

CAROLINA INTERNATIONAL

MAY 4, 2014

START TIME: 7:20 A.M.

Packet Pick Up

Saturday, May 3 – 4pm-7pm

Summit Coffee
128 Main St
Davidson, NC 28036

Sunday, May 4 –5-6:30am

Davidson College Lake Campus (Swim Start – T1)
200 Lake Campus Dr
 Mooresville, NC 28117

- *Photo ID Required - No ID, No Race, No exceptions (USAT RULE)**
- *All Participants MUST pick up own packet (incl. relay members)**
- *Parent/Guardian may pick up packet for a MINOR child (17 or under)**



This event is sanctioned by USA Triathlon. What this means for you:

*All participants (incl. relay members) must either be a member of USAT or purchase a one-day license (\$12).

***All members MUST show CURRENT USAT card in order to receive their packet**

*If members cannot show proof of current membership, they will be required to purchase a one-day license (\$12)

*If you have recently renewed your membership, print out a temporary card (or take a screen shot with your phone) from the USAT website (www.usatriathlon.org) for packet pick up

TIP: Take a picture of your photo ID and your USAT card with your phone so you will always have it with you.

Live Results and Tracking

We will be providing live results for the event. You can follow the athletes on race day by using the link below:

- 1. [Live Results Link:](http://www.jonesracingcompany.com/liveresults/carolina)** This link will be streaming the results live on our website at www.jonesracingcompany.com/liveresults/carolina. You will be able to search for athletes, check placings, and follow the leader board with real time results/splits.
- 2. [Live Tracking Link:](#)** This link is where you sign up to track a participant. You can have your friends/family track you or you can track yourself. Once you create an account, you can search for the athlete you want to track. When you find who you want to track, choose the mediums you want to track them on (Text, Email, Facebook, or Twitter). Each time they cross a split point you will receive an

alert. Standard messaging rates apply for the Text Messaging option. Sign up at <http://jonesracingcompany.com/tracking/>

Race Logistics

The Carolina International is a "point-to-point" race. As such - this race presents participants and race organizers with some unique logistical challenges. We have attempted to make this as easy for participants as possible. It will be important that all participants follow these instructions. At packet pick-up, all participants will be given an envelope containing two plastic bags with drawstrings. These plastic bags will have your race number identified on it. You will use this bag at the swim start and at the swim finish/bike start transition area (T1).

All participants will need to check in their bikes into the T1/Davidson College Lake Campus transition area on Saturday between 4 PM – 7 PM or race morning from 5 AM – 6:30 AM. Please remember there will be no parking allowed at T1/Davidson College lake Campus transition area after all bikes have been dropped off on race morning.

Paid security will be on duty from 4:00 PM Saturday until 4:30 AM on Sunday morning (when race organizers and volunteers arrive).

You'll notice that the bike racks at T1/Davidson College Lake Campus transition area will be numbered in ranges. Look for your specific rack. These racks at T1/Davidson College Lake Campus are NOT individually numbered (the bike racks at T2/Bailey Rd Park are individually numbered). For the T1/Davidson College Lake Campus, you may rack your bike anywhere on the rack with your number range.

1) On race morning, participants who already picked up their race packets on Saturday and checked their bikes into T1/Davidson College Lake Campus transition area on Saturday, will go directly to T2/Finish Line transition area (proceed to paragraph #3);

2) On race morning, participants who have **NOT** picked up their race packets will go directly to T1/Davidson College lake Campus Location. Those participants will pick up their packets and drop off their bikes and all their bike gear/swim gear at T1/Davidson College Lake Campus Transition Area. The bike racks in the transition area will be numbered in ranges– look for your specific rack. These racks at T1 are NOT individually numbered (the bike racks at T2/Finish Line T.A. are individually numbered). You may rack your bike anywhere on that rack. Remember where you are in the transition area. Security will be present – so participants should not worry about leaving their bikes and gear. Make sure you leave everything you will need for the Swim-to-Bike transition. Included in this will be one of your plastic bags – marked with your race number. When you exit the water and get to the transition area – stuff your goggles, swim cap, and all other belongings (including your wetsuit – if applicable) into the bag – and leave it at your spot.

