

**2010 EAGLE RIVER TRIATHLON
RACE RULES AND INFORMATION**

WELCOME to the 2010 Eagle River Triathlon! In order to ensure everyone has a fun and safe triathlon experience, we need your cooperation by following the rules below. **PLEASE READ THESE RULES BEFORE STARTING THE EVENT!!** **USAT RULES** at eaglerivertri.com

GENERAL INFORMATION

- Please leave dogs and other pets at home.
- Label all your gear with your full name and/or race number.
- We will have awards after the event near the finish area; weather permitting starting about 4 p.m.

RACE STARTS AT 8 A.M. There will be 12 swimmers in the pool at a time. The average time for a swim is 10 minutes. Your start time can be roughly calculated by estimating that 70 racers will go through the pool per hour. Lower bib numbers go first, with higher bib numbers going last. Teams follow last solo adult. **Be ready to go at least 1 hour before your estimated start time.**

GENERAL RULES

- This is a USAT sanctioned event. All USAT rules apply. See www.usatriathlon.org or www.eaglerivertri.com for USAT RULES AND FAQ's.
- Adult participants (13 and over) shall not accept assistance of any kind (such as food, drink, equipment, pacing or bike handling) from any person except a race official. If assistance knowingly occurs, up to and including disqualification may be deemed appropriate by the Race Director.
- Adult participants must display their race number at all times. Racers are responsible for making sure the timers are aware of their number. Solo racers have different colored numbers than teams.
- It is your responsibility to know the course and transition areas.
- No headphones allowed while racing.

ADULT RACE START TIME

Swimmers will split lanes in the pool (no circle swimming). Based on an average 10-minute swim time (500 yards or 10 laps/20 lengths) you can expect to go sometime during the following times. Please be ready for your time, but be prepared if you're asked to go earlier or later.

Seeded Racers (Men go first this year)

Bib Numbers	On Deck
1-145	8:00 am
146-215	9:00 am
216-290	10:00 am
291-380+	11:00 am
500-550 (Teams)	12:00 am
Kids	1:00 pm *

Please plan to race at your slotted bib time. Once you have raced we ask that you remove all items from the transition area as soon as possible to allow more room for future participants. T1 and T2 is a small area; we appreciate your help in keeping the area clear for other athletes to set up their gear.

VOLUNTEERS

- **WE CAN ALWAYS USE VOLUNTEERS!** Please see the volunteer coordinator or contact Yvette Tousignant at Tousignant_Yvette@asdk12.org. You can volunteer after your race by going to the "VOLUNTEER CHECK IN" tent.

PARKING

- Parking is limited – carpool, if possible. Parking at Chugiak H.S. will be limited
- IF YOU PLAN TO LEAVE BEFORE THE KIDS TRI IS FINISHED (4 PM), PLEASE PARK IN THE BIRCHWOOD ELEMENTARY PARKING LOT (drive 1 mile past Chugiak H.S., right on Birchtree Street). USE THE DIRT PATH AT THE SOUTH END OF THE PARKING LOT NEXT TO THE BASEBALL FIELD TO WALK TO CHUGIAK H.S.

TRANSITION AREA

- Both your T1 & T2 are the same area. Only racers allowed in transition area. If you have fans, please ask them to view from outside the transition area.
- Bike drop off begins morning of the race, 6 AM. We do not have early drop off and are not responsible for your gear. Once you have raced we ask that you remove all items from the transition area as soon as possible to allow more room for future participants.
- There are no assigned spaces in the transition area. You are responsible for providing your own bike stand. There will be ten, 10' bike racks provided in the transition area. Each rack can hold about 8 bikes. These are available on a first come, first serve basis, but there will not be enough rack space for all bikes. Solo racers must return their bike to the same spot before starting the run. (If you do not have a bike rack, please contact the Nordic Ski Club to see if they have any available for sale: nsaa@alaska.net.) Bikes are NOT allowed to be laid down as they take up too much space.
- Only racers with a number will be allowed in the transition area, with the exception of the kid's race. Please do not loiter in the transition area and watch for racers still competing.

SWIM RULES

- When your number is about to start, line up in the pool area near the diving boards to wait for an available lane. Your number will be written on your arm and/or leg before you get in line. A volunteer will direct you to an available lane to start your race.
- A lap counter will be provided for each swimmer, **but, ultimately, you are responsible for knowing how many laps you have swum!** Lap counters will indicate when you are on your last lap, but can make mistakes. Communicate with the lap counter if you would like the lap number card placed deep(er) in the pool so you can read it.
- Only two swimmers per lane at any time. NO Circle swimming

- No flotation devices, fins, paddles, or other propulsion devices of any kind, except during the kid's race. USAT rules allow goggles and face masks; no snorkels.
- No walking along the bottom or pulling along lane dividers.
- Life Guards and emergency medical personnel will be on site.

