

Congratulations! You have been entered in the Twenty Second Annual Wildman Biathlon!

Registration will be at the Shelburne Town Garage, Meadow Road, Shelburne NH on Friday evening, Aug. 13th from 4p.m ~ 7 p.m. and on Saturday morning, Aug. 14th from 6:00 am ~ 7:30 am. For those planning to stay overnight, we have enclosed information about local accommodations.

Race Packets: Having pre-registered, you may pick up your race packet Friday evening or Saturday morning at the Shelburne Town Garage. *We encourage you to pick up your race packets on Friday night.* Race packets include numbered clothing bags for transporting gear from transition point, race numbers, a T-shirt for each competitor, one Wildcat gondola pass for a member of your support crew (additional tickets may be purchased *before* 10:00 am at a discounted price at Wildcat), your après-race meal ticket, and extra meal tickets if you ordered them. Competitors must pick up packets in person!

Individuals: We will transfer your gear to Wildcat for individual competitors, but the gear must be placed in the numbered bags given to you in your race packet, and **placed on the ground** at the bike racks. You will be responsible for transportation back to Shelburne after the race to pick up any vehicles.

Teams: Team bikers should be with their bikes as the running leg is being completed. Please stay out of the exit chute until your partner enters the team runner finish area. Once your partner enters the finish area, you may ride out of the transition zone. Tag is not required, but your partner must cross the finish line before you may leave.

Each team is responsible for getting Hillclimbers to the Wildcat transition area. In the case of 3-person teams, it would be a good idea if Hillclimbers left for the Mountain before the running leg ended. The drive to Wildcat will take 25 - 35 minutes. It will take all but the fastest bikers a minimum of one hour and fifteen minutes. Teams will be responsible for transportation back to Shelburne after the race to pick up any vehicles.

Numbers: Please attach your number to your **RIGHT** hip so that it is visible at all times. There is also a number to be attached to the bicycle. Attach it securely to the junction of the head, top, and down, tubes, **FACING FRONT**. This will help us to time you correctly and protect your property. Bicycles may only be collected at Wildcat by individuals whose race number matches the number on the bicycle. Do not send family members or support crew to pick up bicycles after the race unless they have your race number in hand.

The Start Location: The race will start at 8:00 am sharp from the Shelburne town garage located on Meadow Road off US Route 2, 3.5 miles west of the ME-NH State line and 5.5 miles east of the Jct. of Rtes. 2 & 16 in Gorham. Please come ready to compete, as there are no changing facilities in Shelburne. Toilets are at the west end of the Town Garage. Please place your bicycles in the bike racks at their correct location by hanging from the brake levers. Bike racks are numbered to correspond to race numbers.

The 10K Run: The out and back course heads northerly on Meadow Road then turns East (R) onto the North Road. Runners will pass the Philbrook Farm Inn on the way to the turn-around point at 3.1 miles. There will be water at the turn around, and at 3 other locations on the North Road. The course returns to the Town Garage and the first of two transitions.

The 1st Transition: Individuals make the transition from running to biking by entering the transition area chute and moving to their bicycle. Bicycles are arranged in racks by number and should be hung on the rack by the brake levers. Mountain bikes may be placed on the ends of the racks. (Although this course is best completed on a road bike.)

Into your numbered gear bag should go running shoes and any other necessities desired for the hill climb. We will transfer this bag to Wildcat for you. The numbered bag will be placed in a numbered rack at Wildcat. Only racers (and officials) will be allowed in the transition area.

*****Please be sure everything you want transferred is placed in the bag. That is the only way your gear can be transferred to Wildcat. Do not hang your numbered gear bag on the bike rack after the 10K. Only bags on the ground will be picked up for transport to Wildcat.*****

The Bike: After the run, the bicyclists will ride up a short, steep hill to Route 2, turn right, and ride about 2.2 miles on Route 2 to the first right hand turn onto the North Road to begin the 7 mile lap. You must complete one lap of the North Road. Watch out for potholes and veins; the North Road is rural and has some rough spots. You will bike past the Town Garage and back onto Route 2, then head into Gorham. Then there are two left hand turns. One is in Gorham at the Jct. of 16 south and US 2, and the other at Wildcat. Traffic control will be provided at these locations, but stay alert please. There is a good shoulder along Rte. 2 and Rte. 16 most of the way. A one-mile section of Rte. 2 near Timberland Campground is quite narrow.

