

Granite Man Mountain Bike, Duathlon and Triathlon

Jacksonville, Oregon

Event Schedule

Sunday	
7:30 a.m.	Transition areas open at Hart-Tish Park and Seattle Bar. Equipment must be in place by 8:45 a.m.
7:00 a.m - 8:45 a.m.	Packet pick-up at Hart-Tish Park
8:30 a.m.	Mountain bike race start at Hart-Tish
9:00 a.m.	Duathlon start at Hart-Tish Park
9:30 a.m.	Triathlon start at Hart-Tish Park
2:00 p.m.	Awards presentation at Hart-Tish Park. We'll start as soon as the course is clear.
2:45 p.m.	All equipment must be removed from transition areas

Awards

Individual divisions - awards will be presented to the top overall male and female finishers. Team divisions – awards will be presented to each member of the top teams in each team division. All finishers will receive a Granite Man finisher medal and T-shirt. ***We WILL NOT be mailing awards. You must be present to receive your award.***

Race Start

All events start and finish in Hart-Tish Park in the day-use lawn area. Mountain bikers and duathletes (individual and team) will start in time trial fashion with delays between each athlete to reduce trail congestion. Your start delay time will be subtracted from your overall finish time prior to results posting. Triathletes will mass start in one or two waves. The swim start will be in water but it is shallow enough to stand.

Parking for Duathletes and Triathletes and Entry Fee

Parking is allowed in the upper two lots at Hart-Tish Park. Parking is PROHIBITED in the Hart-Tish Park lower lot. There is a \$5 per vehicle day-use fee required that is good for Hart-Tish Park and Seattle Bar.

Timing Chips

Each participant will receive a vinyl ankleband and timing chip on race morning. You MUST place this ankleband around either of your ankles prior to the start of the race. You will not receive a time without it. You may need to punch an additional hole in the timing strap to get a proper fit. There will be punches in the packet pick-up area for this purpose. Team members may wear any of the timing chip assigned to the team. Timing chips are to be returned at the finish area. Team cyclists will return their timing chip at the Seattle Bar transition area.

Aid Stations

There are two aid stations on the course. One at Seattle Bar and one at Watkins Campground. The aid stations will have water, sports drink and cups. **PARTICIPANTS ARE REQUIRED TO PROVIDE AND CARRY THEIR OWN BEVERAGE CONTAINERS.** The aid station is provided as a means to refill your containers. Notify any course official or volunteer if you are in need of medical attention.

Course Hazards

Normal trail hazards exist on this course including, but not limited to, loose or slippery trail surfaces, rock, tree roots, creek crossings, bees and hornets, ticks, and poison oak. Persons allergic to bee stings are advised to carry their medication with them. Poison oak is frequent along the course. We have removed much of it but some remains. Running/cycling with pants and staying in the middle of the trail will minimize the possibility of contact. Check yourself frequently for ticks particularly if you've brushed against plants or branches. Wearing light colored clothing will make them easier to spot. The course intersects roads at multiple locations. **All roads are open to normal traffic.** Use extreme caution and don't assume that someone will see you or stop for you.

Equipment Logistics

Transition areas open at 7:30 a.m. All equipment must be in place by 8:45 a.m. **Bike racks at Hart-Tish Park are just for triathletes.** You must stop at Hart-Tish Park first to pick-up your race packet. It is recommended that you then drop off your run transition items at Seattle Bar first and then proceed to Hart-Tish and set-up in the bike transition. *See the additional team rules for team shuttle and parking.*

Race Number Placement

DUATHLETES AND TRIATHLETES (SOLO & TEAM) - You have a set of three race numbers in your packet.

- The large number is for the run segment and goes on the front of your shirt. It must be clearly visible at all times. Safety pins are enclosed for race number attachment.
- 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 self-adhesive strips and is wrapped around the bike frame.

MOUNTAIN BIKE RACERS - You have a set of two race numbers in your packet.

