

Hi Registrants for the Gold Nugget Triathlon!

The start order list has been posted on the Website. Bib numbers will be finalized before bib pickup; so don't fret if you don't see a bib number next to your name.

Wave Designations

You will see a wave number associated with your name. You should then check the Wave Start File (also on the Website) to determine when your wave is expected to start and when to be on deck. You will also see the type of wave you requested on your enrollment form:

Seeded Wave

Party Wave

Age Group Wave

Mother Daughter Wave

Lane Donation Wave

Volunteer Wave - for those of you who selected one of the afternoon volunteer slots. This wave begins after the lane donation wave.

For Mother/Daughters who want to start together, you may start together at the end of the Mother/Daughter wave (after the 40-75 age group block finishes).

For Mother/Daughters who are in the Volunteer Wave, you may start together at the end of that wave (after the 40-75 age group block finishes).

Waves 3-9

Within each wave, racers have been seeded as follows:

Age 10-39 – fastest to slowest estimated swim time

Age 10-39 – those who did not enter an estimated swim time

Age 40-75 – fastest to slowest estimated swim time

Age 40-76 – those who did not enter an estimated swim

Party Waves

Party Wave 1 follows wave 5

Party Wave 2 follows wave 9

Those of you who selected Party Wave are assigned to either Party Wave 1 or Party Wave 2 and will be assigned bib numbers, but you simply show up in the timeframe of your designated party wave and get in line to swim; so the start order on race day will not reflect numerical order. If you want to swim with a group of friends, just gather together and get in line. This wave has not been assembled based on estimated swim times. Age group waves have been assembled based on estimated swim times provided.

There are 25 lane donation slots available and may be purchased at the bib pickups. First come first serve. They may be gone by the end of the first bib pick up.

You will see more updates from me as the race nears. If you contact me and don't receive a reply immediately, it may be due to high email volume or that the answer is somewhere on the Website and I figure you'll find your answer soon. Please refrain from asking me something specific to your start time such as: Why am I starting so early? Or "Why am I starting so late?" OR "Why am I not starting with my friend" (the answer to that is probably because you selected an Age Group Wave instead of Party Wave.) I'm sure everyone realizes that all 1400 racers can't start before noon – but please be assured that the start order has been set with the entire race day in mind. You probably won't be surprised to hear me say that my interest is low in switching you to a wave other than the wave you selected. If I get many of the same questions that refer to information provided on the Website, I will take it as an indication that information needs to be made more clear on the Website and will update accordingly.

If you have volunteering questions, please contact Laura Carpenter, the Volunteer Director at lcarpenter@gci.net.

Bib Pickup Dates:

- Saturday, May 9, 10:00 – 1:00 at The Sport Shop
- Tuesday, May 12, 4:30 – 6:30 at Skinny Raven
- Thursday, May 14, 4:30 – 6:30 at Chain Reaction Cycles
- Saturday, May 16, 3:30 - 8:30 at Chugiak High School front parking lot (\$10 late fee*)

*Late fee will not be assessed if you reside outside of the Municipality of Anchorage

Bike Drop-off at Chugiak High School

Saturday, May 16

Opens at 3:30 p.m.

Closes at 8:30 p.m. (please don't cut this time close – volunteers want to finish by 8:30)

Only participants are allowed in the transition area. A non-racer delivering a bike will not be allowed to set up the transition area -- rather, a transition area volunteer will place the bike. The racer may come on race morning during the designated times to set up the transition area. Bikes will be secured in the transition area overnight. There will be access to the transition area the morning of the race (specific time to be determined). However, bikes will not be allowed to enter or exit the transition area during this time.

Be sure to check the website for updates, and read your race instructions – which will only be available online <this is a change from previous years> – they are full of very important information!

There are no refunds if you are unable to participate in the race or if the race is canceled for any reason. We also will not be able to accommodate – “Can I transfer my bib to my friend?” requests. USA Triathlon (the sanctioning body which provides insurance for the GNT) has had problems in the past due to the unofficial transfer of bibs (also known as “bandits”). There have been cases where non registered racers have been injured in a race and then successfully sued the race. While, yes we definitely have a high interest in the race and that it seems logical that there should be a transfer process in place to accommodate the people who want to be in the race, it is a very large administrative undertaking (as learned last year when we incorporated the refund/wait list program). The only fair way to transfer open slots would be to work from an official wait list; otherwise it would be a “who you know” process – or we'll see bibs for sale on Ebay – it has happened. We haven't abandoned the prospect of creating an automated way of transferring, but until then, transfers will not be made. As big as the race is, there are still a limited amount of resources (people) who organize it.

Thanks everyone! – Like I say, the race is EASY compared to all of the pre-race reading/planning and information digesting that is required.

Lauri Bassett

Up and Running Event Management for
Alaska Women's Gold Nugget Triathlon