



We welcome you to the 2019 CajunMan Triathlon. We hope you enjoy our race and pass a good time in Lafayette.

Below is information in regards to packet pickup and all race day activities.

Packet Pickup on Thursday (9/05), Friday (9/06) and Saturday (9/07)

- *Geaux Run* will be the location of this year's packet pickup for the CajunMan Triathlon. *Geaux Run* is located at 906 Harding St. in the Lafayette Oil Center. Phone number is 337-706-8763.
- **Times:** Packet pickup will be available at *Geaux Run* from 10:00am to 6:00pm each of the above days.
- **VERY IMPORTANT:** You must have your USAT card and your photo ID to pick up your packet. If you are not a USAT member then you just need a photo ID.
- Only YOU can pick up your packet.
- Only YOU can race with your number. You CANNOT sell or transfer your number to another competitor.

Race Day Schedule

5:30am: Please park at the Days Inn in designated areas only.
Walk your bike and gear to the Transition Area.
There is free parking until capacity is full at the Days Inn.

Transition area will OPEN at this time.

Race Day Packet Pickup opens

Body Marking begins

7:15am: Transition area is cleared for start. Race Day Packet Pickup closes.

7:30am: And the race begins with the First Swim Wave. The Duathlon will start at this time at the finish line to do the first 5K run.

Body Markings

- You must be body-marked BEFORE you enter the transition area.
- If you picked up your packet on Thursday, Friday or Saturday - get Body Marked and then rack your bike at your designated spot.
- You **MUST** present your Race Bib to get Body Marked with the correct Race Number.
- If you did not pick up your packet on Thursday, Friday or Saturday - proceed to **Race Morning Packet Pickup** with your photo ID and USAT card (if you are a member), get body marked, then rack your bike at your designated spot in the transition area.

Transition Area

- Only competitors are allowed in the transition area.
- Rack your bike on the rack matching your Race Number.
- You will be unable to warm-up on the bike on the airport grounds. You can warm up & down Hwy. 90 Service Road.
- No bikes may leave transition area until USAT official clears it.

Race Number & Disposable Tri Bands

- You are provided two race numbers in your packet. One is for your bike and one is for you to wear on the run. Place the bike number on your bike along the top tube.
- Your main race number must be worn on the front during the run and be visible upon crossing the finish line.
- You will be given a Disposable Tri Band to wear on your ankle. Remember do not put too tight on your ankle and follow the installation instructions given in the white envelope.

Port-a-lets

- The 4 Port-a-lets will be located near the swim entrance/exit.

Swim Course

- First wave begins at 7:30am.
- Please make sure you wear the swim cap that is given within the packet that corresponds with your gender and age. Individuals, Clydesdale, Athena, Aquabike & Aquathlon start in their age groups. Beginner will go in the 6th and last wave at 7:45 am.
- Stay to the left of the buoys. You will swim clockwise.

Bike Course

- You must walk your bike in and out of transition area.
- Please dismount as directed by volunteers and/or officials.
- Ride on the right side of your lane. Obey all traffic laws.
- **ABSOLUTELY NO DRAFTING. WE WILL HAVE A USAT OFFICIAL ON A MOTORCYCLE ISSUING PENALTIES.**
- Pass on the left – never on the right – and complete pass within 15 seconds.
- Keep 3 bike lengths between yourself and the cyclist in front of you.
- **HELMET MUST BE PUT ON BEFORE MOUNTING BIKE AND MUST BE WORN AND STRAPPED AT ALL TIMES WHILE ON BIKE.**
- No water stops on bike course – bring your own water bottles.
- We will have Volunteers and Police Officers on the course but it is the Participant's responsibility to be familiar with the bike course.

Run Course

- The Run Course is on the Lafayette Regional Airport and the MSTC grounds. Please stay on the designated service roads. Follow the arrows and cones.
- There will be several water stations on the Run Course with WET COLD towels on the Run and at the Finish Line.
- Make certain your race number is in the front before crossing the Finish Line.

Relay Teams

- All Relay Team members will have the same number and body marked as such.
- The Cyclist must have his/her bike racked until the Swimmer arrives.
- When Cyclist returns, he / she must rack the bike and then the Runner leaves.
- The team Cyclist must then leave the transition area at designated area.

Post Race Activities

- There will be Cajun Chicken Sausage Jambalaya, fruit, beverages and other foods.
- Fournier Chiropractic Center will be on hand to provide short, well-needed, well-deserved massages.
- Please remember to thank all Sponsors, Volunteers, Police Officers, etc. as they are vital to the success of the CajunMan Triathlon.

Medical

- Medical Assistance will be under the Walgreen's Tent across from the Finish Line with minor medical supplies such as Advil, hand sanitizers, band-aids, bandages, mosquito repellent, etc. all provided by one of our wonderful sponsors, Walgreen's. Acadian Ambulance will be on site as well as Dr. Amanda Phillips with assistants.