

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 our website, www.goldnuggettriathlon.com. 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). However, there is a very narrow shoulder and we are guests in a residential neighborhood. 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.
- The best place for spectators to view the race is at Chugiak 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 18, at the awards ceremony.

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.

Parking

Parking is not available at Chugiak High School for anyone, except for handicap parking. You must have a handicap sticker to be able to park at Chugiak. There is NO drop off or pick up area. Please do not drive to Chugiak and attempt to be dropped off or park; you will be turned away. Instead, park at Fire Lake Recreation Center/Harry McDonald Hockey Center or Fire Lake Elementary off Eagle River Road/Old Glenn Highway. To get to Fire Lake Recreation Center from Anchorage, take the Eagle River exit through Eagle River. Go .25 miles past Fred Meyer, then up the marked paved road on the right (<http://www.mapquest.com/>). Shuttles will run from 7 a.m. to 6 p.m. between Fire Lake and Chugiak. Please account for the shuttle time when planning your arrival time. There will be 6 shuttles running and the commute time is about 12 minutes. Shuttles are for spectators and participants. At the end of the day, gather all your gear

including your bike, and return to the shuttle area at Chugiak. Your bike will go into a van and you will get on the shuttle; the van and the shuttle will travel together so that you can retrieve your bike when you arrive back at the parking area. Please remember, only you can retrieve your bike at Fire Lake and you must show your number and the number on your body (which match the number on your bike) in order to retrieve your bike. This requirement is for the protection of everyone.

Bike and Transition Gear Check-in Procedure

MANDATORY BIKE DROP OFF FOR ALL PARTICIPANTS IS ON SATURDAY, MAY 16, 3:30 – 8:30 P.M., FOR ALL NUMBERS. You can also drop off transition gear at this time. Security will be provided overnight. If rain is in the forecast, we advise covering your gear with plastic bags. There will be a changing tent between the swim and the transition area. If you are going to have gear in the changing tent, it must be in a small bag with your number on it. You can place it in the tent during bike drop off or when the transition area is open the day of the race. **The transition area will be open 7:00 – 8:30 a.m. on race day for final preparations; bikes cannot be dropped off or removed at this time.** However, transition gear can be placed 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. 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 transition. A kickstand or a stand for your bike is required. Bikes must be upright and cannot be set up upside down. Stands may be purchased at bib pick up or during the bike drop off. Please mark your number on your bike stand.

Athletes are only allowed in the transition area during the bike drop off on Saturday, 7:00 – 8:30 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 Chugiak High School or at the parking location at Fire Lake, 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. The parking lot will be monitored by race officials and **YOU WILL BE DISQUALIFIED IF YOU ARE NOT WEARING YOUR HELMET.**

The Swim

- You may swim any stroke or any combination of strokes including but not limited to floating on your back and kicking, sidestroke, or dog paddle. Walking on the bottom of the pool is not allowed.
- No glass containers in the locker rooms.
- Both the pool male and female locker rooms will be available for use by participants. The male and female locker rooms located by the gym, a short walk past the pool entrance, will also be available. Please store your clothes appropriately in the locker room (i.e. in a locker) and return to retrieve them as soon as possible so there is room for triathletes competing later in the day. The pool locker rooms will fill up fast and the female locker room in particular will be very crowded as this is where the line for the swim will overflow from the pool deck.
- Swim warm up available in the full pool from 8:00 – 8:50 a.m.
- No wet suits, fins, snorkels, or flotation devices allowed.
- Swim goggles or facemasks may be worn.
- The start times are based on the swim time estimates that were provided. It will keep the race running on time if you are on deck at the time associated with your wave. This way if we are running ahead you won't miss your time. If you are in Wave 1-5 and you miss your start time, but your wave is still in progress you may start your swim at the end of your wave. If you miss your wave entirely, you may start in either of the Party Waves. If you are in Wave 6-9 and you miss your start time, but your wave is still in progress you may start your swim at the end of your wave. If you miss your wave entirely, you may start in Party Wave 2. A note about Party Waves; party wave swimmers will not necessarily swim in the bib number order. The “on deck” time is when you should get in line. There will be volunteers to help place you in the right position. The “start time” is when the first swimmer in the wave begins to when the wave is finished.

