

2016 ATHLETE GUIDE



WELCOME ATHLETES



G'day Athletes,

The Team Race Awesome is super excited and can't wait to see you at the 2nd Annual Peconic Bay Medical Center - Northwell Health Jamesport Triathlon. We thank you in advance for your participation, and your contributions, to our beneficiary [LIFE's WORC](#).

The Jamesport Triathlon is an extremely popular event. We had over 150 entries in the last 7 days. Unfortunately, the race is SOLD OUT. We do have 10 individual charity slots available. The Charity slots are \$250 and 100% of the entry fee will be donated to our beneficiary LIFE's WORC. These are the only slots available, and once they are gone there will be no more entries accepted. If you have friends who still want to race they should go to <https://runsignup.com/Race/Register/?racelid=26602> before it is TOO late.

The Athlete Guide is just that -- a guide to try and answer any questions you may have and to give a reminder about important race day information.

Please take the time to read this over. If you have any questions, please email us at RaceAwesome@RaceAwesome.com.

PACKET PICKUP



PACKET PICK UP

July 5th, 2016:- 5:00 p.m. - 7:30 p.m. [Merrick Bicycles](#), 1829 Merrick Ave, Merrick, NY 11566.

July 9th, 2016:- 1:00 p.m. - 4:30 p.m. [South Jamesport Beach/Race Site](#), Jamesport, NY.

July 10th, 2016:- VIP Athletes and Athletes who selected & paid for day-of-packet-pickup will be sent an email with details & times for race day packet pickup 4 days prior to the race.

USA TRIATHLON PACKET PICKUP RULES

ALL athletes are required to show **PHOTO ID. NO ID, NO RACE, NO EXCEPTIONS.** Every single participant racing must have a **photo ID**. This includes all relay participants. Athletes may only pick up their own packets. Under NO circumstances may an athlete pick up a packet for another person. All relay members must be present to receive the packet, or the packet will be split up for each participant. Youth athletes without an **ID** must be accompanied by a parent/guardian with a **PHOTO ID**.

ALL Annual USAT members are required to bring their **membership card** every time they compete in a **USAT sanctioned event**. If your card has been lost, you can download and print out a temporary one by logging into your membership account. Athletes who have chosen a **ONE DAY USAT license** during registration need only to produce their **PHOTO ID**.

IF YOU NEED RACE DAY PACKET PICK UP

You can choose to add Race Day Packet Pickup to your registration. [CLICK HERE](#) and view the demo on how to do that.

IMPORTANT INFORMATION

RULES OF TRANSITION AREA

Setting up your transition is easy at RaceAwesome.com Multi Sport Events. We deliver the cleanest, most organized transition on Long Island. When you arrive race morning, head into transition and find your assigned rack by searching for your number. You will find your name and number labelled on the bike rack. This is your position. Rack your bike, put your gear down, and head over to timing chip collection & body marking. Get that done (*secure the chip around your ankle*), and head back to your bike rack and set up. Make sure you have placed your bike number on your bike & your helmet number on your helmet (*these are located in your race envelope*). Once all your gear is in its place, pack up your bag and tag your bag with your bag tag (*tear off on the bottom of your athlete BIB*). Then drop your bag in the bag drop area. This is **EXTREMELY** important. **NO BAGS** are to be left in the transition area during the race (*we want to keep the area clean and clear for racetime*). If you leave your bag in the transition area, it will be removed and placed outside during your swim.

- **NO SPECTATORS ARE ALLOWED IN TRANSITION.**
- **NO BAGS IN TRANSITION AREA WHILE RACE IS IN PROGRESS.**
- **NO RIDING YOUR BIKE IN TRANSITION.**
- **YOUR HELMET MUST BE SECURE (STRAP FASTENED) ANY TIME YOU ARE PUSHING YOUR BIKE.**
- **TRANSITION WILL REMAIN CLOSED UNTIL THE LAST ATHLETE HAS GOTTEN OFF THE BIKE COURSE.** (this means you can not remove your bike from transition area until all athletes are on the run course)
- **YOU MUST MOUNT AND DISMOUNT YOUR BIKE AT THE MARKED LINE OUTSIDE OF TRANSITION.**
- **THERE ARE ABSOLUTELY NO EARBUDS/HEADPHONES/IPODS/MP3 PLAYERS, ETC. ALLOWED AT ANYTIME DURING THE RACE. YOU WILL BE DISQUALIFIED: NO IFS, AND, OR BUTS. NO QUESTIONS!**



