



Welcome to the 2023 CajunMan Tri, Du, Aquabike & 5k run/walk. We hope you enjoy our race and pass a good time in Lafayette. Below is information regarding packet pickup and race day.

### **Packet Pickup on Friday (9/8) and Saturday (9/9)**

- Fri Sep. 8<sup>th</sup> 10am – 6pm at Geaux Run (906 Harding St., Lafayette, LA 70503)
- Sat. Sep. 9<sup>th</sup> 10am – 4pm at Café 20.3 (1500 General Mouton Ave. Lafayette, LA 70501)
- Sun. Sep 10<sup>th</sup> 5:30am – 7:00am race site (200 Perimeter Rd., Lafayette, LA 70508)
- USAT card and photo ID required to pick up your packet. If you purchased a 1-day USAT membership then you just need a photo ID. If you are competing in the 5k run/walk then you do not need a USAT membership.
- 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**

Parking is available along portions of Perimeter Rd. and the asphalt plant. However, you will not be able to leave until the bike course is cleared. Parking at Days Inn and along Frontage Rd. will allow you to leave at will.

5:30am: Transition area opens, body markings start & race packet pickup and registration opens.

7:15am: Transition area closes. Packet pickup and registration closes.

7:30am: All races begin. Duathlon & 5k starting location is at the finish line balloon.

### **Body Markings**

- You must be body-marked BEFORE you enter the transition area.
- You MUST present your bib to get marked with the correct race number.

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

- You have 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. Do not put it too tight and follow the installation instructions given in the white envelope.

### **Toilets**

The 4 Port-a-lets will be located near the swim entrance/exit and 2 near packet pickup/check-in.

### **Medical**

Medical Assistance will be available past the Finish Line with minor medical supplies. Acadian Ambulance will be on site as well as Dr. Amanda Phillips with assistants.

## 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 and gear may leave the transition area until the USAT official clears it which will be after the last cyclist transitions to the run course.

## 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 the designated area.

## Aquabike

After you dismount the bike proceed to “run out” section of transition area then proceed directly to the finish line to complete your race.

## Post Race Activities

- There will be a post-race meal, fruit, beverages.
- Scott Fournier with Barczyk Chiropractic Group 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..

## Parking (200 Perimeter Rd. Lafayette, LA 70508)



PP: Port A Potties  
 PB: Penalty Box  
 REG & CI: Registration & Check In  
 CCR: Cajun Cyclist Racing Trailer  
 PT: Physical Therapy  
 F&B: Food & Beverage Tent  
 K: Smoothie King  
 Awards: Award Ceremony  
 S: Switch to turn on parking lot lights  
 I: Ice Machine/Freezer  
 L: Light tower & generator

