



2010 Angels Race Triathlon
RACE INFORMATION
Race Start Time: 8:00AM

Arrival Time: Arrive at Lynchburg Downtown YMCA no later than 6:45AM*

Parking: Parking is available near the race site at three locations. There is a parking deck at the host hotel (Holiday Inn Select) that is 5 blocks from the Transition Area. There are two public parking lots near the corner of Commerce and Main. Parking is also available on the street on Commerce Street. Please do not attempt to park at the YMCA, the parking lots adjacent to Main & 12th, OR the ABC store on 12th (between Court and Church)

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.
NO ID-NO RACE-NO EXCEPTIONS

Packet Pickup Times and Locations:

- ◆ Saturday-Holiday Inn Downtown Lynchburg: 11-4:30 PM Holiday Inn Select - 601 Main Street - Lynchburg, VA 24504
- ◆ Race Morning-Race Site: 6-7:30 AM Downtown YMCA - 1316 Church St - Lynchburg, VA 24504

Race Expo: Saturday from 11-4:30 during packet pick up. This race has probably the best expo for a race of its size in the county. Various vendors will be on site and talks will be given every hour. The expo and clinic schedule will be posted online on the event website. An extensive pre-race meeting will be given at 3:30PM. If you have questions, be here at 3:30PM.

Chip Pick-up: Pick up your timing chip race morning at the table adjacent to packet pickup. You must bring your run # with you and show it in order to pick up your chip.

RACE DAY TIMELINE

<u>Time</u>	<u>Event</u>
6:00-7:30 AM	Packet Pick-Up / Chip Pick Up / Body Marking outside the transition area
7:30 AM	Packet Pick Up, Chip Pick Up, and Body Marking Close / Mandatory Pre Race Meeting
8:00 AM	Race Starts
1:00 PM	Estimated time for awards ceremony at finish line

Pre-Race Instructions/Meeting: All participants must attend the pre-race meeting in the Transition area at 7:30AM race morning. A longer pre-race meeting with Q&A time will take place at packet pick up Saturday at 3:30PM.

Transition Area:

- ◆ The transition area will close at 7:30AM for check-in.
- ◆ No bike storage the night before the race.
- ◆ No glass containers in the transition area.
- ◆ Participants only in the transition area. Be sure to tell your family and friends that they can watch from outside the TA.
- ◆ Bike rack assignments will be made for individual participants. Please rack your bike in the designated bike rack for your number
- ◆ Only the race 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 required to dismount at transition area entrance following the bike segment.

Bike:

