

LAKE HICKORY TRIATHLON

JULY 9, 2016

START TIME: 7:30 A.M.

Packet Pick Up

Friday, July 8 – 5pm-7pm

Carolina Pedal Works
883 Highland Ave SE
Hickory, NC 28602

Saturday, July 9 – 6-7:00am

Dusty Ridge Park (Race Site)
360 Dusty Ridge Access Rd
Taylorsville, NC 28681

****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: This link will be streaming the results live on our website at www.jonesracingcompany.com/liveresults/. You will be able to search for athletes, check placing's, 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.

Parking

Parking will be available at the race site. All cars must be parked by 7:30 AM. There will be volunteers directing traffic to the parking area. ***Once the race begins, you will not be able to exit the park until the last biker has finished because the main entrance road will be shut down for the bikers and the runners.***

Participant Q&A

Lake Hickory Triathlon Participant Q&A: The Race Director and owner of Jones Racing Company will be onsite at packet pick-up from 6-7pm to answer your questions one on one. If you have any questions about the event, please take the time to come by between 6-7pm at packet pick-up on Friday. Hope to see you there!

Chip Pick Up 6-7:00am

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 7:00 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

*Timing chips will be distributed in the red Chip Pick-Up Tent. Regardless of what time you start the race, you must pick up your timing chip by 7:00 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.
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

6-7:00am

All participants must be marked at the body marking area – located near the Chip Pick Up Tent beginning at 6:00 AM. Participants must be marked by 7:00 a.m.

Swim Temperature Information

The water temperature will be posted on the Lake Hickory Triathlon webpage on Friday, July 8, 2016 by 12:00 Noon. 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. USAT race officials will take the official reading on race morning. (bring your wetsuit in case they are legal).

Swim Course

- Swim diagram is available on the Lake Hickory 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	Open Men & Women Masters Open Men & Women Assisted Athlete	7:30 AM	Red
2	All Men Age Groups, Clydesdales & Master Clydesdales	7:33 AM	Green
3	All Women Age Groups & Athenas	7:36 AM	White

4	Novice Men & Women	7:39 AM	Sky Blue
	Masters Novice Men & Women		
	All Relay Teams		

- The lake will be open from 7:00 AM to 7:20 AM for warm-up.
- Once the race starts the lake will not be available for warm-up swims.
- Be prepared to line up for the swim start a minimum of 5 minutes before your starting time.
- 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.

Transition Area

- ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.
- The transition area will have five entrances/exits that will be clearly marked by large inflatable archways:
 - Swim Finish
 - Bike Start
 - Bike Finish
 - Run Start
 - Transition Area Entrance/Exit
- Once you are racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads "Swim Finish." The inflatable archway next to that one will be for "Run Start," so you don't want to run through that one. At the other end of the transition area will be the "Bike Start" and "Bike Finish" archways.
- Once the race starts at 7:30AM – the only entrance that you will be able to use (unless you've started the race and you're racing) will be the large "Transition Area Entrance & Exit" inflatable. This will allow people to enter and exit the transition area without disrupting the race.
- All participants will have their own numbered bike slot. Find your numbered 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. Place your bike on the rack centered on your number. If the number is upside down when you look at it, you're on the wrong side of the rack. This will allow more space between bikes for placing your gear. Each rack accommodates six bikes – three on one side and three on the other side.
- No bike storage the night before the race.

- 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.
 - **IF YOU'RE NOT ACTUALLY RACING AND YOU'RE IN THE TRANSITION AREA BECAUSE YOU'VE EITHER JUST FINISHED THE RACE OR YOU HAVEN'T STARTED YET, PLEASE BE COURTEOUS TO YOUR FELLOW COMPETITORS. REMEMBER, YOU WOULDN'T LIKE IT IF SOMEONE GOT IN YOUR WAY WHILE YOU WERE RACING. THIS MEANS – DON'T STAND IN THE AISLES TALKING!**
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Bike Information

- Bike course map is available on the Lake Hickory Triathlon event page on our website and will also be on display at packet pick-up
 - **This is a two 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.
 - 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.
 - Pre-race bike tech support will be on site.
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Run Information

- Run course map is available on the Lake Hickory Triathlon event page on our website and will also be on display at packet pick-up.
- **This will be an out-and-back run course with two turn around locations.**
- The course will be well marked. The turns will be indicated with blue signs (with orange arrows).
- Mile 1, Mile 2, and Mile 3 markers will also be provided.

- 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 the beginning of the run, mile 1, and mile 2. Due to the design on the run course (out and back) athletes will receive water twice (on the way out and on the way back). You will never be more than ½ mile away from the next water station.
 - No headphones, earphones or any radio-type devices will be allowed.
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Relay Teams

- The swimmer will be given an index card at packet pick up that they can use to pick up the timing chip in the morning OR the runner can show the run number.
 - Teams will be given a Velcro ankle strap at chip pick up. You will need to put the timing chip on the strap and put the strap on the swimmer's left ankle.
 - "Tagging" takes place at the designated bike rack for your team.
 - The cyclist will be waiting at the rack with their helmet on and ready. They will remove the timing chip strap from the swimmer's ankle and put it on their ankle.
 - The runner will be waiting at the designated rack for the cyclist. When the cyclist returns, the runner will remove the timing chip from the cyclist's ankle and put it on their ankle.
 - The chip and strap will be collected at the finish line
 - Relay members do NOT need to remain in the transition area the entire time. Just make sure you are ready for when your team gets there. Use the Transition Area Entrance/Exit to go back and forth.
 - PLEASE BE COURTEOUS TO THE OTHER COMPETITORS!
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Post Race Refreshment/Awards

The post race refreshments will be located near the finish line and the presentation of awards will also take place near the finish line. Awards presentation will begin immediately after the last finisher completes the race (estimated to be 10:30 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.

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 swim, then walk over to 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.

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/2016-results.

HAVE A GREAT RACE!