

## **Frequently Asked Questions – Triathlon race**

### **Will the courses be marked?**

Yes. All swim, bike and run courses will be officially marked and traffic control signs will be used on the bike and run courses. For the bike and run portion, look for the arrows on the road (Bike = Blue, Run = Red)

### **Will the courses be open to traffic?**

Yes. None of the roads will be completely closed, all roads are open to traffic. You must stay on the shoulder at all times. While we will have volunteers at every intersection to slow down traffic, please look up for traffic.

### **Where does my timing chip go?**

A: Your timing chip will be attached to your ankle the entire race with a velcro strap that is provided. When you pick up your race packet, there will be directions on the envelope. No timing chip, no finish time! You must return your timing chip after the event chip after the event, or you will be charged.

### **Q: Where does my race bib go?**

A: Please affix your race bib to the FRONT of your shirt or with a race belt for the run portion. We need to see that bib number at all times on the run. Your second race bib goes on your bike. Do NOT wear the race bib during the swim.

### **Q. When are awards?**

A . We try to wait until the last racer is off the course to start awards but we may start awards before then. We have tentatively planned for the awards to be at 10:00 a.m.

**\*\*\* Bathroom break – Porta Potties will be next to the transition area. Use them before going into the transition area. DO NOT LEAVE TRANSITION AREA AND COME BACK IN, IT WILL RESET YOUR TIMING CHIP \*\***

## SWIM

### **Q. Can I wear a life jacket or use a flotation device?**

A. No! Life jackets, fins, noodles, kickboards, and other flotation devices are not allowed. If you become fatigued while swimming, there are kayaks available in the water for distressed swimmers. You may hold onto a kayak and recover without penalty, providing you do not ask them to move you forward. If you feel unable to continue the swim, simply notify one of the kayakers and they will ensure you make it to shore safely.

### **Q: Do I need a wetsuit for the event?**

A: Following USAT rules - wetsuits will be allowed up to 78 degrees water temp. From 78 degrees to 83.9 degrees you can wear a wetsuit but you will not be eligible for age group awards. Please note we will do an official water temperature reading within 24 hours of the race to determine if the swim will be wetsuit legal.

### **Q. Do I need to wear a swim cap?**

A. Yes! You will be provided with a swim cap that must be worn throughout the swim. These caps are color coded by wave and allow officials to identify swimmers more easily.

## BIKE

### **Q. Can I use a mountain bike?**

A. Yes! While we highly recommend the use of road bikes or triathlon bikes, in Sprint-distance races it is common to see lots of mountain bikes and hybrids used by racers.

### **Q. Can I ride a tandem?**

A. No! Sorry, but single riders only!

### **Q. Am I required to wear a bike helmet?**

A. Yes! Helmets are required. Safety first!

### **Q. Can I wear earbuds/headphones or play music while I ride/run?**

A. No. Our triathlons are sanctioned by USA Triathlon (USAT), and USAT

regulations state that no headphones/earbuds/portable music devices are allowed during an event.

**Q. Where do I get on/off my bike during the race?**

A. When you come out of the swim, run to your bike, put on your helmet and race gear and unrack your bike. Run with your bike out of the transition area to the MOUNT area. When you cross the MOUNT/DISMOUNT line you can get on your bike. When you return, you will need to get off your bike again before crossing this line. It is well marked and easy to see. Run with your bike back to the bike rack and re-rack your bike, get your run gear and head out the RUN EXIT.

**Q. What happens if my bike totally breaks and I can't finish the bike course?**

A. Notify a race official and we will arrange for a ride back to the transition area for you as soon as are able. Report immediately to the Timing tent and turn in your chip (make sure to tell them who you are, don't just put your chip on the table). You will not be allowed to continue on the course.

## RUN

- No roads will be closed, all roads are open to traffic. **You must stay on the shoulder at all times.** While we will have volunteers at every intersection to slow down traffic, please look up for traffic.
- Never run more than two abreast if you are running in a group.
- Don't run down the middle of the road or trail.
- There are two water stations on the run route – (1) near the transition area a little over 1-mile in, and another at the turnaround point (a little over 2-miles in).

## WEATHER

- Race will still go on with light rain
- Race will be delayed 30minutes from last thunderclap heard in the area
- Race will be cancelled after two delays
- If runners/bikers are on the course when lightning strikes begin, they are to head back to the transition area, or wait in a safe location until weather ceases or they are picked up by race officials. Athletes must check in upon their return.