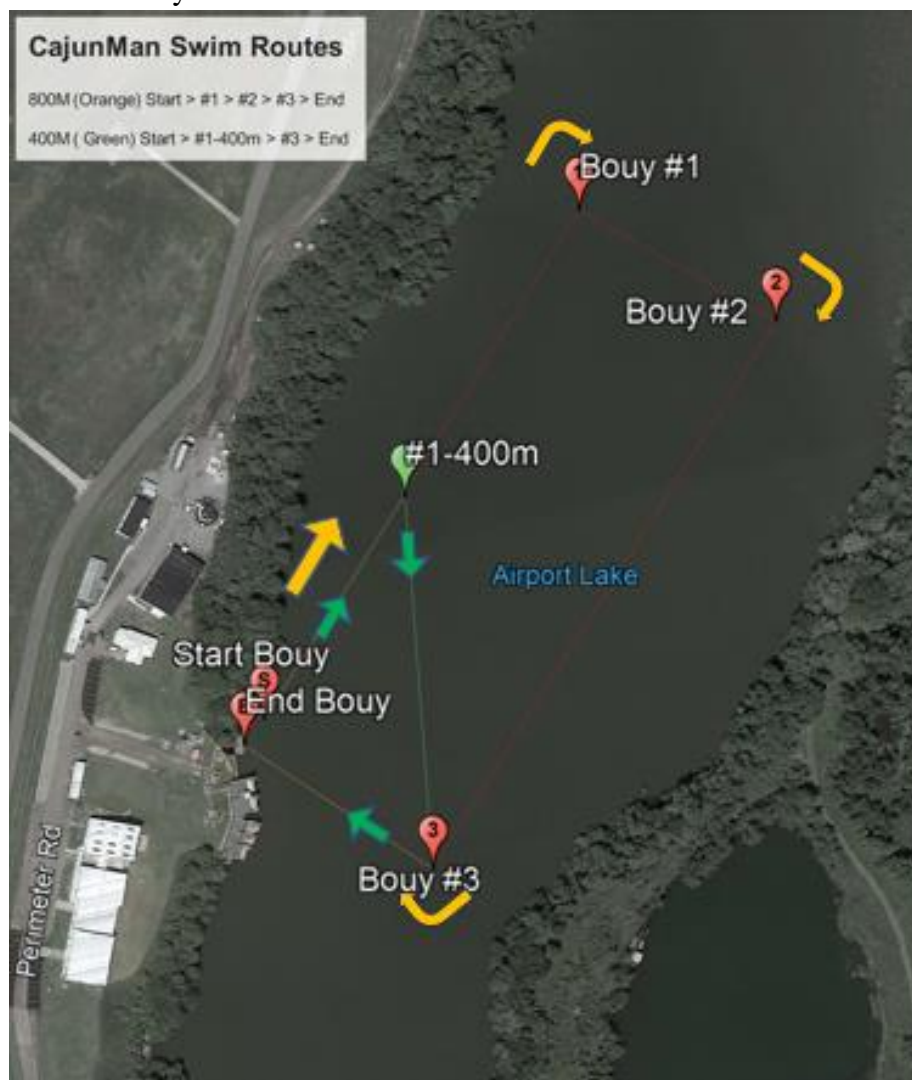
# General Site Layout

## CajunMan 2023



### Swim Course

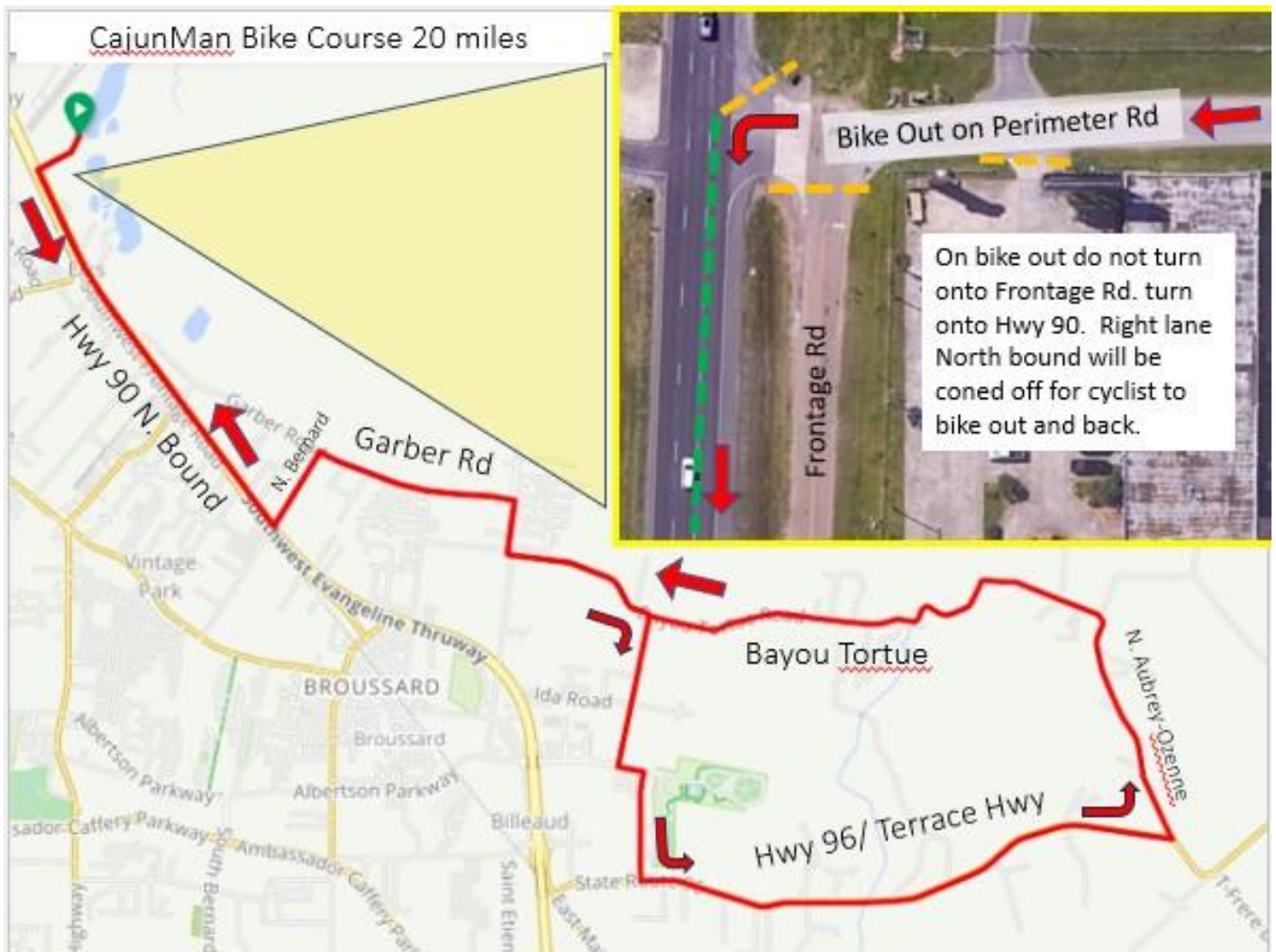
- Warm up can start once safety boats are launch. Swimmers must be out of the water by 7:15a
- Time trial start begins at 7:30a.
- All swimmers should wear a swim cap. Bring your own. We are not starting in waves so colors do not matter.
- Stay to the left of the buoys. You will swim clockwise.





