



2017 MPRD Just Tri It - Adult Triathlon (Start Time 7:00 AM)

Race Day Instructions:

There are many things to do in the morning to get ready for the start of the race, so please be sure to get to the park early enough to allow time to get everything done so that we can start the race on time. We suggest that you get to the park by 6:00 AM at the latest. If you are new to the sport of triathlon, I know this may sound early, but rest assured it is not; you may want to consider getting to the park even earlier. With all of the activities that need to take place on race morning, the last thing you want to be is rushed to get everything done. The following is a list of the morning's activities.

1. Park car in north or west parking lot, City Hall Parking lot or on surrounding side streets.
2. Walk to pool.
3. Put gear (bike, helmet, running shoes, glasses, etc.) in transition area.
4. Have bike checked by mechanic, if necessary.
5. Get body marked.
6. Make sure you have timing chip on securely.
7. Do warm-ups. (The pool will be open from 6:00 AM to 6:35 AM)
8. Go to bathroom.
9. Pre-race meeting and instructions (6:40 AM).
10. Start race (7:00 AM)

Bike Mechanic:

We hope to have a mechanic on site race morning but cannot guarantee that we will so we highly encourage that you have your bike looked at prior to the race to make sure it is in good mechanical condition. Nothing is more frustrating than to have a mechanical issue derail (pun intended) your race.

Transition Area:

The transition area will officially open at 5:00 AM to allow athletes to set up their bike and gear. The transition area will be laid out in such a way that there will not be an advantage one way or the other on where your bike is; every athlete will have to travel the same distance to get into and out of the transition area. The transition area will officially close at 6:35 AM, and all athletes will need to be out of the transition area at that time to be on the pool deck for the pre-race meeting at 6:40 AM.

Body Marking:

All athletes will need to get their race numbers marked on their arms by a transition area volunteer, either before or after they put their equipment in the transition area.

Swim:

All athletes will line up on the west side of the City Park 50-meter pool in order by their race number. Swimmers will swim one length in each of the eight 50-meter lanes for a total of 400 meters. Swimmers will change lanes at each end of the pool by going under the lane line and then continuing to swim in the next lane. Once you have completed the swim, you will exit the pool deck along the east end of the pool and make your way to the transition area.

Bike:

Once in the transition area, you will need to put on your biking shoes and helmet (bike helmet is mandatory), and walk your bike out of the transition area. There will be a bike mount line drawn on the pavement, and once you have crossed this line, you will be able to mount your bike and head out for the bike portion of the race.

Bikers will leave the park and head east, toward downtown, on Poyntz Avenue, to 3rd street, where you will make a right-hand turn. The bike course continues to Pierre Street where you will make a left-hand turn, and make your way

across the bridge. While on the bridge, you will need to **stay in the left-hand lane until you have crossed the bridge**, and are ready to turn right onto McDowell Creek Road. There will be police officers on both sides of the bridge to direct and stop traffic as necessary, to allow you to make turns. You will bike on McDowell Creek Road until you reach the turn-around point. Please be sure to look behind you as you approach the turn-around, to ensure that there is not a car coming, and that you can make the turn safely.

The bike course is an out-and-back so you will return to City Park the same way you came out. Please use caution as you turn back onto Highway 177 (Pillsbury Drive). You will cross over to the inbound traffic lanes, but you will again stay **in the left-hand lane of the road as you cross the bridge**. All vehicular traffic will be required to exit on the exit ramp, so once you have passed the exit ramp you will be able to merge over to the right hand lane, and make the right-hand turn back onto 3rd Street. You will then turn left onto Poyntz Avenue, and back to City Park and the transition area.

While there will be police officers, volunteers and barricades along the bike course to detour traffic, we cannot ensure that the roads will be completely free of vehicles, so please ride aware.

Run:

After you have put your bike back in the transition area, you can remove your helmet and begin the run portion. You will exit the transition area and will follow the marked (with duct-tape arrows) run course.

Runners will complete a modified loop around City Park, and then merge onto Poyntz Avenue at the intersection of South Manhattan Avenue and Poyntz Avenue. You will cross over to the right hand side (south side) of the road. You will continue down Poyntz Avenue to the run turn-around which will be marked with a cone and duct-tape arrows. Please remain on the south side of the road as you head back toward City Park. Once you have passed the entrance to the park, you can then cross back over to the north side of the street and get back on the sidewalk to complete the run.

There will be two water aid stations on the run course; one will be located shortly after the start of the run, and the other will be located at the intersection of 11th Street & Poyntz Avenue. You will have access to water four times during the run.

Post race treats:

There will be some snacks, and water available to you once you are done with the race, compliments of Hy-Vee.

Awards:

The awards ceremony will take place at City Park Pool, and will happen as soon as possible after the last athlete crosses the finish line and the results are finalized. Awards will be given to the top three overall female and male finishers, and the top three of each age-group female and male finishers.

Severe Weather:

In the case of severe weather, the race may be postponed until the weather clears up. If the Adult race has to be postponed for more than 2 hours, it will be cancelled in order to allow for the Youth race to take place if weather permits. The decision to cancel the race will be made by the race directors, and will be final. There will be no refunds in the event of cancellation.

Transition Area (Modification for Youth Race):

At approximately 8:50 we will begin to modify the Adult Race transition area to accommodate the Youth Race. If your bike and gear are in the transition area at that time race staff will 'delicately' relocate it to a bike rack area near the finish line.