



# 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/pocono-mountains/schedule/>

## ATHLETE GUIDE

<http://rev3tri.com/pocono-mountains/athlete-guide>

## EXPO VENDORS/ FOOD & DRINK

Split Rock Resort will be in the expo with concessions.

## INSPIRATION STATION

### WHEN:

Saturday	10:00am-4:00pm	Hosted by Lake Harmony Rescue Squad - purchase a 50/50 raffle ticket and see their new Lucas CPR Device!
Sunday	9:30am-2:00pm	Hosted by the Kidder Bike/Hike Trail Group - Check out their Poconos Posters!

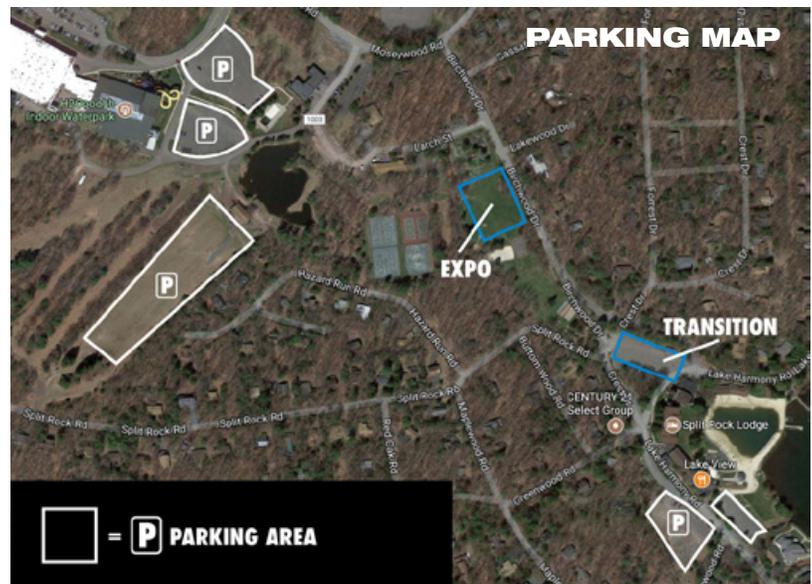
### WHERE:

Inside the Rev3 Expo area

Come to the Inspiration Station to make posters and a personalized note to be placed at your athlete's bike overnight for a special surprise on race morning. The Inspiration Station will also be home to our Kids Inflatable Obstacle Course. A weekend pass to the inflatable is only \$1. We will have staff and volunteers to monitor the area, but cannot be responsible for unsupervised children.

## RACE DAY PARKING

See the attached map for parking locations:



# RACE DAY ROAD CLOSURES

Many of the roads inside the resort will have restricted access, however the main roads from SR940 and SR903 will be open to traffic.

Restricted Traffic Roads:

- Birchwood Rd
- Corson Rd
- Rockridge Rd
- Wolf Hollow Run Rd
- Forrest Dr
- Crest Dr
- Lake Harmony Rd

# SPECTATOR LOCATIONS

## TRANSITION AREA

Located at Split Rock Resort. 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 then see them return from the bike and head out on the run. The Finish Line is only a short walk from transition and so everyone will be able to get down there to see their athlete finish!

## SWIM

The Swim takes place in Lake Harmony at Split Rock Lodge. The Lodge will be a perfect place to sit and watch the swim.

## BIKE

Walter Dam has incredible views of the bike course. Here you can watch athletes attack the "Dam Hill" at mile 47. Head out Moseywood Rd. Take a left onto SR940. Take a right onto Walter Dam Rd.

## RUN

The run is a multi loop course. Olympic athletes make two loops, Half athletes make four loops. The Finish Line/Expo Area will give you ample opportunity to cheer on your athletes.

## FINISH LINE

Located in the event field at the Split Rock Resort. 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 \$25, 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.

**FOR MORE INFO:** <http://rev3tri.com/quarq/>

## RESERVE YOUR QUARQ:

<https://rev-3.myshopify.com/products/quarq-collector-real-time-tracking-device-rental>

## REV3 RESULTS

You can also keep track of your athlete on the REV3 official timing system. This will update when your athlete crosses a timing map at a few specific locations around the course. (please note, this site will not be Live until race day)

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