

Please excuse the formatting issues, keep scrolling through the pages until the very end!

June 6, 2017

Dear Participant,

**ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday!**

CHAMP Racing reserved the right to alter or cancel portions of the event courses based on safety issues

Welcome to the 5th Annual Great Western Reserve Triathlon and Half-iron distance Event. CHAMP Racing appreciates your participation in our exciting event. This race has managed to reach nationwide with people traveling from Texas, Michigan, Indiana, Virginia, West Virginia, Pennsylvania and of course Ohio. This just isn't your backyard race anymore. It is because of all of you that has made that possible.

This year...**The sprint & Olympic distance events will be on Saturday, June 10** and will be contained within the state park area and surrounding roads, including the MJK Dam!, and the **Half-iron will be on Sunday, June 11**. The Half-iron will be a POINT-TO-POINT starting at West Branch State Park and finishing in Newton Falls!

In this packet, you will find information regarding our race sponsors, race maps, wave starts and fueling station information as well as how to locate your results.

If you have any questions, please feel free to call us at 330-931-5571 or email [raceyah@champracing.org](mailto:raceyah@champracing.org). Again, thank you for making the only Northeastern Ohio Half-iron distance Triathlon a possibility. PLEASE...PLEASE...PLEASE use the below link to access more specific race info, location, directions, road closures, etc.!!!

Details of the race are at: <http://www.champracing.net/#!great-western-triathlon/n411y>

Below you will find (in order)

- Directions & Locations
- The "Packet pick-up" Process
- How to navigate through the Point-to-Point Process
- Start times & cap colors
- Course (Swim, Bike, Run)
- Transition area information
- Athlete safety information
- Post-race information
- Fueling & Timing & Results

Race On,

*The Champ Chumps*

**PLEASE review USA Triathlon Most Commonly Violated Rules"**

**<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>**

# **WE WOULD LIKE TO THANK OUR SPONSORS:**

Aurora Cross Country Team

**BOOM!**

Faces Lounge

Steel Valley Tri Club

Center for Physical Health

CREW Racing

*Upcoming events to look into signin' up for:*

The Tri & Du @ Munroe Falls Metroparks, June 24

**The Hope Over Heroin AMG Triathlon, Akron, July 9**

The Greenmen Stampede 5k Trail run- Aurora, Ohio, July 23

**ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday!**

## **GETTING THERE!**

### ***GETTING to the BEACH/West Branch State Park***

Locating the park CAN NOT be found in the GPS using the "park address".

The race is at the beach. **Putting the Esworthy Rd address in will take you to the wrong side of the lake.... You don't want that now, do you?**

The nearest address to put into your GPS is:

5184 John Thomas Rd. Ravenna Ohio. 44266

**Saturday ONLY, Saturday ONLY, Warning...Warning...ALERT!**

If you are coming from the east on cable line road on Saturday only, THERE WILL BE A DETOUR. Please follow the detour signs to the beach.

- Please note that once you've reached that address, you will need to continue onto the park, which is just a hop, skip and a jump further down the road on Cable Line. Follow the signs towards the BEACH!! Not the Marina.... The BEACH! Get it? Got it? Good!
- PARKING at the beach-There will be plenty of parking at the beach as there are parking bays galore!

### ***GETTING to NEWTON FALLS, PARKING, AND SHUTTLE INFO.***

The nearest address to put in your GPS is:

FACES LOUNGE, 13 W. Broad Street, Newton Falls, OH 44444.

This address will get you to the main strip in Newton Falls in which portions of this area will be closed to traffic.

For all athletes and spectators, **PARKING** in Newton Falls will be located at the CADLE COMPANY 100 N Center Streets, Newton Falls OH 44444.

For all athletes driving to Newton Falls and taking the bus to West Branch: You will need to park at the CADLE Co (see above address) and walk approx. 178 yards to HEALTHY TREASURES located on the main strip at 40 WEST BROAD STREET, Newton Falls 44444. Healthy Treasures will be the location to pick up the bus.

