

# WELCOME MESSAGE


Welcome to the 2018 Hub City Hustle Triathlon!

The Hub City Hustle began in 1989 and thrived for over a decade. We have moved the race to Paul B. Johnson State Park so we can grow. Thank you for choosing our race and following us back to this great venue.

We thank Ben Hughes, owner of Southern Race Management, for his service to our endurance community through race production and club organization. Thank you to all our volunteers who make this event happen.

Our team at First Priority of South Mississippi has been working hard to make this race an unforgettable experience for you, your family and friends, spectators and for the Hattiesburg community. We appreciate your hard work in preparation for this event, and hope you will come back and join us in 2019.

Sincerely,



Dr. JD Simpson Jr.  
Executive Director of First Priority of South Mississippi



# Schedule of Events

All events take place at Paul B. Johnson State Park  
113 Gieger Lake Rd Hattiesburg, MS Coordinates: 31.25679, -89.573282

## Saturday, October 13, 2018

Paul B. Johnson State Park Open to racers	6am
Packet Pickup*	6:00am-7:30am
Transition Area Opens, Timing Chip Pick-Up, Swim Warm-up, Body Marking	6:00 am -7:45am
Optional Beginner Athlete Meeting	7:15am
Transition Area Closes to all Athletes	7:45am
Assemble at Beach for announcements	7:50am
<b>HUB CITY HUSTLE STARTS</b>	8:00am
Hub City Hustle Food Tent Open for Participants	9:00am---11:00am
Awards Ceremony	10:30am

\*All athletes (including each relay team member) must attend Packet Pickup, in person, to claim their packet and race materials. You may pick up your packet in advance, beginning **October 10 , 2018 between 10am and 6pm @ Jeds Endurance Bikes** (601-336-7625) 37 King Road, Hattiesburg, MS 39402.



# RACE INFORMATION

**Race Venue:** 113 Gieger Lake Rd Hattiesburg, MS Coordinates: 31.25679, -89.573282

**Packet Pick--Up:** See the event schedule above for packet pick--up times. All Athletes must present a photo I.D. in order to pick up their race packets.

- USA Triathlon annual members must bring a current USAT card or be able to prove membership with a copy of the USAT card or have membership info available on a smart phone. If you are not an annual member, or cannot prove membership, you must purchase a \$12 one day license (cash or check only)
- Minors must be accompanied to packet pickup by a parent in order to sign race waivers
- Athletes can only pick up their race packets.
- All relay team members must pick up their own race packets, but they do not need to come to packet pickup together. Each relay member will have their own race packet.
- After picking up the race packet, it is important to check that all numbered items in the packet match. If there is an issue, the athlete should return to packet pickup.

**Bike Check-In and Transition Area:** In order to check your bike into the transition area, your bike and helmet numbers must be in place. We recommend affixing your bike number to your bike once you arrive at the race site if you are transporting your bike on a rack outside of your vehicle. Bike warm--ups will be allowed after you check your bike in. Please be cautious of other races & spectators in the area, AND WEAR YOUR HELMET.

- **ALL PARTICIPANTS MUST WEAR A BIKE HELMET ANYTIME THEY ARE MOUNTED ON THEIR BIKE, BEFORE, DURING, OR AFTER THE RACE.** Your helmet must be fastened. The penalty for not wearing a fastened helmet is DISQUALIFICATION and it WILL be enforced.
- Bikes will be assigned dedicated rows. When you arrive, look for your race number, and mount your bike on that row only.
- Please be considerate of other athletes when setting up your gear. Bikes should be racked with alternating front wheels down.
- All bicycles except recumbent bikes are allowed.
- **Only athletes are allowed into the transition area.** Spectators must remain outside.
- The following items are not allowed in the transition area: Balloons or any other items that may become entangled in the gear of another athlete, oversized bins, oversized bags or objects which will invade the space of another athlete, bike trainers, Please limit your items to fit inside ONE bag.

**Body Marking:** Athletes will be body marked at the entrance to transition on race morning.

**Headphones/iPods/Smartphones:** Headphones (and all other audible devices) are prohibited on any portion of the racecourse. According to USAT rules, iPhones and most smart phones are audible devices and may not be turned on or used during a triathlon. Athletes are allowed to carry them in the off position and stored in the event of an



emergency. They may not be used for any other reason than an emergency call.



**Timing:** The race will be timed by the awesome staff of Cajun Timing. You may pick up your timing chip on race morning outside the transition area. You must wear this chip around your ankle for the entire race. Relays must transfer the chip to teammates; see detail in the “relay teams” section. If you lose your chip during the race, please notify the timing staff immediately after you cross the finish line. Chips must be turned in at the finish area; we will have volunteers ready to assist you.

