



INSIDE-OUT SPORTS
NORTH CAROLINA TRIATHLON SERIES

2011 Lake Norman YMCA Triathlon RACE INFORMATION



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Race Start: 7:00 AM (8/27/2011)

Packet Pick-Up: **Friday (8/26):** 1PM – 7PM @ Lake Norman YMCA - 21300 Davidson St, Cornelius, NC 28031
At the pavillion near the lake. (directional map on website)

Saturday (8/27): 5AM – 6:30AM @ Lake Norman YMCA - 21300 Davidson St, Cornelius, NC 28031
(directional map on website)

Hurricane Irene: No changes to the event at this point. The storm is moving pretty slow, and if it hits the NC coast, it is projected to be around Sun AM. We are far enough inland that it's looking like we'll be in the clear. We aware the forecast changes about every 5 minutes, so will keep the updates coming. It's still early. ***Please check our Facebook page (Inside-Out Sports North Carolina Triathlon Series) and the Lake Norman Triathlon website for up to date information. A final decision/update will be made Friday, August 26, by 8AM. We have a rain date in place if the event were to be canceled. There will be other options available if you cannot make the rain date. Please stay posted for more information. We are currently extremely busy as we prep for this event, so please hold off on e-mailing us with weather related questions until a decision is made and we see if this storm will even impact us.***

NOTE: A photo ID is required for packet pick-up. All participants must pick up their own race packet. ***REPEAT – all participants must pick up THEIR OWN PACKET***, including Relay members. NO ID, NO RACE – NO EXCEPTIONS!

Race Packets: This official race information document will not be handed out at packet pick-up. If you would like to have access to this race information and the course maps, please print a copy off our website and bring it with you.

Mandatory Photo ID Required : All participants will be required to show photo ID at packet pick-up (drivers license). You will not be given your race packet without photo ID! This also means that all participants must pick up their own race packet. There are absolutely no exceptions to this rule. Please do not ask to pick up your partner/spouse/friends/etc packet if they are competing because you will not be able to do so. They can get their stuff race morning if they cannot make the pick up on Friday.

USAT Members: USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$10. ***If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up. We must see proof of a current membership!***

Non-USAT Annual Members: If you have not paid the one-day \$10 USAT Fee (with your race registration) be prepared to pay this \$10 fee at packet pick-up.

ChampionChip Timing: This event will be timed using the ChampionChip Timing method. Please make sure you read the ChampionChip Timing instruction sheet displayed at packet pick-up. **You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.**

NOTE: YOU MUST SHOW YOUR RUN NUMBER IN ORDER TO PICK UP YOUR TIMING CHIP. All timing chips must be picked up by 6:30 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Timing chips will be distributed at the green tent near the TA. Chips will be handed out beginning at 5:00 AM on race morning.

YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. IF YOU DROP OUT OF THE RACE – YOU MUST RETURN YOUR CHIP TO THE FINISH LINE. Do not hand your chip to anyone other than someone at the finish line. Volunteers will cut off your strap and remove your timing chip as soon as you cross the finish line.

Body Marking: Body marking will take place at the base of the flag pole in front of the YMCA, beginning at 5:15AM.

Chip Pick-Up: You will be issued a timing chip on race morning. Timing chips will be distributed at the green tent near the packet pick-up tent. Chips will be handed out beginning at 5:00 AM on race morning. **You must show your run number to receive your timing chip!**

Water Temperature: The water temperature will be announced on the Set Up website on Thursday, August 25, 2011 by 9PM. This will be posted at packet pick up on race morning, and it will be announced at the swim start. USAT rules will apply as far as wetsuit usage is concerned. If the water temperature is 78 degrees or lower, wetsuits may be worn. If the water temperature is 79-83 degrees, wetsuits may be worn, but people opting to wear one will not be eligible for awards or USAT ranking points. If the water temperature is greater than 84 degrees, wetsuits will not be allowed.

Pre-Race Instructions/Meeting: A pre-race meeting will be held at the race site (swim start location) at 6PM on Friday (8/26). It is highly recommended that you attend this race orientation meeting. This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. There will be no race instructions given at the swim start location on race morning.

Race Numbers: You will be issued three numbers at packet pick-up:

1. The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.
2. The medium sized number (actually containing your number twice) is used during the bike segment of the race. Place this number over the top tube of your bike – toward the front.
3. The little number – also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

Transition Area:

- ◆ All individuals will have a specific numbered bike rack location. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. This will allow for more space between bikes for placing your gear.
- ◆ No bike storage the night before the race.
- ◆ Participants only in the transition area. Only the race participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment.

