



SAFETY & RULES

MISC:

1. For SAFETY and insurance purposes, the 5K run/walk event is open to participants 13 years and over. **Please do not have your younger children running or walking with you.** Our triathlon event is open to women 18 years and over.
2. Listening devices of any kind: Headphones, MP3, iPod/Phones, etc. are not allowed at any time during the race.
3. 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.
4. 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.
5. Except for Lake Lane, all roads are open to local traffic. Please plan to park and walk all of your equipment down/back up Lake Lane. Please be courteous to homeowners. This is a residential neighborhood.
6. Please respect all parking restrictions and **PLEASE, NO DOGS!!!**
7. Event is **RAIN OR SHINE. If air quality is poor, the committee will use its best judgment for the safety of the athletes. – NO REFUNDS.**

TRANSITION AREA:

1. **Guests/Spectators (family & friends) are not allowed in the transition area.** Wrist bands will be provided with your bib number on them for you to attach to your bike. Please have your bib handy to show your bib and bike match when leaving the transition area after the race.
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. Volunteers will be available in the transition area to help get organized.

SWIM:

1. All swimmers will enter the starting area on the boat ramp by checking in with their race number. You are body marked and must show/give our volunteers your number. When exiting the lake, volunteers will mark off that you have completed the swim. This is a new safety precaution we are taking.
2. 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.
3. Please be **VERY** careful entering and exiting the lake.
4. Each age group wave will wade out into the water waist deep for a “deep water” start.
5. 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.
6. Wetsuits are permitted regardless of water temperature.
7. Swim caps will be provided and are mandatory for safety purposes. You will be given a specific color cap to match your wave. This helps our water safety team (aka- Swim Angels.) Please wear the color we give you. Exceptions have been made for latex allergies; please contact our event director if you have questions –Danielle Scallin, danielles@briarpatch.coop.
8. Snorkels and swim fins are **not** permitted.

BIKE:

1. Please come with a working, tuned up bike. Please check your tires and bring a pump. Please have the wrist band with your race number on it attached to your bike (not your wrist) to help identify your bike post race (clean up).
2. Our “Bike Sweep” will now use her best judgment and turn around athletes on the bike course at 11:00 a.m. (or sooner.) This allows athletes time to return to transition.
3. Your helmet **MUST** be buckled 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.
4. **Do Not Cut Corners. The road is not closed to cars. This is an OUT and BACK course. Bikes will be coming in both directions.**
5. Keep to the right-hand side of the lane of travel unless passing. **DO NOT PASS ON THE RIGHT.**
6. **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.
7. **SLOW DOWN** before the turn-around at Pasquale and Red Dog Roads. Listen to the course monitors. It’s a **VERY** tight downhill turn.
8. 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.
9. **CAUTION** – Bicycle mechanics will be on quads/motorcycles along the course. They are there to help you if you breakdown or have a fall.

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 11:30 a.m.** You **MUST** be at the corner of Cascade Loop and Spanish Lane by 11:30 a.m., otherwise you will be directed towards the Finish Line. Our Run Sweep & course volunteers will direct you.

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!
6. Please have your bib ready to show when you go back to transition to get your bike.

THESE RULES ARE FOR THE SAFETY OF EACH PARTICIPANT.

We hope you understand. We want this to be a rewarding and safe experience for everyone.
Thank you for your participation and support.