

## **A MESSAGE FROM OUR TITLE SPONSOR**

*It is hard to believe that 2010 marks the 7th Anniversary of the Coliseum Health System's Rock 'N RollMan Triathlon. This event has continued to grow each year and has become an integral part of the triathlon community and Macon, Georgia's annual events. On behalf of our community, Coliseum Health System employees welcome all of the athletes, their families, and their friends to Macon! We hope you will stay and see our wonderful city! To the local athletes competing this year, thank you for your support.*

*The Coliseum Rock 'N RollMan Triathlon reflects Coliseum's mission to improve the overall health of middle Georgians and we are proud to be a sponsor of this event. We look forward to an exciting day of health and entertainment at Lake Tobesofkee.*

*Good luck to the athletes! May you have a safe and successful competition!*

*Allen Golson  
CEO, Coliseum Health System*



# Schedule of Events 2010

Friday June 4 <sup>th</sup>	
1 pm – 7pm	<b>Packet Pick Up</b> Sandy Beach Recreation Area
1 pm – 6pm	<b>Sports Expo</b> Sandy Beach Recreation Area
1 pm – 7pm	<b>Mandatory Bike Check In</b> Sandy Beach Recreation Area. Half Iron Triathletes and Duathletes. You must check your bike in during these times or you will be unable to start the event. Bikes will be checked at 7:15 PM. Only those participants whose bikes have been racked at that time will be allowed to start the event. <b>BIKES MAY NOT BE REMOVED ON EVENT MORNING.</b>
5pm	<b>Pre-Event Briefing</b> Sandy Beach Recreation Area This is an optional meeting. Event Organizers will outline the course and discuss the details of happenings on event day. Event Officials and USAT Officials will be on hand to answer any questions you may have.

Saturday June 5 <sup>th</sup>	
5:00am	<b>Event Site Opens</b> Sprint Distance athletes begin checking bikes into TA.
5:00am – 7:00am	<b>Timing Chip Pick Up</b> You must collect your timing chip during these times or you will not receive any times. There will be a timing chip collection tent near the bike entrance/ exit of the Transition Area
5:15am – 7:00am	<b>Body Marking</b> Transition Area.
6:50am	<b>Swim Start Check In</b> You must be checked into the swim start corral before you start the event. Please do not enter the swim start corral until event officials make the announcement to do so. You will cross over a timing mat before entering the corral. Please walk slowly over these mats to insure they read your chip.
6:50am	<b>Pre-Event Briefing</b> Swim Start Location This is a mandatory meeting for all participants
7:00am	<b>HALF EVENT START WAVE 1 – Open/ Elite/ Pro Wave (YELLOW)</b>
7:03am	<b>HALF EVENT START WAVE 2 – Men 39 &amp; Under (ROYAL BLUE)</b>
7:06am	<b>HALF EVENT START WAVE 3 – Men 40 – 49, Relay Teams, ParaTriathletes (WHITE)</b>
7:09am	<b>HALF EVENT START WAVE 4 – Men 50 &amp; Over, Clydesdales, Aquabike, (PURPLE)</b>
7:12am	<b>HALF EVENT START WAVE 5 – Age Group Women, Athenas (TEAL)</b>
7:20am	<b>DUATHLON EVENT START – Mass Start</b> (Near bike start/ finish entrance to transition)
7:30am	<b>SPRINT EVENT START WAVE 6 – Open/ Elite/ Pro Wave (NEON GREEN)</b>
7:34am	<b>SPRINT EVENT START WAVE 7 – Men 39 &amp; Under, Relays (NAVY BLUE)</b>
7:38am	<b>SPRINT EVENT START WAVE 8 – Men 40 &amp; Over, Clydesdales, ParaTriathletes (FOREST GREEN)</b>
7:42am	<b>SPRINT EVENT START WAVE 9 – Age Group Women, Athenas (RED)</b>
8:30am	<b>HALF Swim Course Closes</b>
9:00am	<b>Ortho Georgia 10K Start – Mass Start</b> (near covered pavilion area)
10:15am	<b>SPRINT Awards Ceremony</b> (Beneath covered pavilion)
11:00 am	<b>Post Event Party Begins</b> Live Music and Refreshments
12:30pm	<b>HALF Bike Course Closes</b>
3:00pm	<b>HALF Awards Ceremony</b> (Beneath covered pavilion)
3:15pm	<b>HALF Run Course Closes</b>
4:00pm	<b>Event Site Closes</b>
All Day	<b>Sports Expo</b> Sandy Beach Recreation Area

