



2017 Athlete Guide-

Hagerstown Youth Triathlon Saturday, July 15, 6:30pm

Hagerstown 5K Run Sunday, July 16, 7:00am

Hagerstown Sprint Triathlon Sunday, July 16, 7:00am

Dear Triathletes and 5K Runners,

This document is being sent to help communicate the key pieces of information you need to have a fun, safe and successful event. Within this document we outline rules, disqualifiers and important information that you need to read carefully.

Please take time to read the entire document and email us with your questions.

Ken@RacineMultiSports.com.

Packet pickup will be as follows:

Friday, July 14, at Mercury Endurance Cycles, from 5:30pm to 7pm

Saturday, July 15, at the race venue, from 3pm to 5:45pm

Sunday, July 16, at the race venue, from 5:00am to 6:15am.

You must present your photo ID and USAT card at the time of check in. Your entry is non-transferable. Triathletes will be given a wrist band that will be put on at check-in and should not be removed until after your race and you have removed your bike from transition.

We race rain or shine so plan accordingly!

Keep healthy and we look forward to seeing you at the race!

Ken Racine

Racine MultiSports

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Fitness for Life!



Volunteers- Our events require many volunteers. We like to have more than needed to cover every possible detail. As a result we are always looking for more volunteers. Please contact us if you or someone you know can volunteer for any amount of hours on Saturday or Sunday. Please sign up at https://www.imathlete.com/#/legacy?url=%2FEvents%2FEventReg%2FEventReg_SelectType.aspx%3FfEID%3D64890%26fNew%3D1%26fsource%3DimAEOverview for the Youth Triathlon on Saturday evening and https://www.imathlete.com/#/legacy?url=%2FEvents%2FEventReg%2FEventReg_SelectType.aspx%3FfEID%3D64893%26fNew%3D1%26fsource%3DimAEOverview for the Sprint Triathlon on Sunday to register as a volunteer.

Event Cancellation- A Racine MultiSports event may be delayed or cancelled due to adverse, inclement, or unsafe weather. Should the event be delayed, the starting time of the event will be moved back accordingly. The delay will be communicated to all participants on race day. The Racine MultiSports team and local law enforcement has the authority to cancel an event. If cancellation of an event takes place, please follow instructions of the event officials and local law enforcement personnel. Your entry fee is non-refundable if an event is cancelled due to adverse, inclement, or unsafe weather. The Race Director also reserves the right to modify the course at any time before or during an event by his/her own judgment or if instructed by local law enforcement personnel or park officials.

Weather Conflicts- The race will not be cancelled for rain, hot or cold conditions so plan according to the forecast. For severe weather please read above.

Directions to Halfway Park (Mary Snook Park)-

Park Address: 17901 Halfway Boulevard, Hagerstown, MD 21740

From the Washington, D.C. area:

Take Interstate 270 North to Interstate 70 West to Exit 28, Downsville exit. Proceed straight through the light at the end of the ramp and take the first left into the park. Follow the park road to the race site.

From Baltimore, Maryland:

Take Interstate 70 West and follow the route described above.

From points north (PA Turnpike, Carlisle, Chambersburg, etc.):

Take Interstate 81 South to Interstate 70 East in Maryland. Proceed on 70 East to Exit 28, Downsville exit. Turn left at the end of the ramp and proceed to the first traffic light. Turn left at the light and then left again at the first left into the park. Follow the park road to the race site.

From points south (WV, Martinsburg, Winchester, etc.):

Take Interstate 81 North to Interstate 70 East in Maryland. Proceed on 70 East to Exit 28, Downsville exit. Turn left at the end of the ramp and proceed to the first traffic light. Turn left at the light and then left again at the first left into the park. Follow the park road to the race site.

From points west (MD, Cumberland, PA, Pittsburg, etc.):

Take Interstate 70 East in Maryland. Proceed on 70 East to Exit 28, Downsville exit. Turn left at the end of the ramp and proceed to the first traffic light. Turn left at the light and then left again at the first left into the park. Follow the park road to the race site.

