

# 10 Things You Should Know About



## CIRCLE PROGRAM

- 1.** The **Circle Program** offers underserved New Hampshire girls new opportunities to develop the skills, courage and confidence they need to handle the challenges in their lives.
- 2.** **Circle Program** serves low-income girls by offering them a unique combination of residential summer camp and year-round mentoring.
- 3.** **Circle** offers each girl an eight-year commitment of resources and services from the age of nine until she graduates high school.
- 4.** Teachers, guidance counselors and social service agencies refer girls to the **Circle Program**.
- 5.** Each girl's enrollment in the **Circle Program** is fully subsidized and funds are raised through individual and business donations, proceeds from special events like the annual Circle Triathlon, and grant and foundation awards. Annual donations are received from 33 states and 3 foreign countries.
- 6.** The **Circle Program** is in its 19th year and it has served over 400 girls from 29 New Hampshire towns (from Concord north to Plymouth).
- 7.** The **Circle Program** uses a research-based Positive Youth Development philosophy that teaches girls the 6 Cs: Competence, Confidence, Connection, Character, Caring and Contribution.
- 8.** **Circle Program** mentors are fully-trained volunteers who meet with their **Circle** girl at least twice a month; then, every other month, all the girls and mentors gather for a field trip or community service project.
- 9.** At least 85% of the girls who finish the two-year program are retained and become part of the **Teen Circle Program**.
- 10.** The **Circle Program** mentors are a diverse group of talented women, at all ages and stages of life, who desire to make a difference in the life of a girl. They donate time and energy to serve as a positive role model to their mentee while offering their girl unconditional acceptance and friendship. Three hundred sixty one (361) mentors have volunteered with the **Circle Program** and several have mentored more than one girl.

# The Circle Triathlon



## RACE LOGISTICS

- **Transition Area:** This year we have moved the transition area in order to provide more space for bike racks and the three races. The Transition Area is now located across the street from the Marina.
- **Running Route Changed:** Due to the closing of the River Street Bridge for reconstruction this year at 1.4 miles, (shortly before River Street) the course makes a sharp left onto a dirt path leading to a grassy section and a really cool dam crossing. The dam has a few step conditions which will require one-person crossings. Adaptive athletes will require one assisted transition which race staff will provide. This "off-road" section is very short (.1 miles) and connects directly to River Street for the remaining 1.2 miles of the running course. There will be several volunteers and a water station at the "off-road" section.
- **Swim Waves:** The swim for the Mt. Chocorua Race will be organized in waves. The waves will be 2 minutes apart. Racers will be organized in waves of 50 based upon bib number (i.e. 1-50 is the first wave, 51-100 the second wave, etc.).
- **Bibs (2 per team):** There are two bibs in every bag in order to provide teams with a bike bib and a running bib. If you are doing the race as an individual you can disregard or use the second bib—it is up to you.
- **Race Times:** Mt. Chocorua starts at 8:00 AM (Check-In 7:30 AM), Mt. Morgan at 10:30 AM (Check-In 10:00 AM) and Mt. Rattlesnake at 11:15 AM (Check-In 10:45 AM).

## HELPFUL INFO

- **First Aid:** Safety Command and First Aid is located at the Marina Garage Doors across from the beach.
- **Pre-Race Registration and Pick Up:** Located inside the marina showroom, please come the evening before the race to pick up your registration packet. It makes race day so relaxing! Come Saturday, September 3 from 5:00-7:00 PM. You may also register for the race at this time if you have not already done so.
- **Restrooms:** Racer restrooms are located next to the transition area. Spectator restrooms are located in the marina bath house, which is the small brown shingled building on the marina side of the road.
- **Need Help?:** Find a volunteer (orange shirt). Need expert help, find a volunteer official (yellow shirt).
- **Parking is on Route 3 (South/West side only):** The shoulders are tight, please park as far off the road as possible, and as close front and back to cars next to you. Please car pool. There is NO PARKING on the North/East side of Rte. 3, as this is the runners race route.
- **Same-Day Registration:** You may register for the race on the day of the race at the Same-Day Registration Table. Please allow some extra time for this process.

## BASIC TRIATHLON SAFETY RULES:

- ALL bikers MUST wear a bike helmet.
- NO head phones or ear buds may be worn at ANY time during the race.

### The Circle Program

By participating for the Circle Triathlon you are making possible a year-round mentoring and summer camp experience for some very deserving New Hampshire girls. **Thank You!**

