



THE 2010 BUCKNER MISSION MAN TRIATHLON

Saturday July 24th, 2010



Arrival Time: Arrive at event site no later than 6:45 a.m. **EVENT START – 8:00 A.M.** Packet Pick up line will close at 7:30AM. If you are not in line by this time you will not be allowed to get your packet.

Parking: All parking will be done in grass fields adjacent to the Transition Area and in the fields a short walk from the TA. No one will be parked more than ½ mile from the TA. REMEMBER: IF YOU ARE ON YOUR BIKE AT ANY TIME AT ANY USAT EVENT YOUR HELMET MUST BE FASTENED. There will be ample volunteers to assist you in parking. **PLEASE NOTE: No one will be allowed to leave the park until the last participant has finished the bike portion of the event. We expect to open the park for exit at 9:45AM.**

Body Marking: All participants must be marked at the body marking area – located near the Bike Start/ Bike Finish entrance of the transition area. Body marking will cease at 7:50AM.

Champion Chip Timing: This is a Champion Chip timed event. You will receive your timing chip on event morning at the Timing Chip Pick-Up Tent located near the transition area. When you pick up your chip you will also pick up a medical band that you use to attach the chip to your left ankle. Make sure there is about a fingers width between the band and your ankle. Your chip will then be cut off after you cross the finish line. You are responsible for the return of your chip. If you lose or do no return your chip it will result in a \$30 replacement fee.

Pre-Event Instructions/Meeting: An optional pre-event meeting will take place at the event site on Friday July 23 at 6PM. We highly suggest you attend this meeting as limited details will be given on event morning. Questions are welcome and encouraged at this meeting. This meeting will take place beneath the covered pavilion behind the main park office.

Transition Area:

- ◆ This transition will have four openings. 1) Swim Finish 2) Bike Start 3) Bike Finish 4) Run Start. Please take the time to become familiar with where these entrances are. Signs will be posted at each opening to designate its purpose.
- ◆ No bike storage the night before the event.
- ◆ ATHLETES ONLY IN THE TRANSITION AREA
- ◆ No glass in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. You may rack anywhere on your rack.
- ◆ Only the event participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount outside transition area entrance following the bike segment.
- ◆ Helmets must be on and fastened before mounting the bike. Failure to do so will result in a DQ.
- ◆ Please remove your trash from the Transition Area when you leave.

Swim:

- ◆ Swim diagram is available on the Mission Man event page on the website.
- ◆ This will be an in water wave start:

Wave	Category	Start Time	Swim Cap
1	Age Group Men 34 & Under	8:00 AM	Royal Blue
2	Age Group Men 35-44	8:04 AM	Black
3	Age Group Women 44 & Under	8:08 AM	Purple
4	Age Group Men 45 & Over, Clydesdale, Master Clydesdale	8:12 AM	White
5	Age Group Women 45 & Over, Athenas, Relays	8:16 AM	Sky Blue

- ◆ 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.

Bike:

- ◆ Bike course map is available on the Mission Man event page on the website.
- ◆ This is a clockwise figure 8 course.
- ◆ **Be Aware that as you enter the Lake Cammack Marina you will be sharing the road with runners. Cones will separate cyclists from runners. Do not enter the lane of cones marked for the runners.** If you enter this lane of cones you will be DQ'd. NO EXCEPTIONS. This means on the way back in you will be riding on the left hand side of right hand lane toward the center line.
- ◆ No drafting! Draft marshals will be present on the course and issuing penalties.
- ◆ 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 of the bike.
- ◆ 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 time penalty.
- ◆ There are plenty of volunteers and police officers along the course but it is 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.

Run:

- ◆ Run course map is available on the Mission Man event page.
- ◆ The run course is a counterclockwise 2 loop course. Make sure you complete both laps of the run or you will be DQ'd. Lap 1 will end between the Park Office building and the new playground. After Lap 1 athletes will make a left hand turn at this point to begin Lap 2. Lap 2 will end at the same point where athletes then turn right to head toward the finish line.
- ◆ YOU MUST STAY TO THE LEFT AT ALL TIMES ON THE RUN COURSE.
- ◆ Remember, a portion (2 miles) of this run is on hard packed trail. While it is an old, mostly smooth trail, there are several sections with roots popping out of the ground. Be careful on the trail. We suggest a stable shoe be worn to prevent turned ankles.
- ◆ You must wear the event number (with the pull tag) that is provided – **ON YOUR FRONT**.
- ◆ **PLEASE NOTE - If you do not have your event 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 and approximately every ¾ of a mile on the course
- ◆ No headphones, earphones or any radio-type devices will be allowed.

Relay Teams:

- ◆ Swimmers will tag bikers at their bike rack location. The timing chip exchange should take place at this point.
- ◆ Bikers will tag runners at the same location. The 2nd timing chip exchange should take place at this point.

Additional Information: Questions? Bring your question(s) with you to the Pre-Event meeting and we will answer them at that time (6PM on Friday July 23).

Awards: Award presentations will begin immediately after the last finisher completes the event. You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out. We expect the awards ceremony to begin at 10:30AM.

Results: Preliminary Results will be posted throughout the day, and complete results (with splits) will be posted on the internet by Saturday, July 24th, 9PM. **Website address: www.setupevents.com**

HAVE A GREAT TIME!