Youth Triathlon Schedule- (all times are approximate)

Friday, July 14 th	5:30pm-7:00pm	Registration/Packet Pick-up at Mercury Endurance Cycles
Saturday, July 11 th	4:30pm –5:45pm	Registration/Packet Pick-up at the race venue
	4:30pm	Transition Area is open
	6:15pm	Mandatory Race Meeting for the Youth participants
	6:30pm	Race begins

Sprint Triathlon and 5K Run Schedule- (all times are approximate)

Friday, July 14 th	5:30pm-7:00pm	Registration/Packet Pick-up at Mercury Endurance Cycles
Saturday, July 15 th	3:00pm-5:45pm	Registration/Packet Pick-up at the race venue
Sunday, July 16 th	5:00am-6:15am	Sign-in/Packet Pick-up (No race day registration for Sprint Tri)
	5:00am	Transition Area Opens
	6:15am	Packet Pickup and 5K Registration closes
	6:30am	Pre-race meeting
	6:30am	TRANSITION AREA CLOSSES
	6:45am	Elite/Open Men and Women on the pool deck
	7:00am	Race begins with Elite Men and 5K Run
	7:00am	Age Groupers, Relay and Aqua Velo line up in bib order
	7:15am	Begin looking for the first 5K finisher
	7:50am	Estimated finish time for first Elite/Open male
	7:45am	5K Awards Ceremony
	10:00am	Triathlon Awards Ceremony

Parking- There are many parking lots throughout the park and the Park and Ride on Downsville Pike. The earlier you arrive the closer you will be to the venue. You can have someone drop you off with your bike at the transition area to claim your transition spot before parking but you must have checked in at the registration pavilion first and get your wrist band. **ABSOLUTELY NO PARKING IN THE GRASS OR ALONG THE PARK ROAD unless allowed by park authorities.**

Packet Pick Up/Body Marking- We encourage everyone to arrive early to help process everyone through check-in. **Photo ID and USAT card will be required** for packet pick up (Youth must be accompanied by a parent/guardian). We encourage Sprint and 5K Run participants to come to packet pick up Saturday afternoon (see schedule above). The location will be at the pavilion near the football field. Body marking will be required. We will mark one arm and one leg with your race number and mark your age on your calf. We will be doing body marking at packet pick up and on the pool deck. Before you rack your bike you must be signed in and have a wrist band.

Pre-Race Meeting- The meetings scheduled (see above) are designed to give all racers last minute instructions for a safe and successful race. Please attend! The Youth race is mandatory for the youth participants and their parents.

Transition Area- We recommend that you arrive early with your bike to claim your spot in the transition area. YOU MUST have a wrist band to enter the transition area. Please sign in first, before you come to the transition area. You must wear your band during the race. **ALL participants must be checked in by 6:15am and racked in transition by 6:30am, NO ACCEPTIONS!** We will close the transition area promptly at 6:30am. We are assigning bike rack positions for Elite Men and Women only. Age Group, Relay and Aqua Velo participants are not assigned so it's first come first served. Each rack is designed to hold 8 bikes, 4 on each side. Please refer to the picture below. Rack your bike using

your seat and make sure your gear is set up on the right side of your front wheel. The picture below shows a blue towel that has the gear for the participant on the most left side of the rack. You can see that a variety of bike types can comfortably fit 8 to a rack when you rack with your seat.



Restrooms- There are public restrooms at the pool, registration pavilion and behind the tennis courts. There are locker rooms with showers at the pool. Porta Johns will be on site as well.

Food/Water Stations- We will have water and Heed sport drink at the water stations on the run as well as at the finish line. You will have 3 opportunities to hydrate on the run course. The water stations are located approximately at miles .9, 1.5, 2.1. There are no water or food stations on the bike course. We will also have food items at the finish line area for volunteers and participants only.

Youth Athletes- The Youth event is not a competition. All finishers will receive a finishing medal. As a result we will allow parents to help their kids in all three legs of the event provided you follow the following rules. First, while helping your child you cannot block other athletes. Secondly, you are not allowed to push or pull your child to advance them through the event. Finally, we can only allow one parent in the pool and only one in transition. The youth athletes do not leave the park. The bike will be on the park road and will not be closed to vehicular traffic so please teach and inform your child to stay to the right side of the road. The run will be on a running path.

Relay Teams- Relay teams will start in order of swim time along with the age group athletes. The relay team hand-off from swim to bike must be inside the bike transition area and the timing chip must be handed off. The biker must have the chip on their left ankle prior to leaving the transition area. Then the chip will again be handed off in the bike transition between the biker and the runner. The runner must have the chip on before they leave the transition area. Chips must be worn on the left ankle. If a relay team crosses the

finish line without their chip their time will not be captured. The runner must wear the race number (bib number).