**Race Day Withdrawal:** Any athlete electing not to race or dropping out during the race must notify a race official immediately.

**Relay Teams:** Relay Teams will have a dedicated bike rack. Bikers and runners should be inside the transition near their rack shortly after their swimmer starts. When the swimmer enters the transition area, they will proceed to the relay bike rack and transfer the timing chip to the biker, at which time the biker will remove the bike from the rack and proceed to the bike out end of transition. Upon returning to transition, the biker will rack their bike, then remove the chip from their ankle and transfer it to the runner’s ankle. The runner will then exit transition and complete the run. The bike must be racked during chip transfer. The swimmer will wear the swim cap, the biker will use the bike number and the runner will wear the run bib.

**Athena and Clydesdale:** Athletes electing to participate in the Athena Clydesdale divisions must weigh in at packet pickup. If an athlete does not make weigh in they will be moved into their age group. Current weigh in requirements are 165 or over for Athena & 220 or over for Clydesdale.

**T--shirt Exchanges:** We will only provide you with the shirt size you requested during registration. If after receiving your shirt, you would like a different size, we will exchange your shirt after the race. If you registered after October 5, we cannot guarantee your size.

**Post Race:** Athletes & spectators, bring your folding chairs and plan on sticking around after the race to celebrate with your fellow athletes! Athletes will need to have their red wristbands for the food tent.

**Bike Check--out:** Bikes must be removed from the transition area by 11:00 am. Volunteers will be on hand to check your bike number against your body marking. Do not remove your bike number before being checked at bike exit after the race.

**Awards Ceremony:** YOU MUST BE PRESENT TO CLAIM YOUR AWARD. Awards will NOT be mailed.

- Category Awards include: Beginner, Athena and Clydesdale (Top 3 male and female)
- Age group awards are given to the top male and female finishers in 5-year increments.
- Relay awards are awarded to the fastest Male, Female, and Mixed Relay

**Spectators:** Please invite our friends and family to come out and watch your big event! Just a couple of pointers to keep things running smoothly on race day:

- Event refreshments are reserved for **athletes and volunteers**. If you plan to eat on site, please bring your own snacks and refreshments, if you really, really want pizza, ask for a volunteer shirt and we will put you to work.



## SWIM

The 1/3 swim will start in a time trial fashion with athletes entering the water one---at---a time every 5 seconds. Athletes will line up according to their pre---assigned number (assigned based on swim time). Athletes **MUST** enter the water according to their pre---assigned number. Failure to adhere to these rules may result in time penalty.

**Swim Course:** You will enter the boat ramp area and head to you left. Your turns are the Triangle bouys. .

**Swim Caps:** will be distributed at packet pick---up, and **MUST** be worn during the swim portion of the event.

**Water support:** There will be kayaks, paddle boards and sheriff boats on the water for support. You are allowed to hold on to any of these things as long as they do not give you forward progress.

**Wetsuits:** According to USAT Triathlon rules, participants will be permitted to wear wetsuits up to and including a water temperature of 78 degrees Fahrenheit. When the water temp is greater than 78 degrees (but less than 84 degrees Fahrenheit), age group participants may wear a wetsuit at their on discretion, but shall not be eligible for prizes and awards. Water temperature will be measured race morning. Based on previous years, it is likely that the water temperature of Lake Heritage will warrant wet suits. Race organizers will not make a wetsuit determination until race morning.

**The Hub City Hustle will begin at 8am with AGE GROUP followed by RELAY.**

## BIKE

**Helmets:** ALL ATHLETES MUST WEAR A BIKE HELMET ANYTIME THEY ARE MOUNTED ON THEIR BIKE. The helmet must be fastened before the participant mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted. DO NOT mount your bike at any time without your helmet fastened or you WILL be disqualified.

**Mount/ Dismount Line:** Athlete must pass the designated line after exiting transition before mounting the bike for the bike portion of the race. As the athlete returns to the transition area, they must dismount the bike before reaching the designated line. No bike riding is allowed inside the transition area.

**Traffic:** The course is open to traffic. Please be alert and careful.



**Position:** Always ride on the right side of the road. Stay on the far right side of the lane unless you are actively passing another rider.

**Drafting:** Drafting is not allowed. You must keep at **least three bike lengths of clear space** between you and the cyclist in front. If you move into their draft zone, you must pass within 15 seconds. Once passed you must immediately exit the draft zone from the rear, before attempting to pass again.

**Course Aid:** There are no aid stations on the bike course. Please plan your nutrition accordingly.

**Sentries:** Volunteers will be placed at every turn for traffic control and to help navigate athletes. We will also have arrows on the road and signs placed at every turn, It is your responsibility to pay attention to the course and your surroundings.