3) Participants will then drive their cars to T2/Bailey Rd Park (10 minute drive) where the Race Finish is located. Once there, participants will need to park in the designated parking areas (Bailey Rd Park or Bailey Rd Middle School) just a short walk to T2/Finish Line area. Before you drop your run gear in the T2/Bailey Rd Park transition area, grab your run number and pick up your timing chip at the red tent, located near the T.A. and right next to the bus staging area. You will also need to get body marked before boarding the buses. **You will need to show your run number in order to receive your timing chip.** Once you have your timing chip, drop your run gear in the T2/Bailey Rd Park – just down from the finish line. Once again, find your numbered bike rack. At the T2/Bailey Rd Park transition area, the bike racks will be individually numbered. Find your specific spot and lay out your run gear. As with the other transition area – make a note of where you are – to eliminate confusion when you come in off the bike.

4) At this point you're ready to be transported to the T1/Davidson College Lake Campus location. Buses will be provided to take you out to T1/swim start. Friends and family are welcome to ride out on the buses - these buses will be returning to the T2/Bailey Rd Park finish line following the swim finish. Make sure you take your second plastic bag with you to swim start – and **DON'T FORGET YOUR TIMING CHIP & ANKLE BAND**. When the race starts – you can insert anything you're not wearing during the swim into this plastic bag. Leave the plastic bag in the designated "bag drop location" – which will be at the swim start location.

5) When the race is over – your plastic bags from swim start and from the T1 transition area will be transported back to the race finish location. Your two bags will be placed together – all bags lined up in numerical sequence – to allow you to easily find your gear. These bags will be back to the finish line location before the final competitor finishes the race. This will prevent you from having to go back out to the lake following the race.

Shuttles to T1 on Race Morning

Due to limited space, no vehicles will be allowed to access T1/Davidson College Lake Campus on race morning after 6:30 AM. All athletes and spectators will be transported via shuttle buses to T1/Davidson College Lake Campus on race morning from T2/Bailey Rd Park. These buses carry 55 people at a time and will run continuously for 2 hours. There are plenty of buses. The first shuttle runs at 5am and the last shuttle is at 6:45am sharp. The only people on the last shuttle should be people in the last wave.

Bike Check-In



We will provide people with the **OPTION** of checking their bike into the transition area on Saturday. Check-in will begin at 4PM. We will have paid security guards monitoring the transition area from 4PM until 4AM on Saturday/Sunday. If you do not want to leave your bike and gear in the T.A. overnight, that's your choice. Bike check-in consists of simply racking your bike in your designated numbered bike rack location. There is no inspection process associated with Bike Check-in.

All participants will need to check in their bikes into the T1/Davidson College Lake Campus transition area on Saturday between 4 PM – 7 PM or race morning from 5:00 AM – 6:30 AM. Please remember there will be no parking allowed at T1/Davidson College lake Campus transition area after all bike have been dropped off on race morning

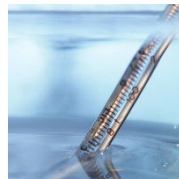
Parking



Parking for the event will be at Bailey Rd Park and Bailey Rd Middle School, just a short walk to T2/Finish Line. There will be no parking allowed at T1 - Davidson College Lake Campus. Please refer to the parking map located in your race packet. There will be parking signs directing participants to designated parking areas.

*****DO NOT PARKING IN LOCATIONS THAT HAVE NO PARKING SIGNS.*****

Water Temperature



Current water temperature is 68 degrees. We will announce the official water temperature on race morning. We will also post it on the Jones Racing Company website on Friday May 2nd by 9PM. Wetsuits will be allowed if the water temperature is 78 degrees or lower – per USAT rules.

Pre-Race Meeting

A pre-race meeting will be held at Summit Coffee (packet pick-up location) at 6:00 PM on Saturday (5/3). This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. Do not expect any instructions to be given on race morning at the swim start. There is simply not enough time. This meeting last about 30 minutes.

