

# ***2016 ATHLETE GUIDE***

**Saturday July 16, 2016**

**7:00 a.m.**

**Egg Harbor Lake**

**2400 Philadelphia Street**

**Egg Harbor City, NJ 08215** ***SCHEDULE OF  
EVENTS***

## **Friday September 15**

**3PM-6:00 PM**

**Packet Pickup**

**Friday**

**At Race site**

**Egg Harbor Lake**

**2400 Philadelphia Street**

**Egg Harbor City, NJ 08215**

**Course Talk by Bolton Endurance Sports Training (BEST) Coach Tom Manzi (who is also the race director)**

**4PM and 5:00 PM**

**Saturday (Race Day)**

**5:45 - 6:45 am check-in, packet pickup and  
race day registration (if available)**

**6:45 am pre-race briefing**

**7:00 am races start**

## **Saturday, July 16**

**5:30 am**

**Transition area opens  
Body marking**

6:45 am	Pre-race briefing
6:50 am	Clear transition area
7:00 am	First wave starts
7:00 am	See <i>email for waves</i>
7:30am	approx time for Quartermaster to start
12:30pm	All bikes in transition or disqualified
2:00 pm	Award ceremony begins
3:00 pm	All race entrants must be across the finish line to be an <i>official finisher</i>
Lodging	



<http://www.renaultwinery.com/>

### **Parking**

Parking will be available race day starting at 5 AM. Volunteers will be available to assist you.

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### **Packet Pick up**

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1. Confirm athlete bib number on the athlete list posted/ available at registration table.
  2. Pick up registration packet, this contains the following:
    - a. Race Numbers- bib numbers
    - b. Swim cap
    - c. Timing Chip
  3. Pick up T- shirt
  4. Body Mark corresponding to race number to be put on left arm before race
- After you have received your packet, label all of your gear with your name and with the numbers provided. Be sure that all of the numbers are applied properly to avoid penalties during the race.

### **Amenities**

Portajohns will be onsite

Food and beverages are available for all participants from noon until award ceremony begins

### **Transition Open**

It will be DARK so bring a flashlight!

5:30 AM – 6:50 AM Prior to being allowed in the transition area you must be body marked.

Further body marking will be taking place right outside the transition area,

Transition closes at 6:50 am. All athletes must be out of the transition zone and headed to the swim before this time.

## **SWIM COURSE AND RULES**

### **Course Length 1.2 miles**

Half will be TWO and a half loop counterclockwise around buoys.

All racers will proceed around the entire marked course keeping right of the buoys. The swim will start on a well maintained sand beach that will allow plenty of room for all competitors.

1. Each athlete must wear a swim cap provided by **DQ Events**
2. No fins, paddles, or pull buoys are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddleboards.
5. Wetsuits are recommended for all athletes providing water temp is usat approved
6. Any assistance required during the swim will result in disqualification if forward progress was made.

Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

**\*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY.** Once exiting water follow path to transition area and you must cross timing mats to get your swim split.

**ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN.**

## **BIKE COURSE AND RULES**

### **Bike Course Length 57 miles**

The bike will be a scenic THREE loops of 19 miles each, on quiet traffic controlled county roads

The course is mostly flat with several rolling hills and water will be available twice

1. No tandems, recumbent, fairings, or any add -on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.

2. Position Rules:

- a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- b. Athletes must ride single file on the far right side of the road except when passing another athlete.

Side-by-side riding is not allowed.

c. Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.

d. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing.

e. An overtaken athlete must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.

f. Athletes committing rule violations will be notified "on the spot" by an official.

3. A CPSC- approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard -shell helmets, which affect its integrity, are not allowed.

4. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type my not bike, drive, or run alongside an

athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.

5. Each athlete must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each athlete should be prepared to handle any possible mechanical malfunction.

\*NOTES: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACE MENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL BE ON THE COURSE THROUGHOUT THE DAY, BUT ARE LIMITED IN NUMBER. PLEASE BE SELF SUFFICIENT.

6. Athletes are expected to heed directions and instructions of all race officials and public authorities.

Failure to do so may result in disqualification.

7. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

8. Bike inspection is not mandatory and will not be provided at check -in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final determination as to the soundness of bikes.

9. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

10. MEDICAL SUPPORT: If you need minor medical assistance, there will be medical units available at the race site. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a problem, please go to an aid station for further assistance.



### **A Message from the Head Referee to all age-group competitors...**



Welcome to this USA Triathlon-sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- **Ride on the right side of your lane**
- **Keep three bike lengths between yourself and the cyclist in front of you**
- **Pass on the left of the cyclist in front, never on the right**
- **Complete your pass within 15 seconds**
- **If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- **Position** – riding on the left side of the lane without passing
- **Blocking** – left side riding and impeding the forward progress of another competitor
- **Illegal Pass** – passing on the right
- **Overtaken** – failing to drop back three bike lengths before re-passing
- **Drafting** – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds

Position Violations carry a time penalty for the first offense, two offenses will result in an additional penalty, and if you are cited for three offenses, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during, and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

**Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is Unsportsmanlike Conduct and you will be disqualified.**

All that being said, I hope you have a great race, lots of fun, and achieve all your goals. Good luck!

## **RUN COURSE AND RULES**

### **Half Iron Run**

Course Length 13.1 miles

Cut Off Time 3:00PM

The run will be 13.1 mile course—two loops through park trails on hard packed dirt and shaded by trees.. Six stops with water, Clif Shots, and Infinit electrolyte drink will be provided

## **Run Rules**

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their race number in front of them clearly visible at all times on the course.

