



**THE KATHY MELLOR  
'MUM'ORIAL  
SWIM/RUN CLASSIC**

Mumorial Swim/Run Athletes,

Thank you for being a part of the Kathy Mellor Mumorial Swim/Run Classic, produced by the Williamstown Badgers. This race holds a very special place in our hearts as it is in the memory of Kathy 'Mum' Mellor, a fellow Badger that we lost in 2021.

We are very excited to provide you with a unique, fun, and safe race experience. We will hold the event rain or shine. This guide contains the information you will need to have a successful race. Please read it in its entirety. If you still have questions, you can contact us at [BadgersTri@gmail.com](mailto:BadgersTri@gmail.com). See you on race day!!

### **Schedule of Events:**

Sunday, June 26, 2022 (Race Day)

- 6:00am – Parking Opens
- 6:15am – Transition Opens
- 6:15am – 7:30am – Check-in
- 7:15am – 7:40am – Warm-up Swim Available (we highly encourage all athletes to take advantage of the warm-up swim to get used to the water and loosen up your muscles)
- 7:40am – Transition Closes
- 7:45am – Pre-Race Meeting
- 7:55am – National Anthem
- 8:00am – Sprint Race Starts
- 8:15am – Olympic Race Starts
- 9:15am – Sprint Awards
- 9:45am – Olympic Awards

For GPS directions, use the address **870 W. Malaga Road Williamstown, NJ.**

**Parking:** On race morning, you will enter the winery property at the main entrance and volunteers will direct you to the parking location. We highly encourage carpooling with fellow athletes and/or family members and friends.

**Athlete Check-in:** Athlete check-in will take place in the large white tent in the field by the lake. At check-in you will receive your race bib, swim cap, race shirt, timing chip, and if you purchased wine tasting tickets you will receive that also.

**Timing Chips:** You must wear your timing chip and strap on your ankle for the entire race. After the race there will be a bin where you can return your timing chip. It is your responsibility to ensure the timing chip is returned. There is a \$50 lost chip fee for timing chips not returned.

**USAT Rules:** This is a USAT sanctioned event so all USAT rules must be followed. When picking up your packet, **ALL ATHLETES MUST SHOW A VALID PHOTO ID.** Only you can pick up your packet. You cannot pick up a packet for another athlete. For relay teams, **all team members must be present at the same time** to pick up the packet. Please review the common rule violations on the USAT website (<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>). Headphones are not allowed to be worn during any part of the race.

**Transition:** Only athletes will be allowed into transition, NO EXCEPTIONS. Volunteers will mark your race number on the back of each hand. Transition will be open for you to select where you want to set up. Please keep your area as small as possible to allow space for all athletes. When transition closes, all athletes must exit transition. Relay team members will be allowed back into transition once the swim starts. More on relay teams later.

**Swim:** The swim is a single loop, 0.25 mile for the sprint distance and 0.75 mile for the Olympic distance. The swim for sprint athletes will start at 8:00am and the Olympic athletes will start at 8:15am. You will enter the water in a rolling (time trial) start. Athletes will line themselves up where they feel comfortable. Faster swimmers should plan to be at or near the front of the line, moderately paced swimmers in the middle, and first timers can line up toward the end of the line. Your time will start when you cross the timing mat just prior to entering the water. We will start two athletes approximately every 3-5 seconds until all swimmers are in the water. You are required to wear the swim cap provided to you at check-in.

This is an open water lake swim in about 10-15 feet of water. There will be lifeguards in kayaks along the course. You are allowed to hold onto a lifeguard kayak to compose yourself or catch your breath. You are not allowed to propel yourself forward or be propelled by the kayak.

Our lake has a drop off about 6-8 feet from shore. You will cross a timing mat and be guided into the water. You may go into the water arms first and start swimming, but we ask that you **do not dive** into the water. You will swim counter-clockwise around the course. Turns are marked with large orange

turn buoys. Smaller yellow buoys are along straight sections to guide you. You will keep all buoys on your left. See the course map below. At the end of the swim you should continue swimming until you are almost at the shore and you see the bottom. We will have volunteers helping you out of the water.