Chip Pick Up 5-6:45am

Timing chips will be picked up race morning. **You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.**

NOTE: All timing chips must be picked up by 6:45 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

This race will be timed using the ChampionChip timing method. You will be issued a timing chip on race morning. Timing chips will be distributed at the red tent that says "TIMING CHIP PICK UP" at the Bailey Rd Park/T2 location. This red tent will be set up next to the bus boarding location. Chips will be handed out beginning at 5:00 AM on race morning.

NOTE: You must have your run number in order to pick up your timing chip!!

*Make sure you receive the correct timing chip. Your chip is the same as your run number.

You will wear this chip on your left ankle – attached to you ankle using a disposable plastic medical strap. Attach the chip to the disposable medical ankle strap and attach the strap to your left ankle - leave 1-2 fingers space between your ankle and the strap. Too Loose: It could fall off and you'll be charge a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race. When you get it adjusted just right, make sure that the band snaps shut. You will hear the band snap into its closed position when it is secured properly.

Volunteers will cut off your strap and remove your timing chip as soon as you cross the finish line. We will have Velcro straps for the timing chips for sale at packet pick if you would rather use that.

Shoe Drop at Swim Finish

The swim to bike transition is about 1/4 mile due to the finish location of the swim and the start location of the bike. The road from swim finish to T1 is not paved, it is a gravel road. We will provide a location at swim finish to place shoes, so participants have the option to utilize them when running from swim finish to T1. There will be a designated area for shoes at the swim finish location. We recommend everyone drop a pair of shoes at this location due to the ¼ run from Swim Finish to T1. A heads up for anyone leaving shoes at the swim finish for the run to T1, you will not have these shoes back during the race so do NOT bring the shoes you plan on doing the run in or else you'll be running 13.1 miles barefoot. Bring a pair of quick slip on shoes just to make the transition a little more comfortably. You will then put them in the T1 bag that will be waiting at your bike rack (along with goggles and anything else you are not taking on the bike), and the bag will be brought to the finish line for you to pick up AFTER the race.

Race Numbers

You will be issued 3 numbers at packet pick up.

1. The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.
2. The long number (actually containing your number twice) is your bike frame number. This number

is self-adhesive and will be folded over the top tube of your bike frame.

3. The small number is your helmet number. It also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

***Do NOT cut or alter your numbers in any way.**

Body Marking

5-6:45am

All participants (including relay members) must be marked at the body marking area – located at T2 directly across from the chip pick-up tent, next to the bus loading area.

Medical Form

Please make sure you fill out the medical form and have it with you when you show up at packet pick-up. Turning in this form is mandatory – before you receive your race packet. If you don't bring it with you (already filled out) – this will be one more thing you'll have to do at packet pick-up. The medical form now appears as a separate link on the Carolina Half race page. It is also attached to the bottom of this document.

Swim Course

- ◆ Swim diagram is available on the Carolina International event page on our website.
- ◆ This will be a “beach” start.
- ◆ We will announce the water temperature on race morning. We will also post it on the Jones Racing Company website on Friday May 2nd by 9PM. Wetsuits will be allowed if the water temperature is 78 degrees or lower – per USAT rules.
- ◆ The finish will be at the Davidson College lake Campus Boat Ramp. Swimmers will exit at the boat ramp.
- ◆ Be prepared to be at the swim start no later than 6:45 AM
- ◆ Swim caps have been provided and must be worn.
- ◆ If you need assistance during the swim - roll over on your back and put your hand in the air
- ◆ If you need to hang on to a watercraft during the swim – please make sure you are not hanging on to one of the motorized safety boats. You may hang on to one of the kayaks, canoes, or surfboards without penalty – however if you hang on to the side of one of the motorized watercraft – you will be taken out of the water and disqualified.
- ◆ There will be a number of port-a-johns located on the way to the transition area. There will be a location before you get to the port-a-johns to place any of your personal items – should you need to change. Use the port-a-johns if you need to make a complete change of clothing. Most of us would prefer not to see any naked triathletes running around in the transition area.
- ◆ The swim to bike transition is about 1/4 mile due to the finish location of the swim and the start location of the bike. The road from swim finish to T1 is not paved, it is a gravel road. We will provide a location

at swim finish to place shoes, so participants have the option to utilize them when running from swim finish to T1.

