



2017 MANTENO TRIATHLON & DUATHLON ATHLETE GUIDE

Saturday, July 29, 2017, 8 a.m.

Manteno Sportsman Club

851 N. Main St.

Manteno, IL 60950

Be sure to thank the volunteers and officers out on the course and in transition.

Schedule:

Friday July 28, 2017

- Packet pick up 5:00pm-7:00 pm Manteno Sportsman Club, 851 N. Main St. Manteno, IL 60950

Saturday July 29, 2017

- Race day packet pickup 5:30 am-7:00 am
- Transition opens 5:30 am closes for race 7:45 am
- ParaTriathlete start 7:30
- Race Meeting on beach at 7:45 am
- National Anthem 7:50 am
- Duathlon start at 8:00 am
- Race start 8:02 men triathletes
- Race start 8:05 women & relays triathletes
- Awards 10:30 am
- Must have bikes cleared out of transition by noon.

Features:

- USAT Sanctioned, it is your responsibility to familiarize yourself with rules, regulation and the courses. For Rules and Regulations go to <http://www.usatriathlon.org/>
- Electronic timing
- LIMIT: 350
- Youth Division (13-18) Same day, time, and length.
- Tern of the Wheel will be the bike support at transition.

Instructions:

- All athletes must pick up their own packet with ID
- Athletes must show a current USAT card or pay the USAT one day fee
- All relay members must be present at the same time to pick up packet.
- Non-USAT members will have to sign a waiver at packet pickup.
- Timing chips will be handed out at packet pickup.
- Timing chips are to be worn on left ankle the entire time of the race.
- Relay teams will need to exchange their timing chip to the next person in the relay.
- Relay exchange is in transition, with the exception of paratriathletes, who exchange on beach from swim to bike.
- Please fill out medical information on back of bib.
- Bike Stickers need to go on bike frame or seat post where visible from both sides.
- One sticker will go on helmet.
- Race tats will go on arms of athletes.
- Age will be written on right calf.
- Swim caps will be issued in the packets. The official cap provided needs to be worn in the swim.

- Each participant will be issued a wristband. This allows you in transition and is your finisher beer ticket.
- One race bib will be issued to athletes.
- One race bib will be issued to the relay teams, where it will need to be displayed on the runner.
- Shirts will be issued at packet pickup
- Although we try to accommodate everyone, a shirt is only guaranteed if registered by 7/1/17. Exchanges can happen after the race if shirts are available.

TRANSITION

- Set up your transition by your down tire.
- Hang your bike by the saddle in T1.
- All bikes are to be racked, no leaning against the racks, fence or use of a kickstand.
- Rotate bike racking every other direction.
- Keep your area neat to allow for others to have space.
- NO NUDITY IN TRANSITION!!
- No riding in transition area.
- Participants only in transition.
- RACE MEETING WILL BE HELD ON BEACH AT 7:45

NOTE: YOU MUST HAVE NUMBER ON BIKE, HELMET OR SHOW BIB MATCHING BODY NUMBER TO ENTER AND EXIT TRANSITION WITH A BIKE.

TRIATHLON COURSE:

Swim:

- Beach start and finish, keeping buoys to your right.
- Use of wetsuit will be determined day of event. Under 78 degrees F is wetsuit legal.
- Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

NOTE: If you have some concerns about the swim, you can exchange your swim cap for a designated cap color when picking up your packet. This will inform our lifeguards to keep an extra eye on you.

Bike:

- Heading south from transition you will go through a small area of town and then onto county roads. Although the roads are monitored by volunteers and police, the course is open to the public, so please be aware of your surroundings.
- No drafting
- Ride single file, at least 3 bike lengths back from the rider in front. If you start to enter that of the draft zone, you must pass on the left. You will have 15 seconds to complete this pass.
- When someone is passing, as soon as the front wheel has broken the plane of your bike, you must drop back and out of the draft zone.
- STAY TO THE RIGHT. When passing, call out "ON YOUR LEFT."
- Drafting will end up in penalty. 1st penalty is 2 minutes, 2nd penalty is 2 minutes, 3rd penalty is disqualification.

