

2010 PARIS MOUNTAIN TRIATHLON

Saturday April 17, 2010 OFFICIAL EVENT DETAILS

Arrival Time: Arrive at event site no later than 7:00 a.m. **EVENT START – 8:00 A.M.** Packet Pick up line will close at 7:00AM. If you are not in line by this time you will not be allowed to get your packet.

Parking: There will be ample parking in various lots throughout the State Park. Volunteers and Signs will direct you to the proper parking location. Please do not park on the side of the road. The majority of the parking for athletes and volunteers will be in the large parking lot and the grass field to the left as you enter the park just past the transition area. NOTE: No one will be allowed to leave until the last bike is off the course, expected to be by 10:45AM.

Body Marking: All participants must be marked at the body marking area – located at the transition area. Body marking will cease at 7:45AM.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 7:50 a.m. at the swim start location (bottom of the hill from the park office near the swim area). Please plan to be there.

ChampionChip Timing: This is a ChampionChip timed event. You must pick up your timing chip at the timing chip pick up tent on event morning. This tent will be located adjacent to the transition area. **IF YOU DO NOT COLLECT YOUR TIMING CHIP YOU WILL NOT RECEIVE SPLITS OR A FINISH TIME. If you do not return your timing chip for any reason you will be charged a \$30 replacement fee. If you do not finish the event you must return your timing chip to the finish line. DO NOT TURN IT IN TO A VOLUNTEER.**

Packet Pick Up: Packet Pick up will take place at the following locations at times:

Friday April 16, 2010 (3-6 PM)

[Go Tri Sports - Greenville](#)
400 East McBee Ave #104
Greenville, SC 29607

Saturday April 17, 2010 (6-7 AM)

[Paris Mountain State Park](#)
Beneath the covered pavilion at the finish line (Just below the grass parking field)
2401 State Park Road
Greenville, SC 29609

Transition Area:

- ◆ No bike storage the night before the event.
- ◆ **Participants only in the transition area.**
- ◆ No glass in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. 6 bikes per rack. Please rack bikes on alternating sides of the rack to allow ample space for everyone.
- ◆ 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 outside transition area entrance following the bike segment.
- ◆ Helmets must be on and fastened before mounting the bike. Failure to do so will result in a DQ.
- ◆ Please remove your trash from the Transition Area when you leave.
- ◆ Bike Tech support will be provided on event morning by Go Tri Sports. They will be located near the transition area.

Swim:

- ◆ Swim diagram is available on the Paris Mountain event page on the website.
- ◆ This will be a time trial start with athletes starting in numerical order based on given swim times.
- ◆ Athletes will start one at a time every 3 seconds by crossing over a timing mat atop the swim entrance stairs and walking into the water (3 steps).
- ◆ Swim caps will be provided and must be worn during the entire swim.
- ◆ Wetsuits will be allowed. Expected water temperature is 72 degrees.

Bike:

- ◆ Bike course map is available on the Paris Mountain event page on the website (www.setupevents.com) .
- ◆ No drafting! Draft marshals will be present on the course and penalties will be issued.
- ◆ 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 and visible from both sides of the bike.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ There will be no water bottle hand off on the course. Please plan accordingly.
- ◆ No headphones, earphones or any radio-type devices will be allowed. Use of these devices will result in a 2 minute penalty.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ You will have to walk/run your bike to the Bike Start 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.
- ◆ Turns will be marked with orange arrows on the pavement as well as with orange Set Up directional signs.
- ◆ NOTE: Once you crest the Paris Mountain climb you will encounter a VERY SHARP 180 degree switchback. Please exercise caution on this first turn and on the entire descent. This road is open to traffic so you must stay in your lane and to the right at all times.

Run:

- ◆ Run course map is available on the Paris Mountain event page on the website (www.setupevents.com) .
- ◆ You must wear the event run number (with the pull tag) that is provided – **ON YOUR FRONT**.
- ◆ **READ THIS WELL! - If you do not have your number clearly visible on your front as you cross the finish line you will be assessed a 2-minute penalty!**
- ◆ Aid stations will be located at the beginning of the run, at mile one, mile 1.75, mile 2.5 and mile 3.5.
- ◆ Aid stations will be serving water, Hammer Heed and Hammer Gel.
- ◆ No headphones, earphones or any radio-type devices will be allowed. Use of these devices will result in a 2 minute penalty.
- ◆ Run number verification will take place at the turnaround point.
- ◆ NOTE: You will begin the climb at approximately mile 1.5. Once you hit the top of the climb you will enter the trail and run the trail the entire way down the mountain. Be aware this is a trail. There will be roots and rocks. While it is not a technical trail please use extreme caution while on the trail.
- ◆ Runners should stay to the right at all times while on the course to allow faster runners to pass on the left.

Relay Teams:

- ◆ Swimmers will make the timing chip exchange to the biker at the bike rack location.
- ◆ Bikers will make the timing chip exchange to the runner at the bike rack location.

Awards: Award presentations will begin immediately after the last finisher completes the event (Expected to be at 11:45AM). You must be present to collect your award, or have someone get it for you. Awards will be mailed out for a \$10 shipping fee. Contact us after the event should you want your award shipped to you.

Results: Complete results (with splits) will be posted on the internet by Saturday, April 17th at 5PM.
Website address: www.setupevents.com

HAVE A GREAT TIME!



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 Event Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a neoprene Velcro ankle strap

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



Attach the chip to the neoprene ankle strap and attach the strap to your ankle as shown in the picture above. Please put the strap on your **LEFT** ankle. A volunteer will remove your ChampionChip and ankle strap at the finish line. **MAKE CERTAIN YOU SECURE THE STRAP WELL TO AVOID CHIP LOSS!!!!**

REMEMBER, YOU MUST RETURN YOUR CHIP AND TIMING STRAP TO THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES AND YOU COULD BE PREVENTED FROM REGISTERING FOR CHAMPIONCHIP EVENTS RUN IN FUTURE YEARS plus a \$30 CHARGE FOR YOUR CHIP, IF NOT RETURNED WILL BE ASSESSED TO YOU.

You will be assessed a \$30 charge for your chip if not returned regardless of the reason

YOU ARE RESPONSIBLE FOR THE

******RETURN OF YOUR CHIP******

THANKS AND HAVE FUN!!



MOST COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org/content/index/1684>