[CLICK HERE TO VIEW DETAILED TRANSITION MAP](#)

SWIM INFORMATION

SWIM COURSE

This is a 500 meter swim with a running beach start. Be prepared for a long run from the shore line to transition and HAVE FUN...

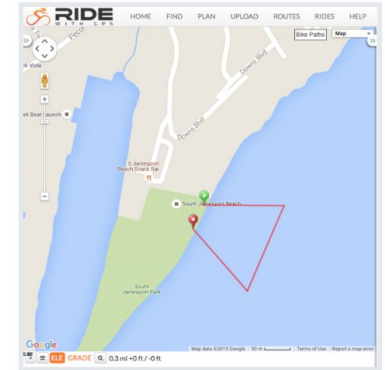
1. Start in your appropriate wave, see chart below.
2. Have timing chip around your ankle for the entire event. Leave some slack in strap to prevent chaffing.
3. This is a running beach start for the swim; please seed yourself in your wave.
4. **Relay Rules:** All transfers take place at relay area. Swimmer must put timing strap on ankle of biker **BEFORE** biker takes bike off rack. Biker must rack bike **BEFORE** taking strap off and putting on runner. All members need to get their bodies marked.

** Elite Men: Men 45+ can switch to wave 1, but must sign a waiver at check-in acknowledging they are giving up USAT ranking points and age group awards. They are only racing for overall awards.*

*** Elite Women: Women 45+ can switch to wave 2, but must sign a waiver at check-in acknowledging they are giving up USAT ranking points and age group awards. They are only racing for overall awards.*

This is a USAT rule for racing out of your designated wave; this is not a RaceAwesome.com rule.

Wave	Start Time	Swim Cap Color	Category
1	6:50 AM	WHITE	MEN Age Groups 19-24, 25-29, 30-34, 35-39, 40-44.
2	6:53 AM	PINK	WOMEN Age Groups 19-24, 25-29, 30-34, 35-39, 40-44.
3	6:56 AM	YELLOW	MEN & WOMEN Age Groups 45-49, 50-54, 55-59.
4	6:59 AM	RED & BLUE	MEN & WOMEN 14-18 (High School), 60-64, 65-69, 70-74, 75+ Relays, AquaBike, Challenged, Athena & Clydesdales Athletes



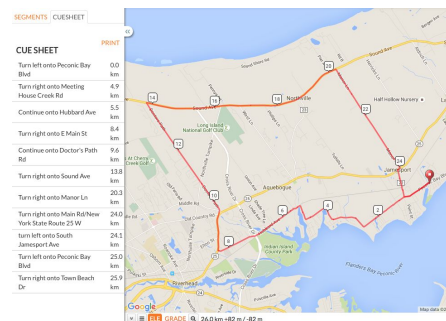
[CLICK HERE TO SEE COURSE MAP](#)

BIKE COURSE

THIS COURSE IS OPEN TO VEHICLE TRAFFIC. IT IS EXTREMELY IMPORTANT YOU PAY ATTENTION TO YOUR SURROUNDINGS. NEVER JUST ASSUME A CAR WILL GIVE YOU RIGHT OF WAY. WE HAVE AMAZING POLICE AND COURSE STAFF ALL OVER THE COURSE TO HELP STOP TRAFFIC. THIS DOES NOT MEAN DRIVERS WILL LISTEN. PLEASE PAY ATTENTION, KEEP YOUR HEAD UP, EYES OPEN AND LISTEN TO WHAT'S GOING ON AROUND YOU.