- Helmets are required. You will not be allowed to ride if you do not have a helmet. Helmet strap must be attached before you take the bike off the rack and stay strapped until you rack your bike at the end of the bike.
- End caps are to be on bike handles.
- Mount your bike AFTER the mount line.
- Dismount your bike BEFORE the dismount line, without hindering the progress of other cyclists.
- There are a couple hairpin turns or U-turns, feel free to unclip inside leg if necessary to turn safely. Call your line if turning at the same time as another cyclist.

Run:

- Heading north from transition you will be going through the Campground with the lake on your left side.
- Through town of Manteno, returning to the south entrance of the club.
- Bib number must be on the front and visible, must be on for finish.

DUATHLON COURSE:

1st Run – 1 mile:

- Heading north from transition you will be going through the campground with the lake on your left side. You will turn around at the cone, run back through the campground to the transition.
- Bib number must be on the front and visible.

Bike:

- The same as the bike course for the triathlon.
- Same rules apply.
- Bib can stay on for the bike. Either on front or back but is not required on the bike.

2nd Run – 3.1 mile

The same as the run course for the triathlon.

- Bib number must be on the front and visible, present for the finish.

**Courses are subject to change.*

ASSISTANCE ON COURSES:

For the safety of our participants and per USAT rules, **NO** unauthorized assistance is allowed, unless approved in writing by USAT Triathlon. This includes physical assistance in any form, such as food, drink, equipment, support, or pacing. Doing so will result in disqualification.

No headphones, mobile phones, or any other means of communication allowed on course., this may lead to disqualification.

NOTE: THERE ARE NO REFUNDS FOR ANY REASON.
PER USAT RULES, AGE IS CALCULATED AS OF 12/31/2017.

INDIVIDUAL AWARDS for TRIATHLON:

- Masters - Male & Female (50+)
- Top Overall Male & Female
- Top 3 Age Groups (Male & Female)
13-15, 16-18,(youth)19-24, 25-29, 30-34, 35-39, 40-44
45-49. 50-54, 55-59, 60-64, 65-69, 70+

AWARDS for DUATHLON:

- Overall top 3 Female
- Overall top 3 Male
- Top relay team

TEAM AWARDS for TRIATHLON:

- Top All male
- Top All female
- Top mixed

WAVE STARTS FOR TRIATHLON & DUATHLON:

Number of waves and time starts will depend on number of participants. These starts will be posted the day of the event. If information is available before the event day, it will be sent out to participants.

BIKE REMOVAL:

- Bikes may be removed after the final biker completes the bike course or per our transition monitor.
- Athlete numbers will be checked to ensure that they match the number on the bike, in order to remove a bike from transition.

EVENT CANCELLATION/MODIFICATION POLICY:

In the event of a natural or community disaster our action steps are as follows:

- Race Directors along with local officials will make decisions based on safety first.
- Courses and/or race segments could be altered as agreed to between Race Directors and local officials to provide for safety.

NOTE: Should the event have to be canceled, there are **NO REFUNDS OR FREE ENTRIES TO FUTURE RACES.** Each registered participant accepts the risk of his or her entry fee.

PARKING FOR PARTICIPANTS AND SPECTATORS

- **DOWNTOWN PARKING LOT**

Parking Lot: South of 3rd street and on Main St across from downtown businesses.
(.05 mile to transition)

- **MANTENO HIGH SCHOOL**

443 N. Maple St.
Manteno, IL 60940
(.75 miles to transition)

- **ADA PARKING**

Those using ADA parking must have placard or license plates. They will be allowed to park in the volunteer/medical/employee parking lot by Sportsman Club. However, they will not be able to leave until final biker has returned.

NOTE: There is no parking allowed on streets in town used for bike or running course.

DIRECTIONS:

From I-57, take Manteno #322 exit, head east into town on E9000N Road/CR-9. E9000N Road becomes West 1st Street. Turn left onto North Main Street. Follow Main Street until you end at Manteno Sportsman Club

CHARITY:

Part of our proceeds will be donated to our local Manteno Veteran's Home. We were honored to be able to donate \$1500.00 last year.

RACE RESULTS:

www.itracetime.com

FURTHER QUESTIONS:

Nicole Cartier, Race Director: triktriathlonclub@gmail.com

***INFORMATION SUBJECT TO CHANGE**