BIKE RULES

- **OBEY ALL TRAFFIC LAWS!** This is not a closed course. You will be sharing the road with traffic. Pay attention!
- You must wear an ANSI or SNELL-approved helmet (with chin strap buckled) whenever on a bike, even during warm-up.
- You are responsible for knowing the bike course. We will mark any potentially confusing intersections with white arrows.
- **STAY AS FAR TO THE RIGHT AS PRACTICAL.**
- **YOU MUST OBEY THE VOLUNTEERS' DIRECTIONS OR RISK BEING DISQUALIFIED!**
- No drafting. You must stay at least 30' behind the bike in front of you. When passing, move to the left when you get within 30' and pass safely.
- No riding two abreast except during the kids race.
- You are solely responsible for ensuring your bike is in safe mechanical condition.

RUNNING RULES

- All adult (13+) participants must run or walk the entire course. The course will be well-marked, and there will be volunteers to help direct you.
- Make sure your bib number is visible to the timers when you finish. Wear your bib in the front.

TEAMS:

- Team members do not need to use the Transition Area. Bikers may line up on the North side (just outside) of the transition area, just east of the "bike start line" where your swimmer will tag off and you can start the bike.
- The biker must tag the runner at the bike dismounting area. If one person does two events, the person must follow all the transition rules as if you were a solo team member.
- Runners may gather at the small island area at the end of the transition area (there will be tables there with volunteers passing out your chips to the biker and runner). When your biker returns to the dismount line you can tag off and start your run. Be careful, as your run will start by running through the transition area.
- **TEAM BIKERS AND RUNNERS - DO NOT FORGET TO PICK UP YOUR TIMING CHIP JUST BEFORE YOUR RACE START AT THE TABLES AT THE NORTH END OF THE TRANSITION AREA.** We will NOT pass out your timing chip until just before your race as we want to prevent anxious and excited racers from going over the red timing mats multiple times and setting off your timing device prematurely.

KIDS RULES

- **KIDS START TIME:** This is a tough one for us. We start approximately 30 minutes following the last adult racer out of the pool. Historically that has been anywhere from 130 – 300 PM. We suggest you come early so you don't miss the start.
- Please remember to bring warm gear for your child as well as something to eat if need be. Wait time can seem forever to most kids; keeping them entertained and happy prior to start leads to a very happy finish for all!
- 10-12 year old kids will go first, followed by the 6-9 year olds.
- **The kid's race is not timed.** We want all kids to experience and enjoy the event in a relaxed and safe manner.
- The 10-12 year old kids will swim two laps, bike 4 miles, and run 1 mile.
- 6-9 year old kids will swim one lap, bike 4 miles, and run 1/2 mile. Check the maps for the bike and run courses.
- Kids must perform a swim test prior to racing. Swim Test consists of jumping in one side of the deep end, swimming across the pool, getting out and going to the next available lane to start your swim.
- Kids can wear flotation devices, including life vests. Parents are NOT encouraged to get in the pool with their child but they will not be pulled from the pool either.
- Kids may accept assistance from parents and other helpers to ensure the kids are safe, follow the right course, and have a good time.
- **ALL PARENTS WHO RIDE A BIKE WITH THEIR KID(S) MUST WEAR A HELMET. ALL KIDS AND PARENTS MUST STAY TO THE RIGHT OF THE WHITE LINE. AVOID RIDING TWO ABREAST WHEN POSSIBLE.**
- **ABSOLUTELY, POSITIVELY NO TRAINING WHEELS ALLOWED. ALL KIDS MUST WEAR A HELMET TOO.**
- **Please make sure you and your child(ren) are aware of the bike and run turnarounds.**
- All kids will receive a medallion (thank you to Healthy Futures) upon completion of their triathlon.

KIDS TRANSITION

- The kids Transition area will be just northeast of the adult transition area. It will be available starting at 8am for set up; however, you do not need to set up your kids gear that early if you do not wish too.
- If you have a bike rack for your kid's bike you may bring it. You can also lay their bike down or use the kickstand on the bike.
- There will be volunteers in the transition area to assist the Kid athletes when needed.
- While we will not ban a parent from the kid's transition area we do ask to only assist your child if AT ALL NECESSARY!
- The kid's transition area is quite small with kids coming and going quite quickly when there are a lot of people in the transition area they tend to get in the way of the athletes.

RACE RESULTS

- We will do our best to have complete and accurate race results available during and after the race and then on our web site at www.eaglerivertri.com.
- To report any errors, go to <http://www.upandrunningak.com/ResultQuestions.html>. Fill out the form at that website. **You have until 5 pm on June 8 to report any errors. Results will be final after that time.**

This event is made possible by you and our sponsors. Please thank our sponsors appropriately. Donations are greatly accepted and tax deductible in accordance with IRS rules and regulations. Eagle River Triathlon, Inc. www.eaglerivertri.com, P.O. Box 243743, Anchorage, AK 99524

Missy Anderson
Co-Race Director

Co-Race Director