

Hello Again Gold Nugget Triathletes!

I think I've loaded everyone with plenty of information...but just a few more details to pass on and I'll pretty much set you free....

Volunteers Needed!! The Gold Nugget Triathlon is a co-op in a sense. There are 1400 participants. Of that number, 150 of you offer to volunteer at one of the bib pick ups, the course set up, or the banquet. Approximately 600 of you offer to volunteer on race day. Another 100-150 non-racers also give their time to one of these areas of the race. Truly incredible. THANK YOU ALL VERY MUCH!! Right now we are about 150 volunteers short. If you (or if you have a non-racer friend) who would be interested in volunteering, please contact the Volunteer Coordinator, Brad Cruz at cruzer@acsalaska.net. He's juggling lots of people right now and also has a day job, so please keep that in mind. He's eager to fill the volunteer slots, but remember, he's a volunteer himself. For those of you new to the race, you will be amazed at the energy the volunteers of this race provide! I have many people tell me they have as much fun volunteering as they do racing.

If you have a bib number over 800, we could use your help in the following areas if you were interested in volunteering before you race.

These positions start early enough for you to get a parking space AT Bartlett

Parking: 7am-11am

Lap Counting: 8am-11:15am

Rules Officials: 8am-Noon

There probably won't be enough parking at Bartlett for the following crew. We suspect the parking lots at Bartlett to be filled by 7:30am.

Transition 1: 8:30am - Noon

Transition 2 (bike drop): 9:30am - 12:30

Rules Officials: Noon-4pm

Bike Course: 8:30am - 12:30

Run Course: 9:30am - 12:00

Bike Return (at Northway Mall): 10:30 - 1:00

If you are interested in trading in your higher bib number for a low bib number and can volunteer after your race, we could use your help in the following areas.

Parking: 2pm - 6pm

Transition 2 (at Northway Mall): Noon - 3pm or 2:30 - 6:00pm

Transition 1: 11:30am - 2pm or 1:30 - 4:30pm

Transition 2 (bike drop): Noon - 2:30pm or 2 - 5:00pm

Run Course: 11:30am-3pm or 2 - 5pm

Lap Counting: 10:45am - 3pm

Bib pick up sessions are coming up

<http://www.goldnuggettriathlon.com/#pickup> is the link to the website with this information. Please be timely in your arrival and bring proper ID (I know y'all know that by now!) If you are a USAT member or entered "Pending" on your application, you will need to provide proof of USAT membership. If you have not completed membership for USAT since you signed up for the Gold Nugget Triathlon, you will need to complete a USAT one-day race waiver at bib pickup and pay \$10 (because your entry fee reflected a \$10 USAT membership discount.) Remember, a limited number of bike stands will be available for purchase. The Nordic Ski Association Jumping Club provides these as a fund raiser for their group. There are sizes for skinny tires as well as for mountain bike tires. Bike stands may sell out; but the Jumping Club is in no way responsible to have enough available for everyone. I have asked them to "ration" them to have inventory for each bib pickup, but if you know you need a bike stand, you should at the very least, arrive at the opening time of the bib pickup you're attending.

Link to the Race Instructions - These answer your logistical questions. Read these before firing off an email question. The race itself is the easy part. It's your preparation of the race that is the hard part: *"When should I be ready to swim?" "Where do my clothes go?" "Where do I put my transition shoes?" "How do I get my bike back?"* - Tip - If you want your items to be secure while you race, bring a combination lock to store your items in a locker in the NON-POOL BUILDING. See Race Instructions for more information about where your items should be when you're racing.

http://www.goldnuggettriathlon.com/Race%20instructions_LB.pdf

Link to the Most Commonly Violated Rules - It is common response that when a penalty is received that a person didn't even know their violation was a rule that could be broken. It is your responsibility to know the rules.

<http://www.goldnuggettriathlon.com/2008%20Most%20Commonly%20Violated%20Rules.pdf>

Link to Athlete Excess Insurance Coverage Information

<http://www.goldnuggettriathlon.com/2008%20Athlete%20Excess%20Coverage%20Handout.pdf>

With the size of the race increasing, it has placed more pressure on the venue as far as set-up, logistics, and parking. Please prepare (yourself and your spectators) for shuttle parking. It does take a bit more planning on your end - and your spectator's end; but that's where we are in our venue space challenges.

Thanks for taking the time to read through the information we're saddling you with and good luck with your training, planning, and racing!

Lauri