



# Race Guide

## General Information



# Content

---

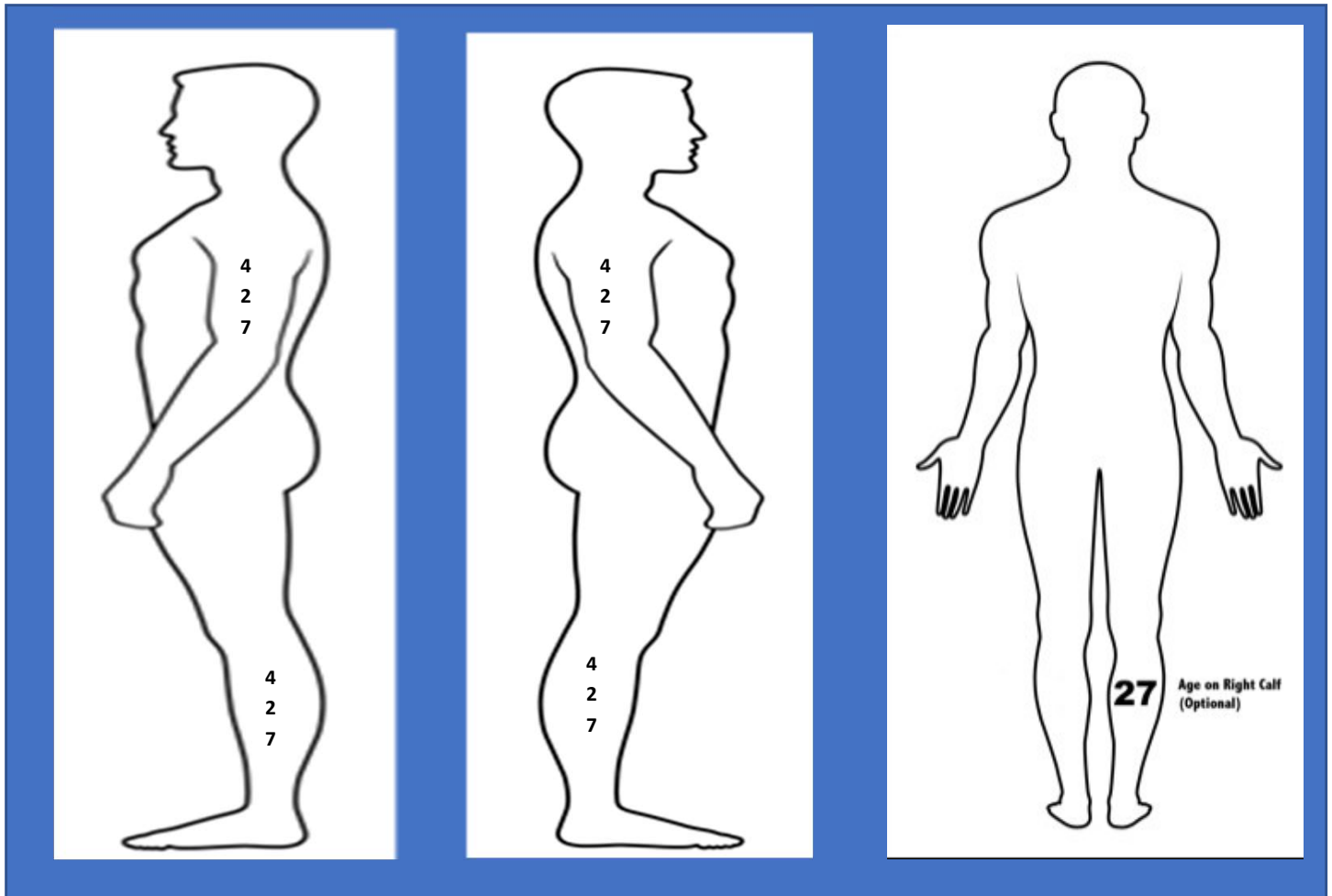
USA Triathlon – Head Ref Msg .....	1
Body Marking .....	2
Timing Chip Instructions .....	3
General Advice .....	4
Race Day Checklist .....	5
Weather Contingency Plan .....	6

# USA Triathlon



- **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 may 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**
  - **Pass on the left of the cyclist in front, never on the right**
  - **Keep five bike lengths between yourself and the cyclist in front of you**
  - **Complete your pass within 20 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.
- Triathlon is an individual event, and you must take personal responsibility to understand the rules and avoid penalties. The referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties.
- Referees 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 five bike lengths before re-passing**
  - **Drafting – following a leading cyclist closer than 10 meters (5 bike lengths) and failing to pass within 20 seconds**
- Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you may be disqualified.
- Make sure your helmet is a CPSC approved model. All bicycle 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 in possession of 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 could be a disqualification! Fasten it Before you remove it from the rack and keep it until After you rack your bike.
- 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 called Unsportsmanlike Conduct and you could be disqualified.
- All that being said, I hope you have a great race, lots of fun, and achieve all your goals.



