RACE INSTRUCTIONS FOR THE WUNDERWOMAN TRIATHLON 2010
AUGUST 15 – MEDICAL LAKE, WA – WATERFRONT PARK

Welcome to the 2010 West Plains WunderWoman Triathlon! PLEASE TAKE THE TIME TO READ THESE INSTRUCTIONS! I wish you a memorable experience and the best of luck with your race. Please read the following items carefully as this sheet should answer many of the questions that you may have regarding the race. Please forward this info to someone who is signed up for the event and may not getting their emails or if you've transferred your entry to someone. I'm "going green" again with this year's race bible so these will not be stuffed in to in your packets though we will have a few available at packet pick up.

Evan Pilchik photography is the "official" event photographer for the 2010 WWT…visit their website following the race to purchase photo's at: www.myEPevents.com. Watch for their emails after the race as reminders where to purchase your photo's.

Remember… Spokane Osteoporosis Centers will be providing FREE bone density screenings and Dr. Lynn Kohlmeier will be presenting information on the diagnosis, prevention and treatment of Osteoporosis following the race. Please stick around for this informative presentation. Thanks to our partners, the WOC, NOF and Spokane Osteoporosis Centers! Remember…TRI FOR YOUR BONES!

Say "thank you" to all of our great volunteers and marshals as you pass by them on the course. This race would not happen without our generous volunteers and the work of our key coordinators, personnel and sponsors. Always use garbage cans AND RECYCLING BINS. Keep our environment clean so we are welcomed back again next year!

WE WILL HAVE RECYCLING BINS AT THE PARK THIS YEAR! PLEASE USE THEM FOR YOUR RECYCLABLES.

CHECK IN PROCEDURES:

- **BIKE AND HELMET CHECK IN**: **All competitors must bring their bikes and helmets to check in at the transition area (Waterfront Park) the morning of the race from 5:30 am until 7:30 am.** DON'T FORGET YOUR HELMET OR YOUR TIMING CHIP! When choosing where to rack your bike, look for the wave/age signs and rack your bike at the proper age group area. All participants need to ride or walk their bikes to the start area. Extra parking will be in Medical Lake, just under a mile from the start. Upon entering the swim area in the morning, immediately get your chip and body marking and then rack your bicycle.

- **CHIP TIMING:** We are using chip timing from Millisecond Sports of Utah. NEW for 2010…TIMING CHIPS AND INSTRUCTIONS **WILL BE ISSUED AT PACKET PICK UP ON FRIDAY (Aug. 13th at REI) AND SATURDAY (Aug. 14th at Waterfront Park).** Chips must be returned at the finish line at the end of the race with help from our volunteers. These chips are expensive and we must get them back directly following the race. It's $95.00 for a lost chip and **"you"** are responsible for it. Your assistance in their return would be greatly appreciated. Each team will be issued one chip and you'll pass the chip off to your teammate after each leg of the triathlon.

- **BODY MARKING**: (age on left calf and race number on left and right arms) WILL BE DONE FROM 5:30AM UNTIL 7:30 AM AT THE SWIM START/TRANSITION AREA in Waