



**We welcome you to the 2022 CajunMan Triathlon.  
We hope you enjoy our race & pass a good time in Lafayette.  
Below is information in regards to packet pickup & all race day activities.**

**\*\*IF YOU ARE THE TYPE TO JUST SKIM THESE THINGS... LOOK FOR "\*\*\*"  
Or CTRL F & search them. ; ) You're welcome.**

**\*\*RULE # 1 – The Volunteers didn't make up ANY of these rules. Please don't put them in any uncomfortable situations by making attempts to argue with them. They are the only way nonprofits like us can put on events like this... for you. They are treasures.  
ALL ISSUES - Ms. Ray Cloutier: 337-446-4389**

## **RACE DAY - SUNDAY, AUG. 28 - Starting at 6am!**

### **\*\*Medical\*\***

- Medical Assistance will be under the **RED** Tent between the Parking lot, Transition & the Awards Pavilion. with minor medical help & supplies such as, hand sanitizers, band-aids, bandages, mosquito repellent, etc. as well as Dr. Amanda Phillips with her team. In case of emergency **CALL 9-1-1 IMMEDIATELY. Then PLEASE call Ms. Ray or Scott at 337-446-4389 to let us know.**

### **Race Day Schedule**

**5:30am: PARKING WILL BE AT THE PRAIRIE Constructions Company. Please stay outside of their boundaries. AFTER that area is full, you will need to park down at the DAYS INN.  
Walk your bike & gear to the Transition Area.  
There is free parking until capacity is full at the Days Inn.**

**6:00am: \*\*Transition area will OPEN at this time.**

**\*\*Race Day Packet Pickup opens**

**\*\*Body Marking begins**

**7:15am: Transition area is cleared for the start. Race Day Packet Pick-up closes.**

**7:30am: \*\*And the race for TRIATHLON & DUATHLON begins at 7:30am!!**

**9am – 11am \*\*We will have Food from Café 20.3, Beverages (& adult beverages), Awards, Door Prizes, Vendors, & T.R.A.I.L. will open up the EARLY BIRD Registration for CAJUNMAN 2023, and other discounts on upcoming events.**

## **Packet Pickup Friday (8/26) & Saturday (8/27)** **& Day-Of Pick-up (pre-registered)**

- **\*\* YOU are the only person ALLOWED to pick up YOUR packet.**
- *CAFÉ 20.3* will be the location of this year's packet pickup for the CajunMan Triathlon. *CAFÉ 20.3* is located at 1500 General Mouton Avenue, Lafayette, LA 70501. [DIRECTIONS CLICK HERE](#)
- **\*\*Times:** Packet pickup will be available at *Café 20.3* from 11:00am to 4:00pm each of the above days.
- **\*\*If you did NOT sign up on RunSignUp .com Your FIRST STOP will be at the waiver table.**
- **\*\*You cannot pick up your packet without a signed waiver. STOP AT THE WAIVER CHECKERS BEFORE to be sure you are not waiting in line for nothing.**
- **\*\*VERY IMPORTANT: You must have your USAT card & your photo ID to pick up your packet.**
- If you are NOT a USAT member then you need a photo ID & you must pay the \$15.75 for the one-day pass. **\*\*YOU CAN STILL DO THIS HERE! [CLICK HERE](#)**
- Only YOU can race with your number. You CAN NOT sell or transfer your number to another competitor.

## **“DAY OF RACE” REGISTRATIONS**

Go to “Check in” – Then Registration Table  
Registration will be **\$95 dollars per athlete.**  
And **\$20 for the 1-day USAT Membership.**  
We will accept Cash, Paypal, Venmo, & most credit cards.

To save money, register before Thursday at 5pm  
At [www.LATRAIL.org](http://www.LATRAIL.org)

## **I'VE CHECKED-IN , NOW WHAT?**

### **Body Markings**

#### **Our Amazing Tattoo Artists will take care of you!**

- **\*\*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 & 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 Friday or Saturday - proceed to Race Morning Packet Pickup FIRST, with your photo ID & USAT card (if you are a member), get body marked, then rack your bike at your designated spot in the transition area.**

### **Transition & AIRPORT Area**

- **\*\*ONLY competitors & Volunteers are allowed in the transition area & AIRPORT.** Guests can watch from Perimeter rd. or from inside the Base Camp Area near the Award Area.
- **\*\*You CANNOT enter Transition WITHOUT your body markings.**
- **\*\*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.**
- **\*\*Your Bike MUST have the handlebars plugged & Your HELMET CLIPPED**
- **NO HEADPHONES, EARBUDS, etc. It's a safety issue.**

### **\*\*Race Number & Disposable Tri Bands**

- **You are provided two race numbers in your packet. One is for your bike & 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 & be visible upon crossing the finish line.**
- **You will be given a Disposable Tri-Band to wear on your ankle. Do not put it on too tightly & follow the installation instructions given in the white envelope.**

### **\*\*Port-o-lets**

- **The Port-a-lets will be located near the Check-in, Transition & Parking Area**

