:00-7:45.

Bib and packet pickup will be Friday, 10/14/22 from 4:40-7:30: Village of Montgomery Senior Center, 36 Bridge Street Montgomery, NY and will coincide with a ***Spaghetti Dinner*** to benefit the Senior Events so you can get your supplies and carb load easily! Dinner will be \$10 per person and includes bread and salad.

You will have a designated **bike drop time** at Bradley Park (48 Albany Ave., Walden) between 6:30- 7:30 on Saturday. Kayaks and Bikes will have a numbered space to coincide with your bib number.

You must have your stickers displayed on all of your equipment and your helmet. *The Business Council of Greater Montgomery and the Town and Villages of Montgomery, Maybrook and Walden want you to be safe, and will make efforts to ensure the safety of your equipment, but take no responsibility for your items.*

You must wear a helmet for the bike portion and a life vest for the kayak portion. No exceptions. Each participant must have a waiver on file to participate. You will have to fill one out upon registration if you haven't submitted digitally already. Drafting, pushing, blocking and all other unsportsmanlike behavior is prohibited.

You will drop your kayak last at Benedict and use the LOWER parking lot to park.

The run portion is a closed course, the bike portion is open. There will be street markings and signs to direct you **except** in the Village of Walden, where there will be signs only.

Teams: Must pass off their chip at transitions.

Bathrooms are located at Benedict near kayak launch and near pavilion, at Badley Park near the bike transition and near Clark and Homestead Avenue Maybrook.

We will have a spotter on the last mile of the bike to notify us that you are approaching so your teammate or a volunteer can ready your kayak.

Awards will be at approximately 11:45am. First, second and third place awards for overall male, female, duathlon male and female, duathlon team and triathlon team will be given.

You must wear your wristband to receive your samples and discounts for the community event and the "Try Montgomery" deals for the weekend. We will have golf carts, sprinters and a dial a bus available to transport participants back to their cars if needed.

We have a vendor event afterwards and a list of Montgomery area events for the entire weekend for you to enjoy as well.

Please send any questions to: thebcgm@gmail.com

