

SHAC Triathlon Beginner, Sprint, Kids Beginner, Kids Sprint
Saturday, April 3rd, 2010
7:00 am Start Sprint
9:00am Start Beginner
10:15am Start Kids Sprint followed by Kids Beginner

Race Registration:

There is NO day of race registration. Once online registration is closed we cannot accept any additional athletes.

Schedule of Events:

Friday, April 2nd:

5:00pm-9:00pm Athlete check in and packet pick up at the Sand Hollow Aquatic Center Pool (In the back)

Saturday, April 3rd:

6:15am-6:45am: Sprint athlete check in and packet pick up at the SHAC pool

7:00am Sprint race begins.

8:20am-8:45am Beginner athlete check in and setup bikes

9:00am Sprint racers clear out bikes Sprint race awards ceremony, Beginner race begins

9:45am- 10:10 am kids race bikes setup and check in

10:15am Kids races begin, and Beginner awards ceremony begins (all kids receive a finisher medal)

Packet Pickup:

Packet pickup will be at the Sand Hollow Aquatic Center both on Friday evening from 5-9pm is **STRONGLY ENCOURAGED**, as **LIMITED PACKET PICKUP WILL BE AVAILABLE BUT YOU COULD MISS THE START IF YOU HAVE TO GRAB YOUR PACKETS IN THE MORNING!** There will not be a bike drop off on Friday. Please look over all your information here when you pick up your packet and let one of the workers know if you need any help

Chip pick up and body marking will **FRIDAY NIGHT** and limited availability on Saturday morning. Body marking will be done on your arms and legs, indication your

race number, and age/category. You may then proceed to the transition area and arrange your equipment.

Directions to the Sand Hollow Aquatic Center in St. George:

Address: 1144 N Lava Flow Dr, St. George, UT 84770

Take exit 8/I-15 onto St. George Blvd toward Santa Clara and go 2.1 miles. Turn right on Bluff St. go 1.1 miles. Turn Left on Sunset Blvd and go 2 miles. Turn right on Lava Flow Dr., and go about a block and turn right into the Sand Hollow Aquatic Center.

Courses:

Beginner Distance:

200 yard swim, 5 mile bike, 1.5 mile run

Sprint Distance:

400 yard swim, 10 mile bike, 3 mile run

Kids Distance:

Beginner 50 yards swim, 1 mile bike, 1/2 mile run.

Sprint 100 yards swim, 2 mile bike, 3/4 mile run

Swim:

The SHAC Pool is a 25 yard pool. Athletes will be started in a time-trial fashion as lanes are available. There will be volunteer's direction you to available lanes and assisting in lane counting. There will be two people in each lane so stay to one side of the lane for the entire swim. If this is confusing, don't worry! It will be obvious when you are there.

Your overall time begins when you enter the pool after crossing the timing mat.

Due to the limited size of the pool area, towels, sandals, etc. will NOT be allowed poolside. It is a very short distance from the pool to the transition area so these items will not be needed.

Bike:

The bike course is an out and back course. Out of the pool parking lot turn right on Lava Flow Drive, then turn left on 2000 north. The turn around is approximately where N Red Mountain Rd. intersects 2000N. The course is a 5 mile loop. So the Beginner racers will do one loop, the Sprint racers will do two loops. (Note that you DO NOT enter the

transition area until you have completed the entire bike course). Be prepared for a few hills on the course but none of them are very long. There will be officers holding up traffic when you turn on to Lava Flow, and when you turn on to Pioneer Parkway. *NOTE: When returning on the bike loop there is a right turn onto Lava Flow at the bottom of the steep hill. You must go slow enough to stay in the inside lane when making the turn. It will be coned off to guide you, but be aware you will need to slow way down.* Make sure you stay in the assigned lanes on all turns and in and out of the parking lot area. Be alert the race course is open to traffic, so stay to the far right and watch for cars. Helmets must be worn by all participants. If you don't have a helmet you won't be allowed to race. There are no aid stations on the bike course, so you will need to have your own water bottles etc. on your bike.

Run:

The run course is an out and back 1 - 1/2 mile loop. It will be run on the bike path North of the pool and East of Lava Flow Drive. One lap for the beginner distance two laps for the sprint distance. There will be aid stations at the transition area and the run turn around.

Parking: (IMPORTANT!!!)

NO PARKING IS AVAILABLE AT THE SAND HOLLOW AQUATIC CENTER, park across the street at Snow Canyon Middle School, or Snow Canyon High School. Parking WILL NOT be allowed along Lava Flow. Traffic control will be present during the event. The parking lot at the Aquatic Center will be closed until the conclusion of the races.

Transition Area:

There will be a single transition area located behind the pool facility.

Bike Number and Bib Number:

You must attach the bike number provided in your race packet to your bike. The bike numbers have a specially made adhesive that will not harm your bike's paintjob. You DO NOT need to wear the bib number during the swim and bike. However, it MUST be worn during the run in case of an electronic failure of the timing system. Safety pins will be available at packet pickup if needed.

Body Marking:

Body marking will take place Saturday morning only. If you attend packet pickup on Friday evening you must visit the body marking area on Saturday morning. You will be body marked on your shoulders and legs, indication your race number and age/ category.

Timing:

Electronic chip timing of the vent will be provided by Tucson Racing. All participants will be timed and will be provided with splits. Note that timing chip pick up is **SATURDAY MORNING ONLY**. Results will be posted no later than Monday afternoon at sgcityrec.org. Instructions for chip use will be provided below.

Inclement Weather:

In case of inclement weather, the race director reserves the right to modify or cancel any portion of the triathlon if weather conditions compromise athlete safety.

Medical:

Medical personnel will be on-site. Certified lifeguards will be present during the swim.

Awards:

Awards will be presented to the Top 3 Overall Male and Female in each distance, as well as the Top 3 Male and Female in each five year age group. In the Kids events all finishers will receive a finisher medal!!

Wetsuits:

Wetsuits are not allowed at this event. The water temperature should be 80-84F.

Aid Stations:

Water will be available at the run aid stations located at each turn around. Each athlete will receive water and refreshments at the finish line.

Trash:

Please clean up any garbage/ trash in your transition area. Also please do not litter on the bike and run courses.

Bike Rules:

- 1. Bicycle helmets are MANDATORY! No participation without a helmet, PERIOD!**
2. Chinstraps must be fastened BEFORE you leave the transition area **MUST NOT** be unfastened prior to entering the transition area following the bike leg. Violation of either rule will result in at least a **TWO** minute time penalty.
3. Dismount the bike before entering the transition area. There is **NO** riding of bicycles inside the transition area. At least a **TWO** minute time penalty will result.
4. There is **NO DRAFTING** on the bike course. This means that you **MUST** be at least 2 bike lengths behind the rider in front of you. Riding two abreast (side by side) is **NOT** allowed.

More Triathlon Bike Rules

- Ride on the right side of your lane
- Keep two-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.
- Never cross the centerline.
- Never assume that vehicle traffic can see you

Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties.

Always have your chinstrap securely fastened! The chinstrap rule is the easiest to follow but some folks always seem to forget.

Remember to treat other athletes, volunteers, and officials with courtesy and respect.

If you have any last minute questions, please either e-mail me at aaron.metler@sgcity.org or call me at (435) 627-4504

Best wishes to everyone racing on the 3rd.

St. George Races Team

TURKEY TRI BIKE ROUTE