- ◆ This will be a wave start:

Wave	Age Group/Category	Start Time	Swim Cap
1	Open Men & Women Masters Open Men & Women Physically Challenged	7:20 AM	Purple
2	All Male Age Groups Clydesdales Master Clydesdales	7:25 AM	Pink
3	All Female Age Groups Athenas All Novice Relays Aquabike	7:30 AM	Sky Blue

Transition Area

For this event there are 2 transition areas

- ✚ **At Bailey Rd Park/T2 transition area** – the bike racks will be individually numbered. Find your bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. When you have completed the bike course, place your bike on the rack centered on your number and facing the same direction as your number. This will allow for more space between bikes for placing your gear.
- ✚ **At the Davidson College Lake Campus/T1 transition area** – the bike racks will contain rack numbers at the end of the rack – covering a range of numbers (ie; #72-77, #150-155, etc.). You must place your bike on the rack with your number range.
 - **ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.**
 - We will provide people with the OPTION of checking their bike into the transition area on Saturday. Check-in will begin at 4PM. We will have paid security guards monitoring the transition area from 4PM until 4AM on Saturday/Sunday.
 - Only the race participant will be allowed to remove his/her bike from the transition area.
 - Participants will not be allowed to mount bikes inside the transition area – and will be made to dismount at transition area entrance following the bike segment.

Bike Information

- ◆ Bike course map is available on the Carolina International event page on our website.
- ◆ NO DRAFTING! USAT officials will be on the course.
- ◆ Hard shell helmets must be worn and helmets must be fastened before mounting your bike.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Tri Life will be providing pre-race tech support.
- ◆ JRC will be providing two “Sag” vehicles on the course during the race.

- ◆ Bike frame numbers that are provided must be attached to either the top tube or the rear tube of the bike near the handlebars.
 - ◆ Helmet numbers must be attached to the front of your helmet.
 - ◆ No headphones, earphones or any radio-type devices will be allowed.
 - ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
 - ◆ Police and volunteers will be present at all corners. Police will also be patrolling the course.
 - ◆ All turns will be marked with bright orange signs and orange spray chalk arrows on the pavement.
 - ◆ Mile points will be marked in orange spray chalk on the road (Miles 5,10,15,20,25)
 - ◆ Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.
 - ◆ Water bottle handoff location will be located at mile 15. Water only – “factory” packaged Deer Park water.
 - ◆ ***Please make sure you drop empty water bottles ONLY at the water bottle handoff locations. Also, do not throw any trash on the bike course – this will result in a DQ. Any bottles dropped at the water handoff locations will not be returned to you.***
-

Bike Course Description

- This is a 26-mile loop
 - Pay attention to the course markings and course signs. There will be police at all most every intersection and volunteers at the turns. But pay attention to the signs.
 - **There is a RR crossing at mile 2 of the course. Go slowly at this location so you do not lose any water bottles.**
-

Run Information

- ◆ Run course map is available on the Carolina International event page on our website.
 - ◆ Stay on the Greenway/sidewalk at locations indicated on the map and on the course.
 - ◆ You must wear the race number (with the pull tag) that is provided.
 - ◆ ***Your run number must be visible on the front of your body when you cross the finish line (2 minute penalty if it's not)***
 - ◆ All mile points will be marked (mile 1 – 6)
 - ◆ No headphones, earphones or any radio-type devices will be allowed.
 - ◆ We will have a chip timing mat at the turn-around point.
 - ◆ When you approach the finish line you will cross over some timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.
-

Run Course Aid Stations

- 1) Aid stations will be located along the course, at approximately every mile.
- 2) The aid stations are set up to handle two-way traffic - as participants will go by each station twice.

