

## 2010 Asheville Triathlon Race Information

**Race Start Time: 7:00AM**

### Packet Pickup

Saturday (7/17) - 5:00 PM – 7:00 PM at the race site (Rec Park Pool – 1 Gashes Creek Rd, Asheville, NC)

Sunday (7/18) - 5:15 AM -6:30 AM at the race site (Rec Park Pool – 1 Gashes Creek Rd, Asheville, NC)

**Photo ID will be required in order to get your Race Packet. NO PHOTO ID, NO RACE  
All participants (including all relay teams members) must pick up their own race packets.**

**USAT members must present their membership card to receive their packet**

### Parking

Parking will be available in the areas around the pool and in the lot above the pool at the nature center.

**Please note!** If you park in these areas you will not be allowed to leave until the last runner is in (roughly 10:15). If you need to leave earlier you can park in the JBL soccer field lots which will also serve as additional parking once the parking in and around the pool is full. Athletes and spectators will be allowed to exit the JBL lots starting at 9:30 AM and are encouraged to proceed eastward and away from the race site. **DO NOT PARK** on Azalea road. Do make every effort to carpool.

### Body Marking

Body marking will be located near packet pickup beginning at 5:30 AM. Please bring your race number with you in order to be marked.

### Pre Race Instructional Meeting – Saturday, July 17th at 6:30 PM

Meeting is recommended for beginner triathletes. Meeting will be held at the Finish line and transition area. It will cover all the details of the race as well as a question and answer session.

### Champion chip Timing

This race will be timed using the ChampionChip timing method. All participants will be issued a ChampionChip timing chip on **race morning**. They can be worn with a neoprene Velcro strap if you own one or they can be worn with a medical ankle bracelet that will be provided for free at chip pickup. The chips are to be worn on the **LEFT ANKLE**. The ideal fit with the bracelet allows for **one finger** to fit between the bracelet and your leg. Timing chips will be distributed near Packet Pickup on race morning beginning at 5:30 AM. . Lost chips result in a \$30 fee so be sure to snap the medical bracelet closed. At the finishing chute we will cut the bracelet off of your ankle and remove the chip.

**NOTE: If you pickup your packet on Saturday, Make sure you bring your run number with you on race morning in order to be issued your chip. All timing chips must be picked up by 6:45**

### Race Numbers

You will be issued three numbers at Packet Pickup:

- 1) The square number is your run number and must be displayed on the **FRONT** of your Body during the run segment of the race. Safety pins will be in your packet if you don't have a race number belt.
- 2) The medium sized number (actually containing your number twice) will be affixed to your bike using the adhesive materials that come on it. You will place the number on your top tube of your bike between your handle bars and seat post.
- 3) The little number – also has an adhesive backing to it. This number is attached to the front of your bike helmet.

### **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.
- ◆ Relay teams must pick up a Blue Velcro Strap when picking up their Timing Chip. This Velcro Strap will allow you to easily pass the chip along to your teammate.

### **Results & Awards**

Results will be posted near the finish line on the TrySports merchandise truck. If you leave early, please arrange to have someone pick up your award. We will not mail out awards.

### **Transition Area**

- ◆ There will be two entrances to the transition area. One is for Swim Finish and Bike Finish. The other is for Bike Start and Run Start. Each will be clearly marked with a large Black & White sign. If you have finished the race or if you have not started yet, please be careful when going in and out of this area. Give consideration to participants who are currently racing.
- ◆ Find the bike rack number range that corresponds with your bib number and rack your bike anywhere along that rack. Place your bike on the rack on the opposite side of the bike next to it. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.
- ◆ No bike storage the night before the race.
- ◆ Participants only in the transition area.
- ◆ Only the race participant will be allowed to remove their bike and equipment
- ◆ Participants will not be allowed to mount bikes inside transition area – they will be made to mount outside of the fence on the road between the gazebo and the river.

### **Swim**

- ◆ Be prepared to check into the swim start line at least 10 minutes before your specific starting time.
- ◆ When lining up for the swim – remember your specific swim start time.
- ◆ The swim course is VERY simple. You will start one at a time every 15 seconds and swim down the lane closest to the finish line. Once you are at the end you will duck under the lane line and move into the second lane and then swim back down that lane. At each end you will proceed over to the next lane closest to the TA until you have navigated all 8 lanes. During that last length you may swim straight ahead and push yourself out or move slightly to the left and climb out at the ladder.
- ◆ The Swim Start List will be posted online no later than Friday evening. Anyone registering on site will be starting after all pre registered athletes.

### **Bike**

- ◆ As always, cyclists need to be aware at all times while on the bike course. The course will be open to traffic. Officers will be stationed at key intersections to hold traffic as needed.
- ◆ It is suggested that you drive this course prior to the race to note the sharp turns, descents, and climbs. Some of the descents can increase speeds to over 50 MPH so it is advised that you are aware of these so you know how to handle them based off your cycling ability. There is one particular section along Riceville Road that has a sharp left hand turn. There is a NCDOT 25 MPH sign for that turn and cyclists should not exceed that speed.
- ◆ The turn off of Riceville Road onto HWY 70 requires cyclists to move over into the center lane in order to turn left onto HWY 81. Once on HWY 81 you need to be ready to start slowing yourself to make the turn back on to Azalea and Gashes Creek Rd. This turn absolutely requires you to get down below 15 miles an hour.
- ◆ No drafting! If you are passed you must drop back at least 3 bike lengths to be legal. You may then make a pass if possible.
- ◆ Hard shell helmets must be worn and fastened before leaving the transition area or you will be disqualified immediately.
- ◆ Stay to the right to allow faster cyclists to pass on the left.

- ◆ There will be directional signs at every turn on the bike course. Look for these directional signs. They are orange with blue arrows
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handle bars.
- ◆ 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 ultimately it is your responsibility to know the course.
- ◆ Stay safe. The course will be swept the day before and any road hazards will be marked. Be careful on some of the descents as they are fast and will require early braking.
- ◆ TrySports will be on hand to provide bike tech support.

### **Run**

- ◆ Stay to the right shoulder of the road on the way out and on that same side on the way back (always the side closest to the soccer fields and the river).
- ◆ 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 blue and orange with blue arrows. Simple rule of thumb: If you don't see one of these directional signs – keep going straight.
- ◆ Aid stations will be located at the beginning of the run and at the 1 and 2 mile marks.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ You must have your run number visible on the front of your body, as you cross the finish line. Failure to do so will result in a two minute penalty.