

General Information

- Please leave your dogs at home.
- There will be a medical aid station in the parking lot at the finish.
- Merchandise and food will be available for purchase at the race venue.
- This is a fun fitness event as well as a race. You may or may not be competitive. Please let faster triathletes pass.
- Maps of the course and staging areas can be found on this website. Participants are responsible for knowing the course.
- Label all gear with your name and number.
- To ensure the security of your bike, you must show your race number and the number on your body when entering and exiting the transition area. Your race number and number on your body must match the number on your bike when you leave the transition area with your bike after your race. **ONLY RACERS ARE ALLOWED IN THE TRANSITION AREA (BEFORE, DURING AND AFTER THE EVENT).** Racers under the age of 18 may be accompanied by one adult during bike drop off and post-race pick up.
- The bike course is an open course (cars are allowed on the course). On parts of the course the lanes are very narrow and we are guests on the military base. Please tell your friends and family not to drive on the bike course. Increased vehicle traffic that stops and starts or is following athletes poses a major safety issue.
- Always be aware of driveways and roadways that enter the course and loose animals.
- Although you can't receive assistance from spectators or other participants, you can receive assistance from any race official or volunteer.
- The best place for spectators to view the race is at Bartlett High School. There will be a lot of action with both transitions at the school. There will also be entertainment for the kids!
- Lost and found items may be claimed at the UAA Student Center on Monday, May 17, at the awards ceremony.
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General Rules

Please familiarize yourself with the “Most Commonly Violated Rules and Penalties” document. We are USA Triathlon sanctioned event and we will be following and enforcing USAT rules (see www.usatriathlon.org/events/rules.aspx for complete rules). A violation of the rules will result in a time penalty or disqualification; a warning will not be given.

Race Start Times

- Start order is determined by bib number.
- The first wave of athletes (#1-32) starts at 8:30 a.m.
- The following timelines give racers an idea of how to schedule their arrival to the race.

Bib Numbers	Time to Be on the Pool Deck
1-400	8:00am
401-700	9:30am
701-1000	11:00am
1001-1300	12:30pm
1301-1550	1:30pm

- The time guidelines are an estimate for a block of numbers; be prepared to wait (i.e. you may need to eat) or adjust your arrival time if you are a later number in the block.
- If you arrive at the pool and your number has already gone, get in line with the next swimmers who are escorted to the swim lanes. You can always swim with later numbers but you cannot swim with earlier numbers.
- If you are a volunteer working a station before you race, please complete your shift; even if it means not being ready to swim at the time listed above.

Parking

Saturday, May 15, 3:30 - 8 p.m. (bike drop off):

Park at the new VA Center parking lot just past Bartlett High School on the right. From the VA, it is a short walk to the transition area using the west Bartlett driveway (the same driveway that is the bike course exit and entrance). Do not park in any Bartlett High parking lots since they are being used that day for other activities.

Sunday, May 16:

- Parking before 8 a.m. is in the back (east) Bartlett parking lot. Turn right at first stoplight into Bartlett High School/Native Heritage Center and follow the road to the Bartlett back lot parking area. If you are parked in this lot, you may face delays exiting the area as you will have to cross the run course to exit. Please follow the directions of the volunteers when exiting.
- Parking after 8 a.m. is in the Tikahtnu Commons parking lot. Turn left at the first stoplight and follow the parking signs to the paved lot. Walk to Bartlett by crossing at the first stoplight and crosswalks. At one point, you will be crossing over the run course. Be aware that there is a race in progress and you may face delays in crossing. Please follow the directions of the volunteers when crossing. If you somehow find yourself on the bike course, please turn around immediately and proceed to the first Bartlett entrance where runners are entering and exiting.

NOTE. This area will be very busy with traffic going in and out of the base, into Tikahtnu Commons, the Native Heritage Center, and the GNT. Please obey all traffic rules, crossing only at the stoplights and crosswalks. We want to be good neighbors so these folks will want us to come back next year.

Bike and Transition Gear Check-in Procedure

MANDATORY BIKE DROP OFF FOR ALL PARTICIPANTS IS ON SATURDAY, MAY 15, 3:30 – 8:30 P.M., FOR ALL NUMBERS. Security will be provided overnight. If rain is in the forecast, we advise covering your gear with plastic bags. **The transition area will be open 6:30 – 8:00 a.m. on race day for final preparations; bikes cannot be dropped off or removed at this time.** However, transition gear can be dropped off during the Saturday bike drop or during the open time the morning of the race.

