

## **Upper Dublin Triathlon/Duathlon/Aquabike/5K FAQ's**

### **Race Registration**

- **Q:** Which type of races do I have to choose from?
  - o **A:** Races to choose from are: Individual Triathlon, Triathlon Relay Team, Duathlon, Aquabike and 5K Run.
- **Q:** When is race day?
  - o **A:** Sunday, May 19, 2024
- **Q:** Where do I register?
  - o **A:** Online registration is available at [www.runsignup.com](http://www.runsignup.com).
- **Q:** What is the youngest age an athlete may be to compete?
  - o **A:** Athletes must be 10 years or older by December 31 of the year of the race.
- **Q:** How many people can be on a triathlon relay team?
  - o **A:** Race teams may consist of 2 or 3 athletes.
- **Q:** How do I register as a triathlon relay team?
  - o **A:** Follow the steps below:
    - Go to <https://runsignup.com/Race/PA/FortWashington/UpperDublinTriathlonDuathlonAquabike>
    - Click on "Sign Up" under Triathlon - Relay (2 or 3 people)
    - Select "Myself", then fill-in your personal information
    - Be sure "Triathlon - Relay (2 or 3 people)" is selected
    - Select "Yes" under "Would you like to join/create a Group/Team"
    - Add additional participants, if necessary
    - Review the waiver and initial
    - Select "Join an Existing Team Group/Team" or "Create a Team Group/Team" depending on your circumstances.
    - If joining an existing team, select the team name.
    - Complete the remainder of the registration form and you are registered
- **Q:** How do the athlete t-shirt sizes run?
  - o **A:** The athlete t-shirts (both cotton and tech) are gender-specific sizes. Sizes run from small to XX-large. The women's shirts typically run small.
- **Q:** What is an Athena?
  - o **A:** Rather than be grouped by Age, an athlete can choose to be grouped with triathletes who are more physically similar to them. The Athena group is for women who are 165lbs+.
- **Q:** What is a Clydesdale?
  - o **A:** Rather than be grouped by Age, an athlete can choose to be grouped with triathletes who are more physically similar to them. The Clydesdale group is for men who are 220lbs+.
- **Q:** What is the High School Class?
  - o **A:** The High School Class is open to all triathletes currently in grades 9<sup>th</sup> to 12<sup>th</sup>. Those in the High School Class cannot qualify for the Age Group Class.
- **Q:** What is PC/ID Open?
  - o **A:** The PC/ID Open Division is open to all triathletes who have a physical challenge or intellectual disability.
- **Q:** Can I register on-site the day of the race?
  - o **A:** No, race day registration is not available.
- **Q:** When does registration close?
  - o **A:** Race registration closes on May 14 or when the race sells out.

## Packet Pick-up

- **Q:** Where do I pick up my race packet?
  - o **A:** Race packets and t-shirts will be available for pick-up from noon to 7pm on the Friday before the race and from 10am to 6pm on the Saturday before the race at Twining Valley Park, 1400 Twining Road, Dresher, PA. Athletes unable to come either of these days can pick up his/her packet the day of the race at the Registration Area in the lobby of the Upper Dublin High School Athletic Complex (adjacent to the Transition Area in the back of the high school).
- **Q:** What do I need to bring when I pick up my race packet?
  - o **A:** You are required to produce a valid photo ID or USAT member card in order to pick up your race packet.
- **Q:** Why do I need to sign a USAT waiver if my child is 15 years old and younger?
  - o **A:** USAT requires that the parent/guardian of an athlete 15 years old and younger must also sign the USAT waiver. Those participating in the 5K race are not required to complete a USAT waiver.
- **Q:** Can I pick up someone else's packet?
  - o **A:** No, you may not pick up another athlete's packet – no ifs, ands or buts. Athletes that are minors and do not have a photo ID must have a parent/guardian pick up his/her packet. In this case, the parent or guardian of that individual may pick up the packet but must provide a photo ID in order to do so. Those competing in the 5K Run-only race may pick up athlete packets for others.
- **Q:** I'm on a relay team; can I pick up my team member's race packet(s)?
  - o **A:** No, all team members must pick up his/her own race packet. Athletes that are minors and do not have a photo ID must have a parent/guardian pick up his/her packet. In this case, the parent or guardian of that individual may pick up the packet but must provide a photo ID in order to do so.
- **Q:** I just picked up my packet and I have two bibs in my packet – what are they for?
  - o **A:** The bib with a hole in each corner is for the running portion of the race and should be attached to the front of the runner's shirt. The other bib is for the bike portion and should be secured to the horizontal bar that runs from the handle bars to the seat of the rider's bike.
- **Q:** Can I exchange my shirt for a different size?
  - o **A:** Shirts can be exchanged, but may be done only after the race has ended. Shirt exchange takes place near at the Registration Area in the lobby of the Athletic Complex and is on a first come, first served basis.
- **Q:** I just picked up my packet and there is no timing chip and strap or bibs (bike and run) in the packet; what gives?
  - o **A:** If you are on a triathlon or aquabike relay team, the person who will be swimming has your team's timing chip and strap and bibs. If you are on a duathlon relay team, the person who will be running the 2-mile run (first leg of the race) will have those items. If you are competing as an individual, immediately contact UDP&R at (215) 643-1600 x3443.

