



Athlete Guide

June 23, 2019

Queen of the Hill

Presented by American Surgical Arts and ASA Aesthetics

Mullica Hill Women's Triathlon Club (MHWTC) is proudly hosting our 9th Annual *Queen of the Hill Sprint Triathlon, Duathlon and Aquabike* on Sunday, June 23, 2019. Descriptions for each race option are provided below, and the course details and maps are available on our website:

<http://www.mullicahilltriclub.com>

■ SPRINT TRIATHLON

- .25 mile swim, 10 mile bike and 5k run

■ DUATHLON

- 2 mile run, 10 mile bike and 5k run

■ AQUABIKE

- .25 mile swim and 10 mile bike

This ATHLETE GUIDE should provide you with everything you need to know as a participant in *Queen of the Hill*.

Event Schedule

Friday, June 21 & Saturday, June 22

FRIDAY, JUNE 21 & JUNE 22, 2019

8 a.m. – 6 p.m.: Blueberry Picking

Pick your own blueberries at [Mood's Farm Market](#) at 901 Bridgeton Pike in Mullica Hill, then donate a pint to our Queen of the Hill Royal Brunch.

Blueberries will be picked up by Sat. at 6 p.m.

SATURDAY, JUNE 22, 2019

11 a.m. – 5 p.m. Race Packet Pick-up

Running Co. Mullica Hill
86 N Main St., Mullica Hill, NJ 08062
(856) 223-9350

Running Co. Haddonfield**
121 Kings Hwy E, Haddonfield, NJ 08033
(856) 428-1666
<http://www.runningco.com>

20% off all merchandise in the store for Queen of the Hill participants!

****ONLY IF RESERVED AT THAT LOCATION
DURING REGISTRATION**

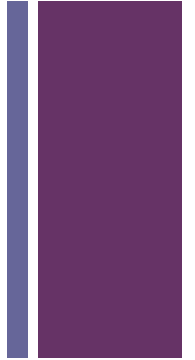
Sunday, June 23

- 5:30 a.m. – Transition Area Opens
- 6 – 7 a.m. – Packet Pick Up @ Lake Gilman (transition area)
- 6:00 a.m. – Hair Braiding Begins
- 6:15 a.m. – Body Marking
- 6:45 a.m. – All Bikes Racked
- 6:50 a.m. – Pre-Race Announcements
- 7:05 a.m. – Transition Closes
- 7:10 a.m. – National Anthem
- 7:15 a.m. – Rocky Theme
- 7:20 a.m. – Duathlon Start
- 7:30 a.m. – Triathlon & Aquabike Start
- 9:00 a.m. – Athlete Royal Brunch,
Sponsored by Lempert Orthodontics
- 10:00 a.m. – Crowning of the Queen &
Awards

Race Packet Pick-Up

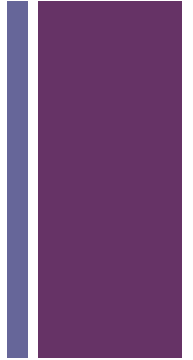
- Packets will be available for pick-up 11 a.m. – 5 p.m. on June 22nd at the Running Co. of Mullica Hill at 86 N Main St in Mullica Hill or in Haddonfield (for those that chose this location during registration only) at 121 Kings Hwy E, Haddonfield **AND onsite at Lake Gilman race morning from 6:00 – 6:45 a.m.**
- You must have a photo ID and one-day USAT insurance waiver OR present a CURRENT USAT Membership card. Please note that these rules will be strictly enforced – NO EXCEPTIONS. It is recommended that relay team members come together to get their packets.

Timing Device



- All athletes will receive a reusable MyLaps ankle bracelet in their race packet.
- You must be wearing the ankle bracelet to enter transition area on race morning.
- Ankle bracelets will be collected after you cross the finish line.

Parking



On-site parking is NOT available at Lake Gilman. Since parking is limited, carpooling is recommended. Parking options are listed below:

Ferrell Fire Hall

Intersection of Elk & Ferrell (641) Roads 1 mile from Lake Gilman

Ewan Fire Company

312 Ewan Rd., Ewan, NJ

1.2 miles from Lake Gilman

Hampton Hills Development (Ellis Mill Road)

GPS -Millstone Way, Monroeville, NJ ½ mile from Lake Gilman

½ mile from Lake Gilman

PARKING ON ONE SIDE OF STREET ONLY – SIGNS WILL BE POSTED

Clems Run Road

Roadside on Clems Run Road between Hardingville Road & Richwood Roads

½ mile to the finish

Pino Family Farm

Located on Ferrell Road diagonally across from the Ferrell Fire Hall (look for signs)

PLEASE NOTE: Because the event is happening on a Sunday, there will be NO parking at Ferrell United Methodist Church (1500 Ferrell Rd). This is a space that has been used for parking in the past.

