

GENERAL INFORMATION

General Race Rules

- No handlers allowed for any part of the race, except at T2 when you turn your bike over to a volunteer handler.
- Lap counters will be provided for the swim and do an excellent job at counting your laps for you; however the swimmer is still ultimately responsible for knowing how many laps they swim.
- No wet suits, fins, flotation or floating devices allowed.
- Any swim stroke, or combination of strokes is allowed. Stopping and standing is also allowed, as long as you are not moving forward. Walking is not allowed.
- All participants, except the top seeds and lane purchased bibs, will circle-swim.
- A protective hard shell bicycle helmet is required and chin straps must be fastened at all times while the rider is on the bike. This includes on Saturday when you drop your bike off.
- No tandems, recumbent bicycles, fairings or any other device designed exclusively to reduce air resistance allowed (exceptions can be made for participants with disabilities with approval from the race directors).
- There is no mandatory bike safety check, but all racers are responsible to have their bikes in safe working order.
- All bikes must be standing (not upside down) in the transition area. **You may not use a kick stand** as they have proven to be unreliable. Bikes must be placed in transition using a racer-supplied bike stand. You may make your own or they are available for purchase at all of the bib pick-ups.

Bike Drop-Off

All participants are required to drop their bikes off at T1 at Bartlett High School on Saturday, May 20th, between 3:00 and 7:00pm (more information will be included in pre-race e-newsletters).

Gear Drop

T2 gear bags can be dropped off on Saturday at bike drop-off between 3:00 and 7:00pm or on race morning from 7:00 – 8:30am. T2 gear bags will be secured in trucks and delivered to T2. (more information will be included in pre-race e-newsletters).

Spectators

Thank you for supporting these amazing athletes. Please follow directions from all volunteers and race officials. You can cheer on your racer, but you can't offer any assistance such as helping change a flat or providing pacing. To view the swim, enter the pool building and take the stairs on your right. The racers will exit the building from the doors on the left near the tennis courts. They will bike along the highway and run back to the finish line at Bartlett High School. There is no place to park along the Arctic Valley Road or at T2. Any cars will be asked to turn around and this might cause you to miss your racer's finish.

Please stay and visit the vendors and cheer on the other racers! We will have food trucks, merchandise vendors, informational tents, a booth to make a sign for your racer, and even a bouncy house for the kiddos! **No dogs, or bikes, are allowed in the finish line area.**

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Race Day Parking (Carpooling is strongly encouraged!)

Saturday, May 20th, 3:00 – 7:00 pm

Mandatory Bike Drop-Off

All racers must park at the Veterans Affairs (VA) Center parking lot just past the entrance to Bartlett High School. From the VA, it is a short walk to the T1/bike corral at Bartlett High School. There will be volunteers directing you. PLEASE, do not park in any of the Bartlett High School parking lots or along the Bartlett High School entry road. Your vehicle will be towed!

Sunday, May 21st, 7:00 am – 6:00 pm

Race day

Parking is in the Tikahtnu Commons parking lot. For access to GNT parking, turn left at the second traffic light. Do not park or gain entry via the first entrance. Tikahtnu Commons has designated a specific area for GNT racers and spectators; please park in this area ONLY so we will be invited back in future years. There will be bright “GNT Parking” signs on the light posts as well as flaggers and parking volunteers to help direct you.

Awards Banquet

Monday, May 22nd at 6:00 pm

Begich Middle School

7440 Creekside Center Drive

GO GREEN! Wear your new GNT shirt and bring your new reusable filled water bottle. (Drinks will not be provided at the banquet.) Bring a dish to share.

Throughout the awards presentation are drawings for many donated prizes. There are tickets for both racers and volunteers. Families are welcome!

Awards are given for the following categories:

- Top 10 overall
- Top 5 in each age group (five-year increments through the oldest participant)
- Top 3 mother-daughter teams (combined time of mother and one daughter)
- Top Tri-Generation team (combined time of grandmother, mother and one daughter)
- Top team of each division (combined top five times of a school, business or open team)
- "Most Improved" as compared to last year. You must have checked the box indicating that you wanted to be considered for this award during registration.

Race Photographers

There will be a team of professional photographers from **Alaska's Focus Photography** at the race taking pictures along the course, so keep your number visible and a smile on your face! After the race, a link from the homepage and Facebook will allow you to view and purchase the images.