

2009 TRIANGLE TRIATHLON

EVENT INFORMATION

Start Time: 7:30 AM – Sunday (7/12).

Packet Pick-Up: 1) Saturday (7/11) – Noon – 6:00 PM @ Inside-Out Sports – 2002 Grisdale Lane – Cary, NC
2) Sunday (7/12) – 5:30 AM – 6:30 AM @ Race Site

Participants are encouraged to pick up their packets on Saturday to avoid long lines on Sunday.

NOTE: Photo ID required for packet pick-up. All relay team members must pick up their own packets.

USAT Members: USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up, will be required to pay the USAT one-day fee of \$10

NOTE: Non -USA Triathlon annual members. If you are not a USA Triathlon annual member and you plan to pick your packet up on race morning - remember to bring \$10 with you for the USAT one-day fee. If you already paid this one-day fee, you're all set. Keep in mind that parking is 1/2 mile from the packet pick-up location. Don't forget your money!

ChampionChip Timing: This race will be timed using the ChampionChip timing system. Please make sure you read the ChampionChip instruction sheet that is posted on the NCTS homepage of our website. All participants will be issued their timing chip on race morning. The chips will be distributed at the green tent that will be located right next to the big blue registration tent.

NOTE: You must have your run number with you on race morning in order to pick up your timing chip.

Parking: Please be aware that parking at the park is VERY LIMITED!!!

Here are some things you can do to allow the race to accommodate everyone:

1. CARPOOL – please plan on traveling with other racers, vehicles with multiple racers will receive first priority to park inside Harris Lake County Park.
2. Bring any spectators with you!!! There are no areas for spectators to park, and we have no way to transport spectators to the transition area!
3. Plan on remaining in the park until we open the park roads, remember, you may race in an earlier wave, but there are other triathletes still racing and they expect the race course to be safe for them until they finish.
4. RESPECT the volunteers and parking company employees!!! We will all do our best to get you into the parking lots as fast as possible.
5. ARRIVE EARLY!!! And follow directions please.
6. Shuttle lots. When the lots inside Harris Park fill up, we will park later arriving triathletes in two lots outside the park. We will shuttle you to the park, and we will shuttle you back after the race has concluded.

Body Marking: Body Marking will begin at 5:30 AM and will take place near the big blue registration tent.

Pre-Race Instructions/Meeting: A pre-race meeting will be held at the race site at 6:00 PM on Saturday (7/11). This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. This meeting will also take the place of the race instructions that traditionally were given to participants immediately before the start of the race.

Trash: We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins – there will be plenty of them scattered around.

Awards: Award presentations will begin immediately after the last finisher completes the race. You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out. The awards ceremony is expected to take place at about 10:30 AM.

Results: Results will be posted following the awards ceremony and complete results (including splits) will be posted on our website (www.setupevents.com) by 9:00 PM on Sunday (7/12).

Transition Area:

- ◆ Participants will have individually numbered bike rack locations.
- ◆ Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. This will allow for more space between bikes for placing your gear.
- ◆ No bike storage the night before the race.
- ◆ Participants only in the transition area.
- ◆ Only the race participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will have to run their bikes to the transition area entrance before mounting and will have to dismount at the transition area entrance upon completing the bike leg.

Swim:

- ◆ A diagram is available on the Triangle race page on the Set Up Events website.
- ◆ This is not expected to be a wetsuit legal race – water temp should be in the low 80s.
- ◆ Keep the swim buoys to your right as you make your way through the course. Cutting the course will result in a Disqualification.
- ◆ Be prepared to be at the swim start no later than 7:15 AM.
- ◆ Swim caps have been provided and must be worn. You must wear the cap that was given to you – no trading caps with a friend because you like your friends cap color better (this is an immediate DQ).
- ◆ If you feel like you need assistance during the swim – roll over on your back, put your hand in the air, and RELAX – don’t panic. A swim course safety monitor will assist you.

Swim Waves

<u>Wave #</u>	<u>Age Group/Category</u>	<u>Cap Color</u>	<u>Start Time</u>
1	Open Men & Women Masters Open Men & Women	7:30	Silver
2	Men 35 – 39	7:34	White
3	Men 30 – 34, Clydesdales	7:38	Forest Green
4	Men 40 – 44	7:42	Yellow
5	Women 30 – 34, Athenas	7:46	Royal (w/white)
6	Men 29 & Under	7:50	Purple
7	Women 29 & Under	7:54	Sky Blue
8	Men 45 – 49, Masters Clydesdales	7:58	Navy
9	Women 35 - 39	8:02	White
10	Men 50 & Over	8:06	Neon Green
11	Women 40 & Over	8:10	Forest Green
12	Novice Men, Masters Novice Men	8:14	Royal (w/black)
13	Novice Women, Masters Novice Women All Relay Teams	8:18	Pink

Bike:

- ◆ Bike course map is available on the Triangle race page on the Set Up Events website.
- ◆ SPEED BUMPS: There are four sets of speed bumps. Wood ramps will be installed on race day to get competitors across these speed bumps. Please exercise caution when crossing the wood ramps.
- ◆ The turns on the bike course will be marked with large orange signs (blue arrows).
- ◆ Law enforcement personnel will be at all necessary intersections where vehicular traffic needs to be stopped, but we urge you to be aware and cautious during the ride.
- ◆ For the first ½ mile of the ride inside the park, cyclists will ride in the center lane of cones. Runners will be in the left lane and returning cyclists will be in the right lane. This is obviously reversed from the way you would normally ride (staying on the right), but it avoids a bike cross-over situation at the park entrance. So please follow the directions of our volunteers and stay in the center lane.
- ◆ For the next 2/3rds mile, all the way to the park entrance, cyclists starting the bike ride will be in the left lane. There will only be bikes coming and going at that point (no runners).
- ◆ Cyclist returning to the park for the finish of the bike ride will be directed into the left lane (their left) and will stay in that lane all the way back to the transition area.
- ◆ There are four sets of speed bumps inside the park that will be “retro-fitted” with heavy duty plywood ramps. Cyclists will be directed over those plywood ramps. We urge you to slow down and use caution at these ramps.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Once outside the park, stay to the right to allow faster cyclists to pass on the left.
- ◆ The bike frame number that is provided must be attached to the bike so that it is clearly visible to the USAT officials.

- ◆ Helmet numbers that are provided must be worn on the front of the helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ Even though there are plenty of volunteers and police officers along the course, it is ultimately your responsibility to know the course.
- ◆ Make sure that anytime you're on your bike (practicing before the race, riding in from the parking area, etc) that you have your helmet on and fastened. This is a USAT rule.

Run:

- ◆ Run course map is available on the Triangle race page of the Set Up Events website.
- ◆ The new run course at Harris Lake County Park, is totally inside the park and consists of a mixture of asphalt roads and hard-packed dirt or grass trails.
- ◆ Blue directional signs (with orange arrows) will be used to mark the course.
- ◆ You must wear the race number that is provided. Make sure your number is clearly visible on your front as you cross the finish line. IF IT ISN'T – you will be assessed a 2-minute penalty.
- ◆ Do not come across the finish line more than one time. If you finish the race and then decide to run across the finish line again with a friend, you will be issued a 5 minute penalty.
- ◆ Water stations will be located at the run start and at the 1 and 2 mile locations.

Relay Teams:

- ◆ Swimmers will tag bikers at their designated bike rack
- ◆ Bikers must tag runners at the same location