

2009 Umpqua Ultimate Olympic Triathlon & Duathlon, Sprint Triathlon and 5K & 10K Run/Walk

Event Schedule

Friday	
11:30 a.m. - 6:45 p.m.	Packet pick-up at Sutherlin Community Center
6:00 p.m. - 7:30 p.m.	Pedotti's pasta feed at Sutherlin Community Center
Saturday	
5:30 a.m. - 7:30 a.m.	Late packet pick-up at Cooper Creek Reservoir for triathlon and duathlon events
7:00 a.m. - 9:30 a.m.	Late packet pick-up at Sutherlin Community Center for 5K and 10K run/walk events
6:00 a.m.	Bike/run transition (T2) opens at Sutherlin High School
6:00 a.m.	Swim/bike transition (T1) opens at Cooper Creek Reservoir
6:45 a.m. - 8:00 a.m.	Buses leave bike/run transition (T2) to shuttle racers and spectators to Cooper Creek Reservoir
7:00 a.m.	Last Olympic triathlon and duathlon shuttle bus leaves Sutherlin High School
7:30 a.m.	All Olympic triathlon and duathlon racers must be checked in at Cooper Creek Reservoir
7:35 a.m.	Pre-race briefing at the start line for Olympic triathlon and duathlon
7:45 a.m.	ALL BIKES MUST BE IN THE TRANSITION AREA AT T1
7:45 a.m.	Start of Olympic triathlon and duathlon
8:00 a.m.	Last Sprint triathlon shuttle bus leaves Sutherlin High School
8:30 a.m.	All Sprint triathlon racers must be checked in at Cooper Creek Reservoir
8:35 a.m.	Pre-race briefing at the start line for Sprint Triathlon
8:45 a.m.	Start of Sprint triathlon
9:05 a.m. (estimated)	First bike arrives at bike/run transition (T2)
9:15 a.m. (estimated)	Last bus leaves Cooper Creek Reservoir to shuttle spectators back to Sutherlin High School
9:35 a.m. (estimated)	First racer finishes at Sutherlin City Park
9:45 a.m.	5K & 10K run/walk participants gather at start area at Sutherlin City Park
10:00 a.m.	Start of 5K & 10K run/walk
12:30 p.m. (estimated)	Last racer finishes at Sutherlin City Park
12:30 p.m.	Awards presentation at Sutherlin City Park
1:30 p.m.	Bike/run transition (T2) closes. All equipment must be removed.

Awards

Awards will be presented to the top three overall individual male and female Olympic triathlon, duathlon sprint triathlon, 5K and 10K finishers. The top overall finishers are removed from the age group awards. Age group awards will be presented to the top three finishers in each of the following individual triathlon and duathlon age groups: 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Awards will also be presented to the top three teams in each team triathlon and team duathlon division. There are no team age group awards and no Clydesdale and Athena awards. We will not be mailing awards. You must be present to receive.

Timing

The event will be chip timed by Rogue Multi-Sport. Triathlon and duathlon participants must wear their timing chip on their ankle in order to receive split times, finish times and be eligible for awards. 5K & 10K runners and walkers must wear their timing "shoe tag" properly on the top of either shoe to receive a finish time and be eligible for awards. Participants must use care not to cross timing mats after 7:45 a.m. unless in competition. Participants are responsible to familiarize themselves with the correct points of entry and exit in and out of the transition areas. Participants are responsible for returning the timing chip at the finish line (transition area for team members).

Race Start

The Olympic triathlon and sprint triathlon swims will be in water mass starts at their respective 7:45 a.m. and 8:45 a.m. start times. The Olympic duathletes will mass start onto the bike course as the first Olympic triathletes near the swim finish. The estimated start time for Olympic duathletes (solo and team) is 8:05 a.m.

Parking and Transportation

This is a point-to-point race so a shuttle is required. Participants will use their own vehicles to transport their equipment to the transition areas on race morning. Street parking is available around the Sutherlin High School area. Buses will transport racers and spectators to Cooper Creek Reservoir from 6:45 a.m. to 8:00 a.m.. Athletes must note the last shuttle times for their event on the event schedule so you don't miss your start time. Spectators may return with any bus heading back from the reservoir. The last bus will depart the reservoir after the last cyclist is on the course. You may provide your own shuttle but keep in mind that parking is very limited at Cooper Creek Reservoir and you will not be permitted to leave until all bikes are on the course.

