GLADE SPRINGS CHARLIE WILLIAMSON MEMORIAL TRIATHLON

JUNE 14, 2014 START TIME: 9:00 A.M.

Packet Pick Up

Friday, June 13 – 5pm-7pm
Glade Springs Resort Hotel
255 Resort Drive
Daniels, WV 25832

Saturday, June 14 – 7-8:15am
Swim Finish Location (Race Site)
Chatham Lake - Map on website.

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.

Parking

There will be ample parking at the Resort T.A. near the FINISH LINE. **NO SPECTATOR PARKING AT THE LAKE TRANSITION AREA!**

Pre-Race Pasta Dinner

We have a pasta dinner planned the night before. It will be served from 6-8 PM in the Glade Room at the hotel. Packet pick-up will be available here that evening. We invite you to come and dine with us and

take advantage of the opportunity to ask questions about the course and hear safety tips from the race organizers.

FREE for registered participants.

For additional tickets:

- Pasta dinner $17 adult, $12 kids 6-12 FREE- 5 and Under

Pre-Race Meeting

A pre-race meeting will be held at 7:00 PM on Friday, June 13th at the Pasta Dinner (Glade Room in the Hotel). We will cover as many details as possible about the race and questions will be encouraged. This meeting should last about 30 minutes - we encourage everyone to attend as there will be no race instructions given race morning.

Chip Pick Up
7-8:30am

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 8:30 AM. If you lose your timing chip, you will be charged a $30 replacement fee.

*Timing chips will be distributed at the red Chip Pick-Up Tent located next to the bus loading station. Regardless of what time you start the race, you must pick up your timing chip by 8:30 AM.

*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.

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.

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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
7-8:45am

All participants must be marked at the body marking area – located at the Lake T.A. (T1) SWIM START location. Participants must be marked by 8:45 a.m.

Swim Temperature Information

The water temperature will be posted on the Glade Springs Charlie Williamson Memorial Triathlon webpage on Thursday, June 12, 2014 by 9:00 PM. We will also announce the water temperature on race morning multiple times. USAT rules will apply for wetsuits. If the water temp. is 78 degrees or lower, wetsuits may be worn. If the water temp. is 79 – 83 degrees, wetsuits may be worn – HOWEVER – the participant will not be eligible for any awards, will not receive any USAT national ranking points. We will take the official reading on race morning. (bring your wetsuit in case it's legal).

Swim Course

- Swim diagram is available on the Glade Springs Charlie Williamson Memorial Triathlon event page on our website and will also be displayed at packet pick-up
- This will be a wave start:

Wave	Age Group/Category	Start Time	Swim Cap
1	All Male Age Groups, Clydesdales, Master Clydesdales, USAT Talent ID	9:00 AM	Red
2	All Female Age Groups, Athenas, All Relay Teams	9:05 AM	Pink

- The lake will be open from 8:30 AM to 8:55 AM for warm-up. **No warm ups after the event starts.**
- Be prepared to line up for the swim start a minimum of 5 minutes before your starting time.

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- Wetsuits will be allowed if the water temperature is 78 degrees or lower – per USAT rules. If the water temperature is 79 – 83 degrees, participants may choose to wear a wetsuit – however, they will not be eligible for awards and they will not receive USAT ranking points and will show up in the results as DQ'd.
- There will be a variety of watercraft on the swim course during the event. If you feel it's necessary and you need some assistance, roll onto your back and wave your hands above your head.
- Remember to place everything in your plastic bag at swim finish (goggles, cap, wetsuit, etc). These bags will be brought down to the race finish location downtown for you to collect following the event

Transition Area

- For this event there are 2 transition areas:
  - **At the Resort/Finish Line 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 Chatham Lake transition area** – the bike racks will contain rack numbers at the end of the rack – covering a range of numbers (ie; #1-6, #7-12, etc.).

- **ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.**
- 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 Glade Springs Charlie Williamson Memorial Triathlon event page on our website and will also be on display at packet pick-up.
- This is a one loop bike course.
- No drafting! Draft marshals on motorcycles will be present on the course. Don't get caught drafting or blocking. If you aren't familiar with the USAT rules, read through the USAT rules document that will be displayed at packet pick-up.
- Helmets must be fastened before leaving the transition area.
- Stay to the right in the designated bike lanes to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- Helmet numbers must be affixed to the front of your cycling helmet.
- No headphones, earphones or any radio-type devices will be allowed.

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- There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- Corners will be marked with orange spray chalk arrows on the pavement approximately 25-50 yards before each turn and with large orange directional signs- also located about 25-50 yards before each turn.
- Volunteers will be wearing orange vests and will be directing athletes with orange flags.
- Mileage points will be marked on the pavement with orange spray chalk at each 5 mile point (mile 5, 10)
- Pre-race bike tech assistance will be available at the Lake transition area.

Run Information

- Run course map is available on the Glade Springs Charlie Williamson Memorial Triathlon event page on our website and will also be on display at packet pick-up.
- This is a one loop run course.
- The course will be well marked. The turns will be indicated with orange spray chalk and blue signs (with orange arrows).
- There will also be plenty of volunteers on the course.
- You must wear the race number that is provided in FRONT (with the pull tag).
- **If you do not have your race number clearly displayed on your front as you cross the finish line-you will be assessed a two-minute penalty.**
- Water stations will be located at Mile 1 & Mile 2.
- No headphones, earphones or any radio-type devices will be allowed.

Relay Teams

- Swimmers will tag bikers at their assigned bike rack location (Lake Transition Area)
- Bikers must tag runners at the Resort/Finish Line Transition Area
- Relay team members need to remember to pass off the ChampionChip timing chip attached to the Velcro band to each team member.

Post Race Refreshment/Awards

The post-race refreshments will be located in the big white tent. The presentation of awards will take place near the finish line at the smaller white tent. Awards presentation will begin immediately after the last finisher completes the race (estimated to be 11:30 AM). You must be present to collect your award, or arrange to have someone pick it up for you. Awards WILL NOT be mailed out**.** FREE for registered participants.

For additional tickets:

- BBQ picnic $27 adult, $12 kids 6-12 and FREE-5 and under

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. 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.

Results

Results will be posted continuously throughout the race on a 47 inch TV. Official results with splits will be posted within a few hours of the race finishing at: www.jonesracingcompany.com/2014-results.

HAVE A GREAT RACE!