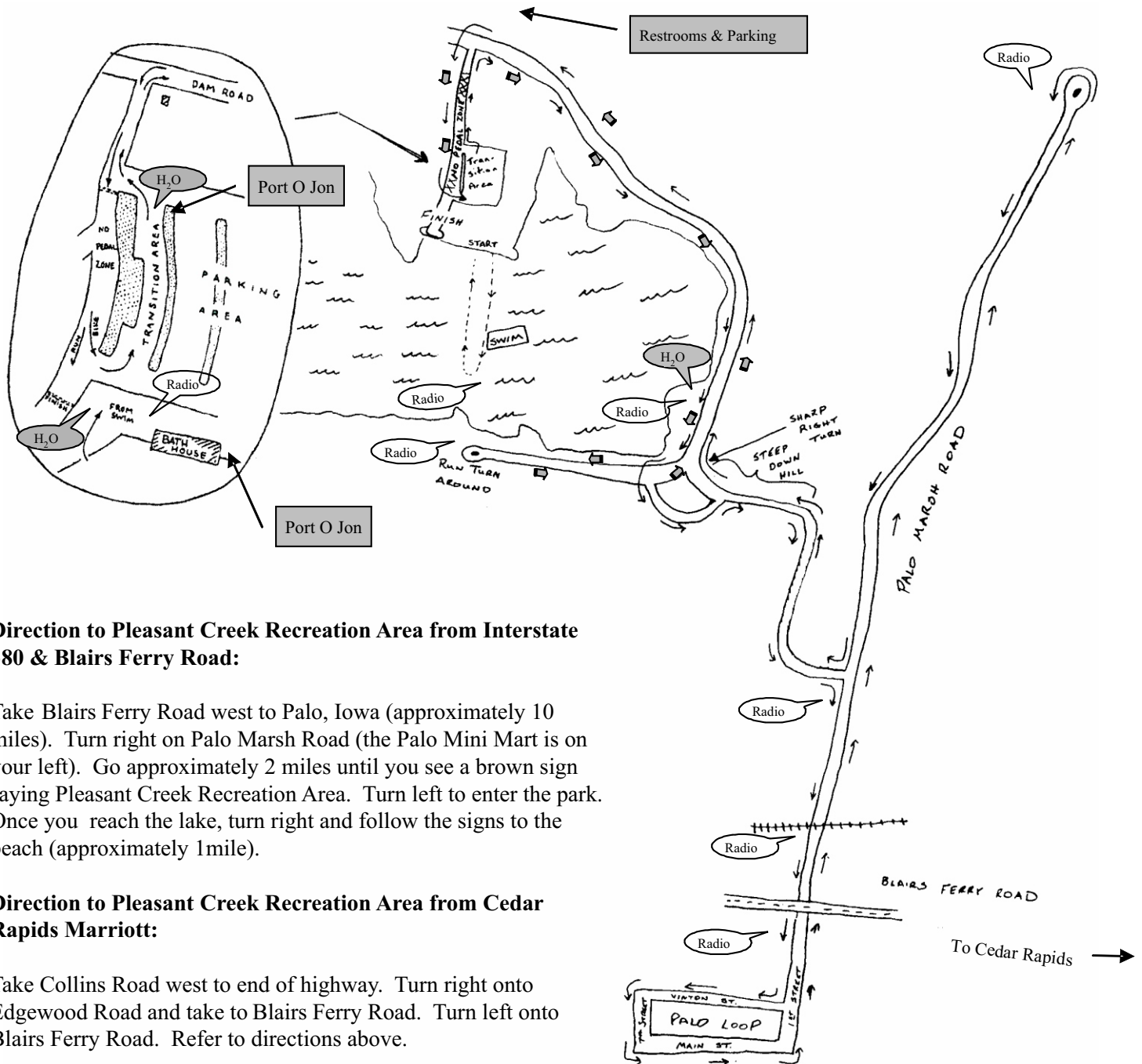


# PIG MAN SPRINT TRIATHLON

## PLEASANT CREEK RECREATION AREA - PALO, IOWA

### JUNE 6, 2010



#### Direction to Pleasant Creek Recreation Area from Interstate 380 & Blairs Ferry Road:

Take Blairs Ferry Road west to Palo, Iowa (approximately 10 miles). Turn right on Palo Marsh Road (the Palo Mini Mart is on your left). Go approximately 2 miles until you see a brown sign saying Pleasant Creek Recreation Area. Turn left to enter the park. Once you reach the lake, turn right and follow the signs to the beach (approximately 1 mile).

