

2009 UNC WELLNESS SUPER SPRINT TRIATHLON

RACE INFORMATION

Race Start Time: 7:00AM

Arrival Time: Arrive at UNC Wellness Center no later than 6:00 a.m.

Packet Pick-Up: Saturday 2PM - 6PM at the race site

Sunday: 5:45AM – 6:40AM at the race 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

Swim Start Times: Specific start times for all participants will be posted at the transition area, the pool and registration on **race morning, at packet pick on Saturday.** All participants will have their own swim start time.

Parking: All participants will park in the Meadowmont Village area behind the businesses. Both lots are off West Barbee Chapel Road in Meadowmont DO NOT park in the Harris Teeter parking lot, in the front of the businesses, or on the roads of the Meadowmont community.

Body Marking: All participants must be body marked. Body marking will be under the glass overhang at the front from 5:45-6:45AM

Pre-Race Instructions/Meeting: A brief meeting will be at 6:40 a.m. outside the main entrance of the Wellness Center. Plan to be there as any last minute instructions will be given and any last minute announcements made.

The main pre-race meeting and rules overview will take place at 5PM on Saturday underneath the glass overhang in front of the Center.

Locker Rooms: To minimize the impact on the club please refrain from using the locker rooms inside and use the porta-jons at the TA.

ChampionChip Timing: This race will be timed using the ChampionChip timing method. Please make sure you read the ChampionChip timing instruction sheet (page 3 of this packet). All participants will be issued a ChampionChip timing chip on race morning. Chips will be distributed on race morning at the tent adjacent to the Finish Line.

*** You are required to bring your running bib number with you in order to pick up your timing chip ***

*** Once the race has started DO NOT cross the timing mats on the course UNLESS you are racing ***

*** If you do not return your chip for whatever reason you will be billed \$30, the replacement cost of the chip.***

Transition Area:

NOTE: Regardless of when you start the race – you must have your bike and equipment in the transition area before 6:45AM. The transition area will close for check-in at 6:45AM. If you arrive after that time, you will not be allowed to place your equipment in the transition area.

- ◆ The transition area is located in the parking lot adjacent to the Wellness Center.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ No glass containers inside the transition area.
- ◆ 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.
- ◆ You must mount and dismount your bike at the mount/dismount line at BIKE IN/OUT. Do not ride in the TA.

Swim:

- ◆ Swim diagram is posted on the UNC Wellness race page on the website
- ◆ The pool will be open from 6:00-6:30 AM for warm-up.
- ◆ No swim caps are being provided for this event, if you need one, bring one.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time, starting at 6:50 AM.
- ◆ Participants will go off individually in 10-second increments.
- ◆ When lining up for the swim – **remember your specific swim start time.** If someone is not present in front of you, we let that time slot go as if that person was there. So be aware of who is in front and behind you. We will be starting in numerical order.

Bike:

- ◆ Bike Course map is posted on the UNC Wellness race page on the website
- ◆ No drafting! Draft Marshals will be on the course and drafting rules will be enforced!
- ◆ The course will be marked with orange spray chalk arrows and white signs (with black arrows) at all the turns.
- ◆ The 5 mile point will also be marked in orange spray chalk.
- ◆ 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 helmet.

- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ Police will be positioned at the appropriate corners to stop traffic
- ◆ Be careful on Rt 54 and in the Meadowmont neighborhood, it is early but the course is still open to traffic.
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is ultimately your responsibility to know the course. Try to drive or ride the course prior to the race.
- ◆ This bike course will be open to traffic – BE ALERT and BE CAREFUL!

Run:

- Run course map is posted on the UNC Wellness race page on the website
- The course will be well marked. There will be directional signs at every turn on the run course. Look for these directional signs. They are white with black arrows. If you don't see one of these directional signs – keep going straight.
- ◆ Aid stations will be located at the beginning of the run, at the 0.75, 1.5 and the 2.25 mile mark.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ The run course is all on road and sidewalks. Residents are aware of the race – however please be careful and alert