## BODY MARKING GUIDE

- 1, Self marking permitted (Large tip Sharpie recommended).
2. Must be body marked before entering Transition.
3. Two-inch numbers - visible from 10 feet.
4. Mark Right & Left **SIDE** of Arm & leg.
5. Age is optional - on right calf.
6. Race number on Swim Cap (Open water triathlons only)

# Timing Chip Instructions



1. Your packet will include a new Disposable Mylaps MultiSportTag to wear on your left ankle.
2. Use the peel-off, self-adhesive to tape the strap around your ankle. Make sure the tag is snug with room to flex your foot. (see fig. 1 & 2)
3. The tag is disposable and therefore does not need to be returned at the finish line.
4. Make sure your MultiSportTag number matches your assigned bib number.
5. Make sure to wear the ankle strap from start to finish during the event. (see fig. 3)



1



2



3



# General Advice

---

- Triathlons can be tough, but they should also be fun. The best way for that to happen is for you, the athlete, to be prepared! Along with the training that leads up to an event of this nature, there are some general tips for race day that can make your experience more enjoyable.
- Have everything needed for race day ready the night before - use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering transition. You will not be allowed to race without these.
- The earlier you show up, the better. The last thing you want to be is worrying about whether you're going to make it in time. Make you sure have time to find parking, self-body mark or be body marked, set up your transition, use the restroom, warm up, etc.
- Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remember that we will do all we can to support you. Medical staff will be on site, as well as volunteers and safety officials throughout the course. Remember the preparation that you have done for this event and be confident in your abilities as an athlete.
- Last, remember to have fun! This event should be a positive experience for you and everyone else. A positive attitude will go a long way!



# Race Day Checklist

---

- \_\_\_ **HELMET AND SUNGLASSES**
- \_\_\_ **RACE NUMBER AND RACE BELT**
- \_\_\_ **NUMBER YOUR BIKE THE NIGHT BEFORE THE RACE**
- \_\_\_ **SWIMSUIT, SWIM CAP AND GOGGLES, RUNNING HAT**
- \_\_\_ **TRISUIT**
- \_\_\_ **CYCLING SHOES, RUNNING SHOES AND SOCKS**
- \_\_\_ **TRANSITION GEAR: TOWEL, WATER BOTTLE, GEL PACK OR QUICK FOOD**
- \_\_\_ **REMEMBER TO RESET SPEEDOMETER AND/OR RACE WATCH**
- \_\_\_ **PUT YOUR BIKE IN THE GEAR YOU WANT TO EXIT TRANSITION**
- \_\_\_ **FOOD AND WATER FOR THE BIKE**
- \_\_\_ **FILL WATER BOTTLES AND MAKE SURE THE TOP IS OPEN!**
- \_\_\_ **SUNSCREEN AND OPTIONAL TOILET PAPER**
- \_\_\_ **FLASHLIGHT FOR EARLY MORNING RACES**
- \_\_\_ **BIKE PUMP**
- \_\_\_ **PREPARE PRE-RACE MEAL FOR MORNING OF RACE**
- \_\_\_ **A SOLID POSITIVE ATTITUDE!**



# Weather Contingency Plan

---

- In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the even course may be shortened or altered to protect the participants.
- If conditions turn unsafe, the event may be cancelled. Event changes and cancellations are at the discretion of the Race Director.
- We always strive to produce a full and safe multi sport event, but sometimes the weather conditions can affect those plans.
- Considerable amount goes into planning a multisport event and we do so with the best intentions. Unfortunately, no one can control the weather and race directors are not the exceptions. Our goal is to always produce a full event as scheduled and only modify these plans due to safety concerns some of which can be caused by weather conditions. Thank you for your understanding of these policies and we appreciate your participation.

