

# DRAGON TRAILS TRIATHLON

## General Rules & Regulations

- Athlete safety is of the utmost importance. Behaving in a manner that may jeopardize the safety of fellow athletes, staff, volunteers or spectators will result in immediate disqualification. This includes physical contact, prohibiting others from passing or completing the course, impeding or interfering with fellow athletes, staff, volunteers or emergency personnel, and any other infractions deemed a violation.
- Rotpac Racing is the official race timer. Participant tracking is available in real time. Results will be posted near the finish line.
- No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.
- Participants may carry a phone (such as, mounted on bike handlebars or in an arm band) but may not use communication devices of any type—including but not limited to cell phones, smart watches, and two-way radios—in any distracting manner during the competition. A distracting manner includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.
- Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.
- Athletes must complete the racecourse in its entirety and as prescribed, including in segment order.

## Swim Rules

- The swim must be completed in 45 minutes.



- **If you cannot complete a half-mile open-water swim, please do not attempt this event.** Swim fins, swim aids (kickboard, noodle, life vests, etc.) or breathing apparatus (such as snorkel gear) may not be used. Goggles, swim masks, and pull buoys are allowed.
- For your safety, all athletes must wear the swim cap provided.
- Call or signal one of the lifeguards if you need assistance. Lifeguards will be available in kayaks and paddle boards in case of emergency.
- If a lifeguard determines an athlete cannot finish the swim course safely, they will be pulled from the water and disqualified from finishing the event.
- For our lifeguards' safety, swimmers may not "take a break" by holding onto a guard's paddleboard or kayak. Any athlete who does attempt to rest on a lifeguard's vessel will be seen as in distress, extricated from the water, resulting in disqualification from the race.
- Athletes must stay within the boundaries of the swim course, which will be marked by buoys, lifeguards, and other barriers.
- Athletes must complete the entire swim course prior to beginning the bike course to qualify for awards.

## Bike Rules

- The bike must be completed in 2.5 hours.
- Only conventional, two-wheeled, non-motorized bikes will be permitted. Mountain bikes, cyclocross bikes or gravel bikes are recommended equipment. No E-bikes allowed. Failure to comply will result in disqualification.



- Helmets must be worn and securely fastened during the bike portion of the course, failure to wear an appropriate helmet will lead to immediate disqualification.
- Athletes should ride right and pass left when possible. Some trails are single track, and safety is always the top priority. Do not attempt to pass on a single track, wait until the trail widens.
- If you need to walk your bike during any portion of the course, you must stay to the far right of the trail and let other athletes pass.
- Athletes should pack a water bottle or hydration system on their bike; there are no water stations on the bike course.
- Athletes must finish the bike course prior to beginning the run to qualify for awards.

## Run Rules

- The run must be completed in 1 hour.
- The run course takes place on the unpaved trails of Camp Agawam and Bald Mountain State Recreation Area. Be ready for hazards such as roots, rocks, bridges, mud, fallen trees, and uneven terrain. Trail shoes are not required but are recommended.
- One water station will be available near the transition area.



- Only registered competitors and official course volunteers will be allowed on the run course. Viewing areas will be specified prior to race day.
- Mile markers will be posted at each mile.
- No headphones or air pods allowed on the racecourse.

## Relay Rules

- Athletes must wait until their preceding teammate completes their entire segment of the race before starting their subsequent portion.
- All relay teams will share one ankle timer. Make sure to cross the timing mat after completing your portion of the race before transferring your timer to the next athlete.



## Transition Area Rules

- Once you've completed your leg of the race, you can remain in the transition area, proceed to the Dragons Lair, and/or head to one of our spectator points.
- Please see the above rules for individual courses.
- Only registered competitors and official course volunteers will be allowed in the transition area.
- Helmets must be secured (chinstrap fastened) prior to leaving the transition area with your bike. Helmets must be worn and fastened until you have returned with your bike to the transition area.
- Do not cross the timing mat on your bike, walk your bike over the timing mat and mount the bike after you cross.
- On the return, dismount the bike prior to crossing the timing mat.



## Helpful Hints

- Scout Avenue (the road into and around Camp Agawam) will be closed from the start of the race until the final cyclist is through the course. This is for the safety of our athletes. If spectators arrive after the road closure they are welcome to view from the Orion Center trail head or at Orion Oaks Park. The three parking areas (Dog Park entrance, Baldwin Rd. or Clarkston Rd.) at Orion Oaks Park are potential viewing areas.
- The Swim Course will be lined with Kayak/Paddleboard lifeguards and/or boats with local residents cheering you on. For our lifeguards' safety, swimmers may not rest by holding onto a guard's paddleboard or kayak.
- The bike and run courses will be marked with signage as well as dragon pictures that have been colored by our Children's Center visitors and Summer Campers. Look for this cheerful artwork along the course and know you're on the right path.
- The bike course has some sandy sections of trail as well as some loose gravel. Maintain your balance by looking ahead and pedaling through.



- The run course follows the Camp Agawam disc golf course. Some of the baskets will serve as course markers. If you see a dragon posted on a basket you must go around that basket. You should also look for yellow reflectors along the disc golf course. This will be helpful along the eastern ridge where the trail is heavily wooded and there is some fun elevation change.
- There are a few sections of the course that are included in both the bike and run portion of the race. Runners stay right and bikers stay left. Use caution when crossing paths.