Traffic can be heavy on Rte. 2; be especially aware of traffic when passing other cyclists. Cyclists will cross 4 sets of railroad tracks: three sets at right angles, and one on the diagonal. This set is at the golf course in Gorham. **Use caution when negotiating the tracks.** (*A spare tube may be useful.*) *Bear in mind that all spare parts and tools are to be carried by the individual racer and all repairs during the event shall be performed only by the individual racer. No outside support is permitted.*

There will be NO water stops along the bike route, so be prepared. You should have several full water bottles or a backpack hydration system if the weather is hot!

Wildcat Transition: The parking lot is gravel, and the transition from pavement to gravel is abrupt. The transition area is at the south corner of the base lodge, almost straight ahead as you enter the parking lot. Head for the building straight ahead. The bike racks will be numbered to correspond to your race number, and your gear will be in a bag at that location. Exit to the south, cross the brook, and then turn north. Follow the markers to the Polecat Trail. **All competitors must enter the Wildcat Transition by 11:30 am SHARP.** Anyone who does not meet this

deadline will not be timed on the final leg and cannot be considered to have officially finished the race with regard to award eligibility. There will be NO exceptions.

The Polecat Uphill Climb: The Polecat Trail is a rough trail that averages a 12% grade and has sections approaching 30%. Wildcat is a real mountain. There are rocky sections, ledges, and a lot of uneven terrain. Stay on the trail. If it is rainy, the trail will be muddy and wet, and some sections may be slick. Be warned, this is not going to be easy even in the best of conditions. No hiking poles may be used.

The Finish: The finish is at the summit of Wildcat. Don't linger on the summit any longer than absolutely necessary. It takes approximately 15 minutes to get off the Mountain in a gondola, but the waiting line can be up to 1 hour. Have your support crew bring appropriate clothing to the summit so you can cover up quickly, as the summit is usually considerably cooler than the base. The summit building will be open, but unfortunately there are no rest rooms until you get back to the base.

The Awards Ceremony and Apres Race Meal: Wildcat Mountain is providing a terrific Apres Race Meal at the Base Lodge. Many thanks to Wildcat! In addition to the pasta meal for racers and those who have purchased extra meal tickets, Wildcat will also make their regular cafeteria line of hot dogs, hamburgers, etc available for purchase.

We will begin serving the Apres Race Meal as racers return to the base lodge. **You will need your meal ticket(s).** (Race bibs are not accepted as your meal ticket.) The Awards Ceremony will take place during the meal or shortly thereafter. Prizes will be awarded through a lottery, and awards to top finishers. Complete race results will be available on the Wildman website <http://www.ncia.net/wildman/> or at <http://www.coolrunning.com>.

Water Stations: In addition to the 4 water stations on the Run, there will be several water stations on the uphill climb. Water is most important during competition. You will exerting extreme energy and may experience dehydration and fatigue. Stop for water often.

Wildman Support Staff: There will be Police Officers, Course Monitors, EMT's and Medical Personnel, and Ham Radio Operators along the entire course. If you need help, don't hesitate. They are there to assist. They can be identified by The Wildman Face on their vehicles, Orange Vests, Uniforms, and will otherwise look official.

Disqualification will result from the following: Competitor Support crews/Family members cannot help competitors during the event. Any vehicle seen helping or following a racer will result in disqualification of that racer. Spectators in vehicles can be a real hazard to you and other racers on the course. Please tell them not to follow you en route. Wildman Support Staff will monitor and enforce this rule. Absolutely no pacing or drafting will be allowed on any leg, and helmets must be worn during the entire bike leg. Lastly, no yellow line violations and no accepting mechanical assistance.

Finally: Don't forget to look at your race packet, as there are brochures and coupons from various merchants in support of the Wildman. Good Luck!

If you have any suggestions that might help us make future races more enjoyable, please drop a note to *The Wildman, c/o Coos County RSVP, 30 Exchange St., Berlin, NH 03570. Our phone number is (603) 752-4103*, and our e-mail address is *rsvp@ncia.net*. Please feel free to visit our web page <http://www.ncia.net/wildman/>