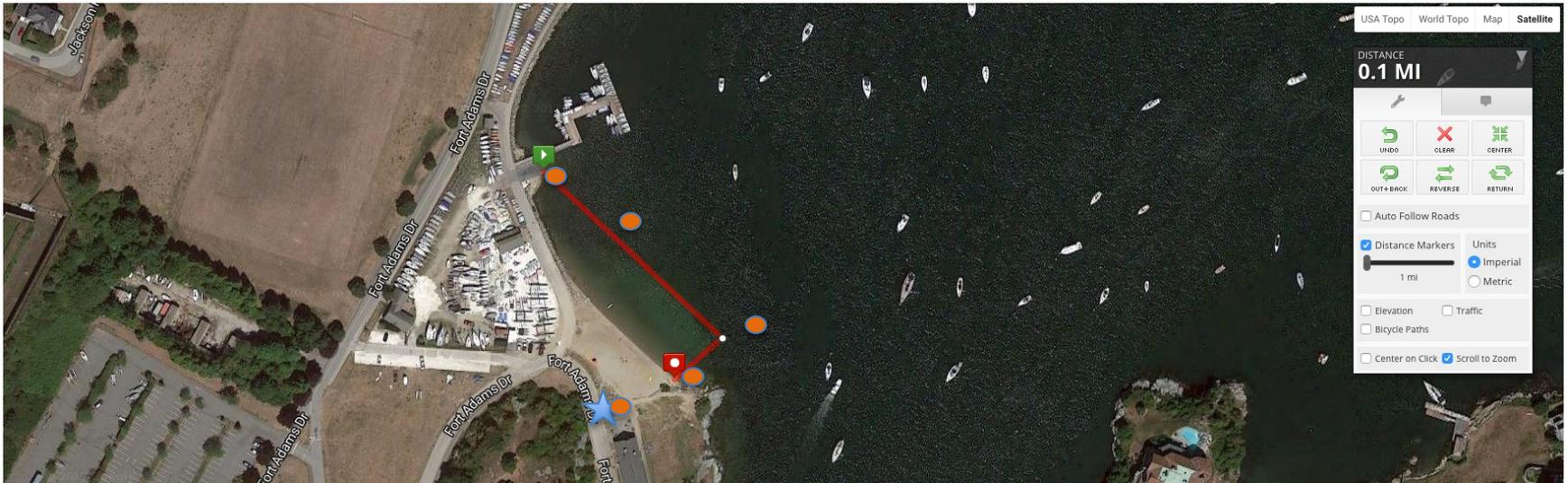




Second Annual Race 4 Chase
At Fort Adams State Park
August 2018

Swim Course overview

The race will start at exactly 10 a.m. at the boat ramp adjacent to the Sail Newport dock highlighted by the green arrow box on the map below. Athletes will line up on the ramp and an air horn will signal them to enter the water. They will swim straight across the outer buoy lines for the public beach. They will proceed along the outer perimeter of the buoy lines until they reach the beach. At that point they will walk/jog up to the first transition area highlighted with a blue star on the map. Volunteer course marshals will be needed at each of the orange circles including two on kayaks.



Bike Course overview



The bike transition (T1) will consist of several bike racks borrowed from Bike Newport. Each rack will be numbered to coordinate with the numbers that the kids will have sharpied on their arms. A few volunteers can assist them with getting their bikes off the racks and overseeing them toward the bike start heading back towards the Swim start ramp. Race signage and yellow cones will line the course to provide directional support to the athletes and course marshals will be in key locations to facilitate a safe ride for the kids as well as directional support. To secure the mileage we to get at least 2.1 miles of cycling we have to take advantage of some sidewalks and turn around loop in the church parking lot marked by a STAR. Volunteers (17) required for this course. **VOLUNTEERS MUST BE VOCAL ABOUT THE RACE IN PROGRESS!!! No cars will be allowed on the road during the race.**

Run Course Overview



The second and final transition will be located where the blue rectangle is on the map. Volunteer can help the kids place their bikes in the rack and send them off for their run.

Yellow cones and directional signage will continue to lead the kids around the run course which is exactly .75 miles. The finish line will have an inflatable arch and snow fencing to make the finish authentic.

Most of the race course for the bike and run is on sidewalks or bike paths so there should be no issues with traffic or pedestrians **as long as we have loud volunteers!**