Transition

- The transition area for Queen of the Hill is located on the upper field to the right of the lake (follow entrance driveway into Lake Gilman up the hill). Transition opens at 5:30 a.m. Since parking is $\frac{1}{2}$ – 1 mile from away from Lake Gilman, please be sure to allow plenty of time to walk/ride your bike to transition.
- Transition will be secure. Only triathletes with timing devices are allowed in transition before and after the event.
(NOTE: Only numbered athletes may remove their bikes from transition after the triathlon.)
- Racks will not be numbered and are available on a first come first serve basis. Space is tight, so please take up as little space as possible – seven (7) bikes per rack.

SWIM



- The swim will be a rolling start. Participants will line up according to their predicted swim pace (self-seeding). Every few seconds a swimmer will start.
- Relay swimmers and Aqua Bike participants will enter water WITH triathletes.
- The water temperature on race morning will determine whether or not wetsuits will be permitted.
- When we clear transition and direct everyone to the grassy area near the beach, swimmers will be assembled according to predicted swim time. Any stroke is allowed, however, flippers / flotation devices are not permitted. Several open water certified lifeguards and swim angels will be in the lake to ensure the safety of each and every swimmer.
- During the swim, the buoys should always be on your RIGHT. Larger, more visible buoys will be placed in the lake the night before the event. Many of you have practiced at Lake Gilman this past month and exited via the ladder, however, swimmers will be **exiting via the wood steps at the baby lake** (same exit as last year) on race day.

Course Map: Swim



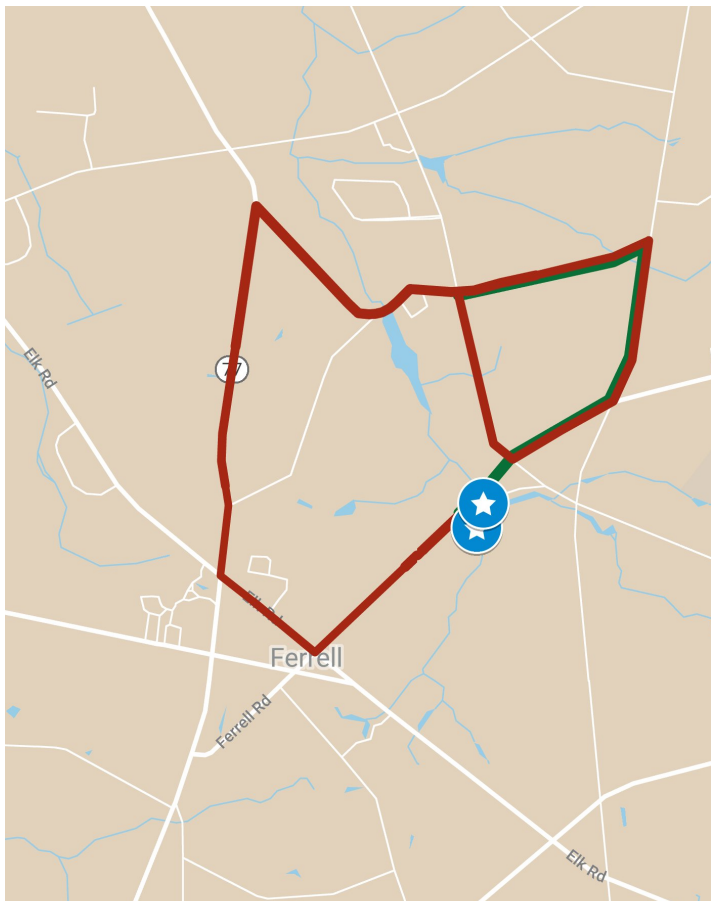
BIKE



- Bike mechanics will be on-site near transition for any bike issues. Please remember to pump your tires before you arrive. Cyclists will mount and dismount bikes just outside the back of the transition area on Valley Road. Lanes will be designated for cyclists going in and out transition.
- The bike course will be clearly marked with signs, and volunteers will be positioned at intersections. Bike marshals will be out on the course monitoring cyclists the entire time. We will sweep the course the night before to clear glass or debris.
 - Basic bike rules are as follows:
 - Wear a properly fitting helmet and NEVER wear headphones (you will be removed from the race)
 - Check handlebars for caps/plugs at the end (most have them, but double check)
 - Bring water and a spare tube with you
 - Pull over OFF the road if you get a flat (marshals will assist you)
 - Stay 3 bike lengths behind the cyclist in front of you – If they are going too slow, you have 30 seconds to pass
 - No passing zone at the turn around at the school. If you want to pass please do it before or after the school.

