

# 2026 Harraseeket Adventure Triathlon

## Event Info Packet

Welcome to the second ever Harraseeket Adventure Triathlon! Please read this packet carefully as it contains all the important information that you need to know about the race before it happens. Community Programs (CP) is excited to see you compete, and looks forward to a successful event.

This event is taking place on the Wolfe's Neck Peninsula. Thank you to our partners for hosting us, and allowing us to experience your amazing facilities during this competition! We will start the race launching kayaks at the [LL Bean Flying Point Paddling Center](#) (LLBPC), then bike through the [Wolfe's Neck Center for Agriculture and the Environment](#) (WNC), and finish our race running along the trails of [Wolfe's Neck State Park](#).

### **Contact Information for Day of Race**

For all emergencies and life threatening situations, first call 911, then notify the Event Coordinators.

For all race questions, concerns, or non-emergency situations, please contact the Event Coordinators.

#### **Event Coordinators:**

Peter Wagner (cell): 207-861-1832

Rocco Linehan (cell): 802-356-8301

Chris Guerrete (cell): 207-245-8398

During the event, you may also notify a Volunteer along the route about any concerns and they will pass the information along to the Event Coordinators.

If you have any feedback, or wish to speak with Community Programs before or after the event, please email our office at [cp@rsu5.org](mailto:cp@rsu5.org).

# Event Overview

## Maps for the Event

[All Inclusive Event Map \(PDF\)](#)

[Kayak/Bike Transition Point 2 - Inset Map \(PDF\)](#)

[Wolfe's Neck Center Trail Map](#) (with ~8 mile Biking Route Highlighted in **PINK**)

[Wolfe's Neck State Park Trail Map](#) (with ~2.5 mile Running Route Highlighted in **RED**)

## Athlete Check In & Race Preparations

- Athletes should first drop off all their gear at each designated location (see details below for each section of the route).
  - Athletes may drop off their kayaks at LLBPC between 10-11:30am.
  - Athletes may stage their bikes and other gear at Transition Point 2 (Triangle Area near Bridge at WNC) as early as 10am (this must be done before the race starts at noon).
  - Athletes may also deliver any running gear to Transition Point 3 (WNC Mallet Barn) as early as 10am (this must be done before the race starts at noon).
- After their gear is staged for the race, athletes should check in with the Event Coordinators at the LLBPC (this can be done after the shuttle bus has delivered athletes from MLS; it should only take 2-3 minutes per athlete).
  - The Event Coordinators will have a check in table set up beginning at 10am.
  - Athletes will receive some form of number/colored wrist band and/or a chipped race bib\*

\*Details for timing the race are TBD and will be communicated to athletes as soon as possible. Here is how we did this in 2024:

- Athletes will be given a colored wrist band with a number on it - this will be your personal **Race Number**. It is important that CP staff/volunteers can see this at the end of each section for time keeping purposes. If you do not stop/slow down to check in with the timer at each endpoint, we ask that you hold up your wristband and indicate which number you are so that they can mark down your time (numbers will only be 1, 2 or 3, so this will be easy to show using only one hand – for example an athlete might be given the Race Number of “Green 1” or “Yellow 3”)

# Event Overview Continued

## Arrival and Parking:

- Parking is limited for this event (for both athletes and spectators). We encourage everyone to meet us at Mast Landing School (116 Mollymauk Ln, Freeport) and catch the shuttle to the event. The shuttle will leave MLS at 11:15am to drive to the LLBPC for the start of the race.
- Additional parking (for spectators) is marked in **ORANGE** on the event map.
  - At the Farm: The section of Burnett Road running from the Triangle Staging Area up to the Farm Center is the primary parking location for this event. If this street parking area is full, you may also use the Staff Parking Lot on the western side of the barns. Please follow the signage, and only park in the designated areas, as the Farm Center is open to the public for regular use and also has an event happening at the Smith Center alongside our race.
  - At the State Park: Cars may be parked on the road at the top of the State Park driveway entrance, or you may drive into the park to use the parking lot. \*Note that all spectators will need to pay the State Park entrance fee (for race participants, this is covered in the registration fee).
- THERE IS NO PARKING at the Paddling Center or Mallet Barn. Spectators may briefly park in safe areas at these two locations, but cars cannot remain there for the duration of the race.
- NO PARKING IS ALLOWED on the road to the west of the bridge near Transition Point 2. Please use the section of road to the east, as indicated on the event map.

## Post Race Awards Ceremony & Gathering

- Following the conclusion of the race, we will have a short ceremony and gathering near the Finish Line. All participants are invited to join us for snacks and light refreshments.
- We will have awards for:
  - Fastest Time in each leg (Awards for each of Men's/Women's)
  - Fastest Overall Finisher (Men's/Women's)
  - Each athlete will also be able to learn their official split and overall times

# Event Overview Continued

## Safety Requirements

- All athletes are required to wear protective equipment during the race:
  - A helmet must be worn while biking.
  - A Life Jacket must be worn while kayaking (cannot just have it in your boat). This will be included/provided with all kayak rentals.
- If you do not have either of these items, you must inform us prior to Thursday, May 28th so that we can source it for you.
- If you are not experienced with self-rescue kayak techniques, please let us know so that we can prepare accordingly.
- We highly recommend glasses/goggles for the running and biking - the roads are often freshly graded around this time of year, and with dry weather they may be quite dusty.

