

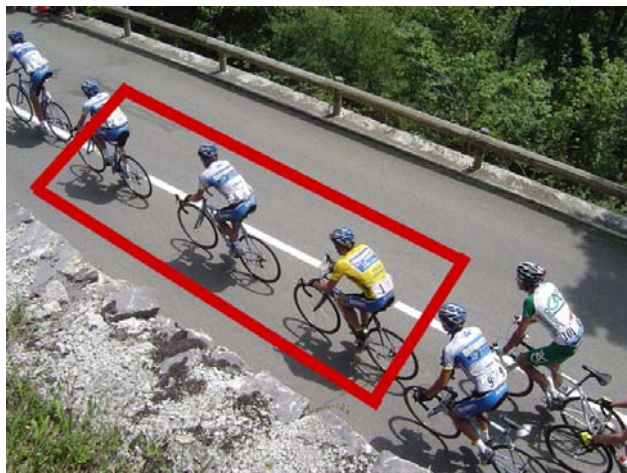
KEWEENAW ASPIRUS COPPERMAN TRIATHLON 2009 RULES

Rules:

- No pets in race area, no running with pets during the race.
- All athletes must be body marked before 8 am on Saturday.
- Swim caps (provided in race packet) and helmets are mandatory.
- **Athletes ONLY** in transition area until the race is completed! Please keep spectators behind the barricades.
- Pre-Race meeting is at 8am sharp at registration tent area.
- Popsicle stick with your race number (IN YOUR RACE PACKET) is required for entrance to swim start. DO NOT LOSE IT!
- The Library Restaurant provides food free to all participants and volunteers at the end of your race. Non-competitors may purchase food tickets for \$7 per person.
- Be nice to the volunteers and HAVE FUN!

Drafting: Zone = 3m x 7m

- **Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. See photo at right – in a triathlon, even Lance would be in violation.
- **Position**--keep to the right hand side of the lane of travel unless passing.
- **Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.
- **Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.
- **Road marshals will be on the course. Violators will be held at Esrey Park or Boat ramp area for 15 sec. penalty.**



Chip Timing:

- You must wear your chip from start to finish. A volunteer will remove it at the finish line
- TEAMS share one chip. You must transfer chip at each transition. Swimmer to biker, biker to runner. That is your tag off.

Race Numbers:

- Participants shall display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state from start to finish. Numbers

must face the front and be clearly visible at all times. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Helmets:

- Helmets must be worn and chinstraps secured at all times while on your bike. This means before, during, and after the event.

Headphones:

- Headphones, headsets, walkmans, ipods, mp3 players, etc. are not to be carried or worn at any time during the race.

Outside Assistance:

- No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

The Course:

- See Start Flag for swim entrance. Swim caps mandatory and volunteers will be collecting the popsicle sticks for athlete count. No popsicle stick with your correct #, no entrance! No Excuses!
- There will be 3 waves of swimmers:
9:00 am - Individual Men
9:05 am – Individual Women
9:10 am – Teams
- Swim will exit straight off boat ramp, run over timing mat to bikes. Volunteers will direct you.
- Bike – stay left as you exit racks, do not ride over the Finish mat.
- **BIKE RETURN – YOU MUST DISMOUNT YOUR BIKE IN THE DISMOUNT ZONE AND WALK ACROSS TIMING MAT!** Once across you may RUN your bike back to the bike racks for the run.
- Bike racks will be numbered. Park according to your race number only.
- Individual and Team racks are separate.
- Teams will tag at bike rack space according to race number.