- 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 self-adhesive strips and is wrapped around the bike frame.

General Rules

- Discarding trash anywhere on the course will result in **disqualification**.
- No alcohol is permitted.
- Notify a course official if you drop out for any reason so we don't come looking for you.

Swim Course Rules

- Swimmers are required to wear the swim caps provided in their race packet. If you are allergic to latex, you may bring your own cap. It must be light colored and you must notify the event at packet pick-up.
- Wetsuits are recommended.
- You must swim outside the course markers.
- You may rest on the shore or on a safety kayak if necessary.
- You may not be aided in forward movement by a safety boater.
- Fins, paddles or other propulsion devices are prohibited.
- If you are in need of assistance, swim to the inside of the course, hold your hand high and call out in a loud voice.

Bike Course Rules

- There will be normal vehicular traffic around the lake so be cautious anytime the course intersects the road. Be alert at all times and be prepared to stop.
- You may use either a mountain bike or cyclo-cross bike. You are responsible for the working condition of your bike.
- ANSI or CPSC certified helmets are required. Gloves and eye protection are highly recommended.
- No headphones are permitted on the course.
- You may walk your bike at any time. Please walk to one side to allow others to pass.
- No assistance is allowed. Participants are responsible for their own repairs on the course.
- No blocking is allowed. Move to one side of the trail to allow others to pass.
- There are many sharp corners on the course with steep drops toward the lake. You must maintain control of your bike at all times. Do not ride beyond your skill limits.
- You must **COMPLETELY** dismount your bike prior to entering the transition. Riding your bike in the transition area will result in **immediate disqualification**.
- There are two cattle guards in the roadway between Swayne Viewpoint and French Gulch trailhead. Keep your wheels straight and maintain your speed as you cross.

Run Course Rules

- There will be normal vehicular traffic around the lake so be cautious anytime the course intersects the road. Be alert at all times and be prepared to stop.
- No blocking of other runners is permitted. Run to one side of the trail to allow passing.
- You may walk at any time. Please walk to one side of the trail to permit others to pass.
- Race numbers must be visible from the front at all times. You may not receive a time if we can't see your race number.
- No headphones are permitted on the course.
- Unregistered pace runners are not permitted on the course.

Additional Information for ALL DUATHLON & TRIATHLON TEAMS

The team competition is set-up for one member to complete the swim segment (triathlon), followed by one member completing the mountain bike segment.....and lastly, one member completing the run segment section.

T1 Swim-to-Bike Transition Rules (Hart-Tish Park)

- The team cyclist stands by in the staging area adjacent to the transition outlet.
- You must have all your cycling gear on and be ready to go.
- The cyclist may begin the mountain bike course once the team swimmer exits the water and crosses the swim finish timing mat.
- You do not need to tag your teammate.

T2 Bike-to-Run Transition Rules (Seattle Bar)

- The team runner stands by in the staging area adjacent to the transition outlet.
- Cyclist **MUST** dismount completely prior to entering the bike-to-run transition or your team will be disqualified.
- The runner may start the run course once the cyclist racks the bike and exits the transition area.
- You do not need to tag your teammate.

Team Shuttle

Teams are responsible for providing their own shuttle.

Transition areas open at 7:30 a.m. All equipment must be in place by 8:45 a.m. Duathletes do not rack their bikes at Hart-Tish.

It is recommended that you drop off your cyclist and swimmer at Hart-Tish Park and then proceed to Seattle Bar to set-up for the run. Make sure everyone has the correct race numbers and gear before separating. It's also a good idea to give your cyclist a spare key at this time.

Team parking is across the road from Seattle Bar – no fee is required. You may park at Seattle Bar **only** if this first area is full. Parking at Seattle Bar requires a \$5 entrance fee unless you already paid at Hart-Tish Park.

If you plan to ride your bike from T2 to the finish area, you must use the paved road the entire way. Team cyclists riding the on trail between Watkins and Hart-Tish will **disqualify** their team.