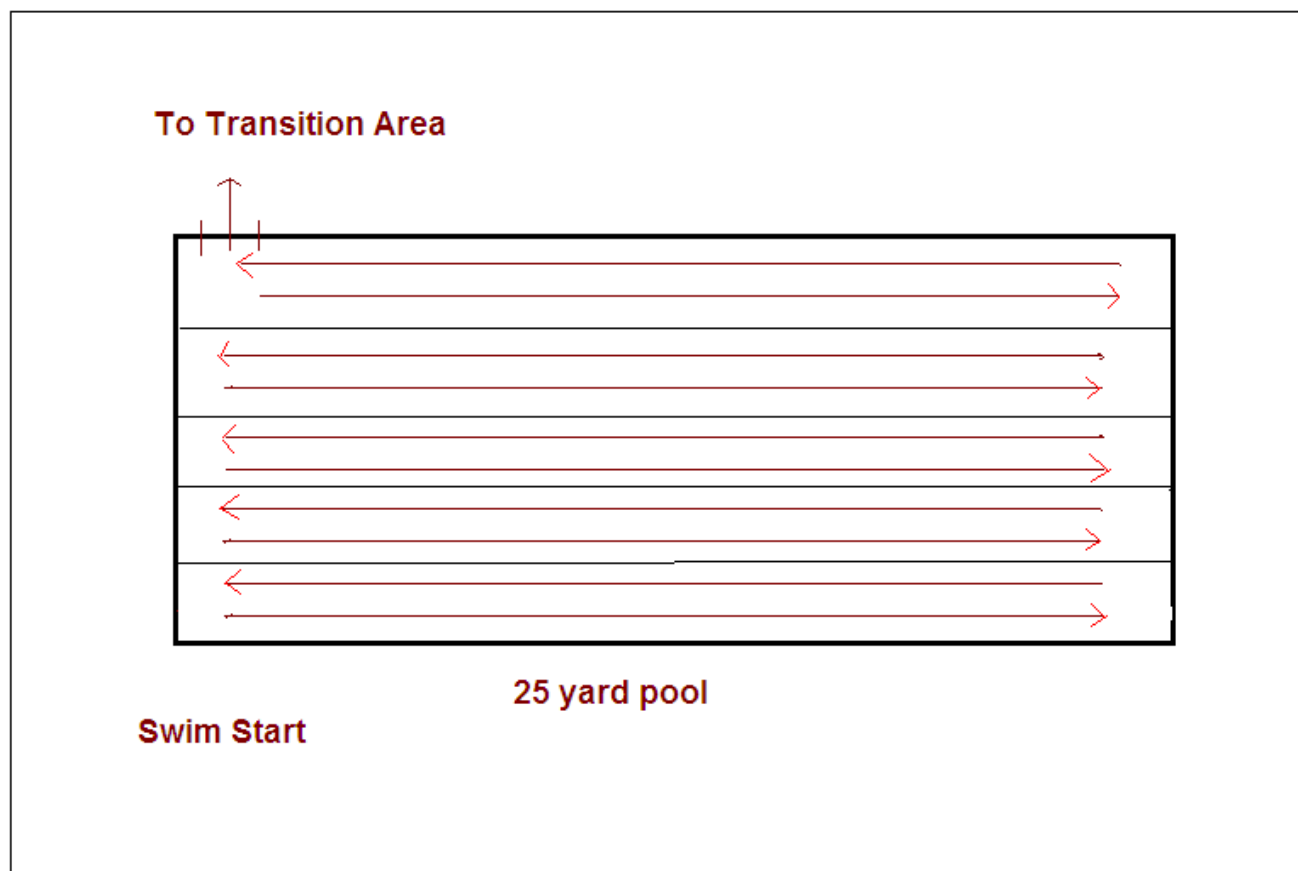
Relay Teams:

- ◆ Swimmers will tag bikers at their designated bike rack location in the transition area.
- ◆ Bikers must tag runners at the same location – your designated bike rack location in the transition area.

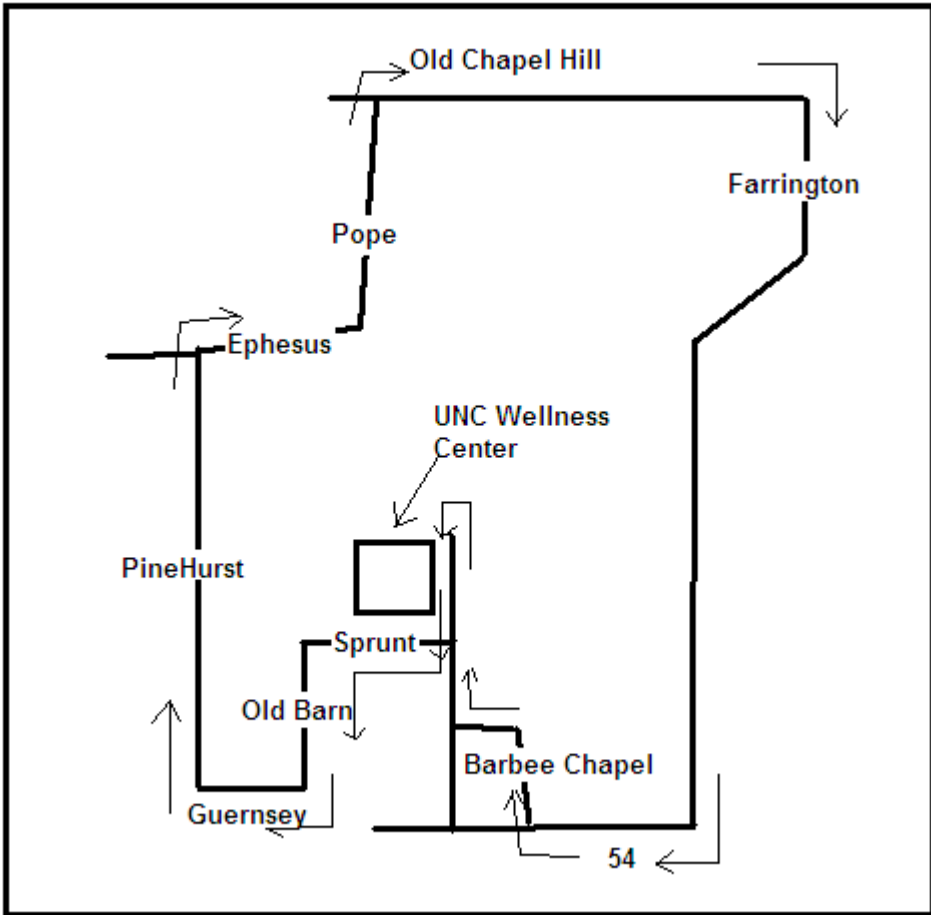
Results & Awards:

The awards ceremony will take place as soon as the last participant finishes the race – estimated to be at about 10:30. The final results with splits will be posted on the website by 9PM on Monday, August 10th at the latest. Awards will not be mailed out – if you can't be present to collect your award, please make arrangements to have someone pick it up for you.

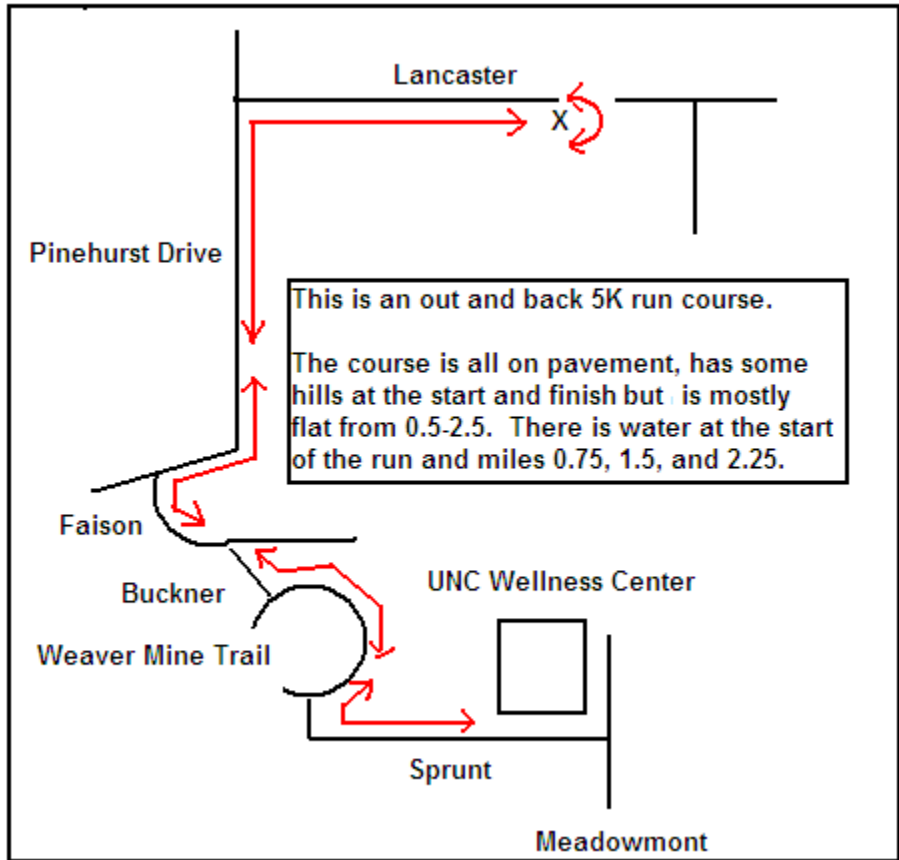
UNC Wellness Swim Course



UNC Wellness Bike Course



UNC Wellness Run Course



ChampionChip Sports Timing System

PLEASE READ CAREFULLY!!!!

This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures.

You will receive your ChampionChip on Race Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a disposable medical ankle strap. (NOTE: relay teams will receive a neoprene ankle strap that allows for transfer from swimmer to biker and biker to runner). You may purchase a neoprene band to use at all Championchip events when you collect your timing chip.

RACING!!!!

***You must be wearing the ChampionChip strapped to your LEFT ankle or YOU WILL NOT BE TIMED.**



Wearing the Chip:

1. Thread the medical strap through the timing chip
2. Place the strap around your LEFT ankle
3. Insert TWO (2) fingers between the medical strap and your ankle (to prevent the strap from being too tight)
4. Fasten the medical strap SECURELY.
5. Double check that you fastened strap securely, if you lose the chip you'll owe use \$30.

MAKE CERTAIN YOU SNAP THE SNAP FULLY UNTIL IT LOCKS INTO PLACE!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES

IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.

You will be assessed a \$30 charge for your chip if not returned

***YOU ARE RESPONSIBLE FOR THE
RETURN OF YOUR CHIP
THANKS AND HAVE FUN!!***