## Day-of Race Logistics

- **Q:** What do I need to bring with me on race day?
  - o **A:** If you have already picked up your race packet, you should bring your timing chip and strap and bibs, all located in your race packet, plus all items you will need for the race (sneakers, socks, bike, helmet, filled water bottle(s), goggles (if needed), shirt, etc.). Other items to consider bringing: towel, sunglasses, hat and sunscreen. If you waited until race day to pick up your race packet (what were you thinking!!!), you will need to bring a photo ID or, if a USAT member, your USAT member card.
- **Q:** What is the timeline for race day?
  - o **A:** Race Day Timeline (all times are approximate)
    - 5:30am – Transition Area/Registration open
    - 6:40am – Packet Pickup (at Registration) closes
    - 7:00am – Transition Area closes
    - 7:15am – Duathletes dismissed to start line (at Transition Area)
    - 7:15am - First group of swimmers dismissed to the pool
    - 7:30am – First athlete enters the pool/Duathlon begins
    - 8:30am – 5K Run-only begins
    - 10:30am – Awards Ceremony\*

*\*Awards Ceremony time is subject to change.*
- **Q:** I found my timing chip and strap in my race packet, but where should I wear my chip?
  - o **A:** You should wear your chip and strap around your left ankle.
- **Q:** I'm on a relay team, how do relay teams get timed?
  - o **A:** The timing chip for the triathlon relay is passed from the swimmer's ankle to the biker's ankle to the runner's ankle.
- **Q:** Is there anywhere for me to keep my personal belongings safe during the race?
  - o **A:** We recommend placing all personal belongings that you will not need for the race in your car or with family/friends. Please note that Upper Dublin Township nor the School District of Upper Dublin are responsible for any of your personal belongings left in Township or School District facilities or on the race course.
- **Q:** What is body marking and what is the purpose of it?
  - o **A:** Body marking involves the writing of your racer number on your arms and your age on your calf. Body marking will be done by a Transition Area volunteer. This is helpful for the timing company and volunteers in the event you lose your bib(s)/timing chip and also in the case of an emergency. Please wait to apply sunscreen until after you have been marked. Those competing in the 5K Run-only race will not be body-marked.
- **Q:** Where do I report to be body marked?
  - o **A:** There are body marking stations, which are at the Transition Area. You'll be body marked prior to initially entering the Transition Area. Please wait to apply sunscreen until after you have been marked. Body marking is not required for those competing in the 5K Run-only race.
- **Q:** I'm an athlete, where can I park for the race?
  - o **A:** There will be signs and volunteers directing athletes to the appropriate parking locations. All parking should be accessed from Loch Alsh Avenue, Susquehanna Road or Fort Washington Avenue (this roadway closes at 7:00am). A parking map is also available at [www.runsignup.com](http://www.runsignup.com). Those competing in the 5K Run-only should travel on Fort Washington Avenue from Susquehanna Road – this is the only way to reach the Upper Dublin High School parking lots once the other races have begun at 7:30am.
- **Q:** Where do I report after I've dropped off my bike and gear in the Transition Area?
  - o **A:** Once you are all set in the Transition Area and everything else you needed to do is done, you should report to the gymnasium of the Upper Dublin High School Athletic Complex. You should be present no later than 7:00am. View the site map at [www.runsignup.com](http://www.runsignup.com) for the location of the waiting area.