\* This schedule is subject to change. Any changes will be posted to the official event web site at [www.setupevents.com](http://www.setupevents.com)

# PARTICIPANT INFORMATION

**Arrival Time:** Arrive at event site no later than 6:00 a.m. **HALF EVENT START – 7:00 A.M.**

**Parking:** There will be ample parking on the fields adjacent to the tennis courts. All participants must park on these fields. Please follow the direction of the parking volunteers. Please do not park along the roads inside or outside of the park. ***If any cars are parked along the road outside the park (Mosley Dixon Rd) they will be towed.*** Anyone arriving after 7:00AM will be directed by parking volunteers and police to the proper parking locations just inside the event site grounds.

**Timing System:** This is a Championship timed event. You must collect your timing chip on event morning at the “Timing Chip Pick Up” tent located next to the transition area (Bike In/ Bike Out). Please read through the chip instruction sheet located in the Official Event Information booklet. You are responsible for the return of your chip following the event. If you do not return your timing chip you will be charged a \$30 chip replacement fee.



**Body Marking:** All participants must be marked at the body marking area – located near the Bike In/ Out entrance of the Transition Area. Body Marking will begin at 5:15AM. If you are a special division (Open, Clydesdale, Athena or Relay) please let our body marking volunteers know so they may mark you accordingly.

**Pre-Event Instructions/Meeting:** Important information and instructions will be given at 6:50 a.m. at the swim start location. You must attend this meeting. Please do not enter the swim start corral until you are asked to do so.



This is a USAT Sanctioned Event. USAT officials will be present and will be assessing penalties for violations. Make sure you are aware of USAT rules regarding drafting, blocking, etc. Full USAT rules can be found on the USAT web site: [http://www.usatriathlon.org/Frames/fs\\_rules.htm](http://www.usatriathlon.org/Frames/fs_rules.htm) “A message from the Head Referee” is included in the Official Event Information booklet.

This is an official qualifying event for the US National Half Championship (USAT Half Max Championship). For official qualification procedures and championship information visit the US Half Championship site at:

<http://www.halfmaxchampionship.com>

**Transition Area:**

- ◆ Participants only in the transition area. You must be wearing your numbered wrist bracelet on event morning to enter the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. Please rack your bikes on alternating sides of the bike rack. This will provide ample room for everyone. ***You must rack your bike on Friday June 4<sup>th</sup> (1PM – 7PM) – Half Iron triathletes and duathletes only.*** Sprint distance athletes may check their bikes in on Friday OR wait until event morning. If you are a sprint distance athlete and are checking your bike in on event morning, make sure you enter the transition area through the lake side of the TA (Transition Area Entrance / Exit)
- ◆ 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.
- ◆ **You will not be allowed to remove your bike on event morning until the bike leg of the event.**

**Swim:**

- ◆ Swim course diagram is available in the Official Event Information booklet. This will be a wave start:

7:00am	HALF EVENT START WAVE 1 – Open/ Elite/ Pro Wave	Yellow Cap
7:03am	HALF EVENT START WAVE 2 – Men 39 & Under	Royal Blue Cap
7:06am	HALF EVENT START WAVE 3 – Men 40 – 49, Relays, ParaTriathletes	White Cap
7:09am	HALF EVENT START WAVE 4 – Men 50 & Over, Clydesdales, Aquabike Men and Women	Purple Cap
7:12am	HALF EVENT START WAVE 5 – Age Group Women, Athena	Teal

