



VIRGINIA
TRIATHLON SERIES

**APPALACHIAN POWER SMITH MOUNTAIN LAKE TRIATHLON
SMITH MOUNTAIN LAKE STATE PARK - 9AM START
SATURDAY MAY 1, 2010**

Arrival Time: Arrive at the race site no later than 8AM

Parking: Parking is available at the race site in a large paved lot. Should this lot fill before you arrive, you will be directed to park in the boat ramp parking lot ¼ mile from the transition area. If you park on the shoulder of the road you will be issued a \$25 fine by the park. Please let your friends and family know about this too! Remember – **NO PARKING ON THE GRASS!**

ALSO – OBEY THE 25 MPH SPEED IN THE PARK – THIS WILL BE ENFORCED WITH TICKETS

**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**

Packet Pickup: Every participant must pick up his/her own race packet and present THEIR photo ID.

- ◆ Friday – At the race site from 4-7 PM Smith Mountain Lake State Park - 1235 State Park Road - Huddleston, VA 24104-9547
- ◆ Race Morning-Race Site: 7-8:30 AM

Chip Pick-up: Pick up your timing chip race morning at the table adjacent to packet pickup. You must bring your run # with you and show it in order to pick up your chip.

RACE DAY TIMELINE

<u>Time</u>	<u>Event</u>
7:00 AM	Packet Pick-Up/Body Marking at the gazebo and Chip Pick-Up next to TA
8:30 AM	Packet Pick-Up, Chip Pick-Up and Body Marking Close
8:45 AM	Transition closes (no exceptions!) / Swim waves line up/National Anthem/Pre Race Talk at swim start
9:00 AM	Race Starts
11:45 AM	Estimated time for awards ceremony

Pre-Race Instructions/Meeting: All participants must attend the pre-race meeting at the beach race morning at 8:45AM. There is an optional pre-race meeting on Friday at 6PM at the race site. There will be time for questions at this meeting, but not race morning.

Transition Area:

- ◆ No bike storage the night before the race.
- ◆ No glass containers in the transition area.
- ◆ Participants only in the transition area. Be sure to tell your family and friends that they can watch from outside the TA.
- ◆ Bike rack assignments will be made for individual participants. Please rack your bike in the designated bike rack for your number
- ◆ 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 transition area – and will be required to dismount at transition area entrance following the bike segment.

Swim:

- ◆ Course maps are available on the website.
- ◆ The water is estimated to be in the mid 60’s with an official temperature being posted Thursday evening.
- ◆ Wetsuits are HIGHLY recommended but are not mandatory. Neoprene caps are also highly encouraged.
- ◆ The swim course is a rectangular shaped course. The buoys will be on your right at all times. Yellow buoys are turn buoys.
- ◆ If for any reason you are having difficulty, roll on to your back and wave a hand in the air. A boat will come by to assist you.
- ◆ You will not be DQ’d if you hang on a boat to rest. If you get on the boat, we are bringing you in.
- ◆ This is a wave start swim. You will be checked in over a timing matt as you enter the swim start corral, be patient and move single file.

Swim Start Times:

Wave – Time – Color	Category/Age
Wave 1 – 9:00 – Sky Blue	Men 39 and Under
Wave 2 – 9:03 – Green	All Age Group Women and Athena
Wave 3 – 9:06 – Purple	Men 40+ and Clydes/Master Clydes
Wave 4 – 9:09 – White	Novice Men & Women and Relays

Bike:

- ◆ Bike Course map is located on the SML Triathlon event page at www.setupevents.com and is in your race packets.
- ◆ Bike in the right hand lane at all times (with traffic).
- ◆ No drafting! USAT Draft Marshals will be on the course and drafting will be enforced with time penalties!
- ◆ Hard shell helmets must be worn and the chin strap fastened before you un-rack your bike till you rack it again.
- ◆ Stay to the right of your lane 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.
- ◆ No headphones, earphones or any radio-type devices will be allowed. (ie; NO IPODS!)
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ There will be no water bottle hand off on this course. You should be able to carry sufficient fluids on your bike.
- ◆ Mount your bike AFTER the line, dismount your bike BEFORE you get back to this line. This is located in the upper lot.
- ◆ Do not ride your bike inside the transition area, wait until you pass the mount/dismount line.