- 3) All aid stations will be stocked with the following: water, Heed, Coke, ice, Hammer Gel, E-Caps, oranges, salty snacks, and cold hand towels.
 - 4) If you take a towel and run with it – please deposit it at the next aid station or in buckets labeled for towels only. Don't throw it on the ground as our volunteers will have to pick them all up. There will be a bucket for you to throw them at each aid station.
 - 5) Each aid station will have a port-a-let and first aid kits.
 - 6) PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.
-

Relay Teams

- ◆ At packet pick up, each member will receive the portion of the packet relevant to the leg of the event they are doing.
 - ◆ Swimmer – will receive an index card with their number. This card can be shown at the chip pick up tent in order to receive the timing chip (or the runner can show the run number). Swimmer will also receive the swim cap.
 - ◆ Cyclist – will receive the bike number and helmet number
 - ◆ Runner – will receive the run number
 - ◆ All participants must get body marked before the race.
 - ◆ Swimmers will tag bikers at their assigned bike rack location (Davidson College Lake Campus). We will provide swimmers transportation back to Bailey Rd Park/T2 from the swim finish. The shuttle buses will remain until all swimmers have exited T1.
 - ◆ Bikers must tag runners at Bailey Rd Park/T2 Transition Area
 - ◆ Relay team members need to remember to pass off the ChampionChip timing chip attached to the Velcro band to each team member. This band must be worn on your ankle!
-

Post-Race Refreshments

The Pizza and other sweet and salty snacks will be on hand for all participants after the race. We will also have soft drinks, water, bananas & oranges. All food and drinks are free to all participants. Refreshments will be served under the covered pavilion near the finish line.

Awards

The awards ceremony is scheduled for 11:20 AM. If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail out awards.

Results

Results will be posted continuously during the day at the Results Tent on the 47 in. HD LCD TV. Complete results including splits will be posted on the Internet by 9:00 PM, Monday, May 5th - Website address: www.jonesracingcompany.com.

Spectator Access During Race

All spectators can access the finish line area by parking at Bailey Rd Middle School once the race has started. ****SPECTATORS CAN ONLY ACCESS T1/SWIM START BY TAKING THE SHUTTLE BUSES. NO PARKING IS ALLOWED AT T1.**

Given that the finish line is at a park, there is a playground there. We will also have a bounce house for the kids, as well as some other kid activities.

Spectator Food & Beverage

Please make sure that all spectators know that the Pizza is for participants only. The food and drinks located under the covered pavilion are for participants and volunteers only. Please help us out with this. We want to make sure that we have enough food and drinks for all participants and volunteers. We will have a great food truck on site - Maki Taco – so you will be able to purchase food/drinks.

Spectator Information

- Spectator are welcome at the event. You will be allowed everywhere except in the finish line chute and the transition area.
 - There are ample places around the transition area and finish line to see a lot of the event. You will be able to watch the bike finish, run start and the finish line. Please be aware of the event as you walk around. There will be athletes heading out on course and there's nothing worse than a collision with a spectator because people aren't paying attention.
-



Volunteer Information

We welcome volunteers. If you arrive at the event and wish to volunteer, simply go to the volunteer check in tent. Our staff will let you know where help is needed.

HAVE A GREAT RACE!



Medical Information Form

Instructions: Please download this form – fill it out and turn it in at packet pick-up.

(You will not receive your race packet until this form is filled out and turned in)

To save yourself time at packet pick-up it is suggested that you bring the form with you – already filled out.

Participant Name: _____

DOB ____/____/____ **Sex:** ____ **Age:** ____

Address _____

City _____ **State** ____ **Zip** _____

Phone _____

Medical Ins. Co. _____ **Policy #** _____

Race Day Emergency Contact Info:

Name: _____ **Phone:** _____

Physician: _____ **Phone:** _____

CIRCLE ALL ITEMS THAT APPLY TO YOU

Angina (chest pain)	Heart attack	Irregular heart rhythm
Pacemaker	High blood pressure	Diabetes
Seizures	Bleeding disorder	Asthma
Anemia	Pregnancy	Heat exhaustion
Dehydration	Hyperventilation	Hypoglycemia

Recent infection _____ **Recent surgery** _____

Allergies: _____

MEDICATIONS

Nitroglycerin	Diuretic (water pill)	Beta blocker
Anti-hypertensive	Anti-arrhythmic	Anti-epileptic
Insulin	Diabetic medicine	Albuterol Inhaler

List Medications You're Taking & Dosages:

- 1) _____
- 2) _____
- 3) _____