



**Welcome to the second annual *Tri Montgomery!***

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

Friday registration/ bib pick up is strongly recommended.

**Registration:**

- Bib and packet pickup will be **Friday**, 10/13/22 from 4:45 pm -7:00 pm Village of Montgomery Senior Center, 36 Bridge Street Montgomery, NY and will coincide with a Spaghetti Dinner to benefit the Senior Events. Get your supplies and carb load easily! Dinner will be \$10 per person and you can pay online at [www.threevillages.org](http://www.threevillages.org), or in person (cash only).
- **Saturday** registration will be available at Benedict Park from 7:00-7:30.
- Chip pick up will be from 7:00-8:00. You **must** have an assigned bib number to drop your bike and kayak. Kayaks and Bikes will have a numbered space to coincide with your bib number.
- Bike and Kayak drop off will both be near the Kayak Launch. We will help you unload and you will continue on to the UPPER Parking lot.
- We will have golf carts available for transport to and from cars.

**Run only participants:** You will not be permitted to leave the park until the last bike leaves- for everyone's safety. We are hoping that will be by 10am, and will coincide with the **run only awards** portion.

**Teams:** Must pass off their chip at transitions. Each participant will have a bib. Runners will display bib on front, bikers on back.

**Awards:** Duathlon AND Triathlon Awards: will be at approximately 12:00 pm, earlier if ¾ of the participants are in by then. First place awards will be given for: Overall Male and Female Run only, Duathlon and Triathlon.

Overall Team Duathlon and Triathlon

Overall Male and Female Duathlon and Triathlon under 20, 21-29, 30-39, 40-49 and 50 and up.

**General Info:**

- The race is a partially closed course. We will take all necessary precautions to keep the roads passable and closed when permitted, but please be aware of your surroundings.
- There will be HOT PINK street markings to direct the race. Mile Markers (white, black and red) and turn signs (white and red) will also be visible along the route. Mile makers will have the total mileage on the top left and bike mile number on the bottom left.
- 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.
- You must have your stickers displayed on equipment and your helmet and bib visible at all times.\*
- Drafting, pushing, blocking and all other unsportsmanlike behavior is prohibited.
- UPPER Parking lot will be for Triathlon Participants and Vendors ONLY. LOWER parking lot is for RUN ONLY Participants, Volunteers and Staff. Upper lot is a green pass, lower lot is an orange pass.
- Bathrooms are located at Benedict near kayak launch and near pavilion, and near Clark and Homestead Avenue Maybrook.
- We will have a spotter on the last leg of the bike at Clinton/Goodwill to notify us that you are approaching so your teammate or a volunteer can ready your kayak.

***Please show your "Try Montgomery" Card for exclusive discounts for participants throughout the Greater Montgomery Area all weekend.***

\* 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.

Please send any questions to: [thebcgm@gmail.com](mailto:thebcgm@gmail.com)