

Charlottesville Sprint Triathlon #1
Walnut Creek Park, Charlottesville, VA
Sunday, June 26, 2011 7:30am Start

http://www.charlottesvilleclub.com/june_sprint_tri.php

ATHLETE GUIDE

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SCHEDULE OF EVENTS

Friday, June 24, 2011 – Cville Tri Club Members ONLY

Open water swim, on the course

Walnut Creek Park, 5:30pm – 6:30pm

Saturday, June 25, 2011

Packet Pickup, noon to 5:00pm

Ragged Mountain Running Shop, upstairs

3 Elliewood Avenue (near The Corner), off University Ave.

Charlottesville

Sunday, June 26, 2011

RACEDAY SCHEDULE

5:30am : Park opens; transition opens; registration opens

5:30am – 7:10am: Body marking, chip pickup, packet pickup

7:15am : **Transition closes**; pre-race meeting on the beach

7:30am : **RACE START** – 1st wave

10:00am : Awards

RACE CUT-OFF TIMES

Athletes will have 2 ½ hours to complete the course

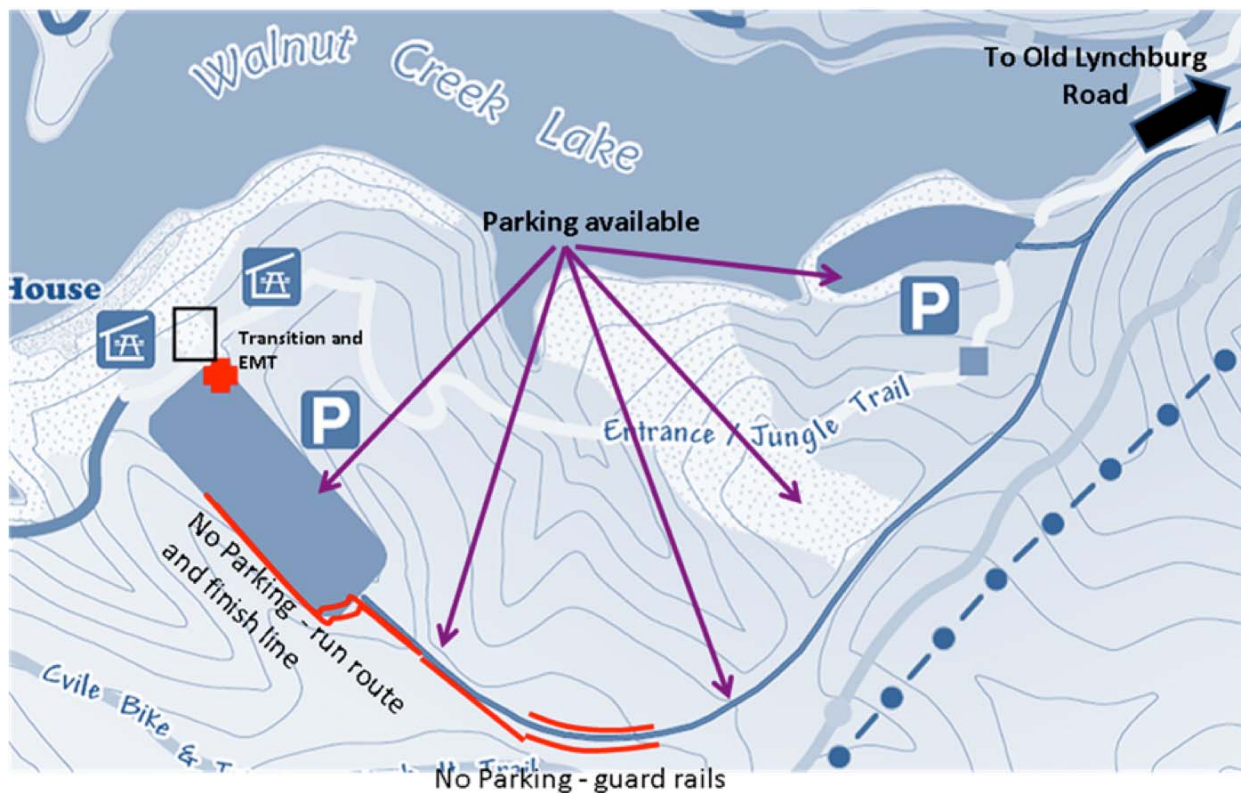
The bike course must be completed within 2 hours after the last wave start. After this time, you may complete the course, but you may not continue to race. Completion of the course after this time is at your own risk, and the route will not be supported.

