

MANHATTAN TRIATHLON

2017 Race Day Instructions

Welcome to the Manhattan Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. We hope you have a great race.

RACE DAY SCHEDULE

- 5:30 am Park in open spots throughout the River Pond area at Tuttle Creek State park. Walk/ride your bike to the transition area to the north of the Archery Range -if you ride your bike, make sure to wear your helmet (you can get a time penalty even before the race starts!).
 - 5:30 am Transition area opens-body marking happens in front of transition area. Make sure race numbers attached to bike prior to entering.
 - 7:15 am Transition area clears for start!! Pre-Race Meeting at swim start
 - 7:30 am Triathlon begins
 - 9:30 am Awards
 - 10:30 am Bike Course Closes
- Conclusion of Race: Post-race refreshments and awards ceremony

BODY MARKINGS

You will be body marked BEFORE you enter the transition area. Bike racks will be open.

TRANSITION AREA

- Only competitors are allowed in the transition area. No exceptions!
- Transition will be cleared at 7:15am.
- Stage your equipment.
- Leave room for your neighbors.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- No bikes may leave transition area until USAT official clears it!

RACE NUMBERS

- You will receive one race number. Your main race number must be worn on the front during the run and be visible as you cross the finish line. Otherwise, you will be disqualified! You don't have to wear it during the swim and bike.
- Your timing chip must be worn on your **ankle**.

RESTROOMS

- Restrooms are located to the west and east of the River Pond area.
- Showers are located to the east.

SWIM COURSE

- Race begins at 7:30 am. There will be a time trial start for the swim. We will line up competitors according to pace and will send participants off one at a time in 5-10 second intervals.
- Wear your swim cap.
- Stay to the RIGHT of the buoys.
- You will swim counter-clockwise.
- Lifeguards and water rescue are in the water for your safety.

BIKE COURSE

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Exit transition area to the right. Ride on the right side of your lane.
- The bike course will be in the right lane and will be out and back on Highway K13.
- Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass w/in 15 seconds.
- Keep 3 bike lengths between yourself and cyclist in front of you.
- Intersections will be monitored by volunteers. Follow all traffic laws.
- The bike turn will be sharp. Slow down and be careful.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- Properly rack your bike before exiting on the run (cause for penalty).
- Bike Marshalls and Police Officers will be on the course—there will be no warnings given.

RUN COURSE

- Follow signs and cones.
- Be alert.
- Aid stations at mile 1 and mile 2.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ.
- The run is on the roadway in the River Pond area. It is an out and back course.
- Make certain your race number is in the front BEFORE you cross finish line.

RELAY TEAMS

- Cyclist will wait at the bike until the swimmer hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is cleared by USAT official.

POST RACE ACTIVITIES

- Plenty of refreshments available and then awards will be given out.
- Stick around to cheer on your fellow athletes.
- Remember to thank the volunteers-they are crucial to the success of your event!

REMEMBER TO RETURN YOUR TIMING CHIP AFTER THE RACE! A \$20 FEE WILL BE CHARGED FOR LOST CHIPS!