

## 2009 Spring Fever Sprint Triathlon

Sunday, April 19, 2009

Claremore Rec Center, Claremore, OK

### Packet Pick-Up

Packets should be picked up in advance. For exceptional circumstances packets may be picked up on race day but approval for race day pickup must be received from the race director in advance (email Tim Dreiling at [tim@fleetfeettulsa.com](mailto:tim@fleetfeettulsa.com) if you would like to request race day pickup).

Packet pickup will be at Fleet Feet Sports in Tulsa, located at 61<sup>st</sup> and Yale in KingsPointe Village Shopping Center. Packets will be available from Thursday, April 16 through Saturday April 18 during normal business hours (10-8 Thursday, 10-7 Friday, 10-6 Saturday). Location: <http://www.mapquest.com/mq/9-pCjmsqQnScyUIXbGUXkZ>

Packets will contain:

- Race number – run
- Race number – bike
- Safety pins for run number (if you don't use a race belt)
- Zip ties for bike number
- Participant T-shirt (finishers will receive a tech hat after finishing race)

Timing Chips and Velcro ankle straps will be distributed on race day. Your chip number will match your assigned race number. Pick up your chip before or after you check into the TA on race day. The event will be timed using the IPICO Sports timing system. Yellow Champion Chips owned by participants can't be used.

Rec Center Location:

<http://www.mapquest.com/maps?name=Claremore+Expo+Ctr&city=Claremore&state=OK&address=400+S+Veterans+Pkwy&zipcode=74017&country=US&latitude=36.317629&longitude=-95.630488&geocode=ADDRESS&id=8874020>

Note: Pool/Rec Center is located on the south end of the Claremore Expo Center property.

### Race Day Check-In

Once you arrive at the Claremore Rec Center, you can enter the TA beginning at 6:00 am.

**ONLY REGISTERED ATHLETES WITH A RACE NUMBER CAN ENTER THE TA!**

The TA will be located very near to the Finish Line. It is not assigned but rather on a first come first serve basis. You must check in before entering the TA, and have your bike checked, and have your helmet checked. Your body will also be marked. **THE TA WILL OPEN AT 6:00 AM FOR CHECK-IN! If you do not have a helmet, you will not be allowed into the TA!**

**PLEASE RACK YOUR BIKE BY YOUR SEAT TO ALLOW FOR MORE BIKES IN THE TA! PLEASE DO NOT RACK YOUR BIKE BY THE HANDLEBAR!**

Once you have racked your bike and set-up your gear in the TA, please go to the registration table to pick up your timing chip and ankle strap.

Athletes who are picking up their packet on race day will need to get their packet and chip/strap first, then check into the TA.

Due to the size of this race and the time trial type start, no pre-race meeting will be held. It is your responsibility to review all rules and materials prior to race day and be ready to go on Sunday.

The TA will close at 7:55 am sharp. No bikes will be allowed into the TA after this time. Make sure you arrive early enough to get into the TA by this time.

### Swim Details

#### Start Times:

- a. We have a field of 376 individuals and teams
- b. We are going to break the field into two parts (ranked on est. swim time with the fastest swimmer being assigned swim #1 and slowest swimmer being assigned swim #376)
  - i. Swimmers 1-166 (Group B)
  - ii. Swimmers 167-376 (Group A)
- c. Group A (swimmers 167-376) will start FIRST. This group will start swimming at 8:00 am. #167 will go first, then the next swimmer will start 10 seconds later. This will continue until all Group A swimmers are in the water.
- d. Once the last Group A swimmer is in the water, we will have a 30 minute break. At approximately 9:05 am, Group B will start swimming with swimmer #1 going first.
- e. This format will allow a compressed range of time when athletes will finish the race, and will move up the time the awards ceremony can begin after all athletes are finished.

Please refer to the attached number/swim start assignment list. The list shows your approximate start time, and the approximate time you need to be on the swim deck to line up. Please note this information. It is your responsibility to know when you will start and to be ready to go!

## TA Details

After you enter the TA the first time after swimming proceed to your bike location. Be careful of other athletes in the TA.

Do not mount your bike and ride inside the TA! If you do so, you will be disqualified. A mount line will be marked outside the TA and past the exit timing mats. Walk your bike across the timing mats and past the mount line, then get on your bike and begin your ride. Be careful of other riders mounting.

## Bike Details

The bike course WILL NOT be closed to traffic! Obey all traffic laws and ride defensively! Know the course – it is your responsibility to know where to ride. We will have uniformed officers and volunteer marshals on the course but per USAT rules it is your responsibility to know where to go.

**Helmet use is mandatory. All racers are required to wear a CPSC, ANSI, or SNELL certified bicycling helmet while biking.**

**Drafting is not allowed on the bike. You must ride with traffic and can not cross the center line. Pacing is not allowed. No outside riders will be allowed on the bike course for safety reasons.**

Your run number does not need to be worn when riding; however you must wear this number during the run and wear it on the front on your body. You must attach the bike number to your bike.

USAT rules will apply! It is each racer's responsibility to know the rules and to know the course.

## Run Details

You must wear your run number on the front of your body during the run.

Know the course! Be sure you understand where the finish line is relative to the TA; we will have volunteers and signage directing you to the finish line, but it is the athlete's responsibility to know the course.

The run course will be on a paved trail and on city streets. City streets will be open to traffic, so be careful!

One water stop will be on the run course, located at the turn of the 2-mile out and back course.

No pacing on the run! No outside parties can run along with you and pace you.

After you finish, you will receive a finisher's award after you have returned your timing chip and ankle strap. Volunteers will be available to assist you.

### Post-Race

After you finish, enjoy Gatorade, water, soda, and food while you watch your fellow competitors finish. The awards ceremony will be held once all athletes are finished.

**NOTE: DUE TO CITY OF CLAREMORE ORDINANCE, NO BEER CAN BE CONSUMED ON REC CENTER PROPERTY. NO BEER WILL BE PROVIDED BY EVENT, AND NO OUTSIDE CONTAINERS OF BEER WILL BE ALLOWED ON REC CENTER PROPERTY.**

Bikes can be retrieved after the TA is opened for bike retrieval. This will be a secure area and access will be limited. You will be allowed in once it is safe to enter the TA and all competitors have been through the TA the second time and are on the run leg.

### Awards

Awards:

Overall open and masters: Top 3 male and female for open and masters.

Open winners will be excluded from masters awards.

Open and masters winners will be excluded from age group awards.

Awards are given for 1st, 2nd, & 3rd place for the following male & female age groups.

Age Divisions: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over.

Teams:

Top 3 teams in each team division (for both 2 person category and 3 person category) - male, female, and mixed.

Finisher award for all participants (Tech hats)

Awards ceremony will follow the race along with food, music and race results.