RACE INFORMATION

Race Site: Walnut Creek Park, Old Lynchburg Road, Charlottesville, VA

Directions: from Main Street Charlottesville: take Ridge Street south. It becomes 5th Street. Continue south from city center. 5th Street crosses under I-64, narrows and changes name to Old Lynchburg Road. Approximately 9 miles south of City, Old Lynchburg crosses Red Hill Road (County Road 708). Turn left into Walnut Creek Park ¾ mile beyond Red Hill Road.

Parking : Parking is available in lots at the Lake, and along the road. DO NOT PARK ALONG GUARD RAILS. Volunteers will be available beginning at 5:30am to assist you in finding an appropriate parking spot.



Race Information – part 2

Packet Pickup :

Saturday, June 25, 2011, noon to 5:00pm

Ragged Mountain Running Shop, upstairs

3 Elliewood Avenue (near The Corner), off University Ave.

Charlottesville

Sunday, June 26, 2011, 5:30am-7:00am

Walnut Creek Park (Race Site)

Old Lynchburg Road

Charlottesville, VA

Bring to Packet Pickup:

1. Photo ID – No ID, NO RACE
2. USAT Card – if a USAT member. You can print out a temporary card from the members section of the USAT website, <http://www.usatriathlon.org/>

Packet Pickup Rules:

- Each individual racer must pick up his/her own race packet
- Each racer must sign an Albemarle Parks Department Waiver form
- If you did not signup on-line, you must sign a USAT waiver form
- USAT members must have ID card. If you are not a USAT member or if you do not have your card, you MUST pay \$10 one-day membership fee; online registrations have already paid this fee.
- Each member of a relay team must show ID, show USAT card, or pay one-day membership of \$10 & sign USAT waiver.
- Minors (under age 18) may have parent/guardian pick up packet. Parent/guardian must co-sign waiver forms.
- Timing chips are NOT in your Packet. Chips will be distributed only on race day at the race site. See page 6.

RACE DAY – What do I need to do?

- 1. Park safely – arrive early:** there may be lines. Transition will CLOSE promptly at 7:15am – NO EXCEPTIONS.
- 2. Pick up your packet/register** – if you did not pick up on Saturday or register on-line.
- 3. Get body-marked** – look for the nice volunteers with the black markers next to transition; bring your race number for verification. Racers will be marked on both shoulders and left calf (race number), and on right calf (age as of December 31, 2011).
- 4. Get your timing chip:** go to the chip table near registration. The chip must be worn on your LEFT ANKLE. Relay teams will pass the chip to each successive member. Each member of the team should fasten the chip to the left ankle. **Be sure to have your chip removed at the finish line. Unreturned chips will cost you \$30.**
- 5. Set up your transition area. Be ready to leave transition no later than 7:15am.**
- 6. Attend, and listen to, pre-race briefing on the beach at 7:15am.**
- 7. Enjoy your race!**

RACE NUMBERS

Each athlete will have 3 race numbers:

1. A small (1" x 5") adhesive number to place on the front of your helmet
2. A rectangular sheet with 2 numbers (same one), to place on the top tube or seat tube of your bicycle. This number must be visible from the side.
3. A number with four holes, to be worn on the FRONT of your body during the run. This number can be pinned onto your clothing, or attached to a race belt. You are NOT required to wear this number during the bike portion of the race, but you are permitted to do so.

