

## RACE INSTRUCTIONS

Please read prior to race morning so that you can better prepare to adhere to the day's schedule and plan.

**Directions to race site:** Hwy 290 west and exit at Mason Road. Turn right on Mason Road. Drive north to Fairfield Green Blvd. to the Fairfield Athletic Center.

**Parking:** Parking is available at the Fairfield Athletic Center and across the street at Keith Elementary School. Do not park on the street, you're on the bike course. Restrooms are located inside the Fairfield Athletic Center.

**Body marking:** we will not body mark, you are expected to have your bike number on your bike and wear your number bib on the front of your body during the run portion.

**Helmet and Bar End Inspection:** have your helmet on your head so officials can inspect it as you enter the transition area. Bar ends need to be secured properly.

**Transition Area:** open racking, four bikes on a side, eight bikes to a rack, first-come-first serve on your position. You may not ride your bike in transition. There is a mount and dismount area at the front of transition.

**Timing Chips:** are to be secured on your left ankle away from the bike chain ring. No chip, no time, you are expected to wear your chip throughout the duration of the event.

**Race Bib:** wear it during the entire run portion and across the finish line.

**Bike Number:** place the number on the top tube for easy visibility.

**Claiming your bike:** your number bib and bike number must match to claim your equipment and leave transition.

**Relays:** the swimmer wears the swim cap, the cyclist has the bike number on their bike's top tube, the runner wears the number bib during the run. You will have to exchange the chip from individual to individual throughout the event for a time.

**Wave Starts:**

- 7:25 AM Duathlon start – No swim cap
- 7:30 AM Men 20 and over – Red swim cap
- 7:35 AM All women – White swim cap
- 7:40 AM Relays, Clydesdale, Athena, Aquabike & 19 & under men/women – Blue swim cap

**The Swim Course:** the course is a straight shot from start to finish. On this course the buoys are directional buoys, you can swim on either side.

**The Bike Course:** is a double loop up on Cumberland Ridge / Schiel Rd. We have the South side for cycling and there is two-way vehicle traffic on the North side. Traffic cones will be down the middle of the street. **DO NOT CROSS OVER THE CONES FOR ANY REASON. STAY ON YOUR SIDE.** You will have U-turns at each end, slow down and navigate them carefully. When you have completed your second loop turn right back on Mason Road and head back to transition. We're not counting loops for you, you have fingers for that. If you have an amazing fast bike split we know you can't count.

**The Run Course:** is run almost entirely on sidewalk except for a small section on Country Fair Blvd. There are numerous bright yellow signs all along the run course to follow and keep you on course. We will have some turn marshals along the course to aid you. There are a few places where the sidewalk is uneven, pay attention because a nose plant at this point isn't much fun, but might be a good story for later.

**Duathlon 1<sup>st</sup> Run:** your first run will be around both lakes back to transition. Your start is located over by the swim finish.

**Water Stations:** there are water stations at the run start and twice on the course.

**Your Responsibility:** under USAT rules it is your responsibility to know the three different courses. Police are there to provide a safe course, volunteers and signs are there to provide direction. Look at the maps and know what you're doing before you get to the race site. Again the swim course is a straight one.

**Post-Race Party & Awards:** the post-race party starts with the first finisher. Food and drinks are provided for participants. Awards will start at 9:30 AM at the party site.

**Results:** will be up on our website after 5:00 PM on race day. Please don't email me at 4:00 PM asking where they are, we're breaking down equipment and returning things to storage.

**Warning:** if you haven't trained for this event, don't attempt it and put your health in peril and tax the efforts of volunteers, EMTs and police. Triathlon is not a sport to take lightly. Do the training first, finish an event and then you'll have the right to call yourself a triathlete.

**Awards:**

Aquabike 1<sup>st</sup> overall male and female

Duathlon 1<sup>st</sup> overall male and female and 2<sup>nd</sup> through 5<sup>th</sup> place men and women

Triathlon 1<sup>st</sup> overall male and female

1<sup>st</sup> overall masters male and female

1<sup>st</sup> through third place in male and female 5 year age groups

1<sup>st</sup> overall place Clydesdale and Athena

1<sup>st</sup> place relay members in men's, women's and mixed

USA Triathlon rules are in effect and trained referees will be on the course to ensure fairness in the competition.

Take personal responsibility and know the rules to avoid penalties. Penalties will be posted at the end of the event and time penalties or DQs will be assessed to finish times. **THE USAT OFFICIALS DO ISSUE WARNINGS**