

TRI FOR THE Y - SPRINT TRIATHLON
CANNON YMCA - KANNAPOLIS



TRI FOR THE Y – Athlete Guide

Thank you for joining us for the inaugural Tri for the Y!

Here is helpful information for your race:

Packet Pick Up

- Kannapolis YMCA 101 YMCA drive, Kannapolis, NC 28081
- Saturday 1–3:45 pm
- Sunday 6:00–6:45 am

Race Day

- Race day registration will be available for your friends
 - Bring your ID, register electronically on phone the morning of if needed

Athlete Parking

- Best Parking for Athletes is YMCA Auxiliary lot (across Mountain St. from the Cabarrus Co Library (noted on event map). This parking lot will be closed at 6:30 am during the race until all the bikes have finished estimated around 8:45 am.
- The Cab Co. Library Parking 850 Mountain Street (no time restrictions)
- Poolside of the YMCA building (Do not park in front of the YMCA)

Volunteer/Spectator Parking

- Volunteer Parking: In front of the YMCA (plan to stay until 10:30)
- Overflow parking for anyone is at Village Park (700 West C St.)

Road Closing

- YMCA Drive: The finish line at 6:30–10:30 am
- The section of Mountain Street between Valley St and YMCA parking lot between 6:45 am–7:30 am. (This YMCA parking entrance will be open)

When you arrive:

- Please go directly to CHECK IN at the registration table (noted on Event Map) with your ID and receive your race bag, chip/ankle band
- Then get your bike from your car and take it to transition area.
- **Bathrooms:** Inside the Kannapolis YMCA and in the Murdock building. The locker rooms will be closed.
- **Food/Beverage:** Snacks and beverages available POST RACE.

Pre-race Stretching

- 6:30–6:45 am near registration table
- Dr. Randy Willis with Fidelity Chiropractic, PLLC

Swim

- The pool temperature is between 82-83 degrees.
- The 300 meter course will zigzag through the pool, switching lanes at the shallow end. Both the start and end are in the shallow section. The ladder is available to use to exit.
- Swim will be self-seeded at 6:50 am with the following times:
>1:00/100m, 1-1:30/100m, 2:00/100m, 2:30/100m, 3:00/100m, 3:30/100m, 4:00/100m
- Not Allowed - wetsuits, tech and speed suits
- There will be a table placed just before the Run Out door for those with eyeglasses

Bike

- Course: one 12.1 miles, 1 loop
- Helmet must be buckled before you leave transition. Mount line- get on the bike after this line. Dismount line- get off the bike before this line. Automatic disqualification if not followed.
- Ride right, pass left/ Draft zone, 12 meters, 6 bike lengths, you've got 25 seconds to pass, then clear the zone out the front. (USA Triathlon rule)
- Zero headphones, call or music. If you carry a phone, don't touch it.
- Race numbers do not need to be worn on bike
- [BIKE MAP LINK](#)

Run

- Run course on the Bakers Creek Greenway
- Course 5K, down and back
- One water station- 2 opportunities
- Flip bib number to your front; take nutrition only from official aid- no outside hand-offs.
- [RUN MAP LINK](#)

