

Hello All -

A few announcements to mention as the triathlon nears.

Currently we are working on the race instructions; and that will be where many of the answers to your logistics questions can be found. I will highlight some major changes here to get your brains prepared.

First of all, the deadline to withdraw from the race *to receive a refund is 5pm on May 5*. Please notify me, not any other link on the Website, by this time. Don't worry, we won't force you to do the race if you decide after this date that you cannot do the race. After May 5, we simply don't have the time to manage switches and refunds. I've had about 30 people drop out as of today.

I am working on assigning bib numbers to accommodate everyone's group requests. Bib numbers are assigned randomly; and assignment is not connected with when you registered. Bib numbers will be listed online May 4. I will try to finish this earlier in the day, but it may be close to midnight.

**Bib Pickup** - Specific times/locations listed online - USAT requires all participants bring their photo ID and if you are a USAT member, you must bring your USAT card. If you do not have USAT identification, you have the option of completing paperwork for a one-day license for the race, or heading to a computer somewhere to print out your USAT information. Even if we know you, all participants are required to provide proper identification. I've sent my friends home for their "credentials." **The requirements for racers under 18 are as follows (copied directly from the USAT Website): Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID.** All youth who sign up are automatically signed up for a USAT annual membership. \$5 of the youth registration fee goes to this. Adult registration fees cover a one-day license for the day of the race.

**Race Day Parking** - Specific information will be included in your race instructions, but here's the big thing. All participants\* and all spectators will park at Gottschalks/Red Robin parking lot at the Northway Mall and will be shuttled to Bartlett. Since the days when this race was "small" at 800 participants, we have had parking and traffic problems at Bartlett. These problems create safety issues at the entrances of Bartlett and the road leading back to the back Bartlett parking lot. For those of you who participated last year, we have increased our transportation offering! We have **five** shuttle busses. Trust us, we have set-up this system with the intention of making the race run smoother and safer. It's not to add stress to your day! Shuttle transportation to races is new to Anchorage, but is very common in large triathlons Outside - and there's no doubt about it, the Gold Nugget Triathlon is now "LARGE!"

\* I must let you know there will be limited parking available for some early bib numbers and early volunteers. I hesitate to mention this in a mass email, but to pre-answer some questions, *you will be contacted if you are someone who will park at Bartlett*. You may think you're the only one who has a special parking request when you sit down to email me that request, but trust me, you're not.

**Can someone (your cheerleader/fan/spectator) drop you off at Bartlett and then go park at the Northway Mall?**

**YES! That's a great idea!** They can drop you off on Oilwell Road *outside of the entrance to Bartlett*. They will not be allowed to drive into the Start/Finish area. There is handicapped parking available at Bartlett.

**Bike Drop Off** - All bikes will now be dropped off to Bartlett on Saturday, May 17, between 3:30 and 8:30pm. Please, no early-birds - as the set-up crew will be using the entire day (beginning at 8am) to set up the transition area. When you arrive early, it affects the efficiency of them being ready by 3:30. You are welcome to come early to start/get in line (or even pitch in and help!) but please be aware that they are working hard to get started on time. On the 8:30 end, please do your best to arrive in time to *be finished placing your bike and setting your transition area by 8:30*. It will have been a long day for a good portion of the volunteers by then, so consider this when you are planning your drop off time. Arriving at 9pm is not a good idea. Bike stands were sold out by 7pm at the bike drop off last year. Be prepared! I know we've said plenty about helmets, but remember, helmets must be properly worn if you are riding your bike anywhere on the race grounds Saturday and Sunday (this includes the Northway Mall at bike return - see below). I have had questions about the definition of riding your bike. If your legs are straddled the bike and you are walking the bike, but could easily step up and ride your bike, your helmet must be properly worn. If *your* seat is near the bike seat, even side sitting, your helmet must be properly worn. If you are walking your bike, next to your bike with both legs on one side of the bike, pushing it with your hands on the handlebars, and *your* seat is nowhere near the bike seat, you do not need to wear your helmet. A friend or child may not *your* bike without properly wearing a helmet. (I think I've answered all of the questions that have been posed to me about helmets in those few sentences.) **Last chance bib pickup begins at 6pm on Saturday, May 17. \$10 late fee unless you live on the road system north of Eagle River or south of Girdwood; or of course out of state; or if you must take an airplane to get here.**

**Bike Return** - All bikes will be delivered *from the T2 drop point* to the Gottschalks/Red Robin parking lot at the Northway Mall. Only you, the racer, can pick up your bike from the bike return area. **You must have your bib number with you** (even though your body will be marked with your number). Please do not send husbands, friends, relatives to the bike return to pick up your bike. This is a rule to keep everyone's bikes safe. Again, USAT requires that we only give bikes back to the racer. Seems like a good idea to me. Remember to gather up your items from the T1 area (where your bike started out) before you leave Bartlett! Leftover items will be brought to the banquet.

**BANQUET!!!** - NEW VENUE - The banquet will be on Monday, May 19 at 6pm at UAA. Enter through the UAA Bookstore and the banquet will be downstairs of the Student Center. Awards will be at 7pm. It will be potluck style. Beverages/cups/plates/utensils will be provided. Please bring your favorite dish to share.

**Miscellaneous** - Locker rooms. Nothing is allowed to be kept in the locker rooms this year before/during/after your swim. Specifics on how to make this work for you will be outlined in the race instructions. Start planning on how to pack your post swim items in a bag, bring the bag with you on deck (it will need to fit with 2 other swimmers' bags under the lap counters chair), swim your laps, bring the bag with you into the locker room, change, put everything in the bag, and bring the bag with you to your bike.

**Miscellaneous** - Bike handlebar end caps. Please check your handlebars to make sure the "end cap" of the handle bar has the proper plug.

**Volunteering?** - Race committee directors are receiving their volunteer lists soon. Since you specified the time/area you wanted to work, you pretty much know your slot. If your bib number is such that you will start sometime during your shift, please finish your shift - you will be able to start the race when your shift is over. Thanks to everyone who can volunteer - which is about 500 of you! To volunteer, contact Brad Cruz at [cruzer@acsalaska.net](mailto:cruzer@acsalaska.net).

Helpful hint. The Website has had a few updates lately. Depending on the setting of your Web browser, the updates may not be reflected. Next time you go to [www.goldnuggettriathlon.com](http://www.goldnuggettriathlon.com), click the Refresh button...and you should do this daily so you see any updates.