



2010 New Bern YMCA Triathlon



RACE INFORMATION

Race Start Time: 8:00 AM (5/22/10)

Packet Pick-Up: 1.) Friday (5/21/10): 4:00 PM – 7:00 PM @ Twin Rivers YMCA - 100 YMCA Ln, New Bern, NC 28560 – Map on website.
2.) Saturday (5/22/10): 6:00 AM – 7:30 AM @ Twin Rivers YMCA -100 YMCA Ln, New Bern, NC 28560 – Map on website.

NOTE: A photo ID is required for packet pick-up. All participants must pick up their own race packet (including all relay team members). **NO ID, NO RACE – NO EXCEPTIONS!**

USAT Members: USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$10. If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up.

Swim Start Times: Swim start times will be posted on the New Bern YMCA Triathlon webpage on Thursday, May 20, 2010 by 9PM. They will also be posted on race morning in at packet pick-up. Every participant will have his or her own swim start time. **Remember your exact start time!!**

NOTE: *Swim start times will NOT change for ANY reason.*

Chip Pick-Up: You will be issued a timing chip on race morning. Timing chips will be distributed at the orange tent located near the transition area. Chips will be handed out beginning at 6:00 AM on race morning.

Parking: Parking will **NOT** be available at the race site. All cars must park at the Church next to the YMCA. All cars must be parked by 8:00 AM. There will be signs and volunteers directing traffic to the parking area.

Body Marking: All participants must be marked at the body marking area – located near the Chip Pick-Up tent beginning at 6:00 AM.

Race Numbers: You will be issued three numbers at packet pick-up:

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 only.** Safety pins will be available at packet pick-up if you don't have a race number belt.
2. The medium sized number (actually containing your number twice) is used during the bike segment of the race. Place this number over the top tube of your bike – toward the front.
3. The little number – also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

Pre-Race Instructions/Meeting: A pre-race meeting will be held at at 6PM on Friday, May 21st at the race site (Transition Area). It is highly recommended that you attend this race orientation

meeting. There will be NO pre-race instructions provided on race morning. If you can't attend the 6PM Friday pre-race meeting, please make sure you read through this race information document thoroughly.

ChampionChip Timing: This event will be timed using the ChampionChip Timing method. Please make sure you read the ChampionChip Timing instruction sheet displayed at packet pick-up. **You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.**

NOTE: YOU MUST SHOW YOUR RUN NUMBER IN ORDER TO PICK UP YOUR TIMING CHIP

All timing chips must be picked up by 7:30 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

What is it?

At Set Up Events, we utilize the ChampionChip timing system, the most precise and reliable timing system in the world. All participants will be issued a ChampionChip timing chip on race morning.

When & where do I get the timing chip?

All participants will be issued a ChampionChip timing chip on race morning (no timing chips are given out prior to race morning). Timing chips will be distributed in the orange tent – located near the transition area. Chip pick-up will begin at 6:00 AM on race morning. Regardless of what time you start the race, you must pick up your timing chip by 7:30 AM. Make sure you receive the correct timing chip. Your chip number is the same as your run number.

YOU MUST SHOW YOUR RUN NUMBER IN ORDER TO PICK UP YOUR TIMING CHIP.

What do I do with this timing chip?

You will wear this chip on your left ankle – attached to you ankle using a disposable plastic medical strap. Attach the chip to the disposable medical ankle strap and attach the strap to your left ankle. Too Loose: It could fall off and you'll be charge a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race. When you get it adjusted just right, make sure that the band snaps shut. You will hear the band snap into its closed position when it is secured properly.

Do relay teams get different straps?

Relay teams will receive a neoprene ankle strap that allows for transfer from swimmer to biker and biker to runner. For any individuals who are interested, neoprene ankle bands will be available to buy for \$5 each (the disposable medical bands are provided free).

What do I do with the timing chip after the race?

YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. IF YOU DROP OUT OF THE RACE – YOU MUST RETURN YOUR CHIP TO THE FINISH LINE. Do not hand your chip to anyone other than someone at the finish line. Volunteers will cut off your strap and remove your timing chip as soon as you cross the finish line.

What happens if I lose the timing chip?

Unfortunately if this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2009, we had less than ten lost chips

for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip..

