

EL DORADO LAKE TRIATHLON

2013 Race Day Instructions

Welcome to the El Dorado Lake Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. We hope you have a great race.

RACE DAY SCHEDULE

5:00 am Park in designated lot adjacent to transition area. Walk/ride your bike to the transition area -if you ride your bike, make sure to wear your helmet (you can get a time penalty even before the race starts!).

5:00 am Transition area opens-body marking happens in front of transition area. Make sure race numbers attached to bike prior to entering.

6:45 am Transition area clears for start!! Pre-Race Meeting at swim start

7:00 am Olympic-distance triathlon begins

7:30 am Sprint-distance triathlon begins

~10:00 am Awards

11:00 am Course Closes

Conclusion of Race: Post-race refreshments and awards ceremony

BODY MARKINGS

You will be body marked BEFORE you enter the transition area. The bike racks will be open.

TRANSITION AREA

- Only competitors are allowed in the transition area. No exceptions!
- Transition will be cleared at 6:45am.
- Rack your bike on the rack.
- Stage your equipment.
- Leave room for your neighbors.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- No bikes may leave transition area until USAT official clears it!

RACE NUMBER

- You will receive one race number. Your race number must be worn on the front during the run and be visible as you cross the finish line. Otherwise, you will be disqualified! You don't have to wear it during the swim and bike.
- Your timing chip must be worn on your **ankle**.

RESTROOMS

- Restrooms and showers are located in the park near the transition area.

SWIM COURSE

- Olympic-distance race begins at 7:00 am. (2 Loops and 2 Waves)
 - Wave 1 – Green Caps
 - Wave 2 – Pink Caps
- Sprint-distance race begins at 7:30 am. (1 Loop and 4 Waves)
 - Wave 3 – Green Caps
 - Wave 4 – Yellow Caps
 - Wave 5 – Pink Caps
 - Wave 6 – Orange Caps
- Wear your swim cap.
- Stay to the RIGHT of the buoys. You will swim counter-clockwise.
- Lifeguards and water rescue are in the water for your safety.

BIKE COURSE

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Exit transition area to the right. Ride on the right side of your lane.
- The bike course will be on the right lane of a 2 lane divided road.
- Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass w/in 15 seconds.
- Keep 3 bike lengths between yourself and cyclist in front of you.
- Intersections will be monitored by volunteers-Follow all traffic laws.
- The bike turns will be sharp. Slow down and be careful.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- Properly rack your bike before exiting on the run (cause for penalty).
- Bike Marshalls will be on the course—there will be no warnings given.
- One aid station on the bike course, just outside of transition area(which is also the turn-around point for Olympic-distance participants). Water and will be provided in closed bottles. Be careful opening.

RUN COURSE

- Follow signs and cones.
- Be alert. Traffic always has the right of way.
- Aid stations every 1.5 miles.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ.
- The run is mainly on the sidewalks and low-traffic roads. Finish is back at the beach, just after the bridge. There will be a sharp left turn to the finish arch. Olympic-distance athletes, make sure to continue on and complete a 2nd loop of the run course.
- Make certain your race number is in the front BEFORE you cross finish line.

RELAY TEAMS

- Cyclist will wait at the bike until the swimmer hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is cleared by USAT official.

POST RACE ACTIVITIES

- Plenty of refreshments available and massages will be provided, then awards will be given out.
- Stick around to cheer on your fellow athletes.
- Remember to thank the volunteers-they are crucial to the success of your event!

REMEMBER TO RETURN YOUR TIMING CHIP AFTER THE RACE! A \$20 FEE WILL BE CHARGED FOR LOST CHIPS!