



2011

### Race Day Timeline:

- 5:30 am - transition area and park opens – NO EARLIER
- 6:00 am - Chip pickup and day of packet pickup begins
- 7:30 am - mandatory pre-race meeting with USAT official
- 7:40 am – Prayer and National Anthem
- 7:50 am – Final return to transition area
- 7:55 am - transition area closes to all competitors
- 7:55am - first-wave swim staging begins
- 8:00 am - first wave begins – see wave info below
- 8:05 am - second wave begins – see wave info below
- 8:10 am - third wave begins – see wave info below
- 9:30 am - first person crosses the finish line
- 10:00 am - Food will be served
- 11:00 am - final person crosses the finish line
- 10:00 - 11:15 am - giveaway prizes: *prizes will be given away in waves with all participants eligible for the “grand prizes”!*
- 11:15 - 11:30 am - awards

### General Information:

- ◆ A practice swim is held on Saturday before the race from 2-5pm. Lifeguards are on duty
- ◆ Hwy 16 from Fayetteville to the race site has several sharp curves. Most areas of the 11-mile stretch are posted 45 miles per hour! Please allow extra drive time to the Lake Wedington Recreation Area
- ◆ **NO PARKING ON HWY 16. YOUR CAR WILL BE TOWED!**
- ◆ If you park inside the main park you will not be permitted to leave until the last competitor has finished. Parking is available approximately 1000 feet east of the main park entrance if you need to leave before the race is officially over
- ◆ **Racers & Spectators will not be charged to enter the park on race day only.**
- ◆ A MANDATORY PRE-RACE MEETING WILL BE HELD NEXT TO THE ANNOUNCER’S TENT AT 7:30 AM. IF YOU PLAN TO GET IN THE WATER EARLY AND WANT TO STAY WARM DURING THE MEETING, BRING SOMETHING TO WEAR
- ◆ Courses are marked, but it’s the racer’s responsibility to know the courses
- ◆ Water, Gatorade, oranges and bananas will be available as each racer finishes
- ◆ Giveaways will begin as soon as the last competitor crosses the finish line
- ◆ Award presentations will immediately follow the giveaways
- ◆ Neutral Bike service will be provided before the race and at the Mandatory Bike Check-in on Sunday by Lewis & Clark Outfitters.

### Timing Chip:

- ◆ This event is timed with an electronic chip, which is mounted on an ankle bracelet that will be worn around a participant’s ankle. Each participant (team or individual) must wear the ankle bracelet. NO CHIP, NO TIME. Lost chips or chips not returned will result in a \$30.00 replacement fee. If you elect not to finish the race (DNF), please return your chip to the FINISH LINE immediately.

**Race Numbers (3 different numbers):**

- ◆ Bike Frame: attached on frame or seat post with provided twist ties
- ◆ Helmet number: is a peel and stick # and worn on FRONT on helmet
- ◆ Bib number: can be worn while on the bike, but must be worn on the front while on run.

**Transition Area:**

- ◆ 4 bikes per side or 8 bikes per section.
- ◆ Rack position is on a first-come basis. Do not move others' equipment without permission
- ◆ Athletes must place their transition items to the left of bike when facing the bike racks
- ◆ There is a limited area available for athletes to rack their bike and set-up a transition site
- ◆ Please keep your gear to a minimum and organized throughout the event. Remember, NO GLASS CONTAINERS, are allowed in transition
- ◆ No one may remove their bike from the transition area until the final cyclist racks their bike.

**Body Marking:**

Athletes will be marked as follows:

Left Hand	Race #
Left Upper Arm	Race #
Left Thigh	Race #
Right Calf	Racing Age or Team Code (TM – Men, TW – Women, TC – Coed)

**Wave Information:**

Wave:	Time:	Color:	Group
First	8:00am	yellow	39 and under individual and Clydesdale males
First	8:00am	yellow	Aqua/Bike individuals and teams
Second	8:05am	green	40 and over individual and Clydesdale males
Third	8:10am	blue	team swimmers (triathlon)
Third	8:10am	red	10-15 males
Third	8:10am	pink	all individual women

**Rules:**

- ◆ All 2011 USAT rules are in effect.
- ◆ Do not leave personal gear or equipment on the racecourse.
- ◆ **See additional USAT rules in race packet and “Note from Head Referee”.**

**RELAY TEAMS:**

- ◆ Chip Timing: team members will transfer the ankle bracelet to their team member upon completing their particular event(s)
- ◆ After the swim starts, the relay members are allowed back in transition and they should wait at the bike. When the swimmer comes to the bike, they pass off the chip then the biker puts on their helmet and unracks their bike. When the biker returns to the transition area AND after the biker racks the bike, then the chip is passed off to the runner.

**Swim Course - 1,000 yards:**

- ◆ The course has a separate entry and exit point
- ◆ The course swim is in a clockwise direction - keep buoys on your right
- ◆ The lake is very clear and clean, but the lake may have some lake grass
- ◆ Wetsuits are allowed if the temperature is between 78-84, but participants will not be eligible for prizes or awards
- ◆ Swim caps are mandatory. Please confirm that you received the correct swim cap color
- ◆ Swim cutoff time is one hour.

**Bike Course – 19 miles:**

- ◆ THERE IS A STRICT NO-PASSING AND CAUTION ZONE AS YOU EXIT THE PARK ONTO HWY. 16. A VIOLATION OF THIS RULE IS AN IMMEDIATE DISQUALIFICATION. THE REASON FOR THIS STRICT POLICY IS DUE TO A SHORT, STEEP DOWNHILL SECTION COMBINED WITH A 120-DEGREE RIGHT-HAND TURN ONTO A HIGHWAY. IT'S FOR YOUR SAFETY!
- ◆ The first two turns and the last turn before re-entering the park area are 120-degree turns....please be careful
- ◆ Helmets will be checked to make sure they are Consumer Product Safety Commission (CPSC) approved before you enter the transition area
- ◆ Chinstraps must be buckled at all times while on the bike before, during and after the race.
- ◆ Bar end plugs will be checked. Lewis & Clark Outfitters will provide them at no charge, but you have to replace them yourself
- ◆ THERE IS A MOUNT AND DISMOUNT LINE LOCATED JUST OUTSIDE OF THE TRANSITION AREA! NO RIDING IN THE TRANSITION AREA
- ◆ Both motorcycle and race support personnel will be acting as draft marshals
- ◆ Bike cutoff time is 2 hours
- ◆ See course map for details.

**Run Course – 4 miles:**

- ◆ Bib number must be visible when you start the run AND must be worn on the front. It is MANDATORY during the run and when you cross the Finish Line
- ◆ Water and Gatorade will be available on the run course. You will pass the aid station four times
- ◆ Run cutoff time is one hour
- ◆ See course maps and course directions for details.

**GOOD LUCK AND HAVE FUN!!!**