BODY MARKING

You must have your body marked to race. Each relay participant must be body marked. Volunteers with black markers will write your race number on both shoulders and your left calf. They will mark your USAT age (as of December 31, 2011) on your right calf.

RACE DAY –2

TRANSITION AREA:

- Transition opens at 5:30am, and closes at 7:15am
- ONLY ATHLETES are permitted in transition. That means no parents, no significant others, no children. If you are not body-marked, you will not be allowed in transition.
- Only athletes can remove any items from transition. You must be body-marked, and have at least one of your race numbers to remove bicycles or equipment from transition. NO EXCEPTIONS. This is a security measure.
- Nothing can be removed from transition after you have finished the race until every athlete is on the bike course.
- Each rack holds 6 bikes. Positions are allotted on a first come-first chosen basis. Positions will NOT be numbered. Athletes should alternate sides, so that three bikes are facing in each direction from each rack.
- Please keep your transition area organized. Share the space with fellow athletes, and do not toss equipment around where other athletes may be hampered by your discarded equipment.

PRE-RACE BRIEFING

At 7:15am, transition closes, and all athletes must report to the beach where the pre-race briefing will occur. Please listen to this briefing, as every athlete is responsible for knowing the course rules discussed at the meeting.

WATER TEMPERATURE & WETSUIT RULES

- It is NOT likely that this will be a fully wetsuit-legal race
- Lake water temperature was 82 degrees on Monday, June 20, 2011. It is unlikely that the temperature will be lower on raceday. The Sunday morning temperature reading will determine wetsuit status.

USAT wetsuit rules:

78 degrees or below : wetsuits allowed

78.1 to 83.9 degrees : athletes may wear wetsuits, but are disqualified for awards.

84 degrees and above : wetsuits are NOT allowed. This is a safety thing.

USAT RULES – All athletes are responsible for knowing all USAT rules, which will govern this event.

MOST COMMONLY VIOLATED RULES:

1. **Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. Penalty: Disqualification
2. **Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; Variable time penalty in transition area only.
3. **Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Variable time penalty
4. **Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Variable time penalty
5. **Drafting & Blocking:**
Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.
Position--keep to the right hand side of the lane of travel unless passing.
Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.
Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Variable time penalty
6. **Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Penalty: Referee's discretion

7. **Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. **Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Variable time penalty

9. **Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. Penalty: Variable time penalty for missing or altered number. Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. **Bike Mount/dismount line:** Athletes must not mount their bicycle until they are beyond the mount line, clearly marked with a yellow sign. Athletes MUST dismount the bicycle BEFORE the front tire crosses the clearly marked dismount line. This is for the safety of other athletes. Penalties WILL be assessed. Penalty: variable time penalty.

11. **Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Variable time penalty

SWIM WAVES:

There will be three swim waves, with ages to be determined on Saturday after Packet Pickup.

Wave #1 will start promptly at 7:30am

Wave #2 will start four minutes later, at 7:34am

Wave #3 will start four minutes after #2, at 7:38am

WEATHER:

Athlete safety is paramount, and will drive all decisions. The race will be held, rain or shine. However, in the event of visible lightning, the swim start will be delayed until no visible lightning has been seen at the race site for 15 minutes.

The race director reserves the right to change the race to a duathlon in the event of continuing lightning activity. This decision will be avoided if possible. If the swim is cancelled, athletes will be given a minimum of 15 minutes to prepare for a duathlon. Distances of the duathlon will be 5K run, 16 mile bike, 5K run. Both runs will be the existing run course, and the bike leg will be the existing bike course.

Post-Race Food

Buttz BBQ, water, Gatorade, bagels and fruit will be available after the race, but only for race participants. Food cannot be sold at the Park, so guests & spectators should bring their own food.

WATER SAFETY – we will have 6 lifeguards, 4 in canoes, 2 on shore. Two additional kayaks will be in the water, along with a rescue boat.

