

# 2010 KERR LAKE TRIATHLON BULLOCKSVILLE STATE PARK SUNDAY JUNE 6, 2010 – 8AM START

**Arrival Time:** Arrive at Bullocksville State Park Race Site no later than 7:00 AM Sunday morning

**Packet Pick-Up:** Saturday: 2-4 at the Henderson YMCA - 380 Ruin Creek Rd. - Henderson, NC 27536

Pick-up will be at the shelter behind the YMCA.

Sunday: 6:00 AM – 7:30 AM at Bullocksville State Park community building (race site)

**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**

**Parking:** Parking will be inside the park. Please follow the directions of our parking volunteers. All spots are a short walk from the TA.

**Body Marking:** All participants must be body marked. Body marking is just outside the transition area beginning at 6:15 AM.

**Pre-Race Instructions/Meeting:** A race briefing will be given on Saturday at packet pick up at 3:30. A second shorter briefing will be given at 7:40 AM at the beach swim start. Plan to be there.

## RACE DAY TIMELINE

<u>Time</u>	<u>Event</u>
6:00-7:30 AM	Packet Pick-Up/Body Marking
7:40 AM	Transition closes (no exceptions!) / Swim waves line up/Pre Race Talk at swim start
8:00 AM	Race Starts
11:45AM	Estimated time for awards ceremony

**ChampionChip Timing:** This is a chip timed race. You will be assigned a chip race morning at the BLUE CHIP PICK UP tent. 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.\*

### Transition Area:

**NOTE:** Regardless of when you start the race – you must have your bike and equipment in the transition area prior to the posted closing time. If you arrive after that time, you will not be allowed to place your equipment in the transition area..

- ◆ 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.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ Athletes must show their run # to remove their bike from the TA at the designated post race side exit. Please be courteous to athletes that are still racing.

Participants cannot ride in the transition area. You must mount and dismount your bike at the mount/dismount line .

### Swim:

- ◆ Swim course is posted on the Kerr Lake Triathlon race page on the website
- ◆ Once you enter the swim start corral, do not exit until the swim starts.
- ◆ Let us know if you did not complete the swim and will not continue the race.
- ◆ When getting ready for the swim, – remember your specific swim start wave and cap color.
- ◆ Swim Waves will be posted at Packet Pickup on Saturday and Sunday.

### Bike:

- ◆ Bike Course map is posted on the Kerr Lake race page on the website
- ◆ No drafting! Draft Marshals will be on the course and drafting will be enforced!
- ◆ The course will be marked with orange spray chalk arrows and bright orange signs at all the turns.
- ◆ The 5, 10, 15 and 20 mile points will also be marked in orange spray chalk.
- ◆ There will be a water bottle hand off at mile 12 on the bike. Please discard your empty bottles here.
- ◆ 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 the top tube of the bike near the handlebars.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.

- ◆ Police will be positioned at the appropriate corners to stop traffic.
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is ultimately your responsibility to know the course.
- ◆ This bike course will be open to traffic – BE ALERT and BE CAREFUL!

**Run:**

- Run course map is posted on the Kerr Lake race page on the website.
- The course will be well marked. There will be directional signs at every turn on the run course. Look for these directional signs.  
Simple rule of thumb: If you don't see one of these directional signs – keep going straight.
- ◆ Please run on the right hand side as you leave the park, when returning to park run in this same lane as cyclists will be returning into the park in the right hand lane. We don't want runners getting run over by cyclists.
- ◆ There will be 3 aid stations on the course serving water and HEED, you will hit each aid station 2x.
- ◆ This is a 2 loop run course. Know if you have run close to 5K or 10K. This is ultimately your responsibility.
- ◆ We will have lap count mats on the course, make sure you go across these...
- ◆ No iPODS or any radio-type devices will be allowed.
- ◆ The run course is in part on a road that is open to traffic. Be Alert!

**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:**

The awards ceremony will take place as soon as the last participant finishes the race – estimated to be at about noon.  
The final results with splits will be posted on the website by 9PM on Monday June 8th

Awards will not be mailed out – if you can't be present to collect your award, please make arrangements to have someone pick it up for you.

# ***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!!***