7:20am	DUATHLON EVENT START – Mass Start (Near bike start/ finish entrance to transition)	NO CAP NEEDED
7:30am	SPRINT EVENT START WAVE 6 – Open/ Elite/ Pro Wave	Neon Green Cap
7:34am	SPRINT EVENT START WAVE 7 – Men 39 & Under, Relays	Navy Blue Cap
7:38am	SPRINT EVENT START WAVE 8 – Men 40 & Over, Clydesdales, ParaTriathletes	Forest Green Cap
7:42 am	SPRINT EVENT START WAVE 9 – Age Group Women, Athenas	Red Cap

- ◆ Colored swim caps will be provided. You MUST wear this swim cap during the entire swim course.
- ◆ Wetsuits will be allowed per USAT rules. If the water temp is between 78 and 84 degrees and you choose to wear your wetsuit you will not be eligible for event awards or USAT ranking points.
- ◆ There will be a variety of watercraft on the swim course during the event. If you feel it's necessary and you need assistance, relax, roll over and wave your hand above your head.

**Bike:**

- ◆ Bike course diagram is available in the Official Event Information booklet
- ◆ No drafting! Draft marshals will be on the course enforcing drafting violations.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.
- ◆ No blocking! Stay to the right to allow faster cyclists to pass on the left.
- ◆ Bike frame numbers that are provided must be attached to the bike and visible from both sides BEFORE you check your bike into the transition area.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is your responsibility to know the course.
- ◆ There will be 3 water bottle hand-off locations on the bike (at approximately miles 15, 30 and 45) The 15 and 45 mile marks will contain water only. The 30 mile mark will have water and Gatorade.
- ◆ Please discard your empty water bottles only at one of these 3 water bottle exchange areas. Leaving a water bottle at any other location is a penalty and a safety hazard.
- ◆ 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.

**Run:**

- ◆ Run course diagram is available in the Official Event Information booklet.
- ◆ We ask that runners stay within the cones on any road coned from traffic. Exiting the cones will result in a DQ.
- ◆ Please run to the right of the lane as most sections will experience two-way runner traffic.
- ◆ You must wear the run number (with the pull tag) that is provided – **ON YOUR FRONT** during the entire run leg. **If your run number is not clearly visible on your front when you cross the finish line you will be assessed a 4-minute penalty.**
- ◆ There will be aid stations on the run course. You will hit these aid stations approximately every mile. Each aid station will have the following items:

Water	Pretzels	Endurolytes (E-caps)
Ice and Iced Rags	De-fizzed Coke	Oranges
Hammer Heed Sports Drink	Hammer Gel Packets	Pretzels
	Sunscreen	

**Relay Teams:**

- ◆ Swimmers will exchange timing chips with the bikers at their designated bike rack location.
- ◆ Bikers will exchange timing chips with the runners at the same location (bike rack location).
- ◆ Relay team members must exchange timing chips after each segment. You will be issued a Velcro strap to allow easy transfer of the timing chip.

**Post Event Party:**

- ◆ A post event meal will be provided to all participants and volunteers by Outback Steakhouse of Macon.
- ◆ Post race beer will be provided by Budweiser of Macon at the Budweiser Select Post Event Celebration corral.
- ◆ Live music will be provided throughout the day by various local artists.

**Awards:** Award presentations will begin in accordance with the posted Schedule of Events found earlier in this Event Information Booklet. You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out.

**Results:** Preliminary results will be posted throughout the day. Final Results will be posted after the awards ceremony. Complete results including splits will be posted on the internet by Sunday, June 6, 2010.

