



REV3 TRIATHLON
old orchard ● beach
maine

SPECTATOR GUIDE

We all know that spectating is a sport of its own! While your athlete is out there racing, you are charged with tracking them, being at the right spot to cheer them on (at just the right time), meeting them at the Finish Line (and running down the chute together!) and keeping any other family members/friends in tow! This Guide should help make YOUR weekend more enjoyable. Here are some things you need...

RACE WEEKEND SCHEDULE

<http://rev3tri.com/maine/schedule>

ATHLETE GUIDE

<http://rev3tri.wengine.netdna-cdn.com/wp-content/uploads/2016/08/athleteGuideMaine.pdf>

EXPO VENDORS/ FOOD & DRINK

Revolution3 is excited to welcome several new partners to our Rev3 Maine expo. To help you plan your visit we wanted to let you know a couple of the vendors you will see on race weekend.

FOOD:

The Rev3 Expo is located within walking distance to several local restaurants and shops in downtown OOB.. We will not be selling food on site on Friday or Saturday, but if you would like to join the Post Race Lobster Bake on Sunday you can purchase tickets [here](#).

FUN:

CAPE CHIROPRACTIC AND ACUPUNCTURE will be on site all weekend offering massage and ART.

Athletes will get samples of PICKLEAID in their SWAG bags, but to find out more about this cramp reducing product swing by their expo booth and check them out.

Lea Lehman with BRING IT MOBILE FITNESS will be on site. Lea is a local trainer and coach that specializes in boot camps and fitness workouts where she comes directly to you. Find out some tips for your off season training here!

Visit ISAGENIX, a health and wellness company that has offers coaching and great recovery products.

While you are browsing the expo be sure to check out CASTELLI which will have a booth in the expo. This is the perfect spot to check out some top notch affordable triathlon gear.

Stop by the KGR tent and get some open water swim advice!

Be sure to pay close attention to Rev3's announcer Stu all weekend, he will be giving away some NEWWAVE SWIM BUOYS at random times (and before athlete meetings) so listen closely for your chance to win

KIDS ZONE

WHEN:

Saturday 11:00am-5:00pm

Sunday 10:00am-2:00pm

WHERE:

In the REV3 Race Expo at Veterans Memorial Park

REV3 is excited to host our new and improved Kids Zone. Here, all kids can come and, make inspirational signs for athletes, play interactive video games on the two Wii stations, get their faces painted or just hang out on the comfy bean-bag chairs.

Kids can also enter the Dance Dance Revolution Kids Competition inside the Kids Zone. Parents must stay with their kids while they are in the Kids Zone. We will have staff and volunteers to monitor the area, but cannot be responsible for unsupervised children.

RACE DAY ROAD CLOSURES

1st Street will be closed between Heath St. & Old Orchard Rd.

TRANSITION AREA

Located on 1st Street by Veterans Memorial Park.

This is a great spot to see most of the action. From here you will see your athlete come out of the swim and head out on the bike. You will also see them come back from the bike and head onto the run. The Transition Area is a very short walk to the Finish Line!

SWIM

There are some great spots to see the swim! The race starts on the Beach by The Waves Hotel (1 Atlantic Ave). This is about ½ mile walk from the Transition Area. You can watch the swim from the beach and see athletes exit the water at the OOB Pier (1 Old Orchard St)

BIKE

The Hot Corner at the junction of Rte 5 and Rte 35 will see lots of bike action. You can park at the Dayton Consolidated School at 33 Clarks Mills Rd Dayton, ME, 04005 and watch the Half Rev athletes hit Mile 15 and Mile 34 from one location. Bike Aid Station #2 will also be located here so there will be lots going on.

RUN

The Run is an out and back course that goes through town and heads out on the Eastern Trail.

FINISH LINE

Located in Veterans Memorial Park. We encourage you to wait for your athlete at the top of the finish chute and run across the finish line with them! Be sure to stay clear of any other athletes as they cross the line too! All athletes will get a FREE Finisher's photo, so practice your smile and get in on the action!

ATHLETE TRACKING

QUARQ REAL TIME TRACKING

Want REAL TIME race tracking on your athlete? Have them reserve their Quarq Collector NOW. For just \$39, you can keep track of their minute by minute location on the course along with their speed/pace so you know EXACTLY when you need to be at that special location. The athlete wears a small tracking unit and then shares a tracking website that allows you (and anyone you want to share the online link with) to keep an eye on their real time progress from any smart-phone, tablet or computer.

TO RESERVE AND FOR MORE INFO: <http://rev3tri.com/quarq/>

REV3 LIVE

You can also keep track of your athlete on the REV3 official timing system. This will update when your athlete crosses a timing mat at the end of the swim, the bike and the run. (please note, this site will not be Live until race day)

RESULTS: <http://timing.rev3tri.com/mobile>

RACE DAY PARKING

SEE THE MAP ON THE NEXT PAGE FOR AVAILABLE PARKING.

Please note All these lots will charge for parking. Pricing varies between \$5 and \$25. The pricing at any particular lot on Saturday may NOT be the same as parking on Sunday.

Volunteers will be able to park for free during their shift. Anyone interested in Volunteering can sign up here: <http://rev3tri.com/maine/volunteer/> (Parking instructions and a Pass will be emailed to all volunteers before their shift)



All Parking Lots are Fee Based Lots run by private owners.
Fees vary between \$10-\$25

Parking

Parking

Parking

Parking

Parking

Finish/Expo

1st Street Closed
Fri-Sun

Volunteer/Athelte
Parking

Swim Exit

Old Orchard Beach Pier
Pier Patio Pub