

## **Tri Fusion Radiant Lake Triathlon Rules and Information 2010**

### **Parking**

1. You may park along Pristine Circle on Saturday for packet pickup, to preview the course and model homes for the cruiser bike drawing.
2. On Sunday, June 6, EVERYONE must park in the event parking lot. The course utilizes all surrounding streets and must remain clear of vehicles.
3. The event parking is very close to the race start and transition but is ½ mile away from the finish, food and award ceremony.
4. Event parking will be closed from 9:00 AM to approx. 10:00 AM to in and out traffic until the last bike leaves transition for safety reasons.

### **Spectators**

1. The course is very spectator friendly. Spectators can bring bikes to watch the race from more vantage points. The best location to watch the start, entire swim and parts of the run is on Treasure Island-a peninsula. Nagel Rd provides a good opportunity for watching the run also. Majestic near Radcliffe is a good place to see the cyclists and last part of the run. The finish line comes down Majestic to Pristine Circle and is where the food will be located.
2. Spectators on bikes cannot ride on the course or next to the athletes. Spectators can use sidewalks to get around.
3. Spectators must park in the event parking. Please note the finish line and event parking are ½ mile apart.
4. Spectators are not encouraged to drive out on the bike course and by law cannot park or stand near railroad tracks.
5. Spectators should bring portable chairs if desired and umbrellas as rain is likely.

### **Services**

1. The transition area has one permanent bathroom. Porta potties will be near the start and transition for spectators and athletes. There is one bathroom in the finish area park and there will be additional porta potties next to the park.
2. Vertical Earth will provide tech support in transition.
3. Greg Johnston Photography will be the race photographer and will have ordering and purchasing information at packet pickup.
4. Greg Hughes will be in the finish area for post race massage. 15 minutes for \$10. He will also be at the start area for anyone wanting a pre race massage. Cash only.
5. Race announcing and music by Packfiller Productions.
6. Model homes (4 total) will be open on Saturday for packet pickup. They each will have snacks and provide an opportunity to win a Cruiser Bike, courtesy of Victory Homes and Coldwell Banker. Three of these homes are on the lake. They will also be open on race day for Spectators to visit. The covered back patios make a good place to watch the swim if it's raining.
7. Heed, water, oranges, bananas and muffins will be available at the finish line for athletes.
8. Sandwiches (roast beef, ham, turkey and vegetarian) chips and soda will be provided for athletes and volunteers with their wristbands. Spectators may purchase lunch and bottled drinks from the vendor, San Francisco Sourdough. Cash only.
9. Coffee will be provided at the start and finish area for everyone.
10. A keg of Michelob Ultra will be in the beer garden near the finish for anyone 21 yrs. and older. Must show ID. Athletes can show wristband-minors will be marked.
11. Volunteers will have white RACE CREW shirts. Pointers and Marshals will have bright green vests. Officials will have light blue STAFF shirts. (These are cotton tees and may be covered by coats or rain gear depending on weather)
12. Race belts will be available at packet pick up if you need one. They are easier to use than pins, however, pins will be available..
13. Timing chip instructions will be at packet pick up.
14. You can leave warm after race clothing in a bag with your bib number on it at the start of the race. We will transport them to the finish area. Bags must be ready to go by 8:45 AM next to transition.

### **Bib Numbers**

1. Your bib number must be visible on your back while on the bike. It must be visible on the front during the run. We recommend the use of race belts (available at packet pickup).
2. Your bike frame number must be on your bike during the race and especially to retrieve your bike from transition after the race. Use the provided twist ties to attach it somewhere on your bike frame. If you don't race with a saddlebag, attaching it under your saddle is good place. If you race with a saddlebag, choose a place that does not get in the way of your pedaling.
3. Your orange wristband is put on at packet pickup and must be worn to retrieve your bike, get lunch and enter the beer garden.

### **Swim Course Information**

1. Water and Heed will be available at the start and transition.
2. Start waves will be posted at packet pick up and again at the race start. Waves will be swim cap color specific. You must confirm you are in the correct category and receive the correct color at packet pick up. You must start in your correct wave to receive your accurate splits and times.
3. The start is a water start. The lake is shallow so you may stand or tread water. The course is an out and back, approx. ½ mile total. Yellow buoys mark the course and you will keep them on your left. Different buoys will mark the start line and the turnaround. Kayakers will be in the water with you if you need a rest. Certified lifeguards will be on the beach. You may grab a kayak or stand on the bottom as long as you do not leave the water to advance the course or hang on to a moving kayak.
4. Wetsuits, booties and neoprene caps are encouraged due to the water temperature. The long cold spell has brought this small body of water down to 60 degrees on May 30. Your race provided swim cap must be worn over any other swim caps for safety reasons.
5. No flotation devices, fins or gloves with webbing allowed.
6. Final instructions and how to indicate you are in trouble will be given in the pre-race meeting.
7. The swim exit is on a cement ramp as is transition so you should not have sandy feet.