We will be following USAT rules for wetsuits based on water temperature. Water temps of 78 degrees or less is wetsuit legal; temps between 78 and 84 degrees is not wetsuit legal, but you may wear a wetsuit and if you do you will not be eligible for awards; and temps 84 degrees or higher wetsuits are not allowed. We will take the water temperature the morning of the race and it will be announced. The water temperature is expected to be in the high 70s or low 80s.

After the swim you will run to your transition location to leave behind your swim gear and put on your running gear. Please keep your transition area neat so your gear is not in the way for other athletes.

**Run Course:** The sprint distance run is a one loop 5K course. Olympic distance athletes will complete the course twice for a total distance of 10K. Olympic athletes will be directed around the finish line after their first loop to run the course again. The run course will take you through the winery property, around the two lakes, and through the vineyard. The terrain consists of mostly hard packed dirt trails with some grassy areas and some sandy areas. If there is rain some of the trail may be muddy. Please do not touch or disturb the vines or the grapes. You must have your race number on the front of you, either pinned to your shirt or attached to a race belt, on the run. The course will be marked with flag tape and arrow signs. There will be a water station on the run course which you will pass twice during each loop of the run. There will be a trash receptacle after the water station for your used cups. When you finish the race there will be a bin for you to return your timing chip and strap. If you are unable to finish the race, please be sure to let a member of the race crew know and return the timing chip and strap to the volunteers at the finish line. We will not be giving out finisher medals for this race. Medals will be given out for award winners. See Results and Awards below. We will be providing water and snacks for all athletes following completion of the race.

**Relay Teams:** When transition closes prior the start of the race, all athletes - including relay team members - must exit transition. Relay team members will be allowed back into transition once the race begins. The relay team member doing the run will wait in transition until the swimmer is finished. The swimmer will enter transition and go to the runner where they will exchange the timing chip and strap from the swimmer's ankle to the runner's ankle. The runner will then exit transition and complete the run course.

**Emergencies/Injuries:** In the event of an emergency or injury, please contact a staff member or volunteer for assistance. The Monroe Township Ambulance Association is aware of the race and will be available if needed.

**Results and Awards:** Race results and times will be available online. Links will be posted on-site near the finish line. Awards will be given for the following categories:

- Top 3 male and female overall individual winners, Sprint and Olympic
- Top overall relay team winners, Sprint and Olympic
- Top 3 Clydesdale and Athena overall winners, Sprint and Olympic
- Top 3 male and female winners in 5 year age groups, Sprint and Olympic

**Scholarship Fund:** Kathy 'Mum' Mellor was a beloved member of the Williamstown Badgers Triathlon Club and will always be remembered for her spirit, smile, and sense of determination. Having taken up the sport of triathlon in her 60s, Mum showed us all...where there's a will, there's a way! She had a never quit attitude and will forever hold a special place in our hearts. Proceeds from this race along with donations from athletes will be added to the Scholarship Fund created in Mum's name. A scholarship will be awarded to a Williamstown High School Senior with a love for photography, another one of Mum's other passions. Thank you to everyone that donated! Donations can still be made at <https://runsignup.com/Race/Donate/NJ/Williamstown/MumorialSwimRunClassic>

**Volunteers:** A race like this does not happen without volunteers. These are people that get up early in the morning to be there and make sure you have an enjoyable and safe race. Please be sure to thank the volunteers as you pass them throughout the day. They are out there for you and they are the reason we are able to have a race.

**Sponsors:** We want to thank our amazing sponsors who showed faith in us and this race. Please patronize their businesses and tell them you saw their information at the Williamstown Badgers Mumorial Swim/Run Classic. They helped make this event possible...THANK YOU!