BIKE

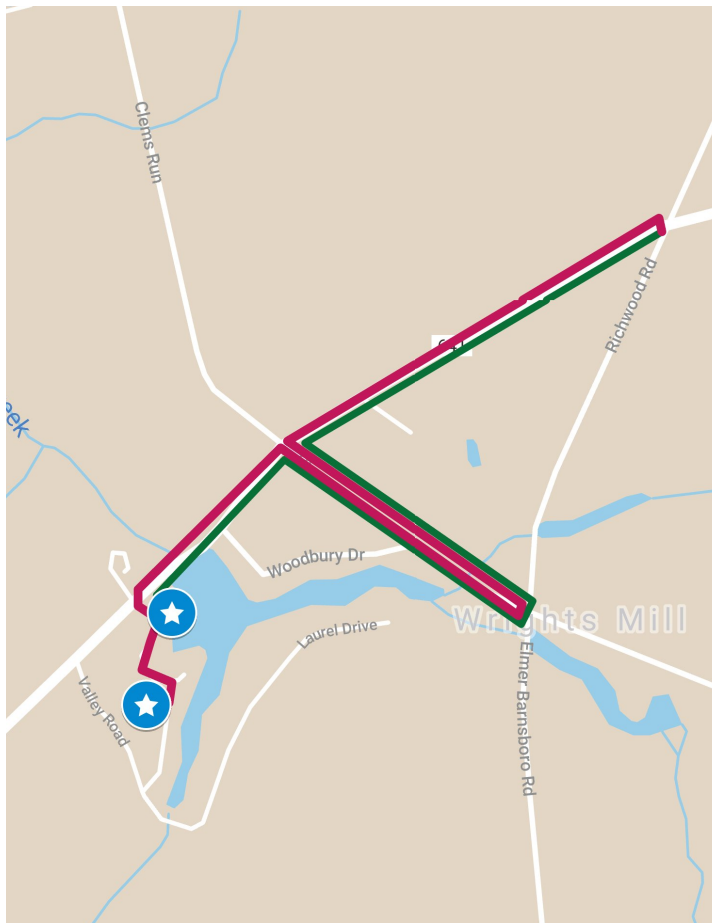
COURSE MAP



- Exit LEFT out of Transition
- Go RIGHT onto Valley Rd
- Make LEFT onto Ferrell Rd (641) and mount your bike
- Go RIGHT onto Elk Road
- Turn RIGHT Bridgeton Pike
- Turn RIGHT onto Ewan Road
- Proceed on Ewan Rd
- Cross Clems Run Rd
- Turn RIGHT onto Richwood Rd
- Turn RIGHT onto Ellis Mill/Ferrell Rd
- Proceed on Ellis Mill/Ferrell Rd
- Turn RIGHT onto Clems Run Rd
- Go RIGHT on Ewan Road
- Turn RIGHT onto Richwood Rd
- Turn RIGHT onto Ellis Mill/Ferrell Rd
- Proceed to Valley Road (stay on left side of road)
- DISMOUNT bike and return to transition

RUN

COURSE MAP



- Exit RIGHT out of Transition
- Go LEFT onto Cherry Run Rd
- Make RIGHT onto Ferrell Rd (641)
- Go RIGHT on Clems Run Rd
- Proceed on Clems Run Rd to Hardingville Rd
- TURN AROUND
- Go back to Clems Run & Ferrell Rd Intersection
- Turn RIGHT onto Ferrell Rd (stay on right side of road)
- Proceed on Ferrell Rd to Richwood Rd
- TURN AROUND
- Go back up to Clems Run Rd & Ferrell Rd Intersection
- Make LEFT onto Clems Run Rd
- Proceed on Clems Run Rd to Hardingville Rd
- TURN AROUND
- Go back to Clems Run Rd & Ferrell Rd Intersection
- Make LEFT onto Ferrell Road
- Go LEFT into lower gate at Lake Gilman
- CROSS THE FINISH LINE AND GET YOUR MEDAL!

Awards

Below is a breakout of the award categories for the triathlon.



- Overall winners (3)
- Teen of the Hill winners (3)
- Relay winners (3 deep - 9 awards)
- Mother / Daughter Relay winners (3 deep – 9 awards)
- Aquabike winners (3)
- Duathlon winners (3)
- Athena (3)

Age Group Awards

- | | |
|-------------------|-------------------|
| ■ 70 years + (3) | ■ 40-44 years (3) |
| ■ 65-69 years (3) | ■ 35-39 years (3) |
| ■ 60-64 years (3) | ■ 30-34 years (3) |
| ■ 55-59 years (3) | ■ 25-29 years (3) |
| ■ 50-54 years (3) | ■ 20-24 years (3) |
| ■ 45-49 years (3) | |



Queen of the Hill Participants - 2018