Bikes must have numbers firmly affixed prior to check-in. Your bike number is the same as your race number; both numbers will be given to you at bib pickup. The number is double-sided and adhesive. Wrap the number over the top tube (the horizontal tube from the handlebars to the seat post) of your bike and stick it together like a ski lift ticket.

Place your bike in the designated row according to your race number. Each athlete will be assigned a small space to place her bike and any other gear required for the transitions. A kickstand or a stand for your bike is required. Bikes must be upright and cannot be set up upside down. A limited number of stands will be available for purchase at bib pick up or during the bike drop off. Bikes are also available for purchase at local bike shops and REI. You will not be allowed to enter the transition area without a functional bike stand. Please mark your number on your bike stand.

Athletes are only allowed in the transition area during the Saturday bike drop off, 6:30 – 8:00 a.m. the morning of the race, and during transition (while racing). Athletes will be allowed back in the transition area to pick up gear during the race as numbered rows clear and only at the discretion of race officials. You will have to show your number (race bib and body number) to enter the transition area. Spectators are not allowed in the transition area at any time (**exception:** athletes under the age of 18 may have one person accompanying them into the transition area during set up and post-race pick up).

If you are riding your bike at any time at Bartlett, including during the Saturday set-up and the Sunday departure, you must be wearing your helmet with the chin strap fastened. You do not have to wear a helmet if you are walking your bike with both feet on the same side of the bike. Straddling your bike or sitting side saddle on the bike and pushing with your feet on the ground is the same as riding your bike. Race officials will be monitoring the area during bike drop off, during the race and post race and **YOU WILL BE DISQUALIFIED IF YOU ARE NOT WEARING YOUR HELMET.**

The Swim

- Showers will be available **in the building to the south of the pool building.** Please use this building before the race **to change and store extra clothing.** After your race, please shower and change in this building to reduce traffic in the pool locker rooms. Please do not return to the pool locker rooms after you have completed your race. Do not leave any gear in the locker room or on the pool deck as you transition. Instead, carry it with you to the transition area.
- No glass containers in the locker rooms.
- Both the male and female locker rooms will be available for use by participants only.
- Swim warm up available in the full pool from 7:30 – 8:20 a.m.
- No wet suits, fins, snorkels, or flotation devices allowed.
- Swim goggles or facemasks may be worn.
- You can change clothes in the locker room between the swim and the bike but you cannot leave any unattended clothes or gear in the locker room. If you are going to change, carry your gear with you on deck.

- Do not enter the locker room until your number is called on to the deck. Numbers on deck will be on a dry erase board clearly visible from the spectator bleachers.
- At 8:10 a.m., there will be a meeting on deck for the first 32 athletes.
- A warm up area between the bulkheads will be available for those racers who have been called down onto the deck bleachers. Please do not come down onto the deck to warm up until your number appears on the pool deck callboard.
- A volunteer will give you a swim card and mark your number on your shoulders while you wait on the deck bleachers.
- You will receive your timing chip at this time. An ankle strap will be provided and a volunteer may help you put on the chip.
- When notified, move across the bulkhead. You will be directed to the shallow or deep end. Sit in bib number order on benches. You are allowed to switch from the end you designated at registration.
- Seeded athletes and lane auction bids will swim side by side, 2 swimmers per lane; all others will circle swim 3 swimmers per lane. Give your swim card to your counter and coordinate your start time with the counter.
- You will not be allowed to set up a transition area on the pool deck or in the locker room; however, you can bring items that will fit neatly and compactly under your lap counter's chair.
- **Circle swim etiquette:** always stay to the right (just like driving!), swimming counterclockwise, the lane lines immediately to your right. Consider the area above the blue or black line to be restricted; keep all parts of your body on the right side of the blue or black line. If you need to pass a swimmer in front of you, please tap her on the foot and pass at the wall. If you feel your foot being tapped, please stop at the end of the lane in the **right corner of the wall** and allow the faster swimmer to pass (waiting in the middle may inhibit the passing swimmer's turn). Turns should be done on the blue or black cross in the center of the wall. The time to merge to the blue or black cross is after the last swimmer going the opposite direction has passed you. If you are swimming backstroke, you are still swimming counterclockwise, however, since you are on your back you will be swimming with the lanes lines to your immediate left.
- A lapboard will be waved underwater one lap before finishing and as you near the wall for the final time. Look for the first warning at nine laps. The board says "1 more lap." Look for the last warning at ten laps. The board says, "Stop." After completing the swim, you must exit the building through the locker room. Please walk as floors will be slippery!
- Follow the directions of your lap counter, even if you think you have swum an extra lap. The lap counters will be recording your time for each 50 yards on your swim card; if you think you have swum an extra lap visit <http://www.upandrinningak.com/ResultsQuestions.html> by 5pm on Monday, May 17, to report the potential error. The swim card will show the extra time and it can be subtracted from your overall time.
- Do not leave any gear on the pool deck, including caps and goggles; a time penalty will be assessed if you abandon gear.
- The pool will close at 3 p.m. or when the last swimmer exits the water, whichever comes later.
- Total length of the swim is 500 yards (10 laps; 1 lap = down and back).

