



MY RACE HAS
EXCESS OF \$4
COLLEGE SCHOLAR
MY RACE
IS UNIQUE:
IT STARTS
WITH A
BIKE RIDE
AND HAS
MULTIPLE
SWIMS
MY RACE
CROSSES
FOUR
BRIDGES
IN FOUR
DIFFERENT
CITIES
MY RACE HOSTED THE SENIOR GAMES
TRI, ATTRACTING 300 TRIATHLETES
FROM ACROSS THE COUNTRY
MY RACE
HAD ITS
TELEVISION
DEBUT
ON THE
VERSUS
NETWORK
IN 2009

STREAMLINE EVENTS

Cohasset Triathlon
June 27, 2010



USA TRIATHLON CONSULTANT: BRIAN OEHLER

STREAMLINE EVENTS

Cohasset Tri

Overview

From the second an athlete walks in to packet pickup until the second they cross the finish line, the Cohasset Triathlon's focus is on one thing: that athlete – and they do that for each and every one of the over 1,000 participants.

With strong support from a great community, this race has a very close-knit feel that makes everyone feel like they're right at home. And for most of the athletes, they are; this is their backyard.

Course Layout

Featured Course: Bike

The first and last miles of the bike course test an athlete's mettle during the first and last miles. Both spots provide a bit of a rocky terrain to navigate, necessitating an athlete's full attention. In between the tricky spots, the athlete is rewarded with many spectacular views.

Swim

For a swim that runs parallel to shore, water temperatures hover around 64 degrees annually. Strong wooden 'swim in' and 'swim out' structures, along with streams of spectators on either side of the exit chute, clearly direct the athletes where to go upon exiting the water.

Run

After a calm swim and a strong bike, the athlete concludes with a run that, like the swim, provides several great views over a few rolling hills. With a well-constructed finishing chute and music blaring from the nearly 90-foot tall stage, many athletes could fly across the finish line on pure adrenaline.

Transition

Separated from the beach by a lone, shallow limestone wall, transition feels like it is on the beach - with a layer of pavement customized specially for the triathletes. The long, rectangular parking lot is a great venue for the many bike racks to sprawl out, with a spacious 13 feet between each rack.

Featured Aspect: Community

Embracing uncontrollable adversity faced by the event early in its existence, race management capitalizes on the positive, forward-thinking attitude of its athletes and spectators alike. The race thrives on strong relationships within the community and the goodwill of its participants.

Show up for the opening ceremony and you'll agree: among those pursuing great causes are several teams competing to raise funds for diabetes research on behalf of one of the race's inaugural participants. The pre-race ceremony wraps up with a "God Bless America" led by the throngs of

Event Profile

Race Director: Bill Burnett

Location: Cohasset, MA

Date: June 27, 2010

Years sanctioned: 4

Discipline(s) offered: Sprint Triathlon



USA TRIATHLON
CONSULTANCY
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EXCESS OF \$400 IN COLLEGE SCHOLARSHIPS
MY RACE IS UNIQUE: IT STARTS WITH A BIKE RIDE AND HAS MULTIPLE SWIMS
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athletes and spectators - without any backup music - and serves as a motivational springboard for all of the athletes.

Conclusion

The Cohasset Tri is a competitive event, and this year even served as a USAT Special Qualifier. So, for those looking for strong competition, they will find it. As well as being a venue for accomplished triathletes, the event also provides a celebratory atmosphere, replete with good attitudes and neighbor-like relationships.

The positive attitude surrounding the event is infectious, and by the end of the race you'll be asking yourself why every race can't be like this one. Fortunately, the Cohasset Tri is only one of a series of events. So if you can't work this one into your tight schedule, be sure to check out the dates of their other events.



"...The pre-race ceremony wraps up with a "God Bless America" led by the throngs of athletes and spectators - without any backup music - and serves as a motivational springboard for all of the athletes."

- ### Why to Do It: TOP 10
10. Ideal transition layout
 9. Great coastal location
 8. Live music creates festival-like atmosphere
 7. Rock ledge provides ideal spectator outlook
 6. Logistically flawless packet pickup
 5. Pre-race ceremonies
 4. Extremely personable race staff
 3. Behemoth stage demands instant credibility
 2. Awesome finish line atmosphere
 1. Strong sense of community and community support

