

# PIGMAN® LONG COURSE TRIATHLON

## Race Information Sheet

12<sup>th</sup> Annual

August 16, 2009



**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. All bikes MUST be on a rack before the race will start. Leave room for others.

**NOTE:** Riding in the transition area is NOT allowed. You must wait to mount your bike until you reach the transition exit and you must dismount 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 and last minute changes will be covered during this meeting.

**The Swim:** The swim is a 1.2-mile triangular course. Always swim with the buoys to your right. Water temperature will be announced during the morning of the race. Wet suits will be allowed according to USA Triathlon rules (78 degrees and below). NOTE: No dogs are allowed in beach area.

**IMPORTANT NOTE:** Time-Trial swim start format. After the elite athletes and teams start at 7:30 a.m. all others will start in a Time-Trial format. Athletes will line up according to their respective age group wave as defined below. Note that USA Triathlon age is based on your age as of 12/31/09. One person will start every 3 seconds by crossing over the chip timing mat on the beach before entering the water. Swim start times are approximate.

Wave	Description	Swim Cap Color	Approximate Start Time
1	Elite Male & Elite Female & Teams	Sky Blue	7:30 a.m.
2	Clydesdale, Athena	Navy Blue	7:31 a.m.
3	Male 45 & Above	Purple	7:33 a.m.
4	Female 35 & Above	Red	7:38 a.m.
5	Female Under 35	Pink	7:41 a.m.
6	Male under 30	Black	7:44 a.m.
7	Male 30 to 34	Gold	7:48 a.m.
8	Male 35 to 39	White	7:51 a.m.
9	Male 40 to 44	Yellow	7:54 a.m.

**The Bike:** The bike is a 56-mile course through rural county roads and will go through small towns. The course will be marked with arrows, caution signs and mile markers every five miles. All major intersections will be monitored. However, the course is open to vehicular traffic. All bikers must wear ANSI approved or equivalent helmets as per USA Triathlon rules.

You will cross railroad tracks while on this course. Slow down while crossing these tracks. We have covered the rougher tracks with a rubber mat. The mat will only be wide enough for a single line of bikes to cross at a time.

There will be four bottle exchange stations along the course. The approximate locations are at mile 7, 19, 33, and 46. The mile 7 bottle exchange will only provide bottled water. All other stops will have bottled water and HEED. A BOTTLE DROP ZONE will start just prior to each exchange station and end just past the exchange station. Signs will mark this area. You MUST throw your empty bottle or trash in this designated area. **YOU ARE NOT ALLOWED TO THROW YOUR BOTTLES OR TRASH IN ANY OTHER LOCATION ALONG THE COURSE. YOU WILL BE DISQUALIFIED IF YOU FAIL TO OBEY THIS RULE.**

**The Run:** The 13.1 mile run is an out and back course on a country road with gently rolling hills. The course is open to vehicular traffic. You must keep to the right during the run. Race numbers are to be worn and clearly visible at all times during the run. There will be aid stations located every mile on the run. Water, HEED, Hammer Gel, cookies, pretzels and fruit will be available.

**Team Information:** Teams members and equipment are to be located 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.

### **Post Race Activities**

Finisher Print: Each finisher will receive a print designed specifically for the Pigman Long Course Triathlon by past Pigman Triathlon Champion and Artist, Carol Smolsky of Papillion, Nebraska.

Post Race Picture: The official race photographer will be taking pictures at our mock finish line. All participants are entitled to one free photo. This picture can include you, your friends, family, or team mates. It's up to you and it's free.

Refreshments: Once you have completed the event, replace the fuel you burned with our wide variety of complimentary refreshments. Freshly made pasta, pizza, watermelon, apples, oranges, bananas, cookies, granola bars, and more are available. Liquid refreshments include; Water, HEED, pop, lemonade and ice tea.

Chiropractic & Massage: Complimentary services provided.

Door Prizes: As a participant of the Pigman Triathlon, you are eligible for one of the many door prizes that will be given out during the post race activities. Thanks to Gear West, we will be giving away a Quintana Roo Triathlon bike frame and UltraJohn wetsuit, Zipp wheels, Spinervals DVDs, Kurt's Kinetic Indoor Trainer and the infamous Gear West Gear Pack full of racing gear. You must be present to win these door prizes.

Pigman Award Ceremony: The give-a-ways, overall, age group and team awards will be announced approximately 3:30 p.m. You will be able to pick up your award early once official results are available. Go to the race announcer location for the award.

Results: Results will also be posted on the Pigman Triathlon web page 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 is following a leading cyclist closer than 3 bike lengths and failing to pass or exit the draft zone within 15 seconds.

Illegal Position is riding on the left side of the lane without passing.

Illegal Blocking is riding on the left side of the lane without passing and interfering with other cyclists attempting to pass.

Overtaken is 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.