Awards will be at 9:10 am and later time to include every finisher outside the Y

Post Race Stretching

- 8:00 am – Closing time
- Dr. Randy Willis with Fidelity Chiropractic, PLLC

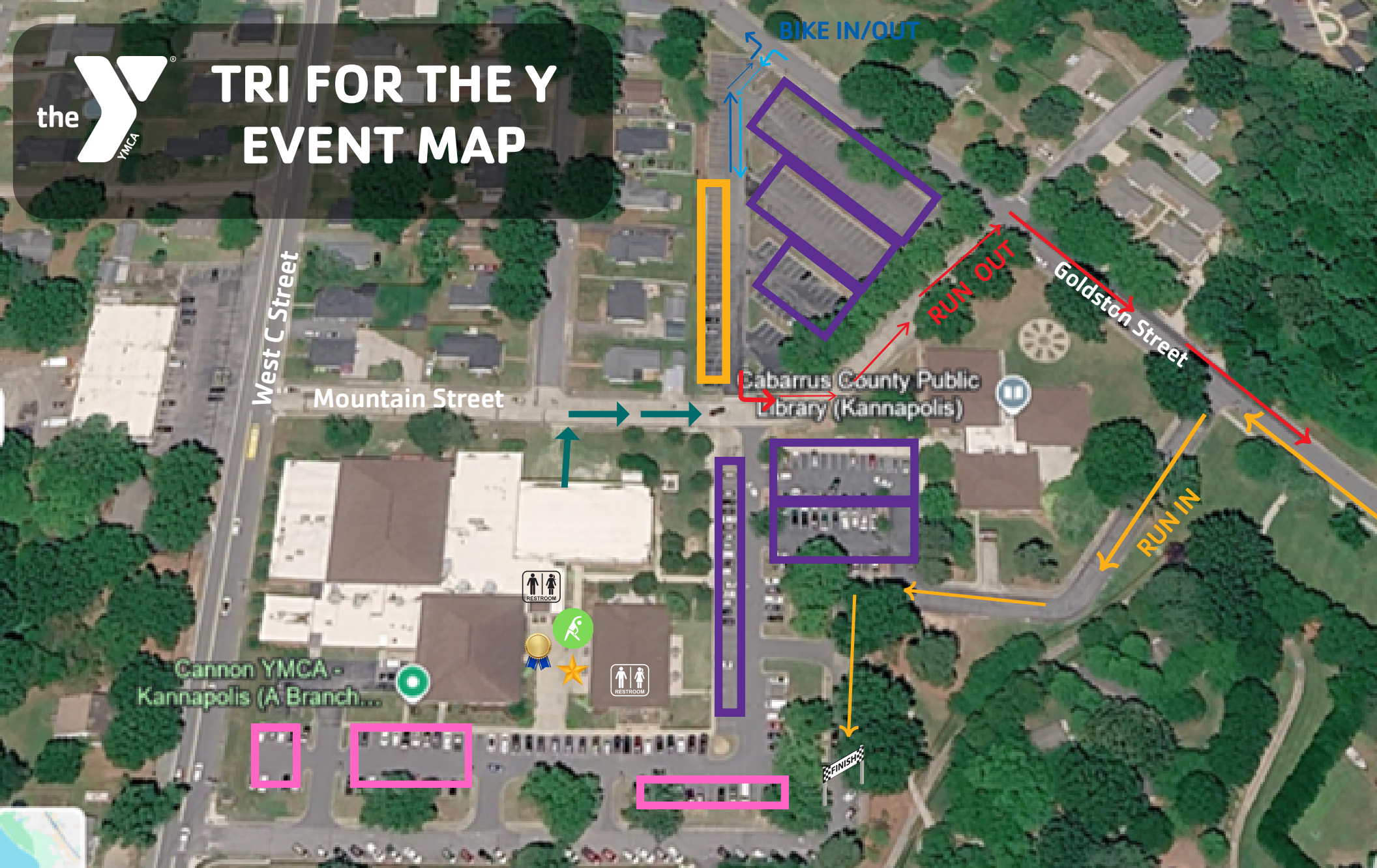
Questions:

Call Rose or Candace at 704.939.9622

Email: rsaltzman@rocabymca.org



TRI FOR THE Y EVENT MAP



TRANSITION AREA



ATHLETE PARKING



FINISH LINE



AWARDS



BIKE OUT



BIKE IN



RESTROOMS



RUN OUT



RUN IN



SWIM OUT



REGISTRATION



VOLUNTEER PARKING



DR. RANDY WILLIS STRETCHING

Cannon YMCA - Kannapolis - 101 YMCA Drive, Kannapolis, NC