

ROSE

CITY TRI

CHRISTUS Trinity Mother Frances Health System

ATHLETE GUIDE
SEPTEMBER 11, 2016





Welcome to the 9th annual CHRISTUS Trinity Mother Frances Rose City Triathlon, hosted by the East Texas Triathletes. Please read this guide completely, as it includes important details to ensure you have a safe and successful race. Each athlete must pick up his or her own race packet. **No exceptions! You must provide ID!**

Rose City Triathlon is a USAT sanctioned event. Each competitor is responsible for knowing and following all USAT rules. Please refer to the USAT website for a complete list of rules. www.usatriathlon.org. If you have questions about the race please contact rosecitytri@gmail.com.

RACE LOCATION

The race is held at the beautiful Lake Tyler.

The address is:

**16538 McElroy Road
Whitehouse, TX 75791**

PACKET PICKUP

Packet Pickup will be held at the race site.

Friday, September 9, from 3 p.m. – 7 p.m.

Saturday, September 10, 1 p.m. - 7 p.m.

Race Morning 6-7 a.m.

RACE DAY SCHEDULE: SATURDAY, SEPTEMBER 11, 2016

6-7 AM – Race Day Packet Pickup

6:00 AM – Transition Opens

7:30 AM – Transition Closes

7:40 AM – Athlete Pre-Race Mandatory Meeting

7:50 AM – Invocation

7:55 AM – National Anthem

8:00 AM – RACE START (See schedule for wave start times)

Wave Start Time	Wave Numbers	Athletes	Cap Color
8:00	Wave 1	Elite/Pro (Male & Female)	Light Green
8:03	Wave 2	Male 40+	Orange
8:08	Wave 3	Male 25-39	White
8:13	Wave 4	Female 25+	Yellow
8:18	Wave 5	Relay Male/Female 24 and under	Pink

AWARDS

Cash prizes will be awarded to the top three male/female finishers broken down as follows:

- First place – \$300
- Second place – \$200
- Third place – \$100

An additional \$250 will be given for new course records.

All individual and relay finishers receive a finishers' medal. Age group awards will be given to first through third place (male/female) for each age group **12-14;15-19;20-24;25-29;30-34;35-39;40-44;45-49;50-54;55-59;60-64;65-69;70 and up.**

Other awards will be given three deep male/female: Relays, Clydesdale, Athena and Master's

RULES FOR RELAY TEAMS

Rose City Triathlon will offer disposable timers and relay athletes are not required to pass the timing chip. Each athlete must enter transition and touch the next person before they can proceed. From swim to bike, the bike must be racked and cannot be un-racked until the swimmer touches the relayer; from bike to run, the bike must be racked before the runner can go. All relay numbers will be in the 300s.

RCT DISTANCES:

650m swim

14 mile bike (remember we have a new bike route! Maps will be available at packet pickup.)

3.1 mile run

THANK YOU TO OUR RCT SPONSORS!



PARKING

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 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 will be in the grassy center section of the park, north of the tent/finish-line area. As that area fills, attendants will direct the overflow to the additional parking areas.

TRANSITION

The transition area is fenced in and has 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. Relays will be in an area determined by their race numbers (relay numbers are above 300). If you have a problem parking your bike, or cannot find your number, ask a volunteer. Be sure to have your assigned swim cap, race numbers and timing chip that is worn around your ankle. We have a chip timing system to supply quick, accurate results, with splits. 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 at the retaining wall at 7:30 a.m. Volunteers will funnel participants across a chip identification mat used for athlete accountability. It is imperative, after crossing the mat, to notify

the race management team if you withdraw from the competition at any time. Proceed to the shoreline retaining wall 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. At 7:40, there will be a short, mandatory race meeting. At 7:55 the National Anthem will begin and the race will start promptly at 8 a.m.

SWIM COURSE

Warm up swimming is allowed inside the public swimming buoys. The swim start area must be free of swimmers during the race meeting and national anthem. The swim is a knee-deep water start. 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 if needed. You may rest by holding on to the side of a kayak—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. Kayaks must remain stationary and may not assist you in forward motion (this would result in a disqualification). All participants must wear an assigned swim cap color with their race number. You will be disqualified if you are not wearing the race-issued swim cap for your age group. There will be five wave starts, each being five minutes apart. Your swim is determined by your age on 12.31.16.

RACE NUMBERS

All competitors will receive two numbers in their packet. The paper Tyvek number with four pin holes is your run number. The bike number is the smaller number. Attach the bike number with the twisty-ties provided in your race packet. 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 on the front (either pinned on front of your shirt or attached with a race belt) when you cross the finish line.

BIKE COURSE

All bikes will be checked for end plugs, proper braking, and steering before entering the transition area. Any bike deemed unsafe by our tech crew will not be allowed to race--no exceptions! 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 Bicycles at 903.534.999. There will be bike tech tents near the transition area on race day if you need assistance. Only participants will be allowed to retrieve their bikes after the event and no bikes will be released from the transition area until the last cyclist is in.

The bike course is open to traffic, however intersections will be monitored by uniformed police. Unless overtaking another cyclist, stay to the right at all times. Blocking and/or drafting penalties may be issued so please carefully read the drafting rules below. It is the responsibility of each competitor to know and obey the USAT rules. All participants will be responsible for water on the bike course. The helmet chin strap must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted. A USAT official will be monitoring 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. Safely proceed with your bike to this area for mounting. Once you have completed the bike course, you will be asked to dismount before reaching the dismount line. Violations of the mount and dismount rules concerning crossing the line will result in a one minute time penalty. We ask you to please slow down when nearing the dismount line. We will have volunteers at this point reminding you to slow down.

RUN COURSE

There will be a minimum of 3 water aid stations on the run course. Water and an electrolyte drink will be provided at each aid stations. It is the responsibility of each participant to know the complete course. Remember, each person working the course is a volunteer and should be treated with respect. Remember that your race number must be visible from the front while you are on the run course!