**Course Marshalls:** We will have officials on the bike course looking for rule violations and giving penalties. It is your responsibility to know the rules. ONLY officials can assess penalties. Penalties assessed are the decision of the USAR official and the Race Director. Decisions are final.

## RUN

The run course weaves throughout the rolling hills of Paul B. Johnson. You will exit transition and make a right turn and head towards the back gate. You will turn right before the back gate and follow the road through the camp ground and at the end of it there is a turn around. That is exactly 1 mile. You will head back the way you came and pass transition. Transition is the 2 mile mark. You will then head out towards the front gate. After crossing the spillway you have approximately 2/10 of a mile to the turn around. You will go around the orange cone in the road and that is the 3 mile mark. You now have 1 mile left the way you just came. The finish line is right before transition.

**Aid:** There will be aid stations located outside of the transition area and at mile 1&2 & 3 of the run course.

**Race numbers:** All athletes are required to wear the race bib while on the run course. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

**Have fun:** Be sure to smile for our race day photographer as you cross the finish line. Event photos can be downloaded from our Facebook page shortly after the race.



# Bike Route

Athletes will exit the transition area and turn right on Geiger.

Bike Course: Geiger lake road out of back of Paul B Johnson

Right on Old hwy 49

Left on Dubose rd

Left on Browns bridge rd

Left on Baker rd

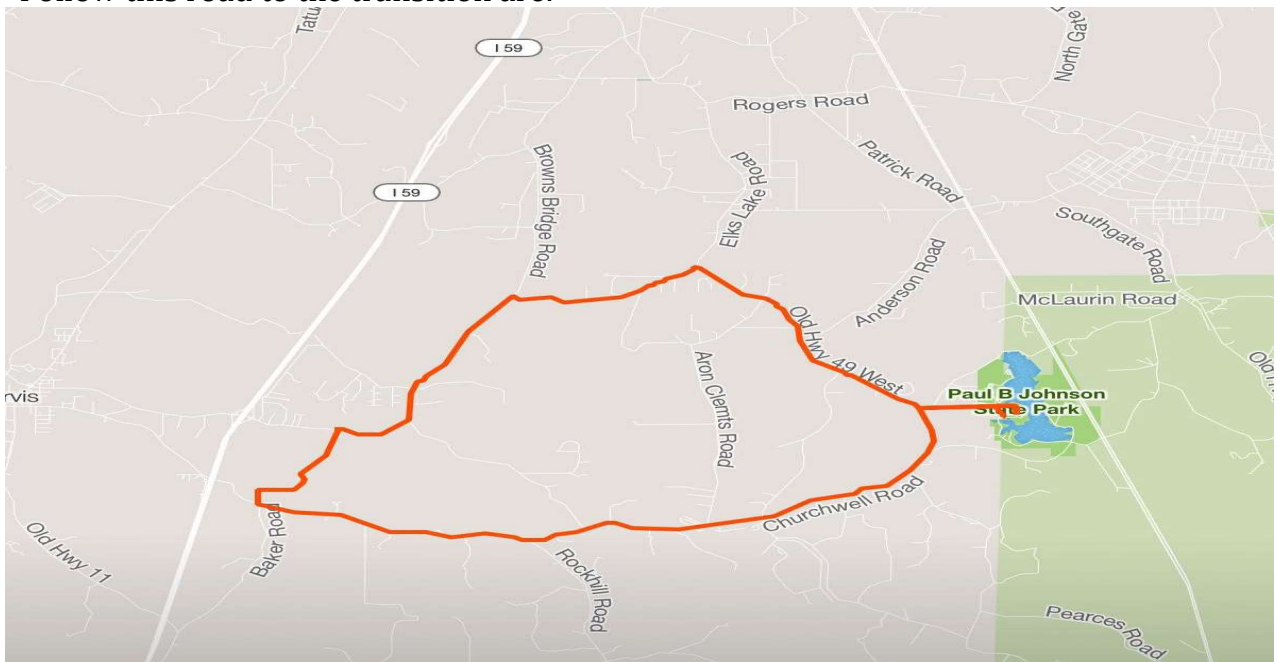
Left on Purvis Brooklyn rd

Left on Churchwell rd

Left on Old hwy 49

Right on Geiger lake road.

Follow this road to the transition are.





## RUN ROUTE

Exit the east end of the transition area and head left on Geiger Road towards the main gate. Your only turn will be after 1.5 miles on your left into the camp retreat ground area. There will be a turnaround cone. Your feet will get wet on the spill way going and coming back.