- **Q:** What time do I start?
  - o **A:** If you or your relay team is competing in the Triathlon or Aquabike, your estimated swim time determines your race start time. This is why an accurate estimated swim time is so important. The faster the swim time, the earlier you will start. If you or your relay team are/is competing in the Duathlon, you will start at approximately 7:30am from the Transition Area. The 5K Run-only will start at approximately 8:30am.
- **Q:** I saw someone taking pictures during the race. Where will the photos be posted?
  - o **A:** The week after the race, photos and links to photos will be posted on the [Upper Dublin Triathlon Facebook](#) page. We encourage athletes to tag themselves as well as send us your pictures for posting.

#### Race Location

- **Q:** Where is the race located?
  - o **A:** The race is located at the Upper Dublin High School, 800 Loch Alsh Ave., Fort Washington, PA.
- **Q:** Can I get into the pool so I can warm up prior to the race?
  - o **A:** The pool will be open from 6:15am-6:45am for those that want to warm up. All athletes should report to the gymnasium of the Upper Dublin High School no later than 7:00am for a pre-race meeting.
- **Q:** Are showers available after the race?
  - o **A:** Showers are not available.

#### Course Maps

- **Q:** Where can I view maps of the courses?
  - o **A:** Maps of all of the courses can be found on the race registration page – [www.runsignup.com](http://www.runsignup.com). Maps will also be available at packet pick-up.

#### Transition Area

- **Q:** What is the Transition Area?
  - o **A:** The Transition Area is where your bike is kept during the race. This is where you will go after exiting the swim leg (triathlon and aquabike) or where you will start (duathlon). You will also return here after the bike leg prior to starting the race leg (triathlon and duathlon).
- **Q:** Where is the Transition Area located?
  - o **A:** The Transition Area is located in the parking lot behind the Upper Dublin High School – across from the Athletic Complex entrance.
- **Q:** What time does the Transition Area open?
  - o **A:** The Transition Area opens at 5:30am.
- **Q:** What time does the Transition Area close?
  - o **A:** The Transition Area closes at 7:00am.
- **Q:** My family/friends want to come into the Transition Area to help me set up, is that okay?
  - o **A:** No, unfortunately that is not okay. For safety and security purposes, no one other than athletes, race officials and volunteers are allowed in the Transition Area from 5:00am until the end of the races.
- **Q:** Are bike racking positions pre-numbered?
  - o **A:** No, all bike racking is first-come, first-served. The only exception is for our special needs athletes. Spaces are reserved for them to accommodate their specialized equipment.

### Triathlon

- **Q:** What are the leg distances of the Triathlon?
  - o **A:** The Triathlon is a sprint format and is a 350-meter indoor pool swim, 9.65-mile bike (this is 2 loops of the course) and 3.4-mile run.

### Duathlon

- **Q:** What are the leg distances of the Duathlon?
  - o **A:** The Duathlon is comprised of a 2-mile out-and-back run, 9.65-mile bike (this is 2 loops of the course) and 3.4-mile run.

### Aquabike

- **Q:** What are the leg distances of the Aquabike?
  - o **A:** The Aquabike is comprised of a 350-meter indoor pool swim and 9.65-mile bike (this is 2 loops of the course).

### 5K Run-only

- **Q:** What is the distance of the 5K Run-only?
  - o **A:** The 5K-Run-only is . . . well it is . . . a 5K (or 3.1 miles for those not adhering to the metric system).

