

2009 PINEHURST TRIATHLON

RACE INFORMATION

Race Location: Pinehurst Marina on Lake Pinehurst (map on website)

Race Start Time: 8:00 AM (plan to arrive no later than 7:00 AM)

Packet Pick-Up: Friday (10/9) – 2:00 PM – 7:30 PM @ Race Site
Saturday (10/10) – 6:00 AM – 7:00 AM @ Race Site

Race Packets: Please be aware of the fact that we no longer hand out printed event information and course maps at packet pick-up. If you would like to have this official event information document or the course maps with you at the race site, you will need to print them out and bring them with you.

Mandatory Photo ID Required : All participants will be required to show photo ID at packet pick-up (drivers license). You will not be given your race packet without photo ID! All participants must pick up their own race packet – individuals and relays.

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

Picking Up Your Race Packet on Race Day? A participant alpha list is now posted on the website. Please check this list and obtain your race number. When you arrive on race morning, you will then be able to rack your bike in the transition area before you get in line to pick up your race packet. This will cut down on the line at packet pick-up.

ChampionChip Timing: This race will be timed using the ChampionChip timing system. Please make sure you read the ChampionChip instruction sheet that will be attached to the race information sheet in your race packet. All participants will be issued their chip on race morning. The chips will be distributed at the green tent that will be located adjacent to the big blue packet pick-up tent.

You will be required to show your run number in order to pick up your timing chip

Parking: All participants, volunteers and spectators must park in the big grass parking lot on Linden Rd. – approx. ½ mile from the race site. The Village of Pinehurst has mandated this change as a result of continued complaints from area residents. Our ability to continue to stage the Pinehurst Triathlon depends on how well we adhere to this new parking plan. The Village of Pinehurst will have a tow truck on duty on race morning and they will tow any cars that are not parked in the big grass parking lot on Linden Rd. This means NO PARKING on any of the side streets in the Pinehurst subdivision near the Marina or along Linden Rd.

We need your cooperation on this. There is a parking map in your race packet and on the website that shows you the location of this lot. On race morning – simply follow the parking signs and the directions from the Police and volunteers.

Body Marking: All participants must be marked at the body marking area located at the flagpole.

Please Don't Litter: Please be a good citizen and don't throw your trash out on the bike course and run course. On the bike course, there will be one water bottle handoff location. If you decide to drop a water bottle – please drop it at this location. As far as any gel packets, energy bars wrappers, etc. – don't throw any of these materials on the ground – PERIOD. If you are caught disposing of any trash on the bike or run course – it will result in an automatic DQ. On the run course, trash should be disposed of at the aid station locations – which will be located every mile. Our ability to hold this race at the Pinehurst Marina has a lot to do with how we leave the race site and the neighborhood. Our volunteers should not have to pick up your trash! End of lecture. We need your help.

Race Cut-Off Time: You'll need to complete the race in under 4 hours. This rule has to do with police support and volunteers. We reserve the right to pull you out of the race if it becomes apparent that you won't be able to make the 4 hour cut-off time.

Dogs. Dogs are prohibited at the Pinehurst Marina. Representatives from Pinehurst Inc. will be on site during the race. If you have a dog, you will be asked to leave the property.

USAT Officials: USAT officials will be present on the course. Please make sure you familiarize yourself with the most important USAT rules – a sheet will also be part of your official race information in the race packets.

Pre-Race Instructions/Meeting: A pre-race meeting will be held at the race site (swim start location) at 6PM on Friday (10/9). It is highly recommended that you attend this race orientation meeting. This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. There will be no race instructions given at the swim start location on race morning.

Awards: The award ceremony is planned for approx. 12:30PM.

Results: Results will be posted following the awards ceremony and complete results (with splits) will be posted on the website (www.setupevents.com) by 9:00 PM on Saturday, October 10th.

Relay Teams: Relay teams will make all the exchanges at their designated bike rack location.

Spectator Refreshments: The Pinehurst Marina snack shop will be selling a variety of food and beverages for spectators. The refreshments in the big blue refreshment tent are for participants ONLY. We want to make sure we have enough refreshments for all participants. Thanks for helping us out with this.