# ATHLETE CHECK-IN

1. **FOR ALL SPRINT AND OLYMPIC ATHLETES**, there is NO packet pick-up on Friday. The only opportunity for pick-up will be race-day morning on June 10. So please do not show up Friday to pick-up your gear, because the CHaMP CHuMPS will be running around feverishly trying to get the last minute touches done before the race!
2. **ALL HALF IRON ATHLETES**. Packet pick up offers two options. You may come to the Packet Pickup on June 10<sup>th</sup> from 1 to 6 pm OR pick-up packet on race-day morning from 5:30am-8:00am

*Do I have to go to the Packet Pickup to pick up my packet?*

**NO. You may pick up your packet race morning between 5-6:45.**

## **What will happen at Check-in:**

1. You will receive your race packet envelope

The contents will include: bib, bike frame number, swim cap, and wrist band with you bib number

- *Do I have to wear my Bib the whole race? Nah. Just as long as you cross the Finish Line with the Bib Number visible to the timers. Please place your Bib Front facing.*
- *How the heck does this Bike Frame Number work? It is self adhesive. So all you've gotta do is attach it the stem of your seat or frame.*
- *What is this wrist band for? This band is for a family member or friend that is permitted to pick-up your gear for you in the event you cannot collect your bike & bags after the race. They must be wearing this band to collect your gear.*

2. Then you will receive the Event Day T shirt

3. Next stop will be to pick up your timing chip and strap.

4. Lastly, you can pick up our sponsored swag such as Beanitos and Lip Baum and an autographed picture of the Chief CHaMP CHuMP! (please do not sell on Ebay as his agent will be very upset with you!)

- Half Iron Participants: If you pick up your packet at Saturday's packet pickup...THIS MEANS IT IS YOUR RESPONSIBILITY TO BRING YOUR TIMING CHIP AND STRAP WITH YOU ON RACE DAY.
- **Also, this is a USAT Sanction Event...NO ID. NO RACE. NO EXCEPTIONS**

*Other questions you may need some answers to:*

- *What do I do Race Morning? Welp...After you arrive at the Race site, you can go rack your bike in its specified wave section. If you have yet to pick up your packet, please do so. If you've already gotten your packet, then you are ready for your body marking which will be under the transition tent nearest the swim.*
- *What else should I do? Maybe you can stop by the TRAILSIDE BICYCLES tent to have an adjustment to your tire pressure. You could also do a little stretching, chitchatting with your fellow triathletes, admire other people's equipment and go for one last potty break. You don't want to go poo-poo in your tri suit! The options are nearly endless.*

**ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday!**

## **FOR THE HALF IRON DISTANCE/AQUABIKE ATHLETES ONLY.**

The Point-to-Point Process!

**The 2017 GWRT Half Iron Distance will be a point-to-point race with the swim and transition #1 at West Branch State Park and Transition #2 on Broad Street in Newton Falls, OH. There are several options to consider when preparing for a point-to-point event.**

First, we need to explain the packet-gear bag thingy. Your packet/gear bag you will have the following items:

- Timing chip and strap. Must be worn throughout the race.
- Race bib. Only needs to be worn on the run portion of the race through the finish.
- Bike frame number. Applied to the bike frame prior to the race.
- 1 BLACK plastic bag and 1 WHITE plastic bag. These bags will be used to pack your gear in transition areas.
- Official race T-shirt. We hope you like! If not, please apply blame to the tall lenky race director lady!
- Tyvek wrist band with your bib number on it. You DO NOT wear this band. This band is for a friend or family member that is permitted to pick-up your gear following the race (Half-iron only)

### **Which category applies to you?**

#### **Category #1:**

You are in Category #1 if you...

...Choose to pick-up your packet/gear bag on Saturday, June 11 from 1-6pm at the West Branch Beach during the Expo AND...

...Have your own transportation before and after the race.

**ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday! HYDRATE NOW!**

#### ***Here what you will do:***

Saturday: You pick up your packet/gear bag at the beach "concession" area. After that, you will leave your bike with us as we will have it secured and locked in a super secret place!. You can place your bike gear (shoes, helmet, etc) here overnight or you can drop this gear off in the morning upon arriving at the beach on race day. You can report directly to the beach as we will have a "T2 Bike Bag" drop off truck and will transport that bag to Newton Falls/T2 for you.

Sunday/Race-day: Your transportation drives you to West Branch and you report to your transition #1 spot and fine-tune your area. You then get your game face on and get ready to go! After your swim, you will pack ALL of your swim gear in the BLACK T1 Bag provided and then away you go on the bike! Make sure all your swim gear and transition area is clean of your gear and IN YOUR BAG prior to leaving for the bike course. CHAMP will load this bag and get it back to you in Newton Falls. Upon your arrival in Newton Falls after your bike segment, you will then head through transition #2, drop off your bike, grab your WHITE T2 Run Bag (with your run gear in it) and change for the run. Then away you go!!! Then you will finish! (we hope!)

#### **Category #2:**

You are in Category #2 if you...

...Choose to pick-up your packet/gear bag on Saturday, June 10 from 1-6pm at the West Branch Beach during the Packet Pickup AND...

...are flying solo and need transportation from Newton Falls to West Branch.

#### ***Here what you will do:***

Saturday: You pick up your packet/gear bag at the beach "concession" area. After that, you will leave your bike with us as we will have it secured and locked in a super secret place! You can place your bike gear (shoes, helmet, etc) here at your spot overnight in your T1 Bike Bag.

Sunday/Race-day: You drive to Newton Falls/Race-day check-in area to prep and drop your T2 Run Bag. You will then hang out and catch the transportation bus to West Branch. Once you arrive at West Branch, you double check and prep your T1 area. You then get your game face on and get ready to go! After your swim segment, you will pack ALL of your

swim gear in the BLACK T1 Bike Bag provided and then away you go on the bike! Make sure all your swim gear and transition area is clean of your gear and IN YOUR BAG prior to leaving for the bike course. CHAMP will load this bag and get it back to you in Newton Falls. Upon your arrival in Newton Falls after your bike segment, you will then head through transition #2, drop off your bike, grab your WHITE T2 Run Bag (with your run gear in it) and change for the run. Then away you go!!! Then you will finish! (we hope!)

## Category #3:

You are in Category #3 if you...

...Cannot pick-up your gear until Sunday (race-day) morning.

...Have your own transportation before and after the race.

Here what you will do...

Saturday: Nothing! You are busy doing something important, like spending time with your family, or fishing at the campground, or maybe sewing a new quilt, or going to the dentist, or trying to score brownie points with the in-laws by building them a new deck or changing the oil in their cars, or perhaps playing the star role of Bilbo Baggins in a community theatre musical called, "The Hobbit on a Rampage."

Sunday/Race-day: Your transportation drives you to West Branch State Park early to pick-up your Packet/gear bag. You then rack your bike in the assigned transition #1 rack area and prep your spot. Once everything is prepped and ready to go, you will make sure your T2 Run Bag is packed and loaded on the CHAMP truck (at the beach). We will transport this bag to Newton Falls/T2 for you. You then get your game face on and get ready to go! After your swim segment, you will pack ALL of your swim gear in the BLACK T1 Bike Bag provided and then away you go on the bike! Make sure all your swim gear and transition area is clean of your gear and IN YOUR BAG prior to leaving for the bike course. CHAMP will load this bag and get it back to you in Newton Falls. Upon your arrival in Newton Falls after your bike segment, you will then head through transition #2, drop off your bike, grab your WHITE T2 Run Bag (with your run gear in it) and change for the run. Then away you go!!! Then you will finish! (we hope!)

**Category #4:** The most time-consuming option :( Be sure to leave plenty of time to prepare.

You are in Category #4 if you...

