

Hello Gold Nugget Triathlon Participants!!

A few final details as the race nears. I'm hoping this email doesn't stir up more questions than it clears up, but I have heard these questions around bib pickup and while the race instructions do address this, we've trained y'all so well to NOT leave anything in the locker rooms that I realize everyone is hesitant about leaving things in the locker rooms. I do not have a Blackberry/iPhone/leash; so it may be likely that I won't be able to respond to questions you send via email after Saturday morning. I'm sure you'll all be fine. If in doubt, read the race instructions. Lisa Keller has done a great job of lining out step by step.

If you are not participating in the race, you may notify me, but the race isn't transferring bibs to anyone on a wait list (especially at this point), so it's not crucial that I know your story; except it's nice to know so that we know how many people to expect in each wave. Please don't transfer your bib to another person who has not signed up for the race. It is against USAT rules to do this; and they provide the insurance for this nice race so we are obligated to follow the rules.

Locker rooms – No, you don't have to ride the shuttle from the parking area to Chugiak in your swim suit (you may if you'd like – but we have a plan for the rest of you). The lockers of the locker rooms are available for you to use. In the past, since at Bartlett we go through the locker rooms between the swim and the bike portion, the locker rooms are considered to be part of the course and that is why items could not be left in those locker rooms between the swim and the bike. The set-up at Chugiak is different; so you'll walk into the pool area *from one of the locker rooms* ready to race. I'd suggest bringing a lock – combination is good – or if you need to bring a key lock, bring a safety pin to pin it to your suit. Please do your best to return to the locker rooms as soon as you can after your race to free up a locker for a fellow triathlete. For those of you volunteering after you race, I realize that you'll probably need to leave your items there while you volunteer – understood. Please do your best to make sure you get all of your items. Lost and found is traditionally brought to the banquet on Monday, May 18 at UAA – 6pm...but we don't hold on to it long, so please make sure you have everything before you leave Chugiak at the end of the day. We're hoping to keep the trend of fewer than 10 items left in the locker rooms at the end of the day.

Tip – as lovely as the race bags are that Habitat Housewares provided, if everyone uses their bags on race day, there could be trouble distinguishing your bag from other racer's bags. Consider this and either mark it well so that you take yours and not someone else's – or use a bag that is easy to spot. I say this in case the lockers are full at the time you arrive. We will have race officials in the locker rooms; though the usual disclaimer that needs to be out there: "The Gold Nugget Triathlon, Chugiak High School, etc. are not responsible for items in the locker rooms." (I hate having to say that out loud...)

Exit table in pool area – Evidently this topic was unclear to **me** as I spoke to some people and **I misinterpreted the race instructions**. This table is only for eye glasses and medical *equipment* that is needed by a racer. It is not where shoes **of any kind** can be stored. I'm sorry for those of you with **plantar fasciitis** – you will not be able to put shoes there. Allowing some people to place shoes in this area could give unfair advantages to those racers. If you need shoes before you get to your bike, please use the transition tent. The distance from the pool door to the transition tent is 272 feet. There are not any exceptions to this rule..."even if..." Thanks for your understanding and I apologize to the few of you that received incorrect information....straight from race management's mouth to boot!

Volunteer Drivers Needed!!! – We are in need of drivers to deliver volunteers to their stations on the race course. This is a great job for non-racing family members. There will be two shifts (as the plan is right now). The shifts will be approximately 8am-1pm/1pm-6pm. We would like 4 drivers. Please contact Laura Carpenter (lcarpenter@gci.net) for this.

Parking – I think everyone is aware that ALL parking is at the Harry McDonald Ice Arena. The exit for this is BEFORE the exit that takes you to Chugiak. Make sure you take the Eagle River exit.

Have a fun time this weekend. Bib pickup at Chain Reaction on Thursday (4:30-6:30). Bib pickup and Bike drop off at Chugiak High School on Saturday (3:30-8:30). Bike stands seem to be in good supply, but they usually go fast on Saturday! Thanks to all of you and thanks to all of our racer/volunteers – including pre-race and race day!

Lauri