### Swim

- **Q:** How long is the swim?
  - o **A:** The swim is 350-meters long (10 laps of 35 meters each)
- **Q:** How does the swim work?
  - o **A:** Swimmers will enter the pool in the order of their estimated swim time. The faster the estimated swim time, the earlier you will enter the pool. To prevent passing and a jam up in the water ("jam up" is a technical racing term ☺), you should provide a realistic estimated swim time. Swimmers will enter the water every 25 seconds, swim up the first lane, touch the wall, go underneath the lane line and swim down the second lane. This process will continue until you reach the end of lane 10. Be sure to check out a photo of the swim course found at [www.runsignup.com](http://www.runsignup.com).
- **Q:** Are flip turns permitted?
  - o **A:** Yup, flip turn away.
- **Q:** I originally listed a much slower/faster swim time than I actually swim, how do I adjust it?
  - o **A:** In order to adjust your swim time, please contact Derek Dureka, the Race Director, at [DDureka@upperdublin.net](mailto:DDureka@upperdublin.net). *Please note, the last day to adjust your swim time is one week prior to the race.*
- **Q:** What is the average temperature of the pool?
  - o **A:** The average temperature of the pool is 81°.
- **Q:** How deep is the pool?
  - o **A:** The pool depth is anywhere from 4' to 13'.
- **Q:** Can I wear a wetsuit in the pool?
  - o **A:** No, USAT rules prohibit wetsuits in water over 78°.
- **Q:** What is the fastest swim time?
  - o **A:** Last year's fastest swim time was 4:38.
- **Q:** What is the average swim time?
  - o **A:** The average swim time is 8:40.

## Bike

- **Q:** How long is the bike course?
  - o **A:** The bike course is 10.3-miles (this is 2 loops of the course for the triathlon, duathlon and aquabike).
- **Q:** What are the elevation changes like on the bike course?
  - o **A:** A chart showing the bike course elevation can be found on the race registration page – [www.runsignup.com](http://www.runsignup.com).
- **Q:** Can I mount my bike while still in the Transition Area?
  - o **A:** No, you are not to mount your bike until you have reached the 'Mount Line' located outside the Transition Area.
- **Q:** When do I dismount my bike?
  - o **A:** You should dismount your bike before entering the Transition Area. There will be volunteers and signage leading up to the 'Dismount Line' located just before you re-enter the Transition Area.
- **Q:** Is there a hydration station along the bike route?
  - o **A:** No, there is not a hydration station along the bike route. You should come prepared with at least one bottle of water for the bike leg of the race.
- **Q:** Is the bike course closed to traffic?
  - o **A:** The bike course is closed entering and exiting the transition area (Loch Alsh Avenue and Fort Washington Avenue), but otherwise open to traffic. We do police-patrolled traffic control points (major intersections) and course volunteer at all other intersections as well as signage to alert drivers of the race. Because it is a Sunday morning, traffic is fairly light in general.
- **Q:** Is bike support provided on the bike course?
  - o **A:** No. For safety reasons, there will not be bike support on the bike course. You should be prepared to be able to perform basic bike maintenance while on the race course. Be able to put your chain back on, change your tire, etc. In the event that you cannot complete the bike course because of a mechanical issue, we will be able to send a truck to pick you and your bike up.

With that stated, we are fortunate enough to have on-site bike support the morning of the race. They will be located next to the Transition Area and will be present from the time Transition opens until all athletes have completed the bike leg of the race.
- **Q:** Must I wear a helmet during the bike portion of the race?
  - o **A:** Yes, a helmet must be worn before the athlete exits the Transition Area, during the bike portion and until the bike is re-racked in the Transition Area.

## Run

- **Q:** How long is the run course?
  - o **A:** The first run (for Duathlon competitors only) is an out-and-back 2-mile run. The other run (for Triathlon, Duathlon and 5K Run-only competitors) is 3.1 miles.
- **Q:** Is the run course closed to traffic?
  - o **A:** The run course is closed on Cardinal/SPARK Drive, but otherwise open to traffic. We do have police-monitored traffic control points (major intersections) and course volunteers at all other intersections as well as signage to alert drivers of the race. Because it is a Sunday morning, traffic is fairly light in general.
- **Q:** Is there a hydration station along the run route?
  - o **A:** There are two hydration stations, both located on the run course. One is located along SPARK Drive. The other is located on the Temple Ambler Campus. For a map of the running course, visit [www.runsignup.com](http://www.runsignup.com).