...Cannot pick-up your gear until Sunday (race-day) morning.

...are flying solo and need transportation from Newton Falls to West Branch.

Here what you will do...

Saturday: Nothing! Just be chillin' like a villain!

Sunday/Race-day: You drive to West Branch to pick-up your Packet/Gear-bag. You will then rack your bike in the assigned racking area in T1 and prep your spot. Once your T1 spot is ready to go, you will then drive to Newton Falls/Race-day check-in area to prep and drop your T2 Run Bag. You will then hang out and catch the transportation bus to West Branch. Once you arrive at West Branch, you can double check your T1 area. You then get your game face on and get ready to go! After your swim segment, you will pack ALL of your swim gear in the BLACK T1 Bike Bag provided and then away you go on the bike! Make sure all your swim gear and transition area is clean of your gear and IN YOUR BAG prior to leaving for the bike course. CHAMP will load this bag and get it back to you in Newton Falls. Upon your arrival in Newton Falls after your bike segment, you will then head through transition #2, drop off your bike, grab your WHITE T2 Run Bag (with your run gear in it) and change for the run. Then away you go!!! Then you will finish! (we hope!) **ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday! HYDRATE NOW!**

\*\*\*\*\*This option requires you to check-in first at West Branch to pick-up your packet, and then drive to Newton Falls to catch the transportation bus back to the state park. The CHAMP CHuMPS suggest the following time frame if you are in category #4: Arrive approx. 5:30am at the state park to pick-up your packet and prep your T1 transition spot. This will take approximately 30-40 minutes. You will then have to drive to Newton Falls which is about a 15 minute drive. This will get you to Newton Falls approx. 6:30am which will give you about 45 minutes to catch the bus.

## Points to Consider-

- Remember, race time begins at 8:30am.
- Bus transportation will be limited and will make runs from Newton Falls to West Branch **beginning around 6:40AM with the last bus leaving at 7:30am** PLEASE!...OH PLEASE, OH PLEASE !.. do NOT procrastinate like me and wait until the last bus. Plan your time wisely to ensure you have space on a bus.
- You will have two transition bags: 1 black and 1 white. Your black bag is your T1 swim to bike bag and the white bag is your T2 bike to run bag. Make sure that following the swim, you pack all of your swim gear in the black bag in T1, and then following the bike, all of your bike gear gets in the white bag in T2. We will then collect these bags and your friend will use the wrist band to claim this gear after the race at Newton Falls.
- The T2 process will be a linear process and will go like this: 1. Upon entering T2, rack your bike in T2 wherever you find an open spot along the racks, 2. Grab your white T2 bag lying on the ground in numerical order (we will have some volunteers to help locate your bags.) 3. Get your bag and change into your run gear, 4. Drop off your T2 bag as you exit the transition area in Newton Falls.

## Wave Start Times

### **Saturday, June 10**

8:00 Olympic Waves Start –

8:00 Olympic Male 39 & Under

8:03 Olympic Male 40 & Over, CLY, Relays

8:06 Olympic Females, ATH

8:30 Sprint Waves Start-

8:30 Sprint Male 39 & Under

8:33 Sprint Male 40 & Over, CLY, Relays

8:36 Sprint Females, ATH

Attention!! The Sprint and Olympic starts may be split into more waves depending upon registrant volume.

### **Sunday, June 11**

8:30 Half Iron Waves Start

8:30 Half Iron All Male, CLY

8:35 Half Iron All Female, Relays, and Aqua bike

# Courses **ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday! HYDRATE NOW!**

## **THE SWIM!**

The swim course has been slightly updated to a counter clockwise rectangular swim.  
For all divisions, the swim will be a COUNTER-CLOCKWISE swim with BOUYS ON THE LEFT!  
**Sprint, Olympic, Half Sprint Olympic** (2 Laps) Half (2 Laps around big green pyramids).

These courses are subject to changes or cancel based on conditions. Last year, there were large swells and the course was adjusted for safety.

