



VIRGINIA
TRIATHLON SERIES

2010 Bath County Triathlon

Saturday June 19, 2010

EVENT START – 8:00 A.M.

Arrival Time: Arrive at the event site no later than 7:00 a.m.

Packet Pick-up: Line will close at 7:15AM. If you are not in line by this time you will not be allowed to get your event packet.

Packet Pick Up: Friday June 18, 2010 (4 - 7 PM)

The Inn at Gristmill Square - 124 Old Mill Rd - Warm Springs, VA 24484

Saturday June 19, 2010 (6 - 7:30 AM)

Lake Moomaw Marina (Race Site) - 8446 Bolars Draft Road - Warm Springs, VA 24484

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

Event Details and Course Maps: If you would like copies of these items print them out. They will **NOT** be included in your packets.

Parking: All parking will be done in the parking lots adjacent to the transition area and finish line. Overflow parking will be in the grass field adjacent to the bait/ tackle store immediately next to the parking lot. Please follow the direction of parking volunteers on event morning. *Please note no one will be allowed to leave the event site until all athletes are off the course (bike and run).* We expect this to occur by 10:30AM. There is great music and food so come prepared to relax for a bit after this event.

ChampionChip Timing: This is a chip timed race. You will be assigned a chip race morning at the Chip Pick Up tent race morning. Be sure to read the timing handout (scroll down). You are responsible for picking up, wearing, and returning your chip race day.

*** You are required to bring your running bib number with you in order to pick up your timing chip ***

*** Once the race has started DO NOT cross the timing mats on the course UNLESS you are racing ***

*** If you do not return your chip for whatever reason you will be billed \$30, the replacement cost of the chip.***

Body Marking: All participants must be marked – this is located at the Swim Finish/ Bike Finish entrance to the transition area.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 7:50 a.m. at the swim start location. Please plan to be there. There will not be a meeting on Friday.

Transition Area:

- ◆ The transition area is located in the parking lot adjacent to the lake and is open from 6AM-7:50AM race morning.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ **NO** glass containers inside the transition area-**NO** bike storage the night before the race-**NO** riding in the transition area.
- ◆ Participants only in the transition area, this means no family or friends are allowed in to help you get ready or carry your race gear.
- ◆ Please remove your trash from the Transition Area when you leave.

Swim:

- ◆ Wetsuits will be allowed if the water temperature is 78 degrees or lower (per USAT rules). A temperature reading will be taken on event morning and an announcement will be made. **WE EXPECT THE WATER TEMP TO BE BELOW 78 DEGREES.** Bring your wetsuits.
- ◆ If you need assistance, grab onto a kayak or canoe. If you grab hold of any motorized craft during the swim you will be pulled from the water immediately. If you grab onto a non-motorized craft you may continue.
- ◆ 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.

Wave	Time	Color	Categories
1	8:00	Pink	AG Men 44 & under
2	8:03	White	AG Women 44 & under
3	8:06	Light Blue	AG Men 45+, C/MC, novice men
4	8:09	Yellow	AG Women 45+, Athena, Novice Women, Relays

Bike:

- ◆ This bike course is closed to traffic. However, a pilot car program will be in place to move vehicles through the race course if needed. This means vehicles may be on the course at various times during the event. As always, be wary of any vehicles on the bike course. .
- ◆ No drafting! Draft marshals will be present on the course. Please read through the USAT rules if you are not familiar with the drafting rules. www.usatriathlon.org
- ◆ Hard shell helmets must be worn and 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 provided must be affixed to the front of your helmet.
- ◆ 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. Mount/ Dismount lines will be marked at the appropriate locations. Please be aware of these marks.

Run:

- ◆ This is an out and back run course. You will turn around at the third aid station. This point will be manned with volunteers and a turn around cone.
- ◆ You must wear the race 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, $\frac{3}{4}$ mile and at the turn around point. Water will be served at these locations.
- ◆ No headphones, earphones or any radio-type devices will be allowed. Use of these items will result in a 2-minute penalty.
- ◆ Run number verification will take place at the turnaround point. If you do not reach the turn around location you will be DQ'd.

Relay Teams:

- ◆ Swimmers will exchange the timing chip with bikers at their bike rack location.
- ◆ Bikers will exchange the timing chip with the runners at the same 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 race. You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out. We expect the award ceremony to take place at 10:15AM

Results: Results will be posted after the awards ceremony, and complete results (with splits) will be posted on the internet by 9PM Sunday if not sooner . Website address: www.setupevents.com

HAVE A GREAT RACE!



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!!***