Folding or cutting the race number intentionally or failure to wear your race number is STRICTLY PROHIBITED and may result in disqualification. Race belts are allowed.

### **3. NO INDIVIDUAL SUPPORT VEHICLES OR NON -PARTICIPANT ESCORT**

**RUNNERS ARE ALLOWED.** This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed.

Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are also still competing.

4. Athletes are expected to follow directions and instructions of all race officials and public authorities.

5. The Shoreman run course will officially close at 3:00PM. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

## **Half Iron Waves**

WAVE # START TIME INCLUDES:

- 1 7:00AM Male 39 & under
- 2 7:03 AM Males 40 & over,
- 3 7:06 AM Females, and Relays
- 4 7:30AM Quarterman

Wave assignment can vary. Race day instructions may override the above.

Cap color TBD race day

## **SWIM**

**2 and half loops for Half, Less than 1 and half for quarterman**

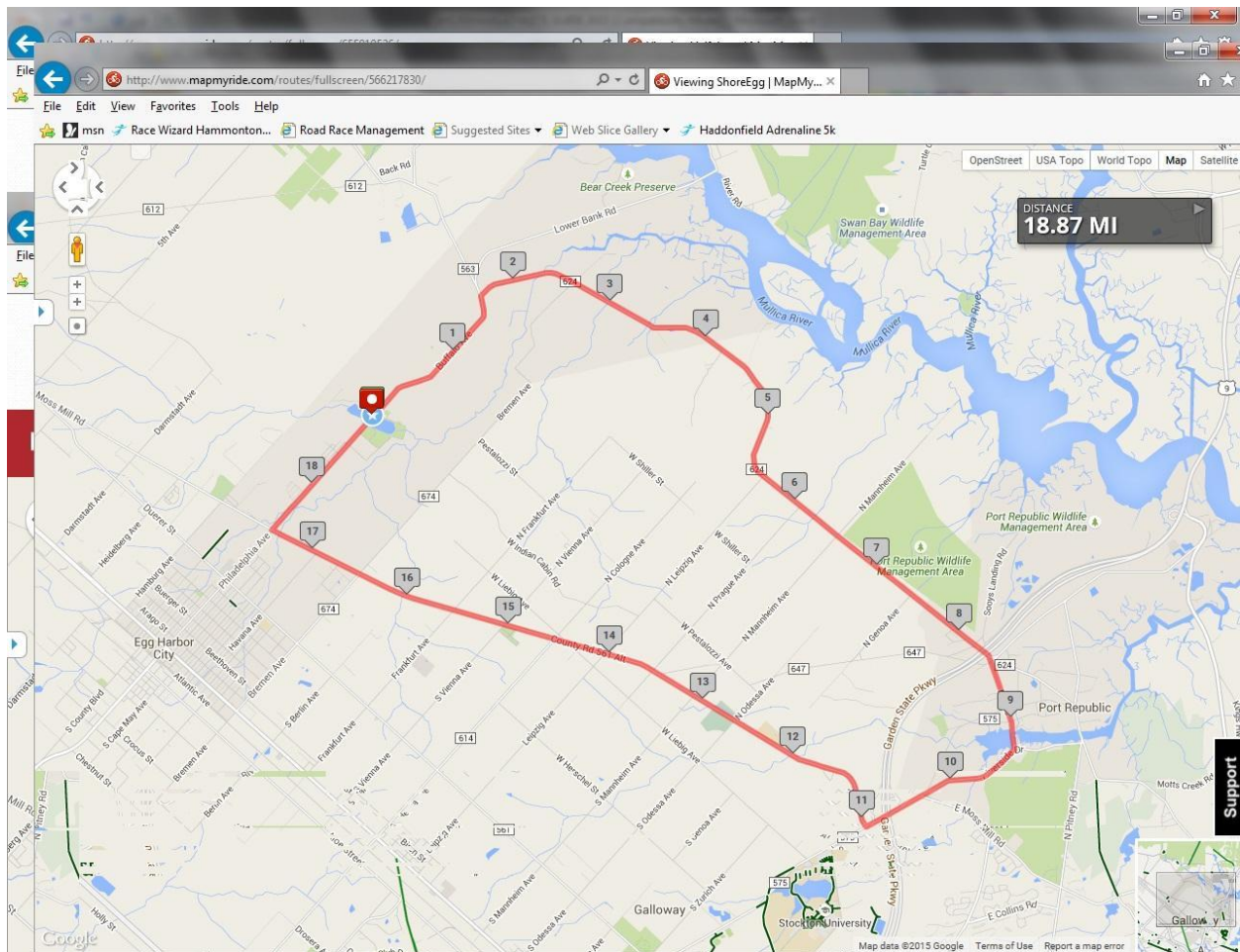


## BIKE

Fast and Flat country roads. The Bike will proceed out the entrance of Egg Harbor Lake and make a right on Philadelphia avenue and make a right on to West Clarks landing road, right onto Blakes Lane, right on Pamona Ave, which changes into English Creek Road then a right onto W. Moss Mill Road then a right on Philadelphia Ave back to the lake. (3 loops). **Mostly on the same roads as the old course.** There will be volunteer marshalls at every turn and at cross roads

**5 1/2 hours cutoff for bike must be in transition before that time or disqualified**





## Run

The run is two loops through woods on hard pack off road dirt. (2 loops)



