



## Saturday, September 28, 2019

- 3:00 - 4:00 pm      **Volunteer Packet Pick Up**  
All volunteers please pick up your assignments/information for race day at the CECS..
- 3:00 - 5:00 pm      **Mandatory Race Registration & Packet Pick Up-**  
Cape Elizabeth Community Center - 343 Ocean House Road
- 3:30/4:00/4:30 pm      **Course Talk-** held on the ½ hour at the blue awning outside of the Community Center. During the course talk, we will go over the rules and various aspects of the course in full detail. This is a wonderful opportunity to ask specific questions or address any concerns about the course in order to make your athlete feel more at ease, especially if this is your first race.
- 3:00 - 5:00 pm      **Bicycle Rodeo** at the upper parking lot behind the Community Center, Sponsored by Bicycle Coalition of Maine. Bring your kids ages 4 to 10 years old and their bikes for helmet check, mechanical check and ride on the traffic safety skills course.

## Sunday, September 29, 2019

- 7:15 - 7:50 am      Transition Area Open at CEHS Senior Parking Lot
- 7:30 - 8:10 am      Mandatory Race Check-in/Packet Pick Up at CEHS Cafeteria
- 7:50 am              Transition Area Closes
- 8:10-8:25 am      Mandatory Pre-Race Meeting at CEHS Cafeteria
- 8:30 am              **Race Begins** at Donald L Richards Community Pool
- 10:00 am            Post Race Snack/Gear Bag Pick-Up at Weatherbie Track Field
- 10:30 am            Transition Area Opens at CEHS Senior parking lot
- 10:45 am            Place Awards Ceremony at Weatherbie Track Field