

2009 Big Lick Triathlon

EVENT DETAILS



Arrival Time: Arrive at event site no later than 8:00 a.m. EVENT START – 9:00 A.M. Realize the line for packet pick up will be long on event morning. If you do not arrive by 8AM it is very likely you will not get to your transition spot until 8:30 or later. Make certain you arrive in plenty of time.

Parking: There will be ample parking available at the event site. Most participants will park in the parking lot immediately adjacent to the transition area. These will be the earliest arriving participants. When that lot fills all remaining participants will be directed into the secondary parking lot requiring about a ½ mile walk to the transition area. There will be NO parking allowed on the side of State Park Rd. – the main road leading into the park and the race site. Any cars parked along the side of the road will be towed. AGAIN DO NOT PARK ON THE SIDE OF THE ROAD.

Speeding: This is your fair warning: THERE WILL BE A SHERIFF IN THE PARK CHECKING YOUR SPEED AND ISSUING TICKETS IF YOU ARE SPEEDING. The speed limit inside the park is 25 mph

Packet Pick-Up/Registration:

Friday: 11AM-1PM at Fleet Feet Sports in Roanoke
4:00PM – 7:00PM @ Event Site
Saturday: 7:00AM - 8:15 AM @ Event Site

**NOTE: YOUR Photo ID is required to pick up your race packet. If you are a USAT member you are required to show a current USAT license to get your race packet. All relay team members must pick up their own race packet. Those without a photo ID will have to go home to get it or they will not be allowed to race this event. No refunds will be issued if you forget your ID.
*NO ID-NO RACE-NO EXCEPTIONS***

Body Marking: All participants must be marked at the body marking area – located at the transition area. Body marking will begin at 7:30 a.m.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 6:30PM at the pavilion at the race site on Friday. If you have questions – bring them to this meeting. A second briefing will be held race morning at 8:50 a.m. at the swim start location. Please plan to be there.

Timing System: This will be a ChampionChip timed event. You must collect your timing chip on event morning at the timing chip pick up tent located near the swim finish/ run start entrance to transition. You must show your run bib in order to collect your chip. **If you do not return your timing chip to the finish line you will be charged a \$30 replacement fee. NO EXCEPTIONS.** You will receive the following splits: swim, T1, Bike, T2 and Run)

Post Event Meal: There will be a catered lunch for race participants and volunteers only, following the event, consisting of pasta, appropriate sides and an assortment of other goodies.

Cut off Time: The timing systems and finish line will close 4 hours after the start of the final wave. Anyone still on the course at this time will be asked to remove themselves from the course and will not receive a finish time.

Collegiate Scoring: There is a secondary competition at this event for collegiate teams. Awards will be given to the top 2 male and female collegiate teams by adding the finish times of the top 5 finishers from that team. Teams without at least 5 finishers will not be eligible for team awards. The team with the lowest cumulative time using the fastest 5 finishers is the winner. Overall Male and Female Collegiate winners will also be awarded.

Transition Area:

- ◆ No bike storage the night before the event.
- ◆ Participants only in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. Rack anywhere on your numbered rack
- ◆ 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.
- ◆ The Transition Area will close at 8:45AM.

Swim:

- ◆ Swim diagram is available on the Big Lick event page on the event website and in the event packets.
- ◆ Wetsuits should be allowed. Expected water temperature is 72 degrees.
- ◆ There will be a variety of watercraft on the swim course during the event. If you feel it's necessary and you need some assistance, wave your hand above your head.
- ◆ You must wear the swim cap provided at packet pick up and start in the appropriate wave.
- ◆ Swim Waves will be posted at packet pick up each day, your swim wave is also printed on your run number.

Bike:

- ◆ Bike course map is available on the Big Lick event page on the event website and in the event packets.
- ◆ The bike course will be well marked with orange spray arrows on the pavement at all turns, as well as white signs with red VTS arrows on them. Note there will be no spray chalk markings within the State Park, only signs and volunteers.
- ◆ Mileage points will be marked on the pavement in orange spray chalk (5, 10, 15, and 20 miles).
- ◆ This course is open to vehicular traffic – **BE ALERT!** Traffic is typically very light on event day but please be aware there will be traffic. Police will be positioned on the course to stop vehicular traffic as necessary.
- ◆ No drafting! Drafting will be enforced! USAT officials will be on site
- ◆ Hard shell helmets must be worn and helmets 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 your bike and must be visible at all times on the bike.
- ◆ The Helmet number provided to you must be affixed to the front of your bike helmet.
- ◆ There are plenty of volunteers and police along the course but it is ultimately your responsibility to know the course.
- ◆ You will have to walk/run your bike to the Bike Out sign at the Transition Area entrance before mounting. You will have to dismount at the entrance to the Transition Area upon completing the bike leg.
- ◆ The mount/dismount line is at the top of the hill behind the transition area.

Run:

- ◆ Run course map is available on the Big Lick event page on the event website and in the event packets.
- ◆ The run course will be well marked – look for the white signs with red arrows.
- ◆ Each mile will be marked (1,2,3,4, and 5)
- ◆ You must wear the run number (with the pull tag) that is provided – **ON YOUR FRONT.**
- ◆ Aid stations will be located every mile.
- ◆ No headphones, earphones or any radio-type devices will be allowed. Use will result in a time penalty.
- ◆ Run number verification will take place at the turnarounds.

Relay Teams:

- ◆ Swimmers will tag bikers at the bike rack. The timing chip and band should be exchanged at this point.
- ◆ Bikers will tag runners at the bike rack. The second timing chip and band exchange will take place at this point.

Awards: Award presentations will begin immediately after the last finisher completes the event. You must be present to collect your award, or have someone get it for you. Awards **WILL NOT** be mailed out. We expect the awards to begin by 1PM.

Results: Results will be posted after the awards ceremony, and complete results including split times will be posted on the Internet before Sunday, Sept. 27 at 9PM (website address: www.setupevents.com).

HAVE A GREAT EVENT!



SETUP