The Swim-to-Bike Transition (T1)

Carefully consider what you may need to wear for the bike portion. The average temperature in May is 47 degrees. You may have transition gear under your lap counter's chair or at your bike. You may not set up transition gear in the locker room or anywhere on the pool deck. You must exit through the locker room out the main door to the bike holding area. Please do not leave any gear on the pool deck or in the locker room after you transition through. This will help reduce traffic in the locker room so later participants will have clear access to the door. You may stop and change in the locker rooms, but do not block the aisle. Leave all gear in your designated transition area at T1 and reclaim it at the end of the race. Do not mount your bike in the transition area; exit the transition and cross the timing mat before mounting.

The Bike

- Bikers are individually responsible for following traffic laws and are solely responsible for consequences of any infractions. You will be sharing the road with vehicle traffic and the bike trail with pedestrian/bike traffic; please bike defensively. Remember, even if you have the right of way, a driver that is not paying attention can do damage to you. Please be aware of what is going on around you.
- There will be volunteers placed at turns and major intersections. However, all participants are responsible for knowing the course. Please refer to the course map and description.
- Always ride as far to the right on the course as possible.
- Water and port-a-potties will be available at the bike turnaround.
- A CPSC approved helmet is required at any time you are on the bike on the race course or any race venue. The chin strap on your helmet must be fastened at all times when you are on the bike, including during bike set up on Saturday and after your race on Sunday. **YOU WILL BE DISQUALIFIED IF YOU ARE ON YOUR BIKE WITHOUT A HELMET OR THE CHIN STRAP IS NOT FASTENED.**
- No tandems, recumbent, fairing or any other device designed exclusively to reduce air resistance is allowed.
- Race numbers must be attached to the bike.
- Participants are individually responsible for repair and maintenance of their own bikes.
- Participants may walk bikes if necessary but cannot abandon the bike on the course.
- The bike distance is 13 miles.

The Bike-to-Run Transition (T2)

As you finish your bike, there will be a dismount line. After you dismount your bike you will cross a timing mat; this mat will capture your bike time and begin your T2 time. Do not take off your helmet or disconnect the chin strap until you are completely off the bike. Return your bike to your transition spot and begin your run. You will cross a timing mat as you leave the transition area; this mat will capture your T2 time and begin your run time. Water and port-a-potties will be available in T2.

The Run

- Your race number must be worn on the front of your body where it is clearly visible.
- Water will be available at the turnaround.
- Volunteers will be posted at major turns and intersections. However, all participants are responsible for knowing the course.
- The run distance is 3.1 miles.

The Finish Line and Timing Mats

Cross the finish line one time only; do not re-enter the finish chute and cross with friends or relatives. Do not cross or go near any timing mat unless your race is in progress. Remove your chip as soon as you cross the finish line (there will be someone to help you remove the chip). The timing equipment is very sensitive and may read your chip if you are too close to a mat. If you cross the finish line more than one time, results tabulators will use the *slowest* time your chip records.

Awards Ceremony and Results

The awards ceremony potluck will be at the UAA Student Center (use the UAA Bookstore entrance), Monday, May 17, starting at 5:30 p.m. Bring a dish of your choice to share. Drinks will be provided. There will be random door prizes; you must be present to win. Complete results will be posted at the awards ceremony. Results can also be found on our web site at www.goldnuggettriathlon.com. Parking is available at UAA as it will be between sessions.

The deadline for reporting possible errors in results is Tuesday, May 18, at 5 p.m. The possible error must be reported to <http://www.upandrunningak.com/ResultsQuestions.html> **by the participant or a minor participant's parent.**