Youth Tri Start Times- For the Youth Triathlon we will be using a continual swim format for your starting times. When one swimmer is done we will immediately put another swimmer in that lane. Please be attentive since we will not be doing waves and therefore will not be publishing exact start times. We will be starting the Youth race at 6:30pm on Saturday evening. We will start with the younger age group and will not begin the older age group until the younger athletes are close to being off the bike course. This will allow us to reset the bike course and run course for the older group.

Sprint Tri Start Times- The Sprint Race will begin at 7:00am on Sunday. We will start our Open/Elite Men wave first, followed by Open/Elite Women wave, and then the Age Groups, Relay Teams and AquaBike will begin in a serpentine format. Elite Men and Elite Women will swim in their own half lane. Order of start for the Age Groups, Relay Teams, and AquaBike will be in bib order, starting every 15 seconds. An approximate swim start list will be posted on our website on Thursday. This should be used as a guideline, not a guarantee swim start time.

Youth Tri Swim Format- For the Youth Triathlon we will only have one swimmer in each lane at a time. They will stay in that lane the entire swim. The next swimmer will enter when a lane clears so only one swimmer is in a lane at time.

Sprint Tri Swim Format- For the Sprint Triathlon on Sunday we will be doing a “snake” or “serpentine” swim format, the same as most other large pool triathlons. This format takes half the time to get everyone through the swim compared to other formats we have used previously. We will place swimmers in the water, one at a time, about every 15 seconds. You will start at lane one and swim down and back in that lane. Then duck or flip turn under the rope and go down and back in lane 2. This is repeated for all 6 lanes, completing 12 lengths of the pool (300 meters). We need you to be in line ready to swim for your scheduled swim time. If you miss your start time you will be slot in the back. Your estimated swim time is being used to seat you in the water. Please see the illustration on the website http://racinemultisports.com/wp-content/uploads/2016/10/Hagerstown_Sprint_Triathlon_Swim_Format.pdf

Youth Tri Swim Rules- For the Youth event, which is not a competition; one parent may be in the pool assisting their child if needed. We will also allow floatation devices if your child desires one.

Sprint Tri Swim Rule- We will not allow walking, continual pushing of the pool floor or pulling on the ropes. Advancing in this manner will disqualify you from your event. We will let you finish your race but your name will be pulled from the results. You will be allowed to stop and stand at the wall but should stand to the side to avoid interfering with other swimmers. You are allowed to pass slower swimmers either in the straight a ways or at the wall, provided it’s clear to do so. If you come up to a slower swimmer please tap their foot to indicate you want to pass. The slower swimmer has the option to stop at the wall to allow a pass or just keep swimming and give room for the pass. Keep in mind that everyone slotted ahead of you is of the same or faster speed so there should be little pressure to pass.

Youth Tri Bike Format- As with last year, the bike course is NOT closed to traffic. The distance for the Youth race is 2 miles for the 9 and under and 4 miles for the 10 and over. Course maps are on our website.

Sprint Tri Bike Format- As with previous years, the bike course is NOT closed to traffic. You must obey all traffic laws and use good judgment when racing on the course. We will mark the turns with signs and plan to have road guards with yellow vests and orange flags at the turns. WE STRONGLY ENCOURAGE YOU TO DRIVE THE BIKE COURSE to ensure you know where to turn. It is your responsibility to know the course. If a guard is not at his/her post there will be posted signs to follow. The course is the same as last year. Course maps are on our website.

Youth Tri Bike Rules- Helmets are required, with chin straps fastened, before you leave the transition area and kept fastened until you return to the transition area. When on the course please stay to the right and allow faster riders to pass on the left. To pass you must move to the left then pass.

Sprint Tri Bike Rules- Helmets are required, with chin straps fastened, before you leave the transition area and kept fastened until you return to the transition area. When on the course please stay to the right and allow faster riders to pass on the left. Most of the course is on wide shoulders which is safe for passing. Use extreme caution when on the sections without a shoulder. There is no water on the course so please bring your own. There is no drafting on the bike. We will be monitoring this and will disqualify anyone who is caught drafting. To avoid this please leave 3 bikes lengths between you and the person in front of you. To pass you must move to the left then pass.