HALF:

Visit: [https://docs.wixstatic.com/ugd/d9ac6f\\_5296b80075d54d388aab7c21d985c2e7.pdf](https://docs.wixstatic.com/ugd/d9ac6f_5296b80075d54d388aab7c21d985c2e7.pdf)

SPRINT/OLY

Visit: [https://docs.wixstatic.com/ugd/d9ac6f\\_8621c1b420cc46e98f535f7d66056a3f.pdf](https://docs.wixstatic.com/ugd/d9ac6f_8621c1b420cc46e98f535f7d66056a3f.pdf)

## **THE BIKE**

View Bike Course Maps at:

HALF:

Visit: [https://docs.wixstatic.com/ugd/d9ac6f\\_59511df781674235a971a0a7320e49c6.pdf](https://docs.wixstatic.com/ugd/d9ac6f_59511df781674235a971a0a7320e49c6.pdf)

SPRINT/OLY

Visit: [https://docs.wixstatic.com/ugd/d9ac6f\\_eaba57ce2755425dba0c157ea23e7ac2.pdf](https://docs.wixstatic.com/ugd/d9ac6f_eaba57ce2755425dba0c157ea23e7ac2.pdf)

Race-day morning bike support will be provided Trailside Bicycle

*We will be driving the CHAMP CHUMP VAN throughout the bike course to assist any of you that could use a little "pick me up".* **Bike Course SAG Wagon (Half-only) is compliments of Trailside Bicycle Company located in Canfield, OH. Trailside will also be available Saturday between 2-5pm.**

**Caution...**Although 95+% of the bike course is in great shape, there are a few rough spots to be noted! Around mile 2 or so on Wayland Road, the road gets a bit rough prior to heading out on SR 5. So please be aware and do not think the rest of the bike course is like the nastiness on Wayland...it is not! Another sketchy point of the bike course in the City limits of Newton Falls...not too bad but it does have a few rough spots.

ATTENTION Half-iron Aqua bike!!!! The Aqua bike, once dismounted will walk/jog approximately 100 yards beyond the white finish tent and perform a 180 degree turn into the finish shoot. Then enjoy a fresh cold beverage of choice.

**Bike Course cut off is 1:00 pm**

## **THE RUN**

The Sprint & Olympic Run Courses will be contained at West Branch State Park. The Sprint Course is 1 lap and the Olympic is 2 laps and is an out-n-back course on a mostly closed-to-traffic road.

Visit: [http://champracing.org/yahoo\\_site\\_admin/assets/docs/Map1.4345714.pdf](http://champracing.org/yahoo_site_admin/assets/docs/Map1.4345714.pdf)

The Half-Iron Run Course is 3 laps of 4.37 miles and is flat and fast and spectator friendly. There will be 3 fluid stations on the course, all with Gatorade & Water, and the 1<sup>st</sup> (in T2) and the 2<sup>nd</sup> approx. mile 1.25/2.25 will have BOOM gel, snacks, and fruit. Water stop #3 will just have water and Gatorade. Please note, water stop #2 will be on the out-n-back portion of the run so you will pass this water station on approx. mile 1.25 and then again on the way back in around mile 2.

HALF IRON RUN COURSE BELOW.



**TA/Run Start**

**1 Mile**

**2 Mile**

**3 Mile**

**4 Mile**

**Newton Falls Path**

**2016 GWRT Run Course**

**3 Laps X 4.37 Miles**

Runners will pass 4 fluid stations per loop. Fluid Stations at the exit of T2, and at approx. 1.3 miles, 2.3 miles, & 3.5 miles on the 4.37 mile loop.

# TRANSITION AREAS

TRANSITION AREAS...OPENS AT 5:15 AM. \*\*No racking of bikes prior to this time. Unless you've already dropped off your bike the day before, of course. \*\* The transition area will be closed 10 minutes before each event. In The event of an "emergency" there will be entrances on the side of the TA. Do NOT cross, or really get anywhere near the timing mats once they have been activated. The read field for these timing chips is large.