Sprint Triathletes

You must have your bike in the swim/bike transition (T1) by **no later than 7:45 a.m.** You are not to be in the T1 transition area after that as the timing mats will be "hot" once the Olympic race starts. **STAY AWAY FROM THE TIMING MATS UNTIL YOU ARE RACING!**

Transition Security

You will be asked to show your race bib before you remove any equipment from the transition area. The number on your bib must match the race number on your equipment. You must pick-up your equipment before 1:30 p.m. on race day.

Swim Course Rules

- Water temperatures are expected to be 68–72 degrees. Wetsuits are optional.
- Swim goggles or masks may be worn.
- No fins, paddles, artificial propulsion equipment or flotation devices are allowed.
- Slower swimmers must move to the rear and to the outside of the swim group.
- Locate course markers and landmarks that may assist you staying on course during your swim.
- If you need assistance, move to the inside of the course and raise your hand and call out in a loud voice.

Bike Course Rules

- This is an open road course. **There will be normal vehicular traffic so ride defensively.**
- Be particularly cautious of railroad crossings, bumps, potholes and loose gravel.
- Follow the instructions of traffic control personnel and police.
- You must ride on the right side of the road as close to the shoulder as safely possible. You may not cross the center of the road unless it is an emergency or you will be disqualified. Cyclists are required to ride single file. Side by side riding is not permitted.
- **No drafting or blocking** of another bike or vehicle is allowed. You may not be closer than 3 bike lengths behind the bike in front of you. You have 15 seconds to complete a pass a front running bike. If you are unsuccessful, you must drop back 3 bike lengths. Once you enter a bikes draft zone you must pass. If you are unable to and you repeat this action you will be penalized for drafting. If you are passed, you must drop 3 bike lengths back before attempting to re-pass.
- No headphones are permitted during the race.
- Aerodynamic handlebars and disc wheels/covers are allowed.
- Cyclists are responsible for the proper working condition of their bike.
- Mountain bikes are not recommended for this course.
- ANSI, ASTM, Snell or CPSC approved helmets are required.
- Helmets must be properly secured prior to exiting the transition area and mounting your bike.
- Riding your bike in the transition chutes or transition areas will result in **disqualification**. You must dismount your bike completely.
- You may walk your bike at any time. Please walk on the shoulder.
- There are no water stations on the bike section. Participants are responsible for carrying their own hydration.
- No assistance is allowed. No support crews are permitted. Participants are responsible for their own repairs on the course.
- Discarding trash anywhere on the course will result in **disqualification**.

Run Course Rules

- This is an open course. There will be normal vehicular traffic so be cautious.
- Follow the instructions of traffic control personnel and police.
- You must run on the right side of the road as close to the shoulder as possible.
- You may run on the pavement or gravel shoulder.
- You may walk at any time. Please walk on the shoulder.
- There will be several aid stations on the run course with water and sports drink.
- Race numbers must be visible from the front at all times.
- No headphones are permitted on the course.
- Unregistered pace runners are not permitted on the course.
- Discarding trash anywhere on the course will result in **disqualification**.

Additional Team Rules

- Cyclist may have all gear on while waiting in the team area.
- Waiting team members may enter the transition area only after the previous team member exits the transition area.
- Team members – **STAY AWAY FROM THE TIMING MATS** and enter the transition area only where marked "team entry".

Race Number Placement

Swim

None.

Bike

Two numbers are required for the bike segment.

- The first is a small number with adhesive backing. This goes on the front of the bike helmet.
- The second number is for the bike frame. It has a number pre-printed on each side and has adhesive strips for securing around your bike frame.

Run

The number has a tear tab on the bottom. The tear tab is not used for this race and may be discarded if desired. The number goes on the front of the runner's top or shorts. Safety pins are enclosed for race number attachment.