Transition Area:

- **ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.**
- The transition area will have five entrances/exits:
 - Swim Finish
 - Bike Start
 - Bike Finish
 - Run Start
 - Transition Area Entrance/Exit (side of transition area)
- Once the race starts at 8AM – the only entrance that you will be able to use (unless you've started the race and you're racing) will be the opening along the side of the transition area. This will allow people to enter and exit the transition area without disrupting the race.
- All participants should rack their bike on the bike rack that corresponds with their bib number. Participants should alternate sides so that there is more space between bikes for placing your gear. Each rack accommodates six bikes – three on one side and three on the other side.
- No bike storage the night before the race.
- 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 the transition area – and will be made to dismount at transition area entrance following the bike segment..
- **IF YOU'RE NOT ACTUALLY RACING AND YOU'RE IN THE TRANSITION AREA BECAUSE YOUR'VE EITHER JUST FINISHED THE RACE OR YOU HAVEN'T STARTED YET, PLEASE BE COURTEOUS TO YOUR FELLOW COMPETITORS. REMEMBER, YOU WOULDN'T LIKE IT IF SOMEONE GOT IN YOUR WAY WHILE YOU WERE RACING. THIS MEANS – DON'T STAND IN THE AISLES TALKING!**

Swim:

- Swim diagram is available on the New Bern YMCA Triathlon race page on our website and will also be displayed at packet pick-up
- Swim start times will be posted on a separate link on our website (beginning at 6PM on Thursday – 6/4).
- There will be NO changes to swim start times.
- The pool will be open from 7:30 AM to 7:45 AM for warm-up.
- Once the race starts, no warm ups will be allowed.
- Be prepared to line up for the swim start a minimum of 10 minutes before your starting time.
- Participants will go off individually in 15-second increments.
- When lining up for the swim – remember your specific swim start time.

Bike:

- Bike course map is available on the New Bern YMCA Triathlon race page on our website and will also be on display at packet pick-up

- This will be a one loop bike course
- No drafting! Don't get caught drafting or blocking. If you aren't familiar with the USAT rules, read through the USAT rules document that will be displayed at packet pick-up.
- Helmets must be fastened before leaving the transition area.
- Stay to the right in the designated bike lanes to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- Helmet numbers must be affixed to the front of your cycling 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 ultimately your responsibility to know the course.
- Corners will be marked with orange spray chalk arrows on the pavement approximately 25-50 yards before each turn and with large orange directional signs- also located about 25-50 yards before each turn.
- Volunteers will be wearing orange vests and will be directing athletes with orange flags.
- Bike tech support will be present for pre-race assistance if necessary.

Run:

- Run course map is available on the New Bern YMCA Triathlon race page on our website and will also be on display at packet pick-up.
- This will be a one loop course.
- The course will be well marked. The turns will be indicated with blue signs (with orange arrows).
- Mile 1, Mile 2, and Mile 3 markers will also be provided.
- There will also be plenty of volunteers on the course.
- You must wear the race number that is provided in FRONT (with the pull tag).
- ***If you do not have your race number clearly displayed on your front as you cross the finish line-you will be assessed a two-minute penalty.***
- Water stations will be located at the beginning of the run, and then at one additional location on the run course.
- No headphones, earphones or any radio-type devices will be allowed.

Relay Teams

- Swimmers will tag bikers at their assigned bike rack location
- Bikers must tag runners at the same location
- Relay team members need to remember to pass off the ChampionChip timing chip attached to the Velcro band to each team member.

Post Race Refreshments & Awards: The post race refreshments and the presentation of awards will take place near the finish line. Food and snack goods will be provided for all participants after the event. Awards presentation will begin immediately after the last finisher

completes the race (estimated to be 11AM). You must be present to collect your award, or arrange to have someone pick it up for you. **Awards WILL NOT be mailed out.**

Results: Results will be posted after the awards ceremony, and complete results including splits will be posted on the Set Up Events website by Sunday, May 23, 2010 by 9PM.



SETUP

ChampionChip Sports Timing System

PLEASE READ CAREFULLY!!!!

You will receive your ChampionChip on race morning

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). For any individuals who are interested, neoprene ankle bands will be available to buy for \$5.00 each (the disposable medical bands are provided free)

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



Attach the chip to the disposable medical ankle strap (or neoprene strap for relay teams) and attach the strap to your ankle as shown in the picture above. Please put the strap on your **LEFT** ankle. For all individuals using the disposable medical ankle straps – make sure when you attach your band that you attach it loosely enough to allow for two fingers of space between the strap and your ankle (you don't want it too loose so that it could possibly slide off your ankle). Also, make sure that the band snaps shut. You will hear the band snap into its closed position when it is secured properly. A volunteer will remove your ChampionChip ankle strap at the finish line. **HINT:** Put a little Vaseline on your ankle under the strap – it will be a lot more comfortable that way.

REMEMBER, YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. IF YOU DROP OUT OF THE RACE – YOU MUST RETURN YOUR CHIP 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.

If for some reason you get home with your chip – please return it to us ASAP!!!! – We use these chips every weekend. If this happens – please mail your chip back to us in a bubble type envelope to protect the chip. It will cost you a little more than 37 cents to mail it back to us. Please mail it to: Set Up Events – P.O. Box 39781 – Greensboro, NC 27438

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!!

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

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

Ride on the right side of your lane.

Keep three bike lengths between yourself and the cyclist in front of you.

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified 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:

Position– riding on the left side of the lane without passing.

Blocking – left side riding and impeding the forward progress of another competitor

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths before re-passing

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in a additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike 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.