IF YOU NEED HELP DURING THE SWIM, turn on your back & waive your arm over your head: someone will come to help.

It is legal under USAT rules, to hold on to the side of a canoe, boat or kayak, so long as you do not move forward on the course. You may resume swimming after a brief rest. If, however, you require an extended rest, we will have to disqualify you from the race, to free the boats to monitor the other swimmers. "Extended rest" will be decided in the sole discretion of the course official or race director.

IF YOU STOP RACING DURING THE SWIM, YOU **MUST** REPORT TO THE TIMER'S TABLE & TELL THEM YOU ARE NO LONGER RACING. This is a safety issue. We need to know that everyone who entered the water also left the water. If we think you are still in the water, an expensive search operation will be necessary. (You also have to return your chip).

WETSUITS : Water temperature on Monday June 20, 2011 was 82 degrees. The race is therefore NOT "wetsuit legal."

Participants may wear a wetsuit between 78.1 degrees and 83.9 degrees, but wearing a wetsuit in this temperature range makes the athlete *ineligible for awards*.

84 degrees and above: wetsuits NOT permitted – this is a safety measure.

TIMING AND RESULTS

TIMING CHIPS

-- All athletes will receive their ChampionChip on RACEDAY, at the Chip pick-up tent. You must show your paper bib number to receive your chip. Body marking alone is not sufficient to receive your chip.

Individual racers will receive a disposable medical ankle strap. It is REQUIRED that all athletes wear the chip on their LEFT ankle throughout the race.

RELAY athletes will receive a Velcro strap to hold the chip. Relay participants must exchange the chip to the next athlete (swim to bike, bike to run) IN the TRANSITION area. All relay athletes must attach the Velcro strap to their LEFT ankle.

-- Athletes must return the chip at the finish line.

-- If you do not finish the race, you MUST return your chip to the finish/timing tent before crossing any additional mats. Tell the chip collection team at the finish line that you have not completed the race.

-- If you lose the chip, or fail to return it after the race, you will be charged a \$30 replacement fee.

RACE RESULTS & AWARDS

Tentative results will be posted as they become available on race day. USAT penalties will also be posted on a slip in the same location. Questions or concerns should be addressed to the race timer or race director.

AWARDS WILL NOT BE MAILED – if you cannot be present to accept your award, please designate someone to pick it up for you. If no one is present to accept an award, it will “roll down” to the next finishing athlete. Final results with split times will be posted on the website as soon as possible, usually within 48 hours of the race finish.

