



C/O Presque Isle Partnership • 301 Peninsula Dr. Suite 2, Erie, PA 16505 • Ph 814.838.5138 • Fax 814.833.0266

RACE DAY AGENDA and IMPORTANT THINGS TO KNOW **Saturday, August 10, 2019**

6:30 – 7:30 a.m.

- All triathlon entrants must check in at the Beach 10 Registration Site (located near the Transition Area) on race day morning.
- An alphabetical list of registered entrants will be posted if you do not already know your race number.
- Check the list to learn your race number. Remember your number!
- Pick up your race bag at the Registration site (if you did not pick it up the night before at the Tom Ridge Environmental Center). Athlete's knowing and providing their race number will greatly facilitate this process.
- Get your assigned numbered computer chip with band attached. Attach your band with its timing chip on one ankle...securely...as it must be worn throughout the race. *No chip worn = no time recorded. There will be a charge of \$30 for lost or unreturned chips.*
- Go to body marking area to be marked with your race number.
- Place your bike within your assigned number area on the bike racks in the Transition Area.
- *Only triathlon entrants and race officials will be permitted in the Transition Area.*
- Families, friends and pets are not permitted in the Transition Area.

7:40 AM

- Official welcome and pre-race meeting near the Registration site. Final race instructions and clarifications will be given. *Attendance at the pre-race meeting is mandatory for all triathlon entrants. Any / all updates will be announced at that time.*

7:55 AM

- After pre-race meeting, swimmers will walk to the swim start, the west end of Beach 10.
- Look for your designated Swim Wave Start sign.

8:00 AM

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| • Swim Waves | Start Times |
| • Wave 1 Ages 13 - 34 | 8:00 AM |
| • Wave 2 Ages 35-49 | 8:03 AM |
| • Wave 3 Ages 50-70+ | 8:06 AM |
| • Wave 4 Relay Teams | 8:09 AM |
| • All swimmers must complete the swim no later than 9:15AM. | |

11:00 AM

- Awards Presentation.

- NOTE: 9:00- 11:00 AM. Complimentary post-race beverages and food will be available near the Registration site for all triathlon entrants.

PI Tri 2019 COURSE RULES and INFORMATION

Swim Course (0.35 Mile = approx 616 yds. = approx. 25 lengths of 25 yd. pool)

- Swim cap, the color as provided in your race packet, must be worn throughout the triathlon swim.
- There will be ball buoys, cylinder buoys and triangle buoys marking the swim course.
- Swimmers will swim clockwise: out, turn right, swim parallel to shore, then swim back to shore to the finish.
- With this plan (clockwise direction), all buoys...balls and cylinders...will be on swimmers' right.
- However...weather / water conditions on race day may warrant a change of swim course and/or direction. The final swim course direction will be determined and announced on race day morning.
- Before entering the water for the start, all swimmers must pass through the designated chute to be counted individually. Everyone's cooperation is needed and appreciated.
- Equally importantly swimmers will be counted as they exit the water.
- *Being counted is absolutely essential for the safety and accounting for all swimmers.*
- Do help the process by calling out your race number to a race official when passing through the chute at the swim start and as you finish to help assure you are counted.
- Lifeguards, spotters and safety kayakers will be monitoring the swim course, start to finish, to provide guidance and assistance to swimmers as needed. Safety kayakers are there for all swimmers. Safety kayakers are not intended to be personal escorts for any one swimmer.
- *No floatation devices or listening devices of any type are permitted throughout the PI Triathlon swim. Wet suits are permitted.*

Bike Course (12.6 + Miles)

- Safety-approved helmets are required. No exceptions!
- Helmets must be fastened before you get on your bike and must remain fastened until you are off your bike.
- Bike numbers must be attached to your bike's top tube so it is clearly visible to race officials.
- *Headphones and other audio devices including cell phones are not permitted to be used during the bike (or run) segment of the race.*
- When beginning the bike segment, you must walk or run your bike through the Transition Area until you reach the designated bike start point. When completing the bike segment, you must dismount at the designated point before re-entering the Transition Area, then walk or run your bike back to your bike rack.
- Leaving Transition, cyclists will head west, toward the head of the park.
- Drafting and/or blocking on the bike course is not permitted at any time and will be monitored. Confirmed reports of violations will result in disqualification from the race.

The PI Tri bike course is relatively short distance and bunching up is certainly a possibility. Everyone's honest and fair intent / fair competition is expected.

