

Greetings LavaHarrier!

Last email! Race day is almost here. Today, the run to the finish, plus misc!

Water temp June 9, 72 degrees!

Forecast: Chance of showers, cooler 65 degrees.

Some important things:

1. BPC Triathlon will host a transition clinic Friday, June 10 at the race site, 5:30pm. This gives you a chance to be at Howard Johnson's in Toms River at 5pm, pick up your number, and drive 9 miles and get to the 5:30 clinic and have ALL your questions answered. Or, come to the 5:30pm clinic, and then head to Ho Jo's at 6:30pm to pick up your number. I have been getting a lot of emails on how to rack a bike and basic things like that. So I hope that works for some of you. It certainly will help you. Sorry for last minute, I just see the need, and Dave Slavinski was nice enough to be there. Good luck!
2. RACE MORNING...DO NOT PARK ON BAY AVENUE...THAT IS THE BIKE COURSE!!! Early folks get the tennis court area. Park at an angle so we can fit as many as possible. Late arriving, you are on the side streets. But remember, people are sleeping and we want to be invited back, so please be courteous. Thanks for that favor! For late arriving (5:45 is late!), use Presidents or Philadelphia Ave. just north of Washington a few blocks. Those streets have diagonal parking and plenty of it so you are not driving around wasting time. Walk 5 minutes to transition from there.
3. Early packet pickup Friday, June 10, 5-7pm at Christopher's Pub, in the Howard Johnson complex corner of Hooper and Rt 37, Toms River. Info on our website.

Race day pickup (5:00am) is at the race, next to transition under the Jersey Shore MultiSport tent. Expect a line, so get there early. You will get your timing chip AFTER you pick up your packet. If you use early pickup on Friday, get your body marked by registration, and pick up your timing chip on the way into transition on race morning. You CANNOT enter transition without both a race number and timing chip. No exceptions.

4. You will get three numbers in your packet. The two small numbers...one goes on the front of your helmet (between your eye brows). The other goes on the RIGHT side of your seat post or top tube. The big number is your run number. Pin it to your jersey before you swim, or use a race belt for the run.
5. Remember, the port-a-johns are over near the swim start. Get there early, and carry your wetsuit if you are wearing one. Get in the water at 6:30am and make your way out closer to the T dock on the left so you can easily make the wave start. You will need to tread water waiting for the cannon. We will not wait for you if you are making our way out. You get 15, 7, 4, and 1 minute notices until the cannon start.
6. I want to make a correction from the bike email yesterday. IMPORTANT!!!! Remember, it is stay right, pass left. That is the race mantra. I like you to announce a pass when you come up on someone. That announcement should be "pass" or "on your LEFT". I wrote on your right by mistake, and of course, I NEVER want you to pass on the right. So remember...Stay right, pass left! "On your left" as you come up.

## **Run**

The run course at LavaMan is the shoulder of the bike course Bay Avenue loop. You DO NOT go into West Pointe Island on the run. It is simply a big loop, with each end of the turnaround 1 block further than the bike turnaround.

It is 3.8 miles, but can feel and be a tenth longer since you are always on the outside of the roadway lane. You CANNOT RUN THE APEX OF THE ROADWAY....THAT IS THE STILL THE BIKE COURSE! You run on the white line that denotes the roadway shoulder on the right. I actually want you to run just inside that white line, so people can pass you without venturing out into the roadway.

You will most likely encounter a parked car on the shoulder from time to time that will force you out a bit. Use caution, and do not run too far left as you pass a parked car, always checking for a car or bike might be coming up behind you.

We will have two water stops, and The Marino Family adds a third in the middle of the course, about 2 miles into the run. Ours are located at mile 1 and mile 3. Mile 1 is always manned, and mile 3 is throwback self serve with a hundred and fifty prefilled cups out there at least for the speediest runners to grab. We end up usually having a volunteer there, but I cannot guarantee it. If you have a friend that would like to help, that is their station!!! Let me know via email on that. Throw that last cup in the trash can as you go by, and keep Lavallette beautiful.

After the final run turnaround in the far north end of the course, you still have a solid 1/2 mile to go. IMPORTANT: Know where the finish line is! It is not in the road!!! After the tennis courts, we have you jump up onto the sidewalk and then across the field, keeping the cones on your right, make a b-line for the yellow arch and finish line.

On the way to the finish, about 50 yards before, there will be a funnel of cones. Run through the middle of these cones, over the blue mat, and KEEP RUNNING to the finish. That first blue mat is only an announcer mat, so we can know you are coming. Not the finish line.

Ahead at the finish line, we have a photographer, so look like a champion! We'll ask you to help remove your timing chip. You will receive a well earned Lava finish medal, and then the party starts!

Preliminary results are posted around 8:50am for the first 100 finishers. If you see a problem with your particular results, go to the Jersey Shore MultiSport trailer next to the finish line and speak to the timer, (in the orange shirt).

### **Post race food**

Bubbakoo Burritos will have a supply tacos for the race entrants. It is kind of custom, with a choice of veggie, chicken or beef. At least that's the plan! Please let your fans know the food is for athletes only so we have plenty for the late finishers. We will have some bagels, and of course blueberries by the cup!

### **Food serving area**

This year, we are moving the food tent out of the gazebo area, closer to the finish line. The idea here is to have more people around for the late finishers, and to keep the gazebo park a little cleaner. The group that oversees the park is very hawkish!

You certainly can grab a bench, or lay out a blanket and eat in the gazebo park with your taco or bagel. That is where awards will be at 9:20am. It is a nice little park, and you will enjoy a piece of Lavallette that has made it famous.

If you have a tri club tent, or want to pitch a personal oasis for you or your support team, the place to do that is along the last bit of march to the finish, on the south side between the gazebo park and the finish line.

### **Jersey Shore MultiSport gear**

Lots of people asking, so here is the deal on our apparel that we sell online, and will bring to the race. We will have a full assortment of Jersey Shore MultiSport tri and cycling gear. Cash or check works. We have a few extra race shirts to sell as well.

Athlete bikes for sale: If you are in the market for a fast triathlon bike at a good price, I am allowing a couple of people to display their proven speed weaponry next to our tent. Make an offer!

LAST BUT NOT LEAST: LavaMan becomes LavaLove for a good reason...just too much love is brought to this race, and the name fits.

If you have a cause for racing, or a dedicated reason for your racing Saturday, I would like to know about it, and help you promote it. Please email me at [cwilcox@jsmultisport.com](mailto:cwilcox@jsmultisport.com) today sometime with your story, and we'll find a way to weave it into the fabric of LavaLove if you would like. I can give your dedication a shout prior to the start, and promote it during the upcoming races, if it is an approved fundraiser.

Friday is your day to organize and be ready. I'm less available as the day goes on, but I will be at the site for the 5:30pm transition clinic with BPC Triathlon. We have 130 beginners, so I hope to see a few ahead of time!

See you bright and EARLY Saturday morning!

Chris Wilcox  
Race Director