NO non-participants permitted in the Transition Area at any time.

Helmets must be worn per USAT Rules.

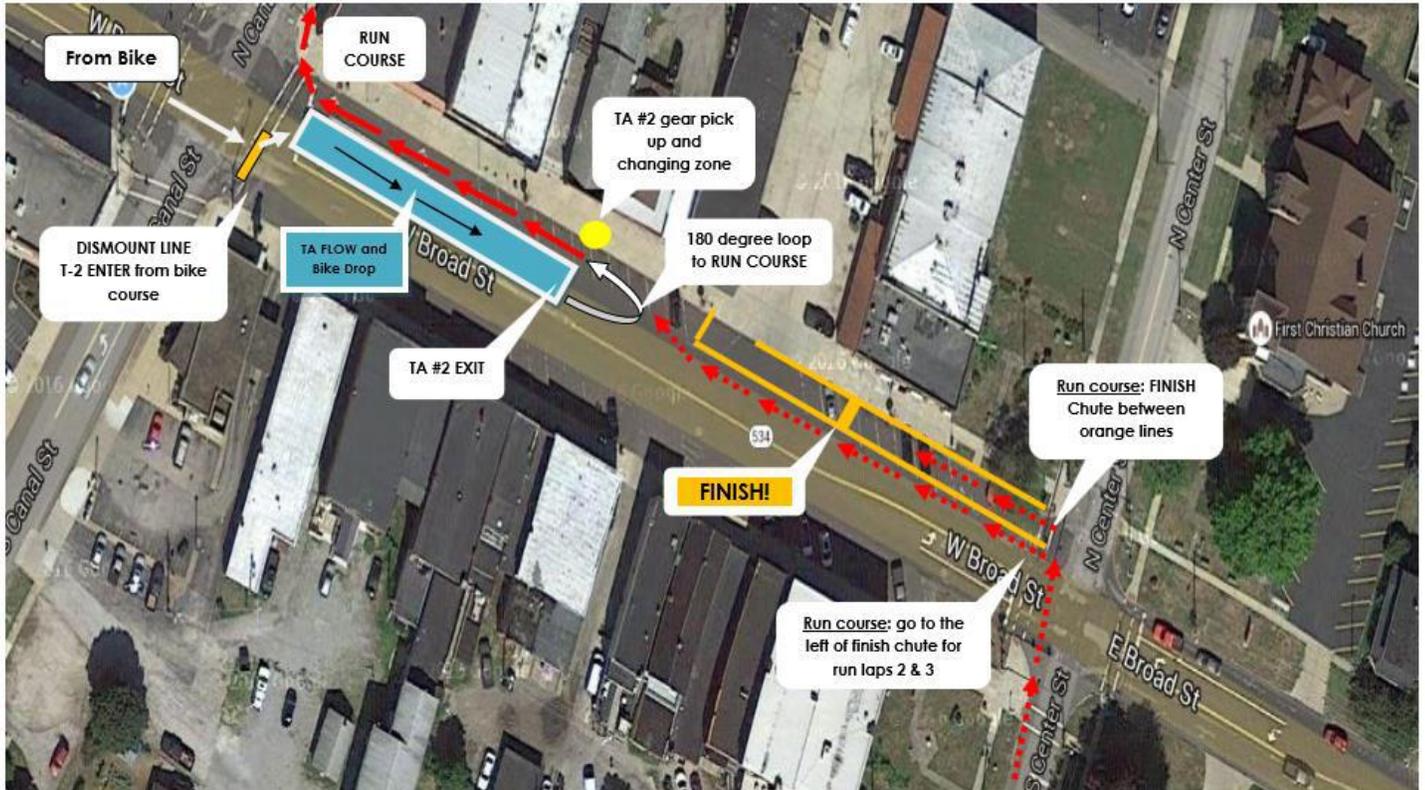
\*You will see on race morning that there are designated racks for each wave. Please rack your bike appropriately.