- All cyclists are required to ride on the far right side of the outside lane of the road near the white line but not on the Multipurpose Trail. Triathlon cyclists should absolutely not ride on the Multipurpose Trail at any time throughout the race. The Multipurpose Trail is open for general public use.
- Bicycles must be placed properly on the bike racks. Any bicycle placed improperly in the bike racks at the start or finish of the bike segment may result in disqualification.
- No assistance at anytime will be permitted in the Transition Area or on the bike course by anyone other than a race official.
- The triathlon bike course is one counterclockwise loop on the main road around PISP.
- The triathlon course is not closed to vehicular traffic. DO NOT cross the centerline.
- Again, ride in the right hand lane at all times.
- When approaching Beach 1 for the turn-around, be alert, use caution and listen for directions. The turn will be directed by volunteers to insure everyone makes the turn safely with respect to motor vehicle traffic that may be coming onto or leaving the park.
- Motor vehicle traffic throughout is controlled but do keep your head up and be prepared to stop...use common sense!
- Motor traffic will be restricted to the inside lane (left lane) of the main road circling the park. On the far eastern loop of the park, all vehicular traffic will be directed clockwise.
- If you see another athlete having serious difficulty, do notify the next race volunteer or race official.
- Though there is no official pre-race bike inspection, race officials reserve the right to disqualify any athlete found to have a faulty bicycle or equipment.
- There are no bottle exchanges or water stations on the bike course.

Run Course (3.1 Miles)

- Bib number must be worn on the front during the run. Not wearing the bib number may result in disqualification.
- *Headphones, earbuds and other listening devices including cell phones are not permitted to be used during the run (and bike) segment of the race.*
- After leaving the Transition Area, runners will be directed out of the Transition Area to start the run on the Multipurpose Trail...heading east.
- The run course...totally on the Multipurpose Trail...is basically an out/back loop (east then west) with the U-turn point @ the Lagoon / Boat Rental area (approx 1.55 miles).
- Run on the LEFT side of the trail at all times. Do NOT run on the road at any time.
- Runners need to be alert and follow all directions given by race volunteers.
- There will be three water stations on the run course: start of run, @ the 1.55 mile mark, (the turnaround), and @ the finish.
- No friends / family may accompany triathlon runners by car, bicycle or on skates throughout the run course.
- If you see another athlete having serious difficulty, do notify the next race volunteer or race official.

- Turn in your timing chip and band to the race officials immediately after you cross the finish line. Failure to do so will result in a charge of \$30 to the entrant to whom the chip was assigned.

Special Rules for Relay Teams

- Team swimmers must wear their chip throughout the swim, then hand off their chip and band to the team cyclist at the designated relay team location near the Transition Area before cyclists get on their bike.
- All team cyclists must stay in the designated team area until handed the chip and band by team swimmer.
- Team cyclist must wear the chip / band on one ankle.
- Team cyclists must place their bikes in their designated spot on the bike rack before handing off their chip / band to the team runner.
- All team runners must stay in the designated team area until handed the chip / band by team cyclist.
- All team runners must wear the chip / band on one ankle. Turn in your chip / band to the race officials immediately after you cross the finish line. Failure to do so will result in a charge of \$30 to the entrant to which the chip was assigned.
- *Headphones and other audio devices including cell phones are not permitted to be used during the bike (or run) segment of the race*
- All other rules for the swim course, bike course and run course must be followed. Please familiarize yourself with these rules before the start of the race.

Additional Information

- The first finisher could finish the race in approximately one hour.
 - A random prize drawing and awards presentation will begin at approximately 11 AM.
 - Post-race food / beverages will be available for triathlon entrants near the Registration site.

IMPORTANT WEATHER-RELATED INFORMATION

- *If weather, water or road conditions are unfavorable for the total swim-bike-run event to take place safely for everyone (competitors and volunteers), race officials are prepared to shorten the distances – or- to conduct a bike-run event,*
- *If conditions warrant, a cancellation of the entire race is possible.*
- *Should this unlikely but possible situation arise, PI Tri 2019 will not be rescheduled. After race expenses are covered, all proceeds will be donated to the Presque Isle Partnership and the Presque Isle Lifeguard Association.*
- *Weather / water-related decisions will be made and announced on race day morning. With that, everyone’s cooperation and understanding will be appreciated.*

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