1. **WE WILL SAY IT AGAIN! THERE ARE ABSOLUTELY NO EARBUDS / HEADPHONES / IPODS / MP3 PLAYERS ETC. ALLOWED AT ANYTIME DURING THE THE RACE. YOU WILL BE DISQUALIFIED, NO IFS, ANDS OR BUTS. NO QUESTIONS!**
2. Your **HELMET** must be fastened any time your bike is off the bike rack. **THIS IS A USAT RULE.**
3. Put the small number on the front of your helmet and large number on your bike frame so it is visible from both sides.
4. **Relay Rules:** All transfers take place at relay area. Swimmer must put timing strap on ankle of biker **BEFORE** biker takes bike off rack. Biker must rack bike **BEFORE** taking strap off and putting on runner. All members need to get their bodies marked.
5. No drafting. We have draft marshals on the course who will not hesitate to call penalties. **This is not a “head down” fast bike course!** You must practice safe conservative riding and stay to the **EXTREME RIGHT** at all times. Crossing the centerline of any roadway (whether there is a center line or not) is cause for immediate disqualification.
6. Unless passing another cyclist, stay to the far right so faster athletes have room to pass you on your left without crossing the center of the road. Never pass any cars on the left.
7. Make sure you announce to cyclists in front of you when you are preparing to pass. **NEVER PASS** on the inside of the athlete, never pass on turns. This is a recipe for **DISASTER**.
8. Know the course, read the maps, watch the videos. We have amazing volunteers and course markings, but you need to know the course also. **REVIEW THE PRINTED MAPS** in your **RACE PACKET** *(we spend a fortune on these full color maps for all the athletes).*
9. Respect the fact we are able to host a race in the surrounding neighborhood. **DO NOT LITTER.**
10. Be sure to yell “**THANK YOU**” to the RaceAwesome Staff and **POLICE** as you ride by. Let them know you appreciate their support. Without these amazing people, this race would not be possible.

BIKE INFORMATION



[CLICK HERE TO SEE COURSE MAP](#)



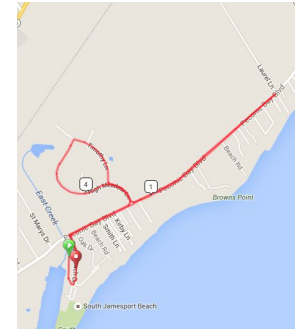
[CLICK HERE TO WATCH COURSE VIDEO](#)

RUN INFORMATION

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5. Be sure to yell "THANK YOU" & "HIGH FIVE" the RaceAwesome Staff and POLICE as you run by. Let them know you appreciate their support. Without these amazing people this race would not be possible. Have an AWESOME TIME. Remember you are on your way to the FINISH LINE.
6. Smile as you cross the finish line. We have AMAZING photographers; all our photos are FREE to download after the race. Look happy... There will be a SPECIAL PRIZE for the BEST finish line photo! *(determined back at the RaceAwesome office during the week).*
7. Make sure you allow us to remove the timing chip from your ankle. If you go home with it and don't return, it we will have to charge you a \$100 fee to replace the chip.



[CLICK HERE TO SEE COURSE MAP](#)



[CLICK HERE TO WATCH COURSE VIDEO](#)

RACING AWESOME



RACING AWESOME

Someone asked us the other day, "What is Race Awesome?"

We stopped and thought about the question for a while. A simple answer is, "We are an Event Company that produces Awesome Races." And while that is true, we stopped and thought about it some more.

What is Race Awesome?? More than just awesome events, we want Race Awesome to be somewhat of a state of mind, a movement, a culture.

What do we mean? It's simple really; whenever you participate in an Event/Race, be it an [Ironman](#), [GLIRC](#), [Competitive Events Group](#), [Challenge](#), [EventPower](#), [NYRuns](#), [HITS](#), [NYRR](#), [Vicobe Productions](#), [Tough Mudder](#), or any other company's race, we want athletes to embrace Racing Awesome.

WE ARE ONE COMMUNITY

Racing Awesome is a positive energy that we have inside us. Be Happy as you get to the event, participate in it, and complete it. Staying positive throughout the race no matter what is happening will ultimately lead to Racing Awesome.

Learn more about "The Power of Happiness" [CLICK HERE](#)

RACE SPONSORS



OUR AWESOME SPONSORS