## Transition Area #2 (for Half-Iron Distance ONLY)

**ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday! HYDRATE NOW!**

The Point-to-Point Process for the half-iron distance athletes will begin at West Branch State Park in Transition Area #1, and then finish at Transition Area #2 in Newton Falls Broad Street. Athletes will be given TWO (2) gear bags...one will be black and one will be white. Your black bag is your T1 swim to bike bag and the white bag is your T2 bike to run bag. Make sure that following the swim, you pack all of your swim gear in the black bag in T1, and then following the bike, all of your bike gear gets in the white bag in T2. We will then collect these bags and you will use your bib number to claim this gear after the race at Newton Falls.

### The Great Western Reserve Half Iron Triathlon Transition #2 – BIKE to RUN



The T2 process will be a linear process and will go like this: 1. Upon entering T2, rack your bike in T2 wherever you find an open spot along the racks, 2. Grab your white T2 bag lying on the ground in numerical order (we will have some volunteers to help locate your bags.) 3. Get your bag and change into your run gear, 4. Drop off your T2 bag as you exit the transition area in Newton Falls.

**“So, CHaMP CHuMPS, how do we set up these bags with our stuff and where in the heck do we turn them in and all that kinda stuff?”**

Once you check in and get your “packet,” (whether it is Saturday or on race-day), you will need to prepare your TA and gear bags.

### **The “White T2/Run Bag”**

- 1. If you park at Newton Falls on race day** and take the shuttle, you can drop off your PREPARED WHITE T2/RUN Bag with our volunteers prior to boarding the bus. Our volunteers will take your bag and place it in T2, and it will anxiously await your arrival.
- 2. If you report directly to West Branch on race day**, then you will turn in your WHITE T2/RUN Bag to our turn-in truck at T1. These bags will then be transported to T2 and will anxiously await your arrival!

These bags will be placed in the middle of T2 in numerical order so after you dismount and rack your bike, you will...

...pick-up the WHITE T2/RUN Bag

...change from your bike gear to your run gear

...re-pack the white bag with your bike gear

...deposit the white bag into the kiddie pool collection area

...kick-butt on the run!

**\*\*\*We advise that after dismounting the bike in T2, that you leave no gear (maybe except your shoes) on your bike in the T2 bike racking area. Please pack all your bike gear in the T2 bag prior to heading out for the run!**

### **“The BLACK/T1 Bag”**

The BLACK/T1 Bag has several options:

- Option #1-Pick-up packet on Saturday, prepare your BLACK/T1 Bag during the expo, and leave it with us at the expo. Our team will then place these out early Sunday for you to pick-up.
- Option #2-Pick-up the packet on Saturday and then take it home, prepare it, and then bring it with you on Sunday.
- Option #3-Pick-up packet on Sunday, prepare the bag, leave it at your TA and race on!

**\*\*\*Make sure all of your gear is re-packed in the gear bags after each segment of the race!**

## **TIMING**

Your race will be timed by us Champ Chumps using the Chronotrack Timing System. It is used to time events such as the Boston Marathon, the Cleveland Marathon our little triathlons and road races.

You will wear the timing chip around either ankle during the entire duration of the race.

It will track your swim time, first transition time, your bike time, your second transition time and finally your run time. The race begins using the Gun Start method. It is good practice to monitor your splits in the event of a missed chip read. The Champ Chumps can then import the splits manually.

Once you exit the water, you will run up to the TA and cross the first timing zone that will end your swim time. Once you exit the TA with your HELMET, and Bike, you will complete your first transition time. When you return from your bike route you will cross another timing zone which will capture your bike time and starting your second transition time. After returning your bike and helmet to the proper position in the TA, you will exit for your run crossing over the timing zone that will conclude your second transition time and start your run time. Once you cross the last timing zone, also known as the FINISH LINE, you have accomplished what some only dream of. Oh, yeah... you will also get your overall time.

