

2018 - Celebrating 24 Years!

BARBARA SCHMIDT MILLAR CELEBRATION OF LIFE WOMEN'S TRIATHLON & 5K

SAFETY ISSUES & RULES

TRANSITION AREA:

1. **Guest/Spectators (family & friends) are not allowed in the transition area.** Wrist bands will be provided and must be worn to collect your bike from the transition area.
2. **Pre-saving rack space is not allowed.** Any equipment in the transition area prior to opening and prior to being body marked will be removed. You may collect your equipment from the Body Markers booth.
3. You must be body marked prior to entering the transition area.
4. First come-first served for your transition rack space. There is plenty of room, don't stress.
5. All equipment must be placed in the properly designated rack space. No person shall interfere with another participant's equipment or impede the progress of another participant. Please, no glass containers in the transition area.
6. Bike racks are new since 2014. Volunteers will be available in the transition area to help get organized.

SWIM:

1. You will have your age marked on your right calf because we are starting the swim in "age groups". TEAM swimmers will all start in Wave 5, no matter their age.
2. Please be **VERY** careful entering and exiting the lake.
3. Each age group wave will wade out into the water waist deep for a "deep water" start.
4. When exiting the water, please ask your excited family members to stay out of the designated lane on the ramp. There will be a lot of women coming up the ramp behind or with you who will need to continue to the transition area.
5. Wetsuits are permitted regardless of water temperature.
6. Swim caps will be provided and are mandatory for safety purposes. Exceptions have been made for latex allergies; please contact our event director if you have questions –Vanessa Hale; events@bsmtri.org.
7. Snorkels and swim fins are not permitted.

BIKE:

1. Your helmet **MUST** be clipped before leaving the transition area. No modifications may be made to the helmet. Helmets must be worn at all times while on your bike. Chin straps must be buckled at all times when on a bicycle.
2. **Do Not Cut Corners.** (The road is not closed to cars.)
3. Keep to the right hand side of the lane of travel unless passing. **DO NOT PASS ON THE RIGHT.**
4. **ALERT** – Be aware of the road conditions at all times and ride with extreme caution. Do not ride side-by-side chatting. It is very dangerous for yourself and others riding around you.
5. **SLOW DOWN** before the turn-around at Pasquale and Red Dog Roads. Listen to the course monitors. It's a **VERY** tight downhill turn.
6. When returning to the transition area, you will be required to dismount well **BEFORE** the transition area gate. Listen to the course monitors; they are there to maintain your safety.
7. **CAUTION** – Bicycle mechanics will be on motorcycles along the course. They are there to help you if you breakdown or have a fall.

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SAFETY ISSUES & RULES – Con't

RUN:

1. The bib **MUST** be worn on the **front** of your body to be recognized as a “timed” participant.
2. Due to safety and permits, the Run Course will close at 11:30am. You **MUST** be at the corner of Cascade Loop and Spanish Lane by 11:30am, otherwise you will be directed towards the Finish Line.

TEAMS:

1. Only the runner wears the bib #. The swimmer and biker are body marked
2. The swimmer **MUST** come into the transition area to “High Five” the cyclist in the team’s transition rack space before she can leave the area. Then the cyclist **MUST** return to the team’s transition rack space to “High Five” the runner.
3. **PLEASE** remain in the transition area until the teammate arrives!

FINISH LINE:

1. The bib **MUST** be worn on the **FRONT** of your body. Otherwise we will not be able to recognize you as a “timed” participant. Bibs may not be cut or folded or altered in any way. **DO NOT** transfer your bib to any other athlete. Bibs have timing strips/chips attached- do not fold or chip may not work.
2. Triathletes, Team runners and 5K Walk/Run participants enter the same chute for timing.
3. If you finish & then go back out on the course to run with a friend, **DO NOT CROSS THE FINISH LINE A 2ND TIME!**
4. There will be water, fruit and snacks for all participants.
5. Please visit our complimentary massage tent for a post race massage!