Wave #	On deck	Start time
1	8:30	9-9:30
2	9:00	9:30-10:00
3	9:30	10-10:30
4	10:00	10:30-11:30
5	11:00	11:30-12:15
Party Wave 1	11:45	12:15-1:15
6	12:45	1:15-1:45
7	1:15	1:45-2:15
8	1:45	2:15-3:15
9	1:45	2:15-3:15
Party Wave 2	2:30	3:15-4:15

- The dive well area will be available for warm up while the race is in progress.
- While you are in line a volunteer will mark your number on your shoulders and your age on your left calf (you can opt out of your age if you wish).
- You will receive your timing chip at this time. An ankle strap will be provided and instructions will be available.
- No extra gear is allowed on deck, including towels and flip flops. There will be a table for glasses and necessary medical devices by the exit door. You can place these items at the table before getting in line and retrieve them before you exit the building to transition. If you need your glasses to see while standing in line, you can hand them off to a volunteer before beginning your swim. No other gear can be left at this table.
- Seeded athletes and lane auction bids will swim side by side, 2 swimmers per lane; all others will snake swim.
- **The start for Wave 1 and Wave 2:** The first 12 athletes will start from a holding area at about 1 second intervals. You will cross over a timing mat (that is when your time officially begins) and then you will proceed to your assigned lane. The rest of Wave 1 and Wave 2 will be fed in as lanes become available.
- Wave 1 and Wave 2 will have lap counters. 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 five laps. The board says "1 more lap." Look for the last warning at six laps. The board says, "Stop."
- 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, contact Greta Yarbrough, gretay@gci.net. The swim card will show the extra time and it can be subtracted from your overall time.
- **The start for the snake swim (Wave 3 – Party Wave 2):** athletes will start from a holding area when released by a volunteer. You will then cross over a timing mat (that is when your time officially begins), proceed to the closest lane and enter the water. Wave 3 will start after Wave 2 clears the pool. Athletes in Waves 3 – Party Wave 2 will start approximately every 15 seconds.
- **Entry into the water for all swimmers:** enter the water by either a seated and/or feet first position. A seated dive is allowed but diving from a standing or kneeling position is not allowed.
- **Snake swim etiquette:** always stay to the left, swimming clockwise, the lane lines immediately to your left. Consider the area above the blue line on the pool bottom to be restricted; keep all parts of your body on the left side of the blue 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 and allow the faster swimmer to pass. You will want to wait on the wall in a position that makes it easiest for the passing swimmer to make her turn. If you are swimming backstroke, you are still swimming clockwise, however, since you are on your back you will be swimming with the lanes lines to your immediate right.
- Exit the pool from the open door that leads immediately to the transition area. You will not be able to return to the locker rooms. There is a timing mat outside of the pool door that will capture your swim time and begin your transition 1 (T1) time.

- Do not leave any gear on the pool deck, including caps and goggles; a time penalty will be assessed if you abandon gear.
- Total length of the swim is 300 yards (6 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 at your bike or in the changing tent. If you are using the changing tent, once you have changed you must take all of your gear with you to your transition area at your bike. You will be assessed a time penalty if you leave gear in the tent after you have transitioned through the tent. You may not set up transition gear in the locker room or anywhere on the pool deck. You may walk or run your bike in transition but do not ride your bike in the transition area. After you cross the timing mat you can mount your bike. This mat will capture your T1 time and start your bike time.

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; 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.
- Always ride as far to the right on the course as possible; do not ride side by side.
- Water and port-a-potties will be available at the bike turnaround.
- A protective ANSI, SNELL or CPSC approved helmet is required at any time you are on the bike on the race course or any race venue (including Chugiak High School grounds and Fire Lake Recreation Center). 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.
- Although there will be race officials patrolling the course who can provide assistance, you should not expect them to be immediately available if you experience a mechanical breakdown. Participants should be prepared to repair and provide maintenance to their own bikes.
- Participants may walk or run bikes if necessary but cannot abandon the bike on the course.
- The bike distance is 9 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 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 will be at the UAA Student Center (use the UAA Bookstore entrance), Monday, May 18. Potluck (bring your choice of a dish to share) starts at 6 p.m. and the awards will begin at 7 p.m. 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.

The deadline for reporting possible errors in results is Tuesday, May 19, at noon. The possible error must be reported to Greta Yarbrough, gretay@gci.net, by the participant or a minor participant's parent.