# CAJUNMAN - 2022

## TRIATHLON & DUATHLON

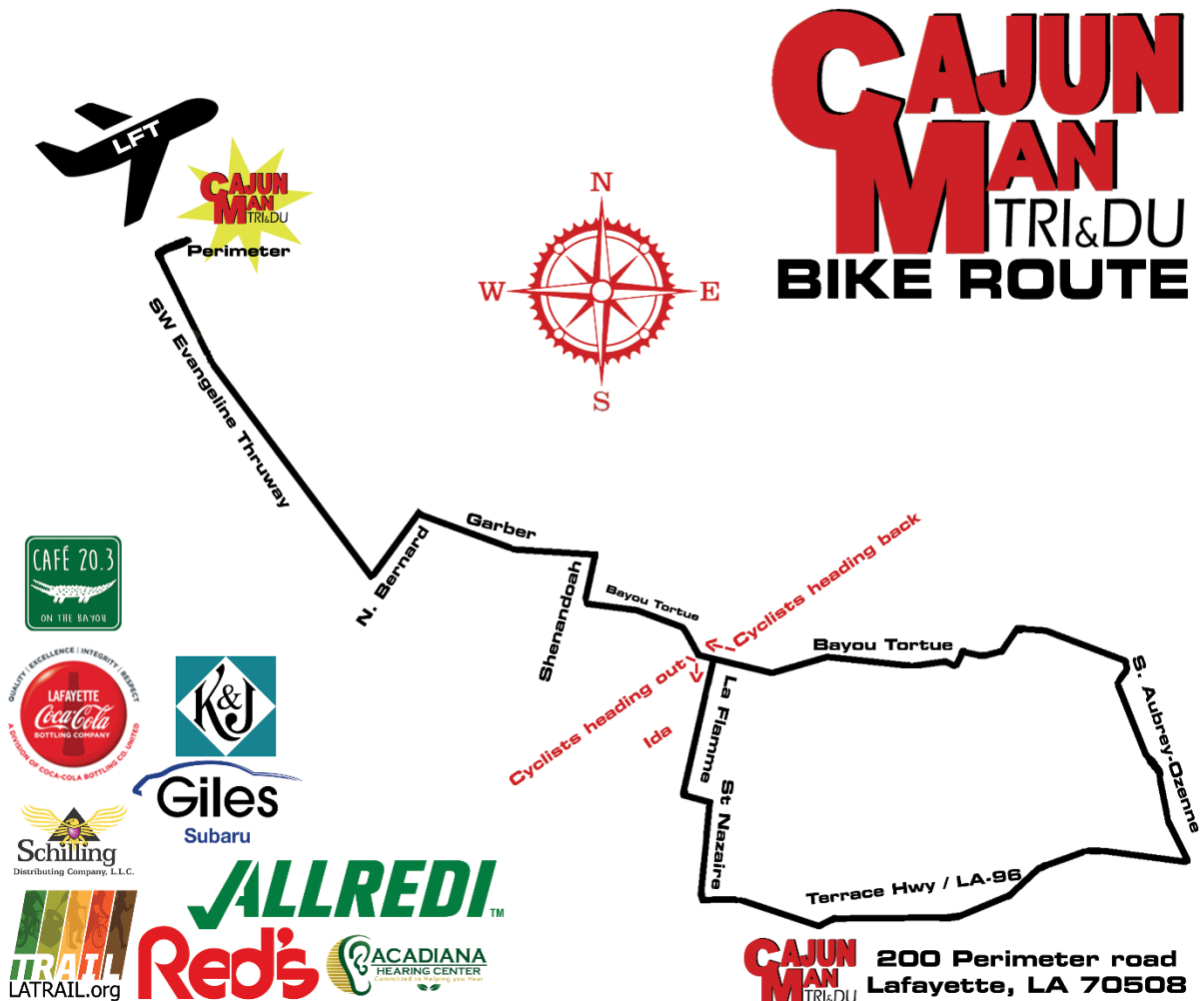
### Swim Course

- **\*\*The Triathlon Starts at 7:30am.**
- **\*\*Slower swimmers start towards the back to avoid someone swimming over.**
- **Stay to the left of the buoys. You will swim clockwise.**