#### Direction to Pleasant Creek Recreation Area from Cedar Rapids Marriott:

Take Collins Road west to end of highway. Turn right onto Edgewood Road and take to Blairs Ferry Road. Turn left onto Blairs Ferry Road. Refer to directions above.

## RACE INFORMATION

**Transition Area** - For the protection of you and your equipment, only participants and race officials will be permitted in the transition area. Participant must be body marked and have their timing chip prior to entering the transition area. Body marking will take place at the end of the transition closest to the beach. The transition will open at 6:00 a.m. on race day. There will be a designated area in the transition for your equipment based on your wave start.

**NOTE: Riding bikes in the transition area is NOT allowed. You must wait to mount your bike until you reach the transition exit and you must dismount your bike before entering the transition area.**

**Mandatory Pre-race Meeting** - There will be a mandatory pre-race meeting held on the beach at 7:15 a.m. General course information, rules and last minute changes will be covered during this meeting.

## RACE INFORMATION (continued)

**The Swim** - The swim is a .5k (543 yards) out and back course. Always swim with the buoys to your right. Water temperature will be announced throughout the morning and at the pre-race meeting. Wet suits will be allowed according to USA Triathlon rules (78 degrees and below). NOTE: No dogs are allowed in beach area.

**IMPORTANT NOTE: NEW USAT RULE SAYS YOUR RACE DAY AGE IS HOW OLD YOU ARE ON 12/31/08.**

Wave	Description	Swim Cap Color	Start Time
1	Elite Females	Gold	7:30 a.m.
2	Elite Males & Teams	Purple	7:39 a.m.
3	Clydesdale/Athena	White	7:43 a.m.
4	Male & Females Under 25	Green	7:47 a.m.
5	Males Over 49	Yellow	7:51 a.m.
6	Females Over 39	Sky Blue	7:55 a.m.
7	Females 25 to 39	Pink	7:59 a.m.
8	Males 25 to 34	Black	8:03 a.m.
9	Males 35 to 39	Red	8:07 a.m.
10	Males 40 to 49	Navy Blue	8:11 a.m.

**The Bike** - The 25k (15.5 mile) bike course is held on rural country roads. The course will be marked with arrows, caution signs and mile markers (every 5 miles). Major intersections will have course marshals and be advised that the course is open to vehicular traffic. All bikers must wear ANSI approved or equivalent helmets and USA Triathlon rules will be strictly enforced.

**The Run** - The 5k (3.1 mile) run is totally within the confines of the park. Stay to your right throughout the run and be advised that the run course is open to vehicular traffic. At mile one there will be an aid station. You will pass this aid station twice during the run.

**Team Information** - Team members and their equipment are to be placed in the designated wave start location in the transition area. The timing chip is to be passed on to the next team member in this area to signify the pass of the baton. Team members MUST stay in their designated area and not obstruct other participants throughout the race.

**Refreshments** - A variety of complimentary refreshments will be available to participants at the finish line area.

**Chiropractic and Massage** – Complimentary services provided.

**Award Ceremony and Results** - The award ceremony will begin around 10:00 am. Many door prizes will be given out during the day. Thanks to Gear West, we will be giving away a Quintana Roo Kilo Triathlon Bike and wetsuit, Zipp wheels, Spinervals DVDs, Kurt's Indoor Trainer and the Gear West Gear Pack full of racing gear. You must be present to win. Results will be posted on the Pigman Triathlon web site located at [www.pigmantri.com](http://www.pigmantri.com).

### MOST COMMONLY VIOLATED USAT RULES

- Helmets must be worn while on the bike. Always have your chinstrap securely fastened (before, during and after the event).
- No assistance other than that offered by race and medical officials may be used.
- Equipment must be placed in the properly designated and assigned transition area.
- Handlebar ends must be solidly plugged in. Tape alone is not sufficient. Violation is a disqualification.
- Drafting - following a leading cyclist closer than 3 bike lengths and failing to pass or exit the draft zone within 15 seconds.
- Illegal Position - riding on the left side of the lane without passing.
- Illegal Blocking - riding on the left side of the lane without passing and interfering with other cyclists attempting to pass..
- Overtaken – failing to drop back 3 bike lengths after being passed and before re-passing.
- It is the responsibility of the competitor to know and follow the prescribed course.
- Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct is forbidden.
- Headphones, headsets, walkman's etc. are not to be worn at any time during the race.
- Make sure your race number is visible at all times throughout the run.
- Wetsuits shall be permitted without penalty in water temperature of 78 and under.
- Abandonment – Belongings taken on the course must stay with athlete. No garbage, clothing, etc. shall be thrown on the course.