## Bathrooms, Water and First Aid:

- **Bathrooms** are clearly marked on the Event Map using light (permanent) and dark (portable) **Blue Icons**.
  - There will be portable bathrooms available at Transition Points 2 and 3 marked with **YELLOW STARS** on the map.
  - There are permanent bathroom facilities at the Paddling Center and State Park. Please try to avoid using the Farm Center Campsite facilities unless absolutely necessary.
- **Water** will be available (for athletes only) at the start and finish of the race, as well as at Transition Points 2 and 3 marked with **YELLOW STARS** on the map.
- **First Aid** will be available at the same locations as the water stations.
  - In the event of any injury that needs more than first aid, or a situation that CP staff is not trained to handle, 911 will be called for an ambulance/EMS service.

## Other Safety Notes:

- The Freeport Police Department will have their Harbor Master monitoring the kayak portion of the race using their motor boat.
- There will be a Freeport Police Officer on the road during the biking section.
- There will be EMS on standby should we need to call 911 during the race.

# Route Overview

## Start:

- We will begin the race at the LL Bean Flying Point Paddling Center (14 Marietta Ln, Freeport, ME 04033).
- The race will begin **promptly at 12 noon on Saturday, May 30th**. This means athletes need to be in the water and ready to go between 11:45-11:55am.
- Athletes will put in at the dock/boat launch, and must remain north of the southern most point of the dock until the race starts (the end of the dock will be our “starting line”).
- We will blow an air horn to signal the start of the race.

## Route:

- The route consists of roughly 4 miles of kayaking, 8 miles of biking and 2.5 miles of running. We expect each leg to take roughly 1 hour, 30 minutes and 30 minutes, respectively.
  - Remember to follow the rules of the road! Bikers should go with the flow of traffic (stay on the right hand side of the road) and runners/walkers should go against the flow of traffic (stay on the left hand side of the road).
- The route will be clearly outlined before the start of the event. Please see the event map above or descriptions below for details.
  - The Kayak portion will not be marked, however there will be a trained member of Seaspray trailing the group for assistance as needed. Keep land on your right and open water on your left and you should be good!
  - The Biking portion will have yellow direction arrows at each intersection and soluble spray paint on the ground where allowed, as well as one person trailing the group.
  - The Running portion will have yellow direction arrows at each intersection and soluble spray paint on the ground where allowed, as well as one person trailing the group.
  - Volunteers will be stationed at each major intersection of the course (to the best of our ability), to avoid any confusion.
- The starting area is marked by **YELLOW STAR 1** on the event map.
- The finish line is marked as a **BLACK AND WHITE CHECKERED FLAG** on the event map.
- The route bikes through WNC campgrounds and runs through public trails at the State Park; please be respectful of other users and try to limit the impact of this race on their experience!

# Route Overview Continued

## Kayaking Route & Kayak Rentals

- If renting, please reach out to Scott Shea at [SeaSpray Kayaking](#) (207-751-3450) to discuss sizing options and preferences (for kayaks and other gear).
  - Please do so no later than 12 noon on Thursday (5/28) so that they can prepare the kayaks for transport.
- Athletes will put in at the LLBPC boat launch (**STAR 1**), and the race will start once everyone is in the water and in the designated start zone.
- The Kayak portion is marked in **BLUE** on the event map. Athletes will start by heading south all the way down and around Flying Point, then turn north to pass by Indian Island, then head west to finish at the Bridge/Boat Launch by **STAR 2** (note you will not be able to see this area until the end of the kayak leg).
  - Once you are out of the water, you may leave your kayak with staff/volunteers and head to the bike staging area to continue the race. CP staff will be responsible for moving kayaks from the boat launch to the staging area (where you will collect them after the race).
  - Athletes will need to walk/run across the bridge to the staging area to change/gather their bikes.

## **Biking Route & Bike Rentals**

- If you need to rent a bike, Community Programs will reach out to you directly via phone call prior to Thursday 5/28.
- The bike portion is marked in **PINK** on the event map. The route begins at Transition Point 2 (**STAR 2**; see inset map) and follows the WNC trails through the campgrounds\* until you reach the road; it then continues by taking a right on Burnett Road, and then another right onto Lower Flying Point Road. Athletes will bike until the very end of the paved public road, then bike around the **NEON GREEN** turnaround cone and head back the way they came, eventually turning left back onto Burnett Road. Continue heading straight until you reach the stop sign at the end of Burnett Road, and take a left on Wolfe's Neck Road. Continue straight (past the State Park) all the way down until you reach the Mallet Barn (**STAR 3**).
  - \*There are two sets of staircases during the biking portion (marked with **RED/WHITE BOXES** on the map) in the woods between the two campgrounds; we suggest dismounting and walking/carrying your bike through these. These areas will be clearly marked with **RED** signs on the trail.
  - Please be aware that the campground trails will have people on them, so use caution and if necessary make sure to announce your presence as you ride by!

## **Running Route**

- The running portion is marked in **YELLOW** on the event map (and **RED** on the State Park Trail Map); it starts at Mallet Barn and heads north along the road until turning left into the State Park trail system. Follow the trail until you hit the dirt road, then cross the road and continue straight into the trail system again. Take your first right onto the Hemlock Ridge Trail connector, and take a left at the end onto the Harraseeket Trail. Continue along the perimeter following the Harraseeket Trail and the Casco Bay Trail until you reach the finish line in the field at the picnic area of the State Park.
  - There are multiple sets of staircases or bridges during the trail run. Please use caution when approaching these (these are NOT marked on the map).
  - Runners must yield to bikers! (specifically at the end of the biking portion/start of the run).