### **Transition**

1. Transition is open to athletes only. No outside assistance or spectators allowed at anytime.
2. Athletes must have their wristband checked against their bike frame number to retrieve their bike after the race for security reasons.
3. Transition is closed to athletes who have finished the race until the last athlete leaves on the run.
4. You must adhere to MOUNT and DISMOUNT designated areas in and out of transition for safety reasons.
5. Bike racks will be on a first come first serve basis due to the small field size. They will not be divided by category with the exception of Teams. Teams will have an designated rack and receive instruction on where to transfer their timing chip.
6. Make sure your bike is in good working order before the race and that you have the ability to fix a flat during the race. Tech support will be in the transition if you have an emergency or if you need to be picked up on the bike course.

### **Bike Course Information**

1. The bike course is OPEN TO VEHICULAR TRAFFIC. You must watch for cars, especially when passing another cyclist and swinging into traffic to make a right turn. Also watch for oncoming cars making a left turn into the same lane you are turning right onto. There will be professional flaggers at key turns and intersections, however you must watch also. There will be volunteer marshals at other turns and intersections but you must watch too. The course will be marked but you are responsible to know the course. Boekel Rd, Meyer Rd and Hayden Ave can be busy and vehicles travel fast. Stay as close to the right as possible. Watch for cars leaving driveways and parking lots.
2. Union Pacific Railroad is suspending train operations from 9:00 AM to 11:00 AM. You will cross this track 4 times. Slow down, watch for a train anyway, and cross the tracks carefully. Make sure your tires are not parallel with the grooves of the tracks.
3. Watch for mailboxes on your right. Some are close to the shoulder and some may be laying open.
4. No drafting behind other cyclists. You must stay 3 bike lengths from the bike in front of you. Flagrant violation of drafting will result in disqualification. If you need to pass, look for cars behind you, then pass in 15 seconds or drop back. Don't pass on a turn.
5. Watch for gravel and potholes at turns. Don't brake at the turn; brake before you enter the turn to prevent a skid.
6. You must wear your helmet with chinstrap fastened at all times while on your bike.
7. NO mp3 players, ear buds or headphones allowed for safety reasons on this open course.

### **Run Course Information**

1. The run course meanders and has 3 turnarounds. Often there is 2-way run traffic. The course will be well marked so watch carefully for directional arrows. Stay on your side of the course, which in some cases is the left side. Nagel Road will be closed to traffic. Pristine Circle is open to resident traffic only and Radcliffe is open to traffic. The run lanes will be coned off but watch for cars.
2. There will be an aid station at approx. mile 2 on Nagel. The aid station will be in the middle of the road so may be accessed going either direction. It will have water and Heed.
3. The finish is down hill with right turn just before the line.
4. NO mp3 players, ear buds or headphones allowed for safety reasons on this partially open course.

**Awards Ceremony**

1. The awards ceremony will be on the beach in the park next to the finish line. There is amphitheater seating. Bring umbrellas in case of rain.
2. Results will be posted immediately after the race near the finish area by Across the Line Timing. They will be available online at: [www.atltiming.com](http://www.atltiming.com) on race day and on the event website: [www.radiantlaketriathlon](http://www.radiantlaketriathlon) within 24 hours of the race.
3. Overall man, woman and team will receive a plaque. Gold, silver and bronze medals go to the top 3 finishers in each category, top 2 teams. Because the field is small, chances are good for a medal so we encourage everyone to stay.
4. Giveaways will be drawn from bib #'s of those present. The Cruiser Bike will be given to the winner drawn from the stamped cards left while visiting the model homes on Saturday.

**Additional Information**

1. If you receive a timing chip but do not finish the race, please return the chip to any official in a light blue shirt and give them your bib number and name.

**Suggested and/necessary Items to Bring**

1. Towel or mat to place your transition gear on.
2. Towel to dry off
3. Bike
4. Bike Helmet
5. Bike shoes
6. Bike shorts
7. Swimsuit/tri-suit
8. Cycling gloves
9. Swim Goggles
10. Running shoes
11. Socks
12. Sunglasses
13. Hat/visor
14. Water bottle (s)
15. Nutrition
16. After race clothes
17. Timing Chip
18. Bib number and race belt or pins
19. Bike frame number and twist ties (best attached at race-may blow off on car)
20. Orange event wristband on wrist

**Tell spectator friends/family to bring:**

1. Portable chairs
2. Bike if they want to ride to various locations to watch you
3. Cash for lunch
4. Cash for photos-some available at the finish
5. Cash for a massage
6. Warm clothes for after the race for you if you don't leave a bag at the start
7. Umbrellas

We are very happy to bring this race to you and wish you the best of luck and a great experience.