

Important Race Day Information

Start Time: 7:00a.m / Transition Area Opens at 5:15am

- We use disposable timing chips. It is in your race packet. Please affix it around your ankle on race morning. There will be volunteers in the Transition if you need assistance ****Relay participants will pick up their timing chip on RACE DAY morning in the packet pick-up area in the Transition Area.**
- Please arrive early to avoid parking difficulties.
- Your race # and bike rack assignment is according to your Wave (except for late registrants). You MUST rack your bike according to your race number in the Transition Area. You may place your bike on any spot on the rack that includes your number.
- Only Triathlon participants with a race number are allowed in the transition area. Please remind family and friends of this so as to ensure the safety of all participating
- To ensure the safety of all participants, the transition area will be closed by 6:45am and will re-open by 9:15am. It is only open to those who are still actively participating in the event. It will remain secure until 10:45am. Please make sure to remove all of your belongings prior to that time. Please note that The Transition Area will be dismantled by 11:15am.
- To ensure the safety of all participants, Lifeguards have the ability to pull swimmers from the swim if they assess that they are in distress
- No I-PODS, No HEADPHONES- If you are wearing them, you could be disqualified
- Please note that MOST ROADS are NOT CLOSED to traffic
- Please be sure to promptly comply with all directions given to you by the Police Officers and Course Marshalls who will be on the course to ensure that everyone has a safe experience. Failure to do so may lead to disqualification. Please note that on the Run leg of the Tri, runners towards the back of the pack may be asked to move towards and run along the side of the road so as to allow intermittent flow of vehicular traffic. Please help us all out by complying
- Any unauthorized transfer of your race number will be grounds for immediate disqualification from this and any other GLIRC event
- Please stay and enjoy the Mill Creek Tavern Post Race “Spread” of food and the offerings of the Oyster Bay Brewing Company as well as the All Round Bakery Products and other post-race refreshments . You **MUST** wear your Bib # for admittance
- Award Ceremony will take place at approximately 9:15
- Attention Relay Teams- All relay members receive medals. Please make sure your teammates pick one up at the finish line!
- Results will be posted at: www.glirc.org Photos will be available at: www.islandphoto.com

We hope you have a great experience! Don't forget to thank the volunteers and all of the support staff!