



LAST MINUTE INFORMATION **Great American Triathlon® SATURDAY, JULY 20, 2019**

Welcome to the Inaugural Great American Triathlon®, presented by Innovations Health. Numbers 1 thru 5 below, identifies all items you should receive in your registration packet.

- 1. RACE NUMBERS:** **TEAMS:** 4 race numbers are provided (Tandem's will have 5 numbers). All athletes will have a number to wear on their person which must be visible at all times during the race.
IRONPERSONS: 3 race numbers are provided. **TEAMS & IRON PERSONS:** There is an extra **race bib that must be taped to the left bow of the watercraft** before it is taken to the launch area. **Safety pins will not be in your packet. Safety pins will be found next to the packet boxes when you pick up your packet.** A bike frame number and small helmet number are also provided for the cyclist.
- 2. TIMING CHIP:** Timing will be done by affixing a Velcro ankle band that contains a timing chip. **Ironpersons** will wear the ankle band the entire race. **Team members** will have one ankle band for the entire race handing it off to the next team member at the transition points. **(for the tandem division, only the paddler in the Bow section of the watercraft will exit the boat and cross the finish line, so the ankle band must be worn by that person or no time will register).** There will be timing mats just before the run-bike transition, just after the bicycle dismount and at the finish line. Participants must cross the mats with the ankle band. Otherwise, no time will be recorded and you will not receive credit for completing the race.
- 3. COUPONS:** Food, Drink, Beer and Parking coupons can be found attached to the bottom of your bib number. The food coupon will be redeemable at one of several food trucks on hand in Riverbend Park. To get your t-shirt in the size you ordered show the label on your packet to the T-shirt booth. Parking coupons are good at William Pond Recreation Area, Sunrise and Sacramento Bar. You will not be able to park at River Bend Park.
- 4. BIKE ID TAGS FOR IRONPERSONS:** A numbered ticket is included in the Ironperson race packet to be used by your crew member who is picking up your bike.
- 5. BIKE NUMBERS:** The double-sided number with centerfold (to be attached to your bike frame). All race numbers must be visible by course officials and photographers at all times.
- 6. SHUTTLE BUSES:** We will have three shuttle buses transporting runners from the Guy West Bridge back to William Pond Recreation Area after the run portion. Buses leave at the following intervals: 9:00am; 9:20am; and 9:50am.
- 7. Bicycle Participants:** A portion of the bicycle trail washed out this past year. An asphalt detour is available. You will be required to slow and go single file through the detour. It is located about three miles upstream of Riverbend Park between Hagen Park and Rossmoor Bar Drive. It will be well marked and volunteers will be there to control traffic.
- 8. WATERCRAFT PARTICIPANTS:** It is highly recommended to mark your paddles with your name, race number and/or phone number. Additionally, all watercraft participants must be able to self-rescue. If you cannot self-rescue, please contact the race office immediately.

9. BICYCLE TO WATERCRAFT EXCHANGE: Bike racers are to use caution in the approach to the bicycle dismount area to ensure a safe exchange. Volunteers will take your bike and move it away from the race path. Get off your bike before reaching the Sunrise footbridge and run to meet your teammate on the bridge for the ankle band exchange. ***Only one person will be allowed to enter the bike holding area at the Sunrise bridge transition (no children).*** No pit crew assistance is allowed during the watercraft launch or finish area except for the Adaptive Division athletes. **At 1:00 pm, unclaimed bikes will be transported to Capital Road Race Management (CRRM), 2533 R Street, Sacramento, CA 95816.** Bicycles will not be available for pickup until 10:00 AM on Tuesday, July 23rd. A \$25 holding fee will be charged for bikes held at CRRM. We strongly encourage all athletes to pick up their bicycles before 1:00pm on race day to avoid paying this fee. Call 916-492-8966 for further information.

10. FINISH AREA: A series of buoys will form a channel to the finish area. Stay to the LEFT of the buoys as you approach. Paddle your watercraft as close as possible to the beach, exit your boat leaving paddle and watercraft behind, then proceed on foot to the finish line. Watch out for other watercraft as you exit and run across the finish line. There will be 2 mats for the timing chip. The first mat will not record time but give info to the announcer. The second mat under the finish arch will record your time. **YOU MUST HAVE THE CHIP BELOW THE KNEE TO RECORD YOUR TIME.** When you exit the finish line area, a volunteer will take your chip. Watercrafts will be moved downstream and placed on shore by volunteers. Please retrieve your watercraft as quickly as possible. Timing of athletes will stop after 3 ½ hours of the start of the race (approximately 11:30am)

12. FINISHING MEDAL: Finishing medals will be handed out at the finish line. If you are participating as a team, the medals for the entire team will be given to the team member crossing the finish line.

13. DRINKING WATER: Water will be available at the following locations: public drinking fountains near the starting line; staffed water stops on the levee at 2.25 miles and 4.15 miles; near the run to bike transition area at Guy West Bridge; in the lower Sunrise Parking lot near the bike dismount area and at the finish area. All race participants are advised to drink adequate amounts of water before, during and after their event.

14. MEDICAL SUPPORT TEAM: The Medical Support Team will oversee the needs of athletes along the course and will respond to medical emergencies. If you see an injured athlete, report the location to a Medical Support Team volunteer or to a Communications Coordinator stationed along the course. If you sustain even a minor injury, please report to a Support Team member along the course or to First Aid Station staff. If anyone of the medical service's personnel advises you to seek medical care at that time or to be transported to a local emergency room, please cooperate with them. Your safety is their prime concern.

15. RACE HEADQUARTERS:

- Race Headquarters is located at River Bend Park, under the Great American Triathlon Information tent in the Expo Area.
- This is the location for **lost and found items and to file protests.**
- All "Race Results" Protests must be filed at Race Headquarters by 11:00 AM. All decisions made by the Race Protest Committee are final.
- A non-refundable fee of \$10 is required with all protests.

16. RESULTS: Preliminary results will be posted on computer kiosks in the Expo area of River Bend Park and final results will be posted at greatamericantriathlon.com.

15. AWARDS CEREMONY: The awards ceremony will commence at 11:00 AM at the stage in Riverbend Park. Top three ironpeople and relay teams in each category will be recognized and awarded plaques.