- HOST VENUE – Autumn Lake Winery (<https://autumnlakewinery.com/>)
- SWIM SPONSOR – Geets Diner and Bar (<https://www.geetsdinerandbar.com/>)
- OLYMPIC SPONSORS
  - NovaCare Rehabilitation (<https://www.novacare.com/>)
  - Zallie's ShopRite of Williamstown (<https://zalliesfreshkitchen.com/>)
  - Reconstructive Orthopedics (<https://www.reconstructiveortho.com/>)
- SPRINT SPONSOR
  - Hugh's Clock Shop (<http://hughsclocks.com/>)

**Wine Tasting/Flights:** If you purchased wine tasting/flight tickets when you registered for the race you will receive your tickets at athlete check-in. Wine tasting/flight tickets can be used on race day or you can come back another day. If you did not purchase tickets during registration, you can still sample the great wines. You must be 21 or older to participate. You are welcome to purchase bottles of Autumn Lake wine and enjoy them on site at the winery or take them home with you to enjoy later...or both! The winery opens at 11 am on Sunday.

TRAIN HARD, RACE STRONG, HAVE FUN

See you on Sunday, June 26, 2022!

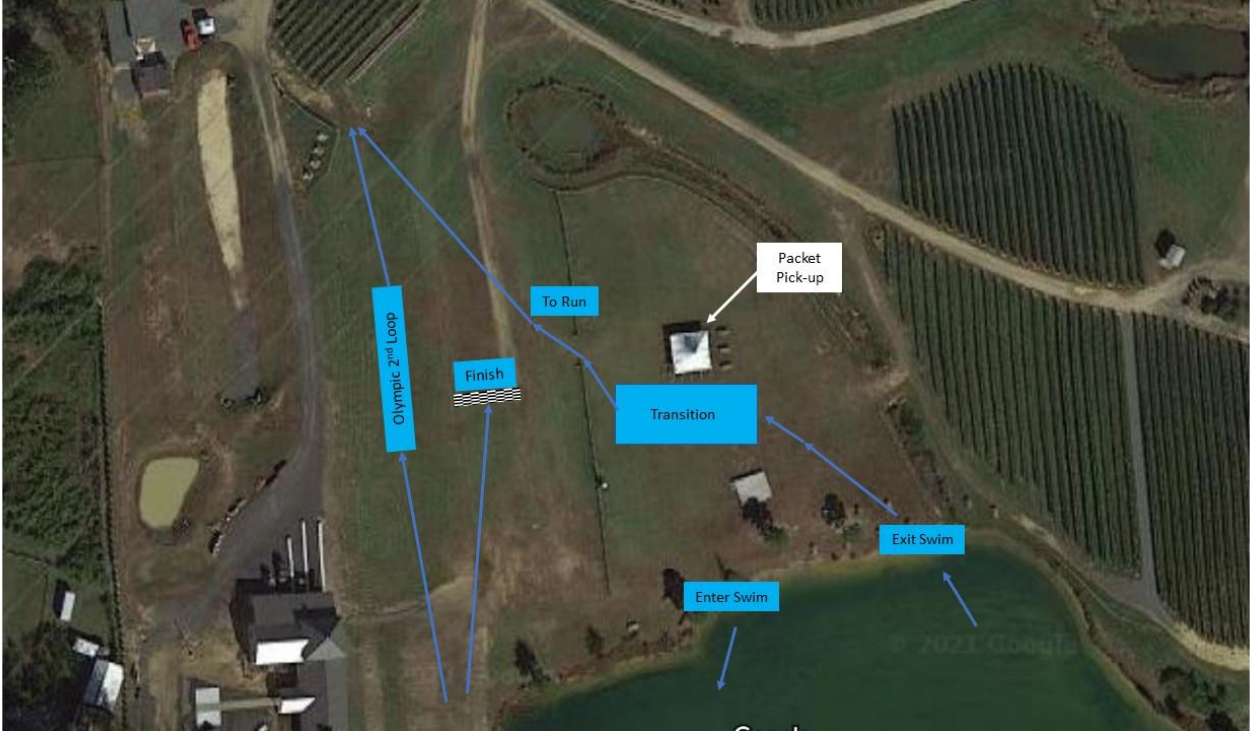
Your Race Crew

**Course Maps:**

**Swim Course:**



**Transition:**



**Run Course:**

