

Rose City Triathlon

September 12, 2009



East Texas Triathletes



Welcome to our Second Annual Rose City Triathlon hosted by the East Texas Triathletes and benefiting the Hospice of East Texas and the Whitehouse Volunteer Fire Department. We are proud to have you as one of the 300+ competitors this year. This letter will make you aware of a few important details that will make your weekend run smoothly.

On race day, the parking area will be manned by volunteers who will guide you to a parking spot. We suggest you leave early to make sure you arrive at the race site in time to check in and prepare your gear. Please make note: if you are a participant or if you have family or friends that are coming to the triathlon site to watch, they need to arrive before 7:30 a.m. They will not be able to enter the parking area after this time or once the race has started. The main parking area near the transition site will fill quickly on a first come-first serve basis. When this lot is full, overflow parking will be on Concession Road west of the RV Park (the road leading to the Lake Tyler Marina). Parking will not be allowed on the section of Concession Road parallel to the dam or south of the dam as this is the actual race course. No cars will be allowed to leave the parking area until the last cyclist is in!

Once you reach the transition pit you will notice it will be totally fenced in and you will have only one entrance. There will be volunteers at the entrance who will be doing the body marking, putting your race number on your arms, legs, and your age on your left calf. These age divisions are marked to help you, as a participant, recognize a competitor in your age group. Clydesdale and Athena will be marked with a letter of "C" or "A" so they may also be recognized. Once you have been marked, enter the pit, proceed to the bike racks and look for your race number. There will be a segregated area in the transition pit for relay team members. If you have a problem parking your bike, or cannot find your number, ask one of the friendly transition staff in the pit. Be sure you have your assigned swim cap and your race numbers. After setting up your transition area, proceed to the Atomic Racing tent to pick up your timing chip. Without this, you will not be timed. We are excited about having the chip timing system to supply quick, accurate results, with splits. Your chip is to be worn around the left ankle, making sure the Velcro usage is maximized and not to be taken off until you cross the finish line (with the exception of exchanges between relay team members). If you cross the finish line without your chip or if you have it around your wrist, you will not be scored. Please don't exchange chips with your friends—this will be an automatic disqualification.

You will be asked to start moving out of the transition and to the swim area on the dam at 7:30 a.m. Proceed to the dam where the swim wave staging will occur. Once out of the transition area, you will not be allowed back in so please remember all of the items you will need at the swim start. Take the extra plastic bag with your race number on it with you. This is for you to put your sandals or flip flops in after you take them off for the swim. There will be a container on the dam for you to put these in and they will be moved to near the transition area after the swim is completed. At 7:45, there will be a short, mandatory race meeting on the dam. At 7:55 the National Anthem will begin. The race will start promptly at 8 a.m.

The swim is a deep water start after descending to the water from the dam—each full wave of swimmers will start at the same time. During the swim, the large yellow buoys will be on the swimmer’s left at all times and indicate a left turn for the swimmer. The orange buoys should also be kept to the swimmer’s left and indicate continuing in the same direction. Canoes and kayaks will be in the water to assist you if needed. You may rest by holding on to the side of a kayak if needed—please swim to the kayaks if you do so. We do not want the kayaks to maneuver into the lane of swimmers unless there is an emergency need. Kayaks must remain stationary and may not assist you in forward motion (this would result in a disqualification). Lifeguards will be in each kayak for your assistance. **All participants must wear an assigned swim cap color.** You may be disqualified if you have the wrong cap color so please double check this. There will be 4 wave starts, each being 5 minutes apart.

Your swim is determined by your age on 12/31/09.

Wave Start Time	Wave #'s	Participants	Cap Color
8:00	Wave 1	Males 29 & under and Relay swimmers	Orange
8:05	Wave 2	Males 30-44	White
8:10	Wave 3	Males 45 & above Females 29 & under	Yellow
8:15	Wave 4	Females 30 & above (& youth)	Pink

All competitors will receive three numbers in their packet. The paper Tyvek number with four pin holes is your run number. The bike number has two numbers on it. Attach the bike number with the twisty-ties provided in your race packet. Your third number is a small number that goes on the front of your helmet. You are required to wear the proper number on each segment of the race. You will not receive a time if you cross the finish line without the Tyvek run number. Please have your race number visible when you cross the finish line and please do not stuff your race number down your swimsuit.

Our bike course consists of a one length “out and back” loop with a turnaround on Bradshaw (cul-de-sac). All participants will be responsible for water on the bike course. We recommend 2 water bottles on your bike. All helmets need to be ANSI approved and this will be checked before you enter the transition area. The drafting rule will be in full force on the bike course and the course will be patrolled by marshals. It is the responsibility of each competitor to know and obey the USAT rules (included). Cyclists shall wear a securely fastened and safety approved helmet at egress/ingress to the transition area and at all times on the bike course. A disqualification will be made if the cyclist leaves or enters the transition area with his helmet unbuckled before or during the race. A USAT official will be officiating inside the transition area. Headphones and headsets are not allowed on the

running and cycling portion of the race (automatic disqualification). At the entrance and exit of the transition area, there will be a marked mount and dismount line on the parking lot. You must walk your bike to this area, mount your bike and be gone. Once you have completed the bike course, you will be asked to dismount before reaching the dismount line and walk your bike to your rack. Failure to do so may result in a disqualification. We ask you to please slow down when entering the last 50 yards of the bike course. We will have volunteers at this point telling you to slow down. All handle bar ends must be solidly plugged in during the race. Tape alone is insufficient. If you have a question as to whether your bars are plugged properly or if you need any bicycle parts or maintenance, call Elite Cycles @ (903) 534-9998.

There will be a minimum of 3 water aid stations on the run course. Water and PowerAid will be provided at the water stops. It is the responsibility of each participant to know the complete course. Remember, each person working the course is a volunteer. Pay them some respect, because without them, we could not host such an event.

2008 MOST COMMONLY VIOLATED RULES & PENALTIES

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:

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. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

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

Variable Time Penalties

Distance Category 1st Offense 2nd Offense 3rd Offense

Sprint 2:00 minute 4:00 minute Disqualification

Intermediate 2:00 minutes 4:00 minutes Disqualification

Long 4:00 minutes 8:00 minutes Disqualification

Ultra 6:00 minutes 12:00 minutes Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org/content/index/1684>

RACE DaySchedule: Saturday, September 12, 2009

6:00 AM to 7:30 AM--TRANSITION AREA OPEN

6:00 AM to 7:30 AM--BODY MARKING & PICK UP TIMING CHIP

7:30 AM--TRANSITION AREA CLOSED

7:30 AM--SWIM WAVE STAGING ON THE DAM

7:40 AM--MANDATORY PRE-RACE MEETING ON THE DAM

8:00 AM--RACE STARTS PROMPTLY!

10:30 AM--AWARDS CEREMONY

Awards

The awards ceremony will begin at approximately 10:30. There will be a \$250 cash prize for a new male and/or female course record. Awards will be given to the following:

Overall Male (1st, 2nd, & 3rd)
Overall Female (1st, 2nd, & 3rd)
Male Masters
Female Masters
Male Senior
Female Senior
Relay Teams (1st, 2nd, & 3rd)
Clydesdale (1st, 2nd, & 3rd)
Athena (1st, 2nd, & 3rd)
Each Age Group Division (1st, 2nd, & 3rd)

A Message from the Head Referee to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

Ride on the right side of your lane.

Keep three bike lengths between yourself and the cyclist in front of you.

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

Position– riding on the left side of the lane without passing.

Blocking – left side riding and impeding the forward progress of another competitor

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths before re-passing

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