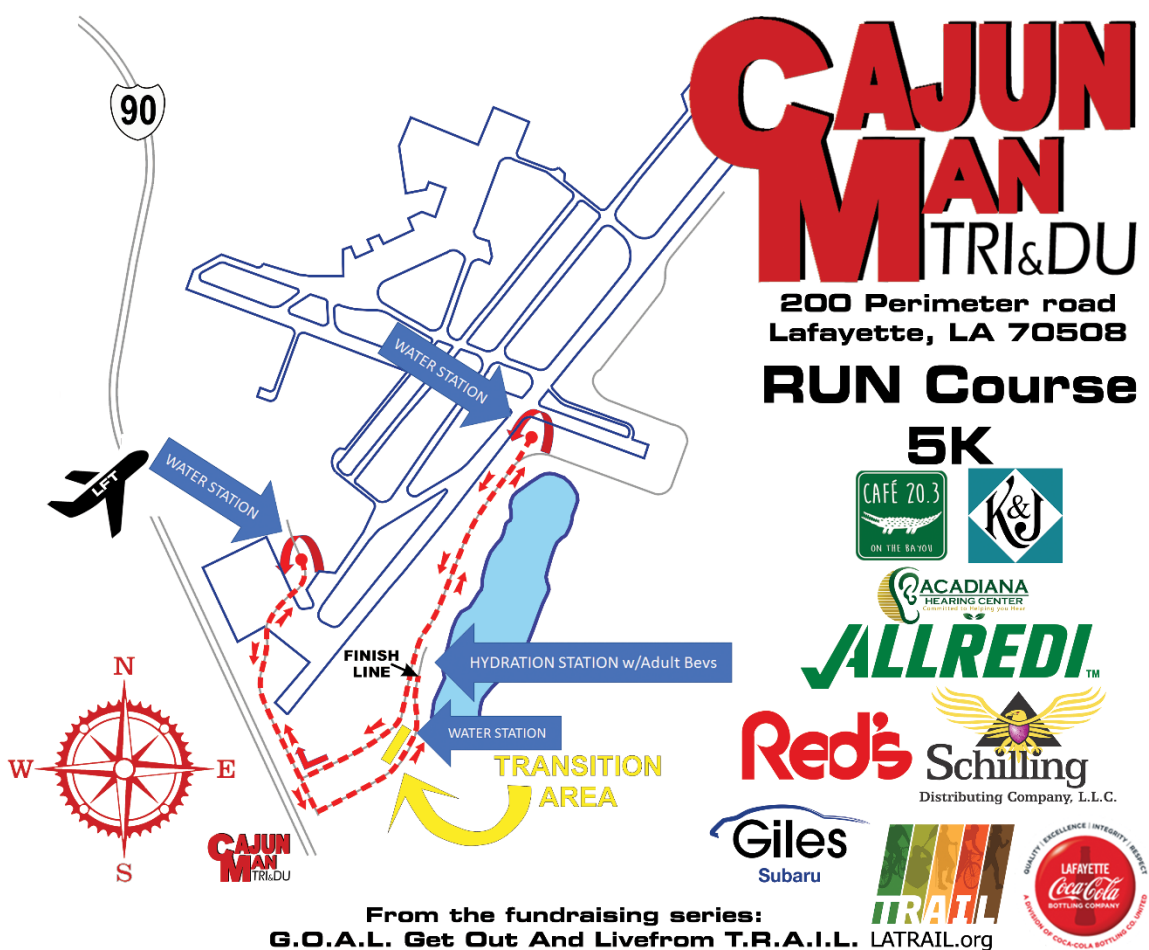
# Bike Course

- **\*\*You MUST WALK your bike in & out of the 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 – & complete pass within 15 seconds.**
- **Keep 3 bike lengths between yourself & the cyclist in front of you.**
- **\*\*HELMET MUST BE PUT ON BEFORE MOUNTING BIKE & MUST BE WORN & STRAPPED AT ALL TIMES WHILE ON BIKE.**
- **No water stops on bike course – \*\*bring your own water bottles.**
- **\*\*We will have Volunteers & Police Officers on the course but it is the Participant's responsibility to be familiar with the bike course. See the link for the bike course on the website: [www.latrail.org/cajunman](http://www.latrail.org/cajunman)**



# Run Course

- The Run Course is on the Lafayette Regional Airport & the MSTC grounds. Please stay on the designated service roads. Follow the arrows & cones.
- There will be several water stations on the Run Course with **\*\*WET COLD** towels 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 their **\*\*OWN NUMBERS** & should be body marked as such.
- The Cyclists must have their bikes racked until the Swimmer arrives.
- When Cyclist returns, they must rack the bike, & then the Runner leaves.
- The team Cyclist must then leave the transition area at the designated area.

**\*\*NOW GEAUX!!!**  
**BE SAFE and HAVE FUN!**

**Love, Race Mom xo**

Next Page talks about where to get a **beer** and food after the race... Geaux



## Post Race Activities

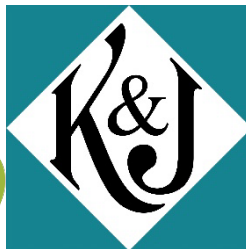
- There will be Food from Café 20.3, along with fruit, & beverages (adult beverages, too).
- Awards & Door Prizes will be at the top Back to Base Camp! We'll be giving out the Awards as the categories fill up. We'll try to get you out early.
- Please remember to thank all your Sponsors, Volunteers, Police Officers, etc. as they are vital to the success of the CajunMan Triathlon.
- AND please also remember that we are grateful for your participation in CajunMan & appreciate the help your registration gives us for the T.R.A.I.L.

Thank you for Investing in Louisiana.

**\*\*Thank you for investing in yourself.**

[www.LATRAIL.org](http://www.LATRAIL.org)

NEXT UP: Responders' Race 9/11 & SugarMan Tri & Du 10/2



And So MANY others!

Make sure to check out our Post-Event "Thank you" mail for info on UPCOMING DEALS!!!