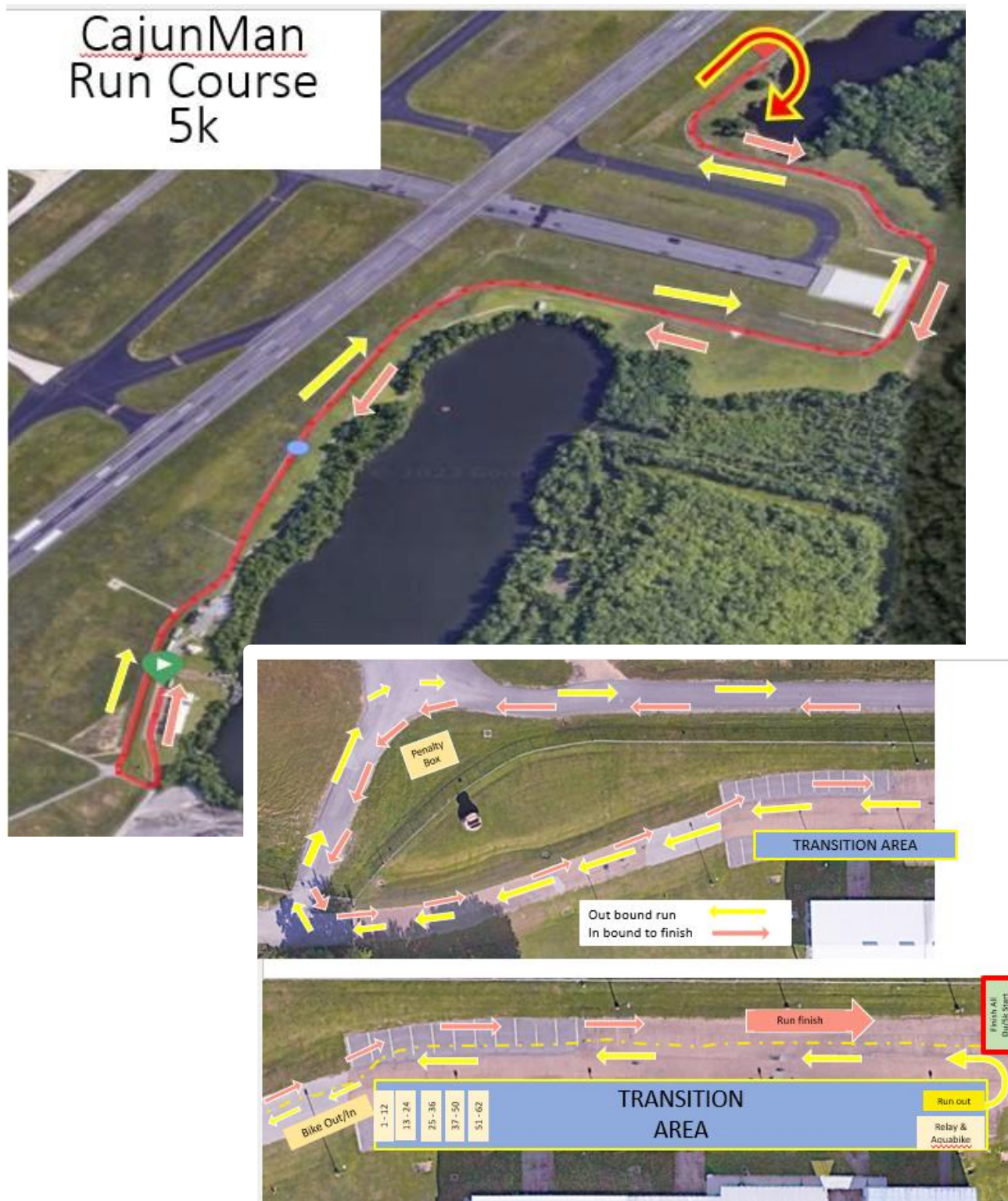
## Bike Course

- HELMET MUST BE PUT ON BEFORE MOUNTING BIKE AND MUST BE WORN AND STRAPPED AT ALL TIMES WHILE ON BIKE.
- Walk your bike in and out of transition area and past the mount/dismount line.
- Ride on the right side of your lane. Obey all traffic laws.
- NO DRAFTING. USAT official will be on hand. Keep 4 bike lengths between yourself and the cyclist in front of you.
- Pass on the left – never on the right – and complete pass within 15 seconds.
- 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.
- Please dismount before the dismount/mount line as directed by volunteers and/or officials.



## Run Course

- Stay to your left side of the course.
- There will be water stations on the course.
- **PENALTY BOX:** as you make the final turn to exit the airfield there will be a “penalty box” setup where any athlete who received a time penalty can sit out there penalty before crossing the finish line.
- Make certain your race number is in the front before crossing the finish line.



# **MOST COMMONLY VIOLATED RULES & PENALTIES**

## **PLEASE DISTRIBUTE TO ALL ATHLETES**

RULES: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules#article%203>

### **1. Helmets:**

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

### **2. Chin Straps:**

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; Variable time penalty in transition area only.

### **3. Outside Assistance:**

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Variable time penalty

### **4. Transition Area:**

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Variable time penalty

### **5. Drafting:**

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Variable time penalty

### **6. Course:**

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.



**Penalty:** Referee's discretion

### **7. Unsportsmanlike-Like Conduct:**

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

### **8. Headphones:**

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Variable time penalty

### **9. Race numbers:**

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

### **10. Wetsuits:**

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

### **11. Abandonment:**

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course or given to a spectator.

**Penalty:** Variable time penalty

### Variable Time Penalties

<b>Distance Category</b>	<b>1st Offense</b>	<b>2nd Offense</b>	<b>3rd Offense</b>
Sprint	2:00 minutes	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

Beginner's Guide: <https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Athlete-Resources/Beginners-Guide>