Website address: [www.set-upinc.com](http://www.set-upinc.com) OR [www.gamultisports.com](http://www.gamultisports.com)

# TIPS ON LONG-COURSE RACING IN HOT WEATHER

**The Event Organizers are doing all they can to make this an enjoyable day for everyone. However, one thing they can not control is the Macon heat. We all can assure you, it will be hot. But there are several great things you can do to make the best of this “sticky” situation. PLEASE read through the following bits of wisdom to insure you have the best day possible.**

## 1) AVOID GUT SHUTDOWN

The key to making it through hot conditions is to make sure the stomach is always able to absorb calories, electrolytes, and water. If this stomach shuts down nothing passes through it, and you quickly become dehydrated. Then you are in real trouble! If you want to keep absorbing nutrients on race day or any hot day rule #1 is to AVOID sweet-tasting simple sugars found in many solid foods and concentrated “energy” drinks. You MUST opt for complex carbs that won't risk the stomach “osmolarity” changes. This is one reason we will be using Hammer Heed sports drink on the run course. Hammer Heed is the official sports drink of the Coliseum Health System's Rock 'N RollMan.

## 2) AVOID OVER-DRINKING!!!

Yes it is possible to drink TOO MUCH water on a hot day. This practice dilutes the blood-electrolyte levels and leads to “dilutional-hyponutremia”. This is not good. 20 to 28 ounces per hour should be enough on a hot day. If you are getting muscular cramps late in the race you're probably diluting salt and blood electrolyte levels.

## 3) BE SURE TO ACTIVELY INGEST ELECTROLYTES (Endurolytes)

Salt and electrolytes keep the stomach more “permeable” to water and calories that want to pass through. Salt and electrolytes help maintain the salinity of your body's “water-medium” in which muscles fire and help keep the thirst drive alive on hot days. They also prevent dilutional hyponutremia and prevent cramping.

Steve Born of Hammer Products/ E-Caps has the following to say about his product which will be served on the course at all the aid stations:

Endurolytes - A full spectrum, rapidly assimilated electrolyte supplement and is as important a component of your fueling as the water you're drinking and the calories you're eating. While the above four fuels provide the calories your body needs to make energy (the body's "gasoline"), electrolytes can be thought of as the "motor oil" for the body, providing it with the essential minerals it needs to maintain the optimal performance of many important functions, such as muscular contraction.

Far too many athletes forget to replenish electrolytes consistently or mistake "electrolyte replenishment" for "sodium or salt replenishment." Sodium chloride (a.k.a. "salt") is indeed an important component of electrolyte replenishment but it does not fulfill the entire requirements. A satisfactory electrolyte replenishment product needs to include sodium, chloride, calcium, magnesium, and potassium as all these minerals play a key role in the maintenance of these important body functions. Endurolytes is that product.

Unlike calorie and fluid absorption and depletion rates, which remain fairly constant from athlete to athlete, electrolyte expenditure (and thus replenishment) varies tremendously. Body weight, level of fitness, weather conditions, acclimatization level, and biological predisposition all greatly affect electrolyte depletion and hence, the need for replenishment. That's why the hourly replenishment dose of Endurolytes can be anywhere from 1-6 capsules an hour. That being said, a good "starting dose" to consider is:

\*\*\* Lighter weight athletes - 1-2 capsules an hour

\*\*\* Medium weight athletes - 2-3 capsules an hour

\*\*\* Larger athletes - 4-6 capsule an hour

Remember though, these are suggested starting doses and the amount you need may be different, and may vary from hour to hour.

## 4) BE SURE NOT TO UNDER-DRINK

This will lead to common de-hydration. Symptoms include: chill bumps, dizziness, fatigue and elevated Heart Rate that will not respond to inactivity (walking). We suggest you drink every 15 minutes. It is ok to let thirst be your guide if you are sitting behind a desk, but in a triathlon you should drink before you are thirsty. If you get behind on hydration you can never CATCH UP without risking the salt-dilution issues above.

## 5) KNOW WHEN TO SAY WHEN

If you hear yourself saying “Just 8 more miles and then I'll treat myself to an IV” consider calling it a day. Consider the rest of your season. Heat stroke, dehydration and related heat-induced conditions will keep you “not quite the same” for longer than you realize.

