

2010 Tri the Quay Triathlon

RACE INFORMATION

Race Start Time: Sunday 8:00 AM (8/15/2010)

Packet Pick-Up:

- 1.) Saturday (8/14/10): 12:00 PM – 2:00 PM @ TrySports - Crabtree Valley Mall, Raleigh, NC
- 2.) Sunday (8/15/10): 6:00 AM - 7:30 AM @ Club Worx, 100 Fitness Dr – Fuquay-Varina, NC – (Race Site) 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 Tri the Quay Triathlon event page on Friday August 13, 2010 by 9:00 PM. They will also be posted at packet pickup on Saturday and on race morning. Every participant will have his or her own swim start time. **Please remember your exact start time!!**

NOTE: *Swim start times will not be changed for any reason.*

Parking:

There will be race day parking at the front parking lot at Club Worx. **Please be advised if you do park in the main parking lot you will not be allowed to leave until the last bike finisher comes in (estimated to be 10:15 AM).** Once all cyclists are in we will allow vehicles to exit through the back parking lot. Overflow parking will be available at the Southbend commercial building (1100 Old Honeycutt Rd, Fuquay-Varina, NC) or at the Garden Hut (garden center just past Club Worx).

Body Marking:

All participants must be marked at the body marking area – located near the transition area on race morning.

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 if possible and attach it using the twist ties provided.
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 the race site at 5:00 PM on Saturday (8/14). If you are a first time racer it is 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 5:00 PM Saturday pre-race meeting, please make sure you read through this race information carefully and review the course maps that are online.

ChampionChip Timing: This race 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: 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 just outside the main entrance of the YMCA underneath the orange tent. Chip pick-up will begin at 5:15 AM on race morning. Regardless of what time you start the race, you must pick up your timing chip by 6:30 AM. Make sure you receive the correct timing chip. Your chip 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 anytime.
- The transition area will have four entrances/exits:
 - Swim Finish
 - Bike Start
 - Bike Finish
 - Run Start
- These entrances and exits will be clearly identified through large Black and White Signs.
- 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 are not actually racing and you are in the transition area because you have either just finished the race or you have not started yet, please be courteous to your fellow competitors. We want to make sure all participants have the same experience while racing.

Swim:

- Swim diagram is available on the Tri the Quay Triathlon event page on our website.
- Swim start times will be posted on the TrySports Series webpage beginning at 9PM on Friday, August 13.
- **There will be NO changes to swim start times.**
- The pool will be open from 6:30 AM to 7:45 AM for warm-up.
- Once the race starts no pool will be available for warm-up swims.
- 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 Tri the Quay Triathlon event page on our website.
- No drafting! Draft marshals on motorcycles will be present on the course. 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.
- TrySports will be present for pre-race assistance if necessary.

Run:

- Run course map is available on the Tri the Quay Triathlon event page on our website and will also be on display at packet pick-up.
- 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 two additional locations 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.. Awards presentation will begin immediately after the last finisher completes the race (estimated to be 10:45 AM). You must be present to collect your award, or arrange to have someone pick it up for you. **Awards WILL NOT be mailed out.**



SETUP