SWIM -- 750 METERS

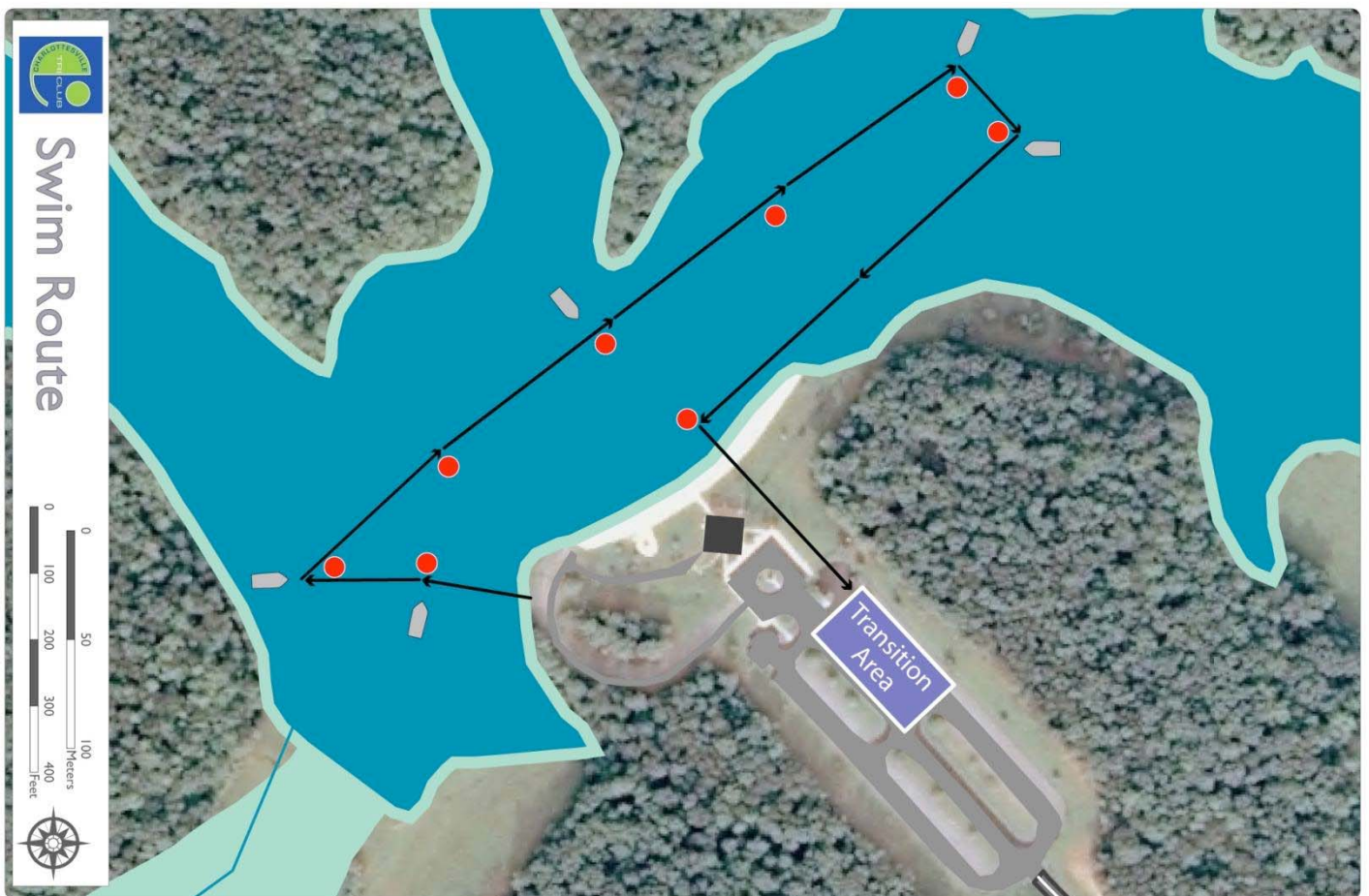
The swim course is posted below, and on the Charlottesville Triathlon Club website : http://www.charlottesvilleclub.com/june_sprint_tri.php

-- Colored swim caps will be in your race packet. You must wear the cap color that corresponds to your swim wave. Swim waves will be posted on RACEDAY and at Packet-pickup.

-- Swim waves will start in age/category specific waves, each with a designated swim cap color. Be sure to start in YOUR WAVE.

-- Be prepared to line up for the swim start a minimum of 10 minutes before your wave begins. There will be four (4) minutes between waves starts.

-- Please visually review the swim route before the race. Knowing the swim course is the responsibility of each athlete.



-- The course is a clockwise swim, keeping all buoys to your RIGHT.

RUN COURSE – 5 KILOMETERS (3.1 MILES)

- The run map is posted below and on the Charlottesville Triathlon Club website: http://www.charlottesvilleclub.com/june_sprint_tri.php
- The run course is an off road trail run, completely closed to traffic. Some portions of the course are quite narrow. Please show courtesy to other runners, both when passing and being passed.
- A water station is located at approximately $\frac{3}{4}$ mile, and 2 miles.
- No headphones, earphones or similar devices are allowed.
- Your run number must be on your front.
- Remember to return your timing chip! Folks will be at the finish to help.