## 6) ABOVE ALL, HAVE FUN AND BE SAFE

While this is a race, it should always be fun (well, miles 9-13 on the run might not be fun, but...) and you should never compromise your overall health for the glory of the finish. If you are sick, dizzy or just feeling lousy please do not push yourself towards a PR. Enjoy the day and have fun! With that said, we wish you all a PR day!

# A MESSAGE FROM THE HEAD REFEREE



## A message from the Head Referee to all age-group competitors...

Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at [www.usatriathlon.org](http://www.usatriathlon.org). To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts:

- a. **Ride on the right side of your lane unless attempting to pass another cyclist.**
- b. **Keep three bike lengths (about 23 feet) between you and the cyclist in front of you.**
- c. **Pass on the left of the cyclist in front, never on the right.**
- d. **If passing another cyclist you must complete your pass within 15 seconds.**
- e. **If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and **there are no protests or appeals of position penalties.** Marshals commonly cite the following violations:

- a. **Illegal Position or Blocking - riding on the left side of the lane without passing.**
- b. **Illegal Pass - passing on the right.**
- c. **Overtaken - failing to drop back three bike lengths after being passed and before re-passing.**
- d. **Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.**

Though Position Violations carry a time penalty for each occurrence, **if you are cited for three violations, you will be disqualified.**

**Always have your chinstrap securely fastened when on your bike!** The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsman like Conduct and you will be disqualified.

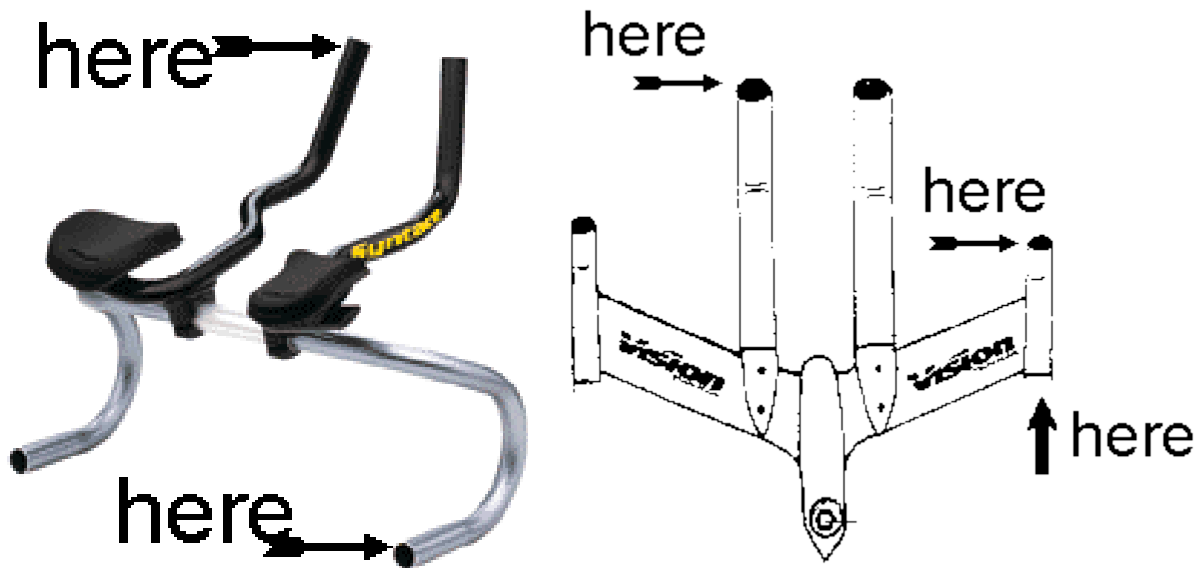
All that being said, I hope you have a great race, lots of fun, and achieve all your goals.



WARNING



ALL HANDLEBAR ENDS MUST BE **SOLIDLY PLUGGED** IN THE RACE.  
TAPE ALONE IS INSUFFICIENT.



YOU WILL BE **DISQUALIFIED** FROM THE RACE IF YOUR BAR ENDS ARE NOT **SOLIDLY PLUGGED**!

USAT Competitive Rules, 5.11i

# ***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!!***