## **FUELING**

**ALERT: Please prepare for HEAT with temperatures in the high 80's for Sunday! HYDRATE NOW! (OK...THIS WAS THE LAST TIME!, Promise!)**

BOOM will be the gel of choice at fluid stations.

- Bike Bottle Exchange~ there will be a Bottle Exchange at about mile 28 after Deefield Circle with BOOM, Gatorade and Water with a port-o-john
- Run fluid station #1 will be located near the transition #2/hub area.
- Run fluid station #2 will be located at the 1.25/2.2 mile mark on the run course.
- Fluid station #3 will be approx. the 3.3 mile mark.

**Fluid station #1: Water, Gatorade, BOOM, nutrition bars, bananas, crackers, and pretzels.**

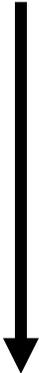
**Fluid Station #2: Water, Gatorade, and BOOM**

**Fluid Station #3: Water and Gatorade only**

## **RESULTS**

Results will be posted every 30 minutes after the first participant crosses the finish line. You can also visit the CHAMP Racing website for the most up to date results as we will be posting the unofficial times there during the race as well. [www.champracing.net](http://www.champracing.net)

KEEP SCROLLING



**Course Cut-off is 4:00 PM. You are welcome to complete the race after 4pm, but the course is not supported by patrol and volunteers.**

Athlete Safety: Medical Personnel will be provided for the duration of the event. *North East Ambulance Service* will be stationed at Hub area.

There will also be HAM Radio Operators throughout the route to communicate to the Race Director. \* If you need assistance please inform the Radio Operators (they will be in marked vehicle).

Remember this is a USAT Sanctioned Event.... Follow your Basic Race Ethics.

**SCROLL BELOW FOR MORE INFORMATION**



Any foul language towards Event Volunteers and Staff is not tolerated under any circumstances and is an immediate disqualification. Use your kind tone, please and thank you. Most of these volunteers are teenagers and kids and are a critical part of the event. If you need to yell at someone...yell at the tall lanky lady! She has hearing problems anyway when it comes to people talking to her, yet alone yelling at her!

## **POST RACE**

To Collect Gear & Bike...

1. You must wait until all athletes are in from the bike portion of the course to collect your bike.
2. Please HAVE YOUR BIB NUMBER PRESENT as you will be using that to check out your bike from the Transition area and your gear from the gear bag pick-up area.
3. **If a friend or family member is collecting your gear & bike, then they must have the Tyvek band with your bib number on it. (half only)**
4. Return your Timing Chip.... Yep. It's not a keeper. Please return the timing chip to the Finish line Staff. Not doing so, may result in a letter from the Race Director charging you a replacement fee of \$30.54.

### ***And Finally...POST RACE PARTY AT FACES LOUNGE!!! (Half Only)***

(Half only) First, **bring some extra loot** or if family and friend/spectators are coming to watch, have them bring some extra money for discounted lunch, hotdogs, etc. at FACES LOUNGE and authentic tacos & quesadillas (from Amigo's Restaurant located at the finish line, and these are not your typical taco! They are the real deal Mexican taco made from the best of ingredients and are the most authentic taco around!)

***AND...Alcoholic beverages will be for sale as well at our post-race lounge!***

(All divisions) And of course, we will also have complimentary post-race refreshments and snacks for the finishing athletes.

(All divisions) Grab some refreshments and Pizza and stay to cheer your new friends at GWRT'17

(Half only) **We will be presenting the awards around 4pm in Faces Lounge, so if you finish early, please hang out and enjoy the racing scene, grab some lunch at the local restaurants, take the kids about ½ south the community park area playgrounds, and fraternize with the fellow triathletes!**

SPRINT & OLYMPIC – We will be posting results and you can collect your awards at race site. We will not have an awards ceremony for the sprint & Olympic distances.

# **OK...THE END!**