MISC:

1. Listening devices of any kind: Headphones, MP3, iPod/Phones, etc. are not allowed at any time during the race.
2. 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.
3. 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.
4. Except for Lake Lane, all roads are open to local traffic. Please be courteous to homeowners.
5. Please respect all parking restrictions and **PLEASE, NO DOGS.**
6. Event is **RAIN OR SHINE – NO REFUNDS.**

THESE RULES ARE FOR THE SAFETY OF EACH PARTICIPANT.

We hope you understand & appreciate we want this to be a rewarding, safe experience for everyone.

Thank you for your participation and support.

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BARBARA SCHMIDT MILLAR CELEBRATION OF LIFE WOMEN'S TRIATHLON
SUNDAY, SEPTEMBER 16, 2018
SCOTT'S FLAT LAKE, CASCADE SHORES

BSMTRI.ORG

What To Expect on Race Day

Arrive early. Allow time to park and walk to the transition area at the launch ramp. Cars are not allowed on Lake Lane or Spanish Lane near Lake Lane as that is the finish line area. Please respect the No Parking signs.

The transition area is located in the launch ramp parking lot at Scott's Flat Lake, Cascade Shores. Upon approaching the transition area (parking lot), athletes will get body marked. Athletes **MUST** be body marked prior to entering the transition area. *Guests/spectators will enter through the right gate.* ***Guests/spectators (family/friends) are not allowed in the transition area.*** The transition area has bike racks for each athlete. Team athletes share the same rack space. Special rack reserved for top fundraising athletes.

Have your bib ready to show for body marking. Once body marked, proceed to the transition area through the left gate. Choose your bike rack space and lay out your belongings. All personal belongings must remain in the bike space.

Transition Area Items, but not limited to:

Towel, Swim Cap, Goggles
Bike, Helmet, Sunglasses, Gloves, Shoes, Socks, Water Bottle
Bib, Running Shoes
Misc. – Wet Suit, Body Glide, Powder, Goop, Power Bar

Common Q & A:

Q - Can I drop off my bike at the transition area prior to parking?

A – No, Lake Lane is closed to vehicle traffic from Gaston to the launch ramp. Please respect the parking monitors and the No Parking signs. (No parking on Lake Lane.)

Q – There's always a line to get body marked. Can I put my gear in the transition area and then get body marked?

A – No. We realize it's cumbersome to hold your gear while getting body marked but this process helps us ensure each athlete is body marked. Gear placed in the transition area prior to body marking will be removed.

Q – I'm on a team but don't know my team mates. Will you announce their names for me.

A – We suggest you prearrange a meeting location and time to meet your team mates. The meeting location should be prior to the transition area so you can be body marked at the same time. (There is little to no cell phone service once at the lake. Plan ahead!)

Q – Are the bike rack spaces in the transition area assigned?

A – No, each individual chooses their own bike rack space. Each team will also choose their bike rack space, but the entire team shares the same space. Top fundraisers have a special rack.

Q – Do I wear my bib during the swim?

A – No, you are body marked for the swim portion of the event. Your bib must be worn on the front of your body when crossing the finish line.

Q – I am on a team. Do we each wear a bib?

A – No, just the runner wears the bib but each team member is body marked with your bib #.

Q – I am not able to attend the Event Expo. Can a friend pick up my packet?

A – Yes. As a matter of fact we encourage it. Race Day becomes very hectic. You'll have less anxiety if you arrive with your information rather than standing in line at the registration table on Race Day.

Q – A friend picked up my packet from the Event Expo. How do I get it from her?

A – If you are not able to meet your friend prior to Race Day, we suggest you prearrange a meeting location and time prior to the transition area. You will not be able to get body marked without your bib and you will not be allowed in the transition area without being body marked. (Limited cell phone service at the lake. Plan ahead.)

Q – How long do I have to complete the entire event?

A – The Run Course will close at 11:30am. You **MUST** be at the corner of Cascade Loop and Spanish Lane by 11:30am, otherwise you will be directed towards the Finish Line.

Q- I didn't pre-purchase raffle tickets online or at the Expo. Can I get them race day?

A- Yes! Please bring cash with you and give yourself extra time to purchase tickets and place them in the baskets/bags for the prizes you'd like a chance to win!