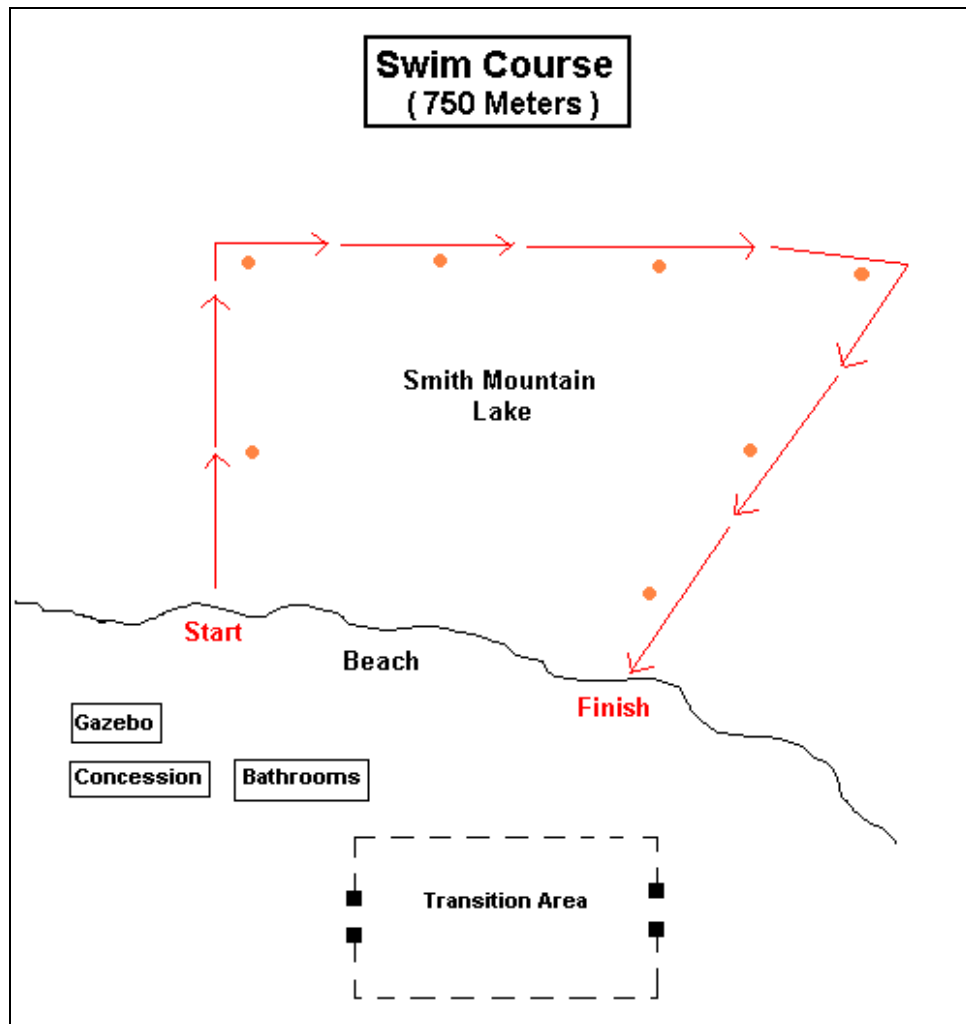
Run:

- ◆ Run course map is located on the SML Triathlon web site and will be inserted in your race packets.
- ◆ The run course is out and back. The turnaround is about 100 feet off the main road. Do not go to the end of the road where the bike course went or you will run a 10K.
- ◆ You must wear your run number on the front or you will be assessed a one minute penalty
- ◆ Aid stations will be located at the beginning of the run and at the turnaround.
- ◆ No Headphones, earphones or any radio-type devices will be allowed. (Again – NO IPODS!)
- ◆ Volunteers will be at the run turn-around to mark your arms as you pass through the turn-around, be sure to get marked.

