

TRIATHLON - FRIDAY, AUGUST 12

Race Day Timeline:

- 12:00 pm - transition area opens
- 1:45 pm - mandatory pre-race meeting with USAT official
- 1:45 pm – Prayer and National Anthem
- 1:50 pm – Final return to transition area
- 1:55 pm - transition area closes to all competitors
- 2:00 pm – Males 39 and under
- 2:03 pm – Males 40 and over
- 2:06 pm – All Females
- 3:30 pm - awards

Directions to Holiday Island (9.2 miles from Eureka Springs):

- ◆ Holiday Island Recreation Center - 13 Buckskin Lane, Holiday Island, AR 72631
- ◆ Look for signage at intersections - from the intersection of Hwy 23/62 in Eureka Springs head north on Hwy 23 (which is Main Street) for 4.7 miles. Turn left on Hwy 187 and proceed 2 miles to CR 254/Woodsdale Dr. Turn right on CR 254/Woodsdale Dr and proceed 1.7 miles to Shields Dr. (which is just across the bridge) and turn/veer left and go .8 miles on Shields Dr. to the Holiday Island Rec Center.
- ◆ Parking will be available at the Holiday Island Recreation Center and other designated areas. NO DROP OFF OF BIKES WILL BE ALLOWED. YOU MUST PARK FIRST.

General Information:

- ◆ A MANDATORY PRE-RACE MEETING WILL BE HELD AT THE TRANSITION AREA AT 1:45 PM.
- ◆ Courses are marked, but it's the racer's responsibility to know the courses
- ◆ Water, Gatorade, oranges and bananas will be available as each racer finishes
- ◆ Neutral bike service will be provided before the race and at the Mandatory Bike Check-in by Lewis & Clark Outfitters.

Timing Chip:

- ◆ Issued at Transition area during body marking from Noon to 1:45pm
- ◆ This event is timed with an electronic chip, which is on an ankle bracelet that will be worn around a participant's ankle. Each participant must wear the ankle bracelet. NO CHIP, NO TIME. Lost chips or chips not returned will result in a \$30.00 replacement fee. If you elect not to finish the race (DNF), please return your chip to the FINISH LINE immediately.

Race Numbers (3 different numbers):

- ◆ Bike Frame: attached on frame or seat post
- ◆ Helmet number: is a peel and stick # and worn on FRONT on helmet
- ◆ Bib number: can be worn while on the bike, but must be worn on the **front** while on run.

Transition Area:

- ◆ 4 bikes per side or 8 bikes per section.
- ◆ Athletes must place their transition items to the left of bike when facing the bike racks
- ◆ There is a limited area available for athletes to rack their bike and set-up a transition site
- ◆ Rack position is on a first-come basis. Do not move others' equipment without permission
- ◆ Please keep your gear organized throughout the event. NO GLASS CONTAINERS allowed
- ◆ No one may remove their bike from the transition area until the coordinator gives the okay
- ◆ The transition flow – swim in is the same as run out. Bike in & bike out are the same. Refer to map

Body Marking:

Athletes will be marked as follows:

Left Hand	Race #
Left Upper Arm	Race #
Right Upper Arm	Race #
Right Calf	Racing Age

Wave Information:

Wave:	Time:	Swim Cap:	Group
First	2:00 pm	Yellow	Males 39 and under
Second	2:03 pm	Green or White	Males 40 and over
Third	2:06 pm	Pink	All Females

Rules:

- ◆ All 2016 USAT rules are in effect.
- ◆ Do not leave personal gear or equipment on the racecourse.
- ◆ **See additional USAT rules in race packet and “Note from Head Referee”.**

Swim Course - 300 yards:

- ◆ The course swim is in the shape of a square in a clockwise direction - keep buoys on your right
- ◆ The entry and exit points are different. See Swim Course map for details.
- ◆ Swim caps are mandatory.

Bike Course – 6.75 miles:

- ◆ Helmets will be checked to make sure they are Consumer Product Safety Commission (CPSC) approved before you enter the transition area
- ◆ Chinstraps must be buckled at all times while on the bike before, during and after the race.
- ◆ Bar end plugs will be checked. Lewis & Clark Outfitters will provide them at no charge, but you have to replace them yourself
- ◆ **THERE IS A MOUNT AND DISMOUNT LINE LOCATED JUST OUTSIDE OF THE TRANSITION AREA! NO RIDING IN THE TRANSITION AREA**
- ◆ **We suggest have your bike in an easier gear than normal...it's an uphill mount.**
- ◆ Both motorcycle and race support personnel will be acting as draft marshals
- ◆ See course map for details.

Run Course – 2 miles:

- ◆ Bib number must be visible when you start the run AND must be worn on the **front**. It is MANDATORY during the run and when you cross the Finish Line
- ◆ See course maps and course directions for details.

GOOD LUCK AND HAVE FUN!!!