

# 2010 Historic Badin Triathlon

## Race Information

**Race Start Time: 8:00AM**

### Packet Pickup

Friday (6/18): 5:00 PM – 7:00 PM at the race site. See DIRECTIONS map on event page.  
Saturday (6/19) 6:00AM -7:30 AM at the race site. See DIRECTIONS map on event page.

**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 Alcoa Parking lot. You will be allowed to leave after the last cyclist has made it to the second turn on the bike course. We will also probably have parking in the field where the transition area was last year. If you do park in this area you will not be allowed to leave until the last runner has made it off of 740 (roughly .5 of a mile into the run course.) Do NOT park in the boat ramp area in either case.

### Body Marking

Body marking will be located in the field next to the finish line. You must have your race number to be marked.

### Pre Race Instructional Meeting - June 18th at 6:30 PM

Meeting is recommended for beginning triathletes. Meeting will be held near 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** along with a medical ankle bracelet. 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. If you are a RELAY team, make sure you pick up one of the blue Velcro chip straps since you will need to pass your chip along to your teammate. Only RELAY teams should pick up the blue Velcro straps.

Timing chips will be distributed at the Orange Timing Tent near Packet Pickup on race morning beginning at 6:15 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 leg and remove the chip.

**NOTE: If you pickup your packet on Friday 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 7:45**

### 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. 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) will be affixed to your bike using the adhesive on the back of the number.
- 3) The little number – has an adhesive backing to it as well. 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.

### **Results & Awards**

Results will be posted near the finish line on the TrySports Truck. We hope to do awards by 11:00 AM. 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 and Bike Finish, one for the Run Start and Bike Start. Each will be clearly marked signage. 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.
- ◆ All participants will have a specific rack to put their bike on. 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.
- ◆ Shoes, towels, etc can be left at the swim finish so long as they are not left in the direct pathway from the lake shore to the transition area.
- ◆ 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 and dismount at the edge of 740. They will have to push or walk the bikes through the grass area between the pavement and the TA.

### **Swim**

- ◆ Swim Will consist of 3 wave starts

#### **WAVE 1: 8:00 AM start time**

Age group Men 39 and Under  
Masters Clydesdales  
Clydesdales

#### **Wave 2: 8:04 AM start time**

Age group Men 40 and Over  
All Relays.

#### **Wave 3: 8:08 AM start time.**

All Age Group Women  
Athenas

- ◆ Be prepared to check into the swim start corral a minimum of 7 minutes before your specific starting time. Remember that the swim is a point to point and you will have to walk from the TA over to the swim start area.
- ◆ When lining up for the swim remember your specific swim start time and have the proper colored cap for your wave.
- ◆ The swim course is very simple, Swim out and around the first marker, then turn right and follow the shoreline to the swim exit. An additional marker will be placed for sighting purposes, stay between that marker and the shore.
- ◆ Participants only in the swim start corral. The spectators may walk along the lake shore and view the entire swim.

## **Bike**

- ◆ 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.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ The Bike course is on the Historic Badin Triathlon event page. 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**

- ◆ Run Course map is on the Historic Badin Triathlon event page on the website.
- ◆ Stay to the right shoulder of the road unless instructed otherwise.
- ◆ The 5K course will be a loop with one out and back. 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 with orange arrows. We will also spray chalk the road with orange arrows.
- ◆ Aid stations will be located at the beginning of the run and at roughly Mile 1 and Mile 2.
- ◆ 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.