

Hello All –

Here we go....as I say, the race is easier than the preparation and the reading assignments we give you all! Thanks for signing up for the 2009 Gold Nugget Triathlon!! Attached are the race instructions. Please take the time to read them. There will be a "Question" table at the bib pickups to help clarify rules and procedures. The rules are in place in the spirit of safety. USAT rule information will be posted on the website soon. You may also refer to the USA Triathlon Website for rules (<http://triathlon.teamusa.org/content/index/1684>). If you are unable to do the triathlon, it is not possible to transfer your bib to a non-registered racer. This is a USAT rule.

**Bib Pickup** - Specific times/locations listed online. First one is Saturday, May 9 at the Women's Sport Shop. See Website for weekday bib pickup information as well as Saturday, May 16 bib pickup/bike dropoff information.

**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 and paying \$10 (cash or check only) 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, so if you are receiving this email, you have successfully signed up for the race and do not need to pay any more money (unless you signed up as USAT and do not bring your USAT card.)

**Race Photos** – Action Sports International will once again be on the course taking pictures. You will receive a sticker with a number that corresponds to your bib number to place on the FRONT of your helmet. Pictures should be available by Wednesday or Thursday after the race. ([http://www.asiorders.com/view\\_event.asp?EVENTID=45794](http://www.asiorders.com/view_event.asp?EVENTID=45794))

**Bike Stands** – 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.

**Race Day Parking** - Specific information will be included in your race instructions, but here's the big thing: **On race day - all participants, volunteers, and spectators will park at the Harry J. McDonald Memorial Center and be bused to Chugiak High School.**(<http://www.mcdonaldcenter.net/location.htm>) After your race, you will be bused back to the parking area and your bike will travel on a Uhaul simultaneously. Offsite parking was deemed the safest way to manage traffic and race course.

Directions to the Harry J. McDonald Memorial Center from Anchorage: Take the North Eagle River Exit. As you come up the ramp, you'll come to a stop sign. Turn right at the stop sign (From Wasilla/Palmer: take the same exit and turn left at the stop sign). Then you'll come to a stop light where you are facing Spenard Builders Supply and Fred Meyers. Turn left at the light and you'll be going North on the Old Glenn Hwy. Take the second right (3/10th of a mile from the stop light). This is the driveway and is named Harry McDonald Road. The first left is the turn for the Fire Lake Elementary School. Don't take the left-keep coming up the hill into our parking lot.

**Can someone (your cheerleader/fan/spectator) drop you off at Chugiak and then drive to the Harry J. McDonald Memorial Center? No, sorry, not this year. The logistics of the entrances to Chugiak create for too much congestion in the racing area.** There is handicapped parking available at Chugiak. A handicapped sticker must be displayed.

**Bike Drop Off** - All bikes will now be dropped off to Chugiak on Saturday, May 16, 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 at the parking/bus area at the McDonald Memorial Center). 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 ride *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 3:30pm on Saturday, May 16. \$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* to take an airplane to get here.**

**Bike Return** – All racers will return their bikes to their original starting point (to their bike stands) upon completing the bike portion of the race.

**BANQUET!!!** - The banquet will be on Monday, May 18 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. Food assignments are:

Last name A-H main dishes

Last name L-T salads

Last name Q-Z desserts

**Miscellaneous** - Locker rooms. Please see race instructions for logistical information of locker rooms.

**Volunteering?** – Volunteer Director, Laura Carpenter has contacted her volunteers. If you have volunteered and haven't heard from her, she can be reached at [lcarpenter@gci.net](mailto:lcarpenter@gci.net). We are in need of some drivers on race day to drive Uhauls and volunteer shuttle vans. Please contact Laura if you know of someone who would be interested in these positions. GREAT job for a family member who isn't doing the race.

Finally – The Birchwood residents have noticed an increase in bicycle traffic over the past few weeks – with the Bike For Women and the Gold Nugget Triathlon being so popular. We want to highlight some safety topics so please familiarize yourself with the bike course by riding the course as often as possible. Also remember that you are in a busy neighborhood. Follow standard cycling rules of the road. Always:

1. Ride as far to the right as possible, in the same direction as vehicle traffic.
2. Do not ride next to another cyclist; travel in single file.
3. If you are going to pass another cyclist, you should pass on the left, pass as quickly as possible and return to a position as far right as possible after you are sure you have completed your pass.
4. Always check behind you before pulling out to pass; there may be a car or another faster cyclist approaching from behind who is attempting to pass you.
5. Do not cross over the yellow line into the oncoming lane.
6. Be aware of vehicles pulling out from side roads and driveways.
7. Always wear a helmet and do not wear an ipod or earphones. Hearing is an important sense to have when cycling; you may hear a problem before you see it (i.e. barking dogs, squealing tires, cyclists approaching from behind).

Thanks for reading!!

Lauri Bassett  
Gold Nugget Triathlon Registration