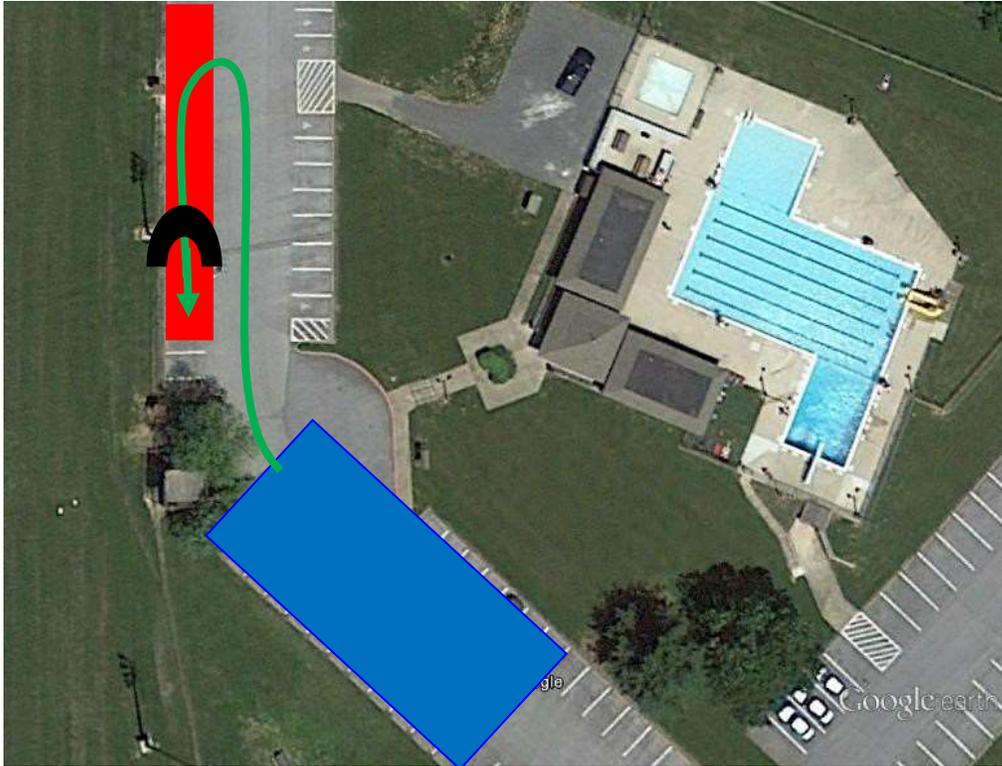
Youth Tri Run Format- The Youth running is on the park path as an out and back course. The Youth run courses are .75 miles for 9 and under and 1.5 miles for 10 and older. Course maps are on our website.

Sprint Tri Run Format- The 5K run course is an out and back course on 100% paved surface. The course will navigate the park path and park road. The Sprint Tri and 5K Run courses are the same 3.1 mile course. Course maps are on our website.

Youth Tri Run Rules- You must wear your number (bib#) on your front during the run. This is required for accurate timing at the finish line and will aid the photographers in identifying you on the run. Please stay to the right on the run so other runners can pass you on your left.

Sprint Tri Run Rules- You must wear your number (bib#) on your front during the run. This is required for accurate timing at the finish line and will aid the photographers in identifying you on the run. Please stay to the right on the run so other runners can pass you on your left.

Aqua Velo Category- Participants in this category will do the same swim and bike course as the triathlon but will not complete the run course. The participants will complete the bike course then rack their bike and run out of transition and u-turn into the finish chute. This will allow the Aqua Velo participants the satisfaction of crossing the finish line. See map below. Award details for this category are listed below in the Awards section.



Clydesdale and Athena Category- Clydesdale are male athletes who weigh a minimum of 220 pounds. Athena are female athletes who weigh a minimum of 165 pounds. When competing in these categories you will not be competing in the age group category. You will be required to weigh in at packet pickup so we can verify your qualification for these categories. See the Awards section below for awards for these categories.

Security- All participants are responsible for their equipment and belongings. Racine MultiSports will not be responsible for lost or stolen equipment or belongings. Only participants with a proper wrist band will be permitted in the transition area. (During the Youth event one parent may accompany a child in the transition area as stated above and no wrist band is required) You must wear your wrist band the entire race and it will be required to take your bike out of the transition area. Please share with your family and friends that they must stay out of the transition area.