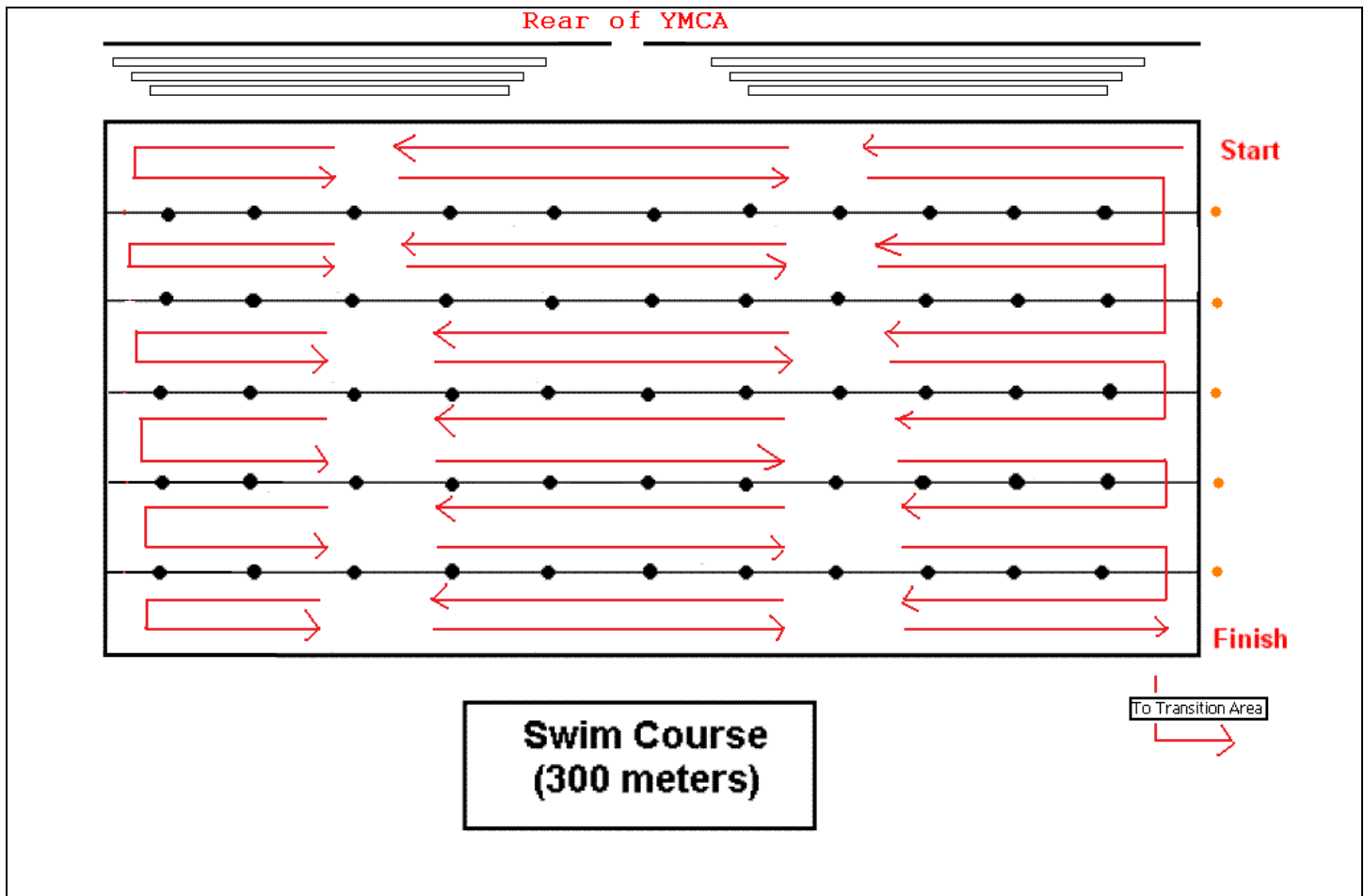
- ◆ Bike Course map is located on the Angels Race page on www.setupevents.com and is in your race packets.
- ◆ This is an out and back course. Specific safety rules and course conditions will be covered in the pre race meeting.
- ◆ Bike in the right hand lane at all times (with traffic). The course will be closed to traffic in the Downtown Lynchburg area. The course is open to traffic on the John Lynch Bridge and on River Road – we expect traffic to be very light.
- ◆ River Road is very narrow, use caution and watch for vehicles when attempting to pass
- ◆ No drafting! USAT Draft Marshals will be on the course and drafting will be enforced with time penalties!
- ◆ Hard shell helmets must be worn and the chin strap fastened before you un-rack your bike till you rack it again.
- ◆ Stay to the right of your lane to allow faster cyclists to pass on the left.
- ◆ Should a train block your path, don't panic, we will subtract the amount of time you are here from your bike split.
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ 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 ultimately your responsibility to know the course.
- ◆ There will be no water bottle hand off on this course. You should be able to carry sufficient fluids on your bike.

- Run:**
- ◆ Run course map is located on the Angels Race web site and in your race packets.
 - ◆ NOTE: The turn-around is just after you pass through the tunnel
 - ◆ 9th Street will be coned off for one lane of traffic – stay to the LEFT going down and on the RIGHT coming up. Also, be sure to keep an eye for oncoming runners
 - ◆ The 5k course will be an out & back course – beginning at the Transition area (YMCA) and ending on Main Street.
 - ◆ You must wear your run number on the front or you will be assessed a one minute penalty
 - ◆ Aid stations will be located at the beginning of the run and at the entrance to the Blackwater Creek Trail.
 - ◆ No Headphones, earphones or any radio-type devices will be allowed.
 - ◆ Volunteers will be at the run turn-around to mark your arms as you pass through the turn-around, be sure to get marked.