Transition Area:

- All participants will have a specific numbered bike rack location. 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 not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment.

Swim:

- Swim diagram is available on the Pinehurst race page on our website.
- Wetsuits are expected to be legal for this race. The anticipated water temp. is going to be 70 – 75 degrees. We will post a water temperature reading on the NCTS homepage by 9PM on Thursday night. USAT race officials will take the official reading on race morning.
- There will be a variety of watercraft on the swim course during the race. If you feel it's necessary and you need some assistance, wave your hand above your head.

Wave Start Information

<u>Wave</u>	<u>Age Group/ Category</u>	<u>Start Time</u>	<u>Cap Color</u>
1	Open Men & Women Masters Open Men & Women	8:00 AM	Black
2	Men 35 – 39	8:05 AM	White
3	Men 25 – 29, 30 – 34	8:10 AM	Purple
4	Men 40 – 44	8:15 AM	Yellow
5	Men 16 – 19, 20 – 24 Clydesdales Relay Teams	8:20 AM	Silver
6	Men 45 – 49 Masters Clydesdales	8:25 AM	Sky Blue
7	Women 35 – 39, 40 – 44	8:30 AM	Royal Blue
8	Men 50 & Over	8:35 AM	Forest Green
9	Women 16–19, 20–24, 25-29, 30-34 Women 45 & Over Athenas	8:40 AM	Navy
10	Novice Men & Women Masters Novice Men & Women Males 15 & Under Females 15 & Under AquaBike Men & Women	8:45 AM	Neon Green

Bike:

- Bike course map is available on the Pinehurst race page on our website.
- Hard shell helmets must be worn, and must be fastened before leaving the transition area.
- Stay to the right to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- Helmet numbers provided must be affixed to the front of your bike helmet.
- No headphones, earphones or any radio-type devices will be allowed.
- The bike course is well marked for directions. Corners on the course will be manned by volunteers and will also be marked with orange directional signs (with blue arrows), and orange arrows on the pavement - prior to the corners.
- Police will be present at all intersections where needed.
- Mileage points will be marked with orange spray chalk on the pavement (5, 10, 15, 20 mile points)
- A water bottle handoff point will be located about halfway through the bike course.
- Bike tech support will be present prior to the race and will also be on the course during the race (courtesy of Rainbow Cycles).

Run:

- ***All runners must run on the RIGHT SIDE of the road during the entire run - NO EXCEPTIONS! This is a safety precaution. The run course takes place entirely within the Lake Pinehurst housing development - there will be little traffic and motor vehicles are driving slowly - but we still want everyone to be careful. Having runners on both sides of the road is dangerous. If the USAT officials catch you running on the left side of the road – YOU WILL BE DQ'd.***
- Run course map is available on the Pinehurst race page on our website.
- You must wear the race number (with the pull tag) that is provided – **ON YOUR FRONT.**

- Failure to have your run number visible on the front of your body at the finish line will result in a 2-minute penalty.
- Coming across the finish line more than one time is prohibited. This means that you can't finish the race and then run across the finish line a second time with a friend or loved one. Coming across the finish line a second time will result in a 5 minute penalty.
- Aid stations will be located at every mile. (water & Heed)
- No headphones, earphones or any radio-type devices will be allowed.
- The run course will be well-marked with blue signs (with orange arrows). Volunteers will be present at all turns.

Set Up Events – Fall Merchandise Sale:

We do this twice a year; at White lake and at Pinehurst. We will have a merchandise tent at the race site that will be open during packet pick-up hours on Friday and will also be open on Saturday during and after the race.

Hundreds of race shirts and other merchandise.

Race shirts dating back over 10 years as well as race shirts from 2009 races.

Regular cotton race shirts; \$3 (short sleeve) & \$5 (long sleeve)

Performance “tech” shirts: \$7 (short sleeve) and \$10 (long sleeve)

Lots of other merchandise; socks, hats, jackets, sweatshirts, etc.

Payment by credit card, check, or cash.