

# EL DORADO LAKE TRIATHLON

## 2016 Race Day Instructions

Welcome to the El Dorado Lake Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. We hope you have a great race.

### RACE DAY SCHEDULE

- 5:00 am Park in designated lot adjacent to the transition area. Walk/ride your bike to the transition area-if you ride your bike, make sure to wear your helmet (you can get a time penalty even before the race starts!).
- 5:00 am Transition area opens-body marking happens in front of transition area. Make sure race numbers attached bike prior to entering.
- 6:50 am Transition area clears for start!! Pre-Race Meeting at swim start
- 7:00 am Olympic Distance Triathlon begins
- 7:30 am Sprint Distance Triathlon begins
- ~10:00 am Awards
- 11:00 am Course Closes

Conclusion of Race: Post-race refreshments, awards ceremony and Air Capital Triathlon Series Drawings!

### BODY MARKINGS

You will be body marked BEFORE you enter the transition area. Bike racks will be open.

### TRANSITION AREA

- Only competitors are allowed in the transition area. No exceptions!
- Transition will be cleared at 6:50am.
- Stage your equipment.
- Leave room for your neighbors.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- No bikes may leave transition area until USAT official clears it and this won't happen until the very last bike is in.

### RACE NUMBERS

- You will receive one race number. Your race number must be worn on the front during the run and be visible as you cross the finish line. Otherwise, you will be disqualified per USA Triathlon policy! You don't have to wear it during the swim and bike.
- Your timing chip must be worn on your **ankle**.

## RESTROOMS

- Restrooms and showers are located at the bathhouse.

## SWIM COURSE

- Olympic Distance Race begins at 7:00 am. (2 Loops and 2 Waves)
  - Wave 1 – Males and Relays
  - Wave 2 – Females
- Sprint Distance Race begins at 7:30 am. (2 Loops and 2 Waves)
  - Wave 1 – Males and Relays
  - Wave 2 – Females
- Wear your swim cap.
- Stay to the RIGHT of the buoys OR keep the buoys on your LEFT. You will swim counter-clockwise.
- Lifeguards and water rescue are in the water for your safety.

## BIKE COURSE

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Exit transition area to the right. Ride on the right side of your lane.
- The bike course will be open to traffic, so please be cautious at all times.
- Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass w/in 15 seconds.
- Keep 3 bike lengths between yourself and cyclist in front of you.
- Again, please follow all traffic laws as the course will be open to traffic
- The bike turns will be sharp. Slow down and be careful.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- Properly rack your bike before exiting on the run (cause for penalty).

## RUN COURSE

- Follow signs and cones.
- Be alert.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ.
- The run is mainly on the sidewalks and low-traffic roads. Finish is back at the beach, just after the bridge. There will be a sharp left turn to the finish arch. Olympic Distance athletes, make sure to continue on and do a 2<sup>nd</sup> loop of the run course.
- Make certain your race number is in the front BEFORE you cross finish line.

## RELAY TEAMS

- Cyclist will wait at the bike until the swimmer hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is cleared by USAT official.

## POST RACE ACTIVITIES

- Plenty of refreshments available and then awards will be given out.
- Stick around to cheer on your fellow athletes.
- Remember to thank the volunteers-they are crucial to the success of your event!  
WE LOVE OUR VOLUNTEERS!!!

**REMEMBER TO RETURN YOUR TIMING CHIP AFTER THE RACE! A \$20 FEE WILL BE CHARGED FOR LOST CHIPS!**