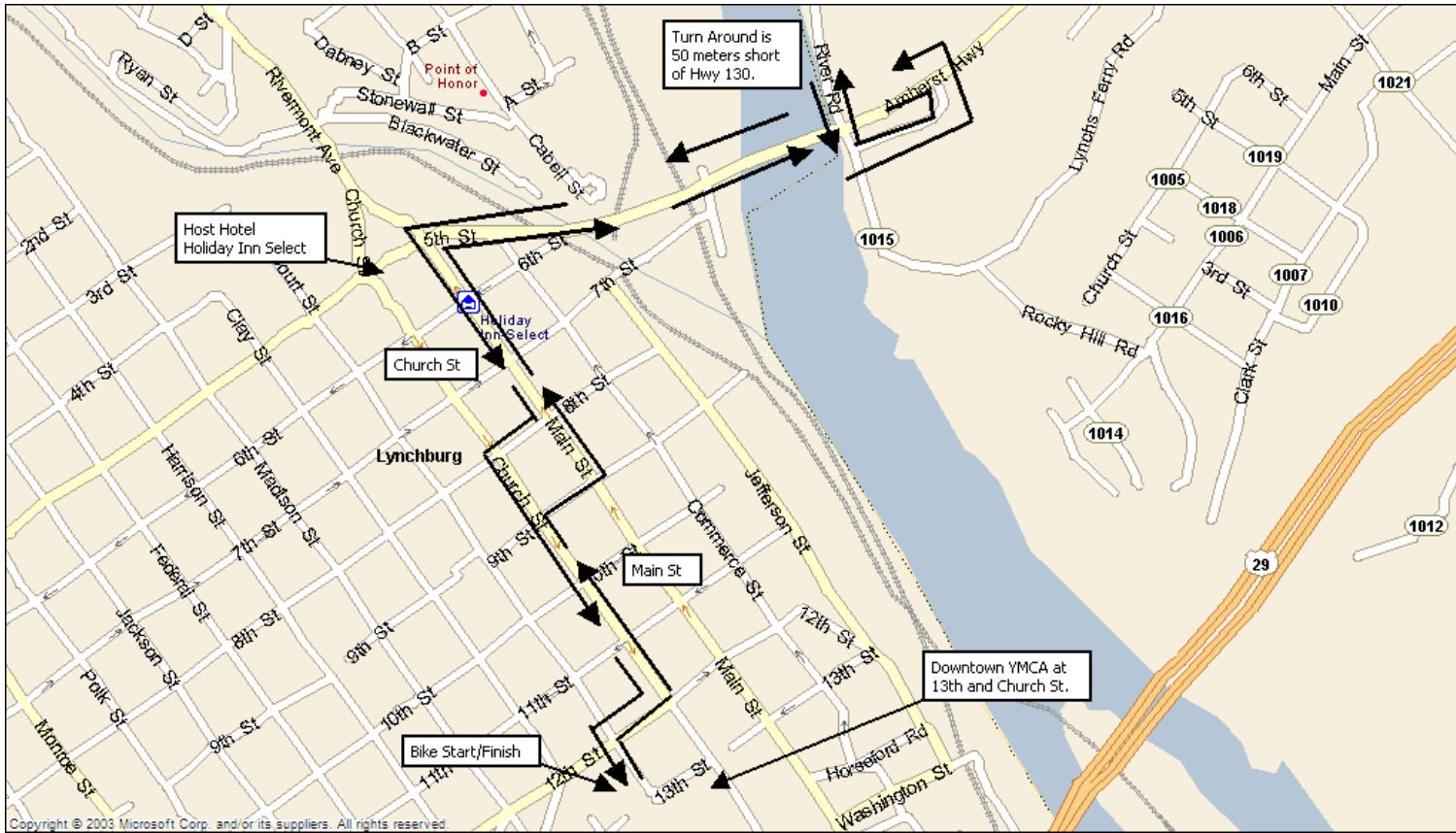
- Relay Teams:**
- ◆ All relay; The timing chip and strap passing will take place at the bike rack location in the transition area.
 - ◆ All relay participants must pick up their own race packet and show ID.

The course starts in the upper right corner and finishes in the bottom right – I don't have the source file to change it.

SWIM COURSE



BIKE COURSE



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!!



SETUP