Awards- The awards ceremony for the 5K Run will be shortly after the final 5K runner finishes. The awards ceremony for the Sprint Triathlon will follow the last triathlon finisher. We will do our best to make the results available as quickly after the final finisher completes their event as possible. Awards will not be mailed unless you request us to (in writing) and pay a \$10 fee. The categories being awarded will be as follows.

TRIATHLON AWARDS

Top 3 Elite/Open Male and Top 3 Elite/Open Female
Top 3 Men/Top 3 Women Age Groupers
Top Male Masters and Top Female Masters (40+ of the age group division)
Top finisher in each Relay Division
All Male

All Female
Coed
All Family
Top Athena 39 and under and Top 40 and over
Top Clydesdale 39 and under and top 40 and over
3 deep in each age group, Male and Female
16 and younger
17 - 19 45 - 49
20 - 24 50 - 54
25 - 29 55 - 59
30 - 34 60 - 64
35 - 39 65 - 69
40 - 44 70 and up

AQUA VELO AWARDS

Top Male 39 and under and top 40 and over
Top Female 39 and under and top 40 and over

5K RUN AWARDS

Top Male and Top Female Overall
Top Male and Female Masters (40+)
1 deep in each age group (Male and Female)
16 and under
17 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 and over

Bib Number- Bib numbers have been assigned to each participant and must be worn and visible on the bike and run course. You must have it on the front for the run segments and either front or back on the bike segment. You will not get a finishing time if you do not have your number at the finish line. Relay teams only need it for the runner.

Timing- This race is chip timed. Triathletes will be given a timing chip on the pool deck minutes before you swim. The chip must be worn low on the LEFT ankle and the chip number must match your bib number (see picture below). 5K Runners will be given a shoe tag (see picture below). We will collect the chips and tags from you at the finish line. Chips and shoe tags that are not returned will be billed to you at a cost of \$20 for missing chips and \$10 for missing tags.

Triathlete Ankle Chip



5K Runner Shoe Tag



Your results will be immediately available after you finish your race. We will have a race kiosk that you can use to see your results. Results will be updated live via the web. Please feel free to share the links below with friends and family so they can follow along on their smart phones or web devices.

Sprint Triathlon and 5K QR Code



Youth Triathlon QR Code



Sprint Triathlon and 5K Run URL <http://racinemultisports.com/results-hst-2017/>

Youth Triathlon URL <http://racinemultisports.com/results-hyt-2017/>

Race Photos We are excited to share that Racine MultiSports is covering the photography expense and will make the race photos available to you free, that's right, FREE! **Hypnotic Imagery** will be the race day photographer. They will be taking photos throughout the event and will ensure to capture your finish. Photos will be available a few days after the event at http://www.racinemultisports.com/Photo_Page.html. You will be able to download and share any photos you desire, free of charge. We cannot ensure you will have a picture of each leg of the event. If that is not already a great deal we have one more FREE offer. **York Photo** has provided us with coupons for a free print of one of your race photos. Please see the coupon in your swag bag for instructions on how to redeem this offer.



USA Triathlon This race is sanctioned by USAT which is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon by visiting <http://usatriathlon.org> or calling 719.597.9090.



SANCTIONED EVENT

USAT's Most Commonly Violated Rules:

1. **Helmets-** Helmets **MUST** be worn with the chin strapped anytime you are riding your bike before, during and after the event. **Penalty:** Disqualification
2. **Outside assistance-** Only race and medical officials may provide assistance to athletes during the race. **Penalty:** Variable time penalty
3. **Drafting-** Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. **Penalty:** Variable time penalties
4. **Position & blocking-** You must stay on the far right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking. **Penalty:** Variable time penalties
5. **Overtaken-** Once passed, you must exit the drafting zone to the rear before attempting to repass. **Penalty:** Variable time penalties
6. **Race numbers-** All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they pass the finish line. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.** **Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

All athletes that are USAT annual members must present their USAT card in order to pick up the race packet. Temporary USAT cards can be printed from the USAT website: <https://membership.usatriathlon.org/>. In the event that you forget your membership card, a one-day membership can be purchased at packet-pickup for \$15.

USAT Aging Up Policy:

Participants will compete in whichever age group they would be in as of Dec. 31st, 2017. In other words, everyone's age group for the 2015 season will be determined by their age on December 31st, 2017.

Thank you to our sponsors!

