

**2009 GARY KIRBY TRIATHLON  
FOR CANCER RESEARCH  
RACE INFORMATION**

**Start Time:** 8:00 AM, June 6<sup>th</sup>, 2009

**Packet Pickup at the Race Site:** 8-9PM, Friday June 5<sup>th</sup> and 6:15 -7:30AM Saturday, June 6<sup>th</sup>

**Arrival Time:** Arrive at race site no later than 7:00 AM for Packet Pickup

**Body Marking:** All participants must be marked at the body marking area - located in the pool area. Body Marking begins at 7am.

**Pre-Race Instructions/Meeting:** A pre-race meeting will be held in the pool area at 7:45 AM

**Awards:** Award presentations/Raffles will begin immediately after the last finisher completes the race. (Estimated to be at about 10:30 AM). You must be present to collect your award, or have someone get it for you.

**Winning Time Chip Timing:** You will receive our timing chip on event morning at the Timing Chip Pick-Up Tent. All chips should be secured to your LEFT ANKLE with the Velcro strap provided and not hidden under heavy clothing. You are responsible for the return of your chip to the timing officials at the finish line. Failure to return your chip for any reason will result in a \$50.00 replacement fee. THERE WILL BE NO EXCEPTIONS TO THIS RULE.

- NOTE: You must have your run number with you on race morning to pick up your timing chip.
- NOTE: Do not cross any timing mats between 8am-11 pm on race day unless you are racing.

**Results:** Results will be posted by Saturday, June 6<sup>th</sup>.

**Relay Teams:**

- Swimmers will tag bikers at the bike rack location and exchange chip bands.
- Bikers will tag runners at the bike rack location and exchange chip bands.
- Runners - Please do not pin your BIB number on your back. Have it facing forward at the finish line!

**Post Race Refreshments:**

We will also serve water, oranges, bananas, bagels.

**Transition Area:**

- There will be a marked transition area with 200 slots, enough for each participant or team.
- Find your range of bike numbers and rack your bike in that range of numbers. If you are #1, place your bike anywhere on the rack between 1-12! There are 12 bikes per 2 racks, so there is plenty of space.
- No bike storage the night before the race.
- Participants only in the transition area.
- 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 transition area - and will be made to dismount at transition area entrance following the bike segment.
- DON'T GET CAUGHT DRAFTING DURING THE RACE!
- Trek Raleigh will be providing bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.

•  
**Swim:**

- The swim is a 300 yard pool swim in the Bedford at Falls River pool. Participants start at one side of the pool and snake their way up and down each lane as they work towards the other side of the pool.
- Swim diagram is on Gary Kirby Triathlon page, and will also be in the race packets.
- Swimmers will be seeded by the projected swim times on their entry form.
- Swimmers will be lined up in numerical order for race start.
- One swimmer will start every fifteen seconds
- Be prepared to be at the swim start no later than 7:45 a.m.
- There will be a water station as you enter the transition area.
- If you feel like you need assistance during the swim - raise your hand above your head
- The pool will be staffed by lifeguards.

**Bike:**

- Bike course map is available on the adjoining page, and will also be in the race packets.
- This is a 4-lap course. Each lap is 3 miles.
- On each lap you will be negotiating 5 traffic circles, please be careful through each of these turns!
- Directions for the bike course, from the transition area:
  - Turn right onto Bedfordtown Rd.
  - At the "Race Circle", turn right onto Falls River Avenue
  - At the Cokesbury Circle, turn right onto Dunn Rd.
  - At the Bedford Fountain Circle, turn right onto Falls River Avenue
  - When you come back to the "Race Circle" you have completed 1 lap
  - On your 4<sup>th</sup> lap, when you reach the "Race Circle", turn right on Bedfordtown Rd. and head for the Transition Area
- **NO DRAFTING!**
- It is important that slower cyclists stay to the right
- Hard shell helmets must be worn.
- Helmets must be fastened before leaving the transition area.
- No headphones, earphones or any radio-type devices will be allowed.
- There are plenty of volunteers along the course but it is ultimately your responsibility to know the course.

**Run:**

- Run course map is available on the adjoining page, and will also be in the race packets.
- Directions for the run course, from the transition area:
  - Turn left on Bedfordtown Dr.
  - At 100 yards, turn right on Saint Pauls Square
  - At .3 miles, turn right onto Falls River Avenue
  - At 1.1 miles, do a 360 degree loop around the "Race Circle" and head back on Falls River Avenue
  - At 1.5 miles, turn right into the Bedford Estates section on Grand Journey Lane
  - At 1.6 miles, turn right onto Rain Forest Dr.
  - At 1.8 miles, turn left onto Canoe Brook Lane
  - At 2.0 miles, turn left onto Enchanted Hollow Way
  - At 2.1 miles, turn left onto Storybook lane
  - At 2.2 miles, turn right onto Grand Journey Lane
  - At 2.3 miles, leave the Bedford Estates section and turn right onto Falls River Avenue
  - At 2.7 miles, turn left onto Saint Pauls Square
  - At 3.0 miles, turn left onto Bedfordtown Rd. and head to the finish line
- **You must display your race number on your front as you cross the finish line.**
- Aid stations will be located at the beginning of the run, 1 mile mark, 2 mile mark, and the finish line.
- No headphones, earphones or any radio-type devices will be allowed.
- There are plenty of volunteers along the course but it is ultimately your responsibility to know the course.

# 2009 Most Commonly Violated Rules and Penalties

## 1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

## 2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; Variable time penalty in transition area only.

## 3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Variable time penalty

## 4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Variable time penalty

## 5. Drafting:

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Variable time penalty

## 6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referee's discretion

## 7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

## 8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Variable time penalty

## 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

## 10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

## 11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**Penalty:** Variable time penalty