## General Rules & Questions

- **Q:** Is there a time limit for finishing the race?
  - o **A:** There is no official time limit for each leg or the race. In 2023, our final two finishers completed the race in 2 hours 20 minutes and 2 hours 27 minutes. Out of respect for our course volunteers, we may choose to pull volunteers at a certain point, but our police department continues to escort athletes so they can safely finish the race.
- **Q:** Can I wear headphones during the race?
  - o **A:** No headsets, radio and/or headphones are allowed as per Section 3.4(1) of USAT Competitive Rules. This includes, but is not limited to, MP3 players, iPods, iPhones and CD players.
- **As a USAT sanctioned event, all USAT rules will be followed for this race. To review all USAT rules, visit the [USAT website](#).**

## Race Results

- **Q:** When will race results be posted?
  - o **A:** Unofficial race results will be posted on-site at approximately 10:30am. Official race results will be available within 3 days of the race and can be found at [www.dqtridu.com](http://www.dqtridu.com).
- **Q:** I think I should have medaled in my age group/division, but I was never contacted. Who should I contact?
  - o **A:** Every once in a while, something slips by us and a mistake is made. For all inquiries regarding race results, please contact Derek Dureka, the Race Director, at [DDureka@upperdublin.net](mailto:DDureka@upperdublin.net).

## Awards Ceremony

- **Q:** What is the breakdown for how awards are given out?
  - o **A:** For the Triathlon, the following award format is followed:
    - **Top 5 Overall Male & Female**
    - **Age Groups (3 deep) Male & Female**
      - 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ years old
    - **Top 3 Clydesdales** (Males 220+ lbs) / **Top 3 Athenas** (Females 165+ lbs)
    - **Top 3 Relay Teams** (2- or 3-person, non-gender specific)
    - **Top 3 High School Division Male & Female** (currently in 9th to 12th grade)
    - **Top 3 Physically Challenged/Intellectual Disability (PC/ID) Open Division Male & Female**

For the Duathlon, the following award format is followed:

- **Top 5 Overall Male & Female**
- **Age Groups (3 deep) Male & Female\***
  - o 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ years old

*\*If there are less than 30 registrants per gender category as of May 1, we will only award Top 5 Overall Male/Female.*

For the Aquabike\*\*, the following award format is followed:

- **Top 5 Overall Male & Female**
- \*\*If there are more than 30 registrants per gender category as of May 1, we will also award age groups in 10-year increments.*

For the 5K Run-only\*\*, the following award format is followed:

- **Top 5 Overall Male & Female**
- \*\*If there are more than 30 registrants per gender category as of May 1, we will also award age groups in 10-year increments.*

- **Q:** Where is the award ceremony held?
  - o **A:** The award ceremony will be held at approximately 10:30am near the Finish Line Area.

### Spectators

- **Q:** Where can spectators watch the race?
  - o **A:** Spectators are able to watch from just about anywhere along the race course. Some of the best locations are around the perimeter of the Transition Area, on Loch Alsh Avenue, on Fort Washington Avenue or on SPARK Drive. Please be careful if you are crossing the race course at any time during the race. Upper-level seating is available in the pool area for spectators. No spectators are permitted on the pool deck.

### Volunteers

- **Q:** I'm competing, but my family/friends are interested in volunteering. Who should they contact to volunteer?
  - o **A:** Those interested in volunteering should contact Tammy Echevarria, Race Volunteer Coordinator, at [TEchevarria@upperdublin.net](mailto:TEchevarria@upperdublin.net).

### Sponsorships

- **Q:** Who should I contact if my business or I am interested in sponsoring the Upper Dublin Triathlon?
  - o **A:** Those interested in becoming a race sponsor should contact Erin Timby, Race Sponsorship Coordinator, at [ETimby@upperdublin.net](mailto:ETimby@upperdublin.net).

If you still have questions, please feel free to contact Derek Dureka, the Race Director, at [DDureka@upperdublin.net](mailto:DDureka@upperdublin.net).  
We look forward to seeing you on race day!