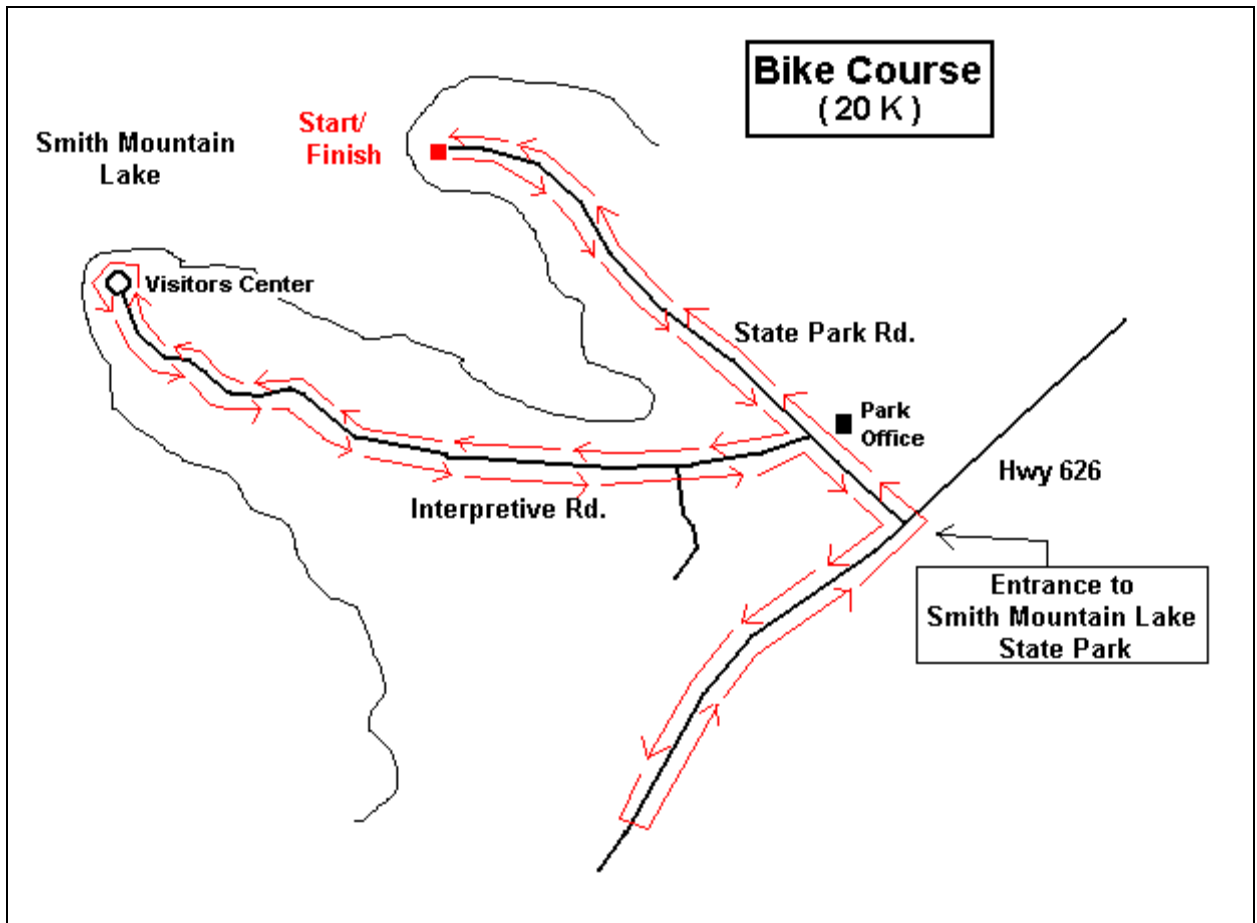
Relay Teams:

- ◆ All relay; tags will take place at the bike rack location in the transition area.
- ◆ All relay participants must pick up their own race packet and show ID.

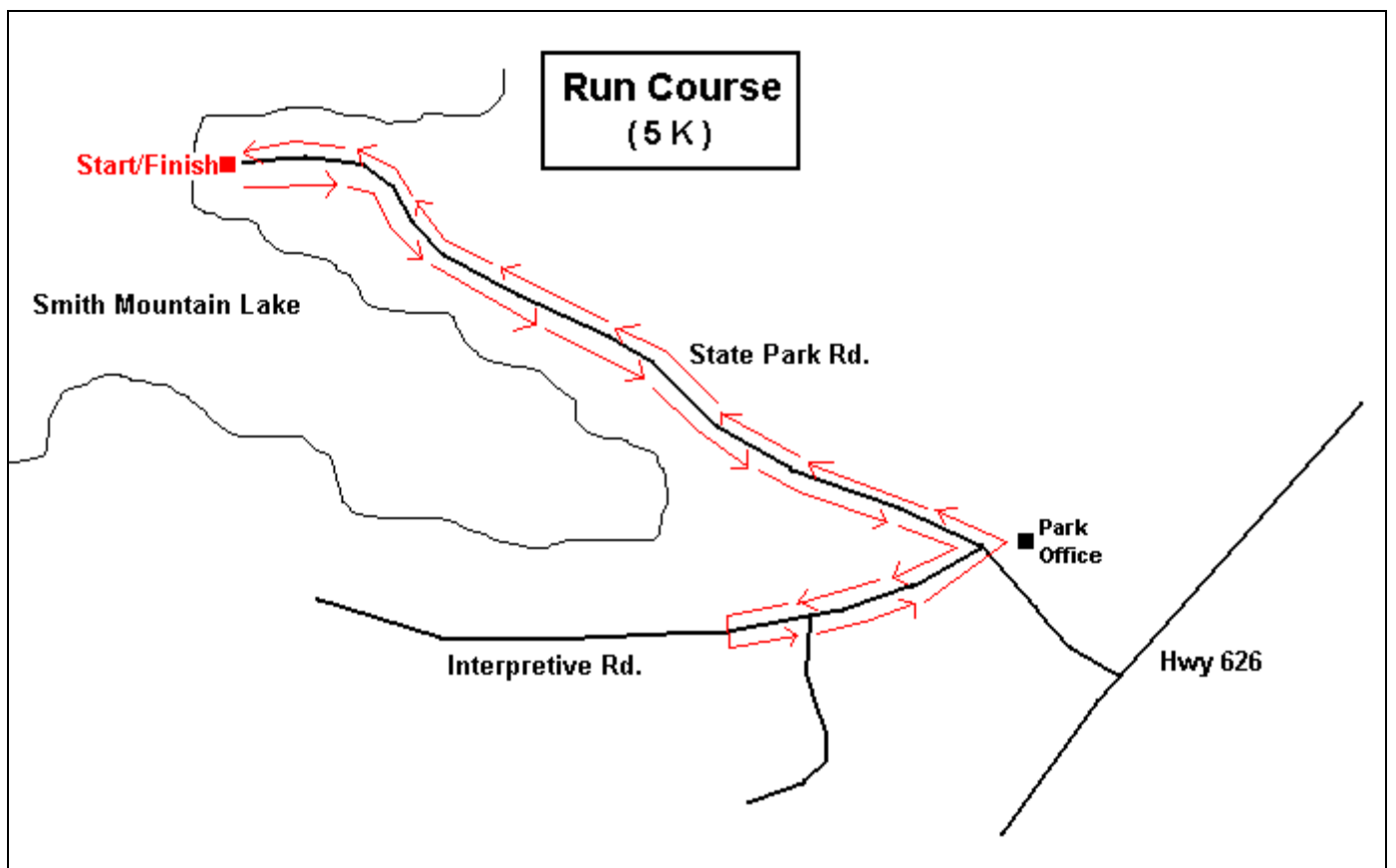
SWIM COURSE



BIKE COURSE



RUN COURSE



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!!***