Swim:

- ◆ Swim diagram is available on the Lake Norman race page on the website and will also be inserted into race packets.
- ◆ Swim caps that are provided must be worn.
- ◆ Wetsuits will be allowed only if the water temperature is below 78 degrees. Participants will be given the option of wearing wetsuits and not being eligible for awards – providing the water temperature is between 78 degrees and 83 degrees. A water temperature reading will be taken on race morning. **NOTE:** The water temp is expected to be well above 80 degrees.
- ◆ If you feel it's necessary and you need some assistance, wave your hand above your head.

Wave	Age Group/Category	Start Time	Cap Color
1	Open Men & Women, Masters Open Men & Women	7:00 AM	Red
2	Men 35-39	7:04 AM	Forest Green
3	Men 40-44	7:08 AM	Royal Blue
4	Men 16-19, 20-24, 25-29, 30-34	7:12 AM	Yellow
5	Women 16-19, 20-24, 25-29, 30-34	7:16 AM	Purple
6	Men 45-49, Clydesdales, Masters Clydesdales	7:20 AM	Navy
7	Women 35-39, 40-44	7:24 AM	Sky Blue
8	Women 45 & Over, Women 15 & Under, Athenas	7:28 AM	Pink
9	Men 50 & Over, Men 15 & Under	7:32 AM	White
10	Novice Men, Master Novice Men	7:36 AM	Neon Green
11	Novice Women, Master Novice Women	7:40 AM	Silver
12	All Relay Teams	7:44 AM	Black

Bike:

- ◆ Bike course map is available on the Lake Norman race page on the website.
- ◆ USAT Rules will apply and will be enforced: No drafting, blocking, or crossing the center line.
- ◆ If you are unfamiliar with USAT rules regarding the bike course, please read through the USAT Rules document that appears as a separate link on the NCTS homepage.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers provided must be affixed to the front of your bike helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ The bike course will be well marked – there will be orange spray chalk arrows and bright orange directional signs (with blue arrows) at all turns.
- ◆ Police and volunteers will be situated throughout the course.
- ◆ You will have to walk/run your bike to the Bike Out sign at the Transition Area entrance before mounting. You will have to dismount at the entrance to the Transition Area upon completing the bike leg.

Run:

- ◆ Run course map is available on the Lake Norman race page on the website.
- ◆ You must wear the race number (with the pull tag) that is provided – **ON YOUR FRONT. Failure to have your run number clearly displayed on your front as you cross the finish line – will result in a two-minute penalty.**
- ◆ Do not come across the finish line more than one time. If you finish the race and then decide to run across the finish line again with a friend, you will be issued a 5 minute penalty.
- ◆ Water stations will be located at the beginning of the run, at the one mile mark and at the two miles mark.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ The run course will be clearly marked with blue signs (with orange arrows) at all turns.
- ◆ Volunteers will also be located throughout the run course at important locations.

Relay Teams:

- The swimmer will be given a card with their packet that they can show to pick up the timing chip OR the runner can show the run number to pick up the timing chip. You will be given a Velcro strap with your chip.
- Swimmers will tag bikers at their assigned bike rack location
- Bikers must tag runners at their assigned bike rack location
- Relay team members need to remember to pass off the ChampionChip timing chip attached to the Velcro band to each team member. This band will be collected at the finish line.
- All members must be body marked before the race.

Pick Up Your Trash!: Please be a good citizen and don't throw your trash out on the bike course or the run course. If you're caught throwing something away (and it's not at an aid station) it's an automatic DQ per USAT rules. Our returning to race venues year after year depends in large part to the job we do as good neighbors. Our volunteers should not have to go through the entire bike and run course picking up trash (water bottles, gel packets, etc.) PLEASE help us out here.

Parking: Early arrivals will be able to park in the Lake Norman YMCA parking lot. Once that lot is full (holds approximately 350 cars), parking will be on surrounding residential streets and businesses. **Please make sure you obey all "No parking" signs where posted. Also, please be sure not to park in front of somebody's driveway.**

Awards: The awards ceremony will begin at approx. 10AM. Awards will not be mailed out. If you can't be there to collect your award, please make arrangements to have someone pick it up for you.

Results: Results will be available after the awards ceremony and complete results (with splits) will be posted on the website by 9PM on Sunday, August 28th.



SETUP