

2010 ENKA TRIATHLON AT BILTMORE LAKE

EVENT DETAILS



Event Time: 8:00AM Saturday June 12, 2010

Arrival Time: Arrive at the event site no later than 7:00AM as all bikes must be in the transition area by 7:45AM. The TA will close at 7:45AM and no one will be allowed to place bikes inside after this time.

Parking: All participants will park in the Colbond parking lot at the corner of Lake Drive and Sand Hill Road, across the street from the entrance to Biltmore Lake, approximately 1/4 mile from the event site. Please follow the parking signs and volunteers on event morning. **THERE WILL BE NO BIKE DROP-OFF/PICKUP OR PARKING ON LAKE DRIVE OR ANYWHERE ADJACENT TO THE TRANSITION AREA ON EVENT DAY.** Participants may park on Lake Drive for packet pickup on Friday, except for the spaces reserved for Sales.

Body Marking: All participants must be marked at the body marking area – located on the tennis courts inside the Transition Area. Body marking will begin at 6:15 AM.

Pre-Event Instructions/Meeting: There will be an optional participant meeting near the finish line on Friday June 11, 2010 at 6:30 PM. We will go over the event course in great detail and questions will be answered.

Important information and instructions will be given at 7:50 AM at the swim start location on event morning. Plan to be there.

ChampionChip Timing: This will be a ChampionChip timed event. You will pick up your chip at the chip pick up tent on event morning. This tent will be located near the transition area. **IT IS IMPORTANT THAT YOU READ** the ChampionChip timing information sheet at the end of this document. **If you do not return your timing chip for any reason you will be charged a \$30 replacement fee.** If you fail to finish the event please return your chip to the finish line area without crossing over any timing mats.

Transition Area:

NOTE: Regardless of when you start the event – you must have your bike and equipment in the transition area before 7:45AM. The transition area will close for check-in at 7:45AM. If you arrive after that time, you will not be allowed to place your equipment in the 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. You may rack anywhere on your rack, but we do ask that athlete's alternate sides on the bike racks with his/ her bike.
- ◆ Only the event 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 our website – the Enka Triathlon at Biltmore Lake event page.
- ◆ This will be a wave start. Wave start times are as follows

<u>Wave</u>	<u>Categories</u>	<u>Start Time</u>	<u>Swim Cap Color</u>
1	Age Group Men 39 & Under	8:00	Silver
2	Age Group Men 40 & Over, Clydesdales	8:04	Royal Blue
3	Age Group Women 39 & Under	8:08	Purple
4	Age Group Women 40 & Over, Athenas, Relay Teams	8:12	White

- ◆ Wetsuits may be allowed per USAT rules. A water temperature reading will be made and announced on event morning.
- ◆ 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, relax, roll over on your back and wave your hand above your head.

Bike:

- ◆ Bike course map is available on our website – the Enka Triathlon at Biltmore Lake event page.
- ◆ The bike course is a 17.5 mile loop.
- ◆ The course will be marked with orange arrows on the pavement and orange directional signs.
- ◆ No drafting! Don't get caught drafting or blocking. If you aren't familiar with USAT rules on drafting and blocking, ask one of your fellow competitors prior to the event or go to the USAT web site at www.usatriathlon.org.
- ◆ Hard shell helmets must be worn.
- ◆ 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 visible from both sides.
- ◆ Helmet numbers must be affixed to the front of your cycling helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed. (2 minute penalty)
- ◆ There are plenty of traffic safety officers along the course but it is your responsibility to know the course.

Run:

- ◆ Run course map is available on our website – the Enka Triathlon at Biltmore Lake event page.
- ◆ The course is a loop design around the lake on a hard packed running trail with a smaller loop at approximately mile 1.
- ◆ The course will be well marked with Blue Directional signs but it is your responsibility to know the course.
- ◆ You must wear the run bib number in front (with the pull tag) that is provided.
- ◆ **If you do not have your run bib number clearly displayed on your front as you cross the finish line - you will be assessed a two-minute penalty.**
- ◆ Water stations will be located at the beginning of the run, and then at two different locations on the run course. You will never be more than $\frac{3}{4}$ mile away from the next water station.
- ◆ No headphones, earphones or any radio-type devices will be allowed. (2 minute penalty)

Relay Teams:

- ◆ Swimmers will tag bikers and make the timing chip exchange at the designated bike rack location.
- ◆ Bikers must tag runners and make the timing chip exchange at the same bike rack location.

Additional Information: Questions? Bring your question(s) with you on event morning to registration and we'll answer them at that time.

Awards: Award presentations will begin immediately after the last finisher completes the event (estimated to be 10:45AM). You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out.

Results: Results (with splits) will be posted by 9PM Saturday June 12, 2010 on the Enka Triathlon at Biltmore Lake event page at www.setupevents.com You will receive a swim split, T1 split, a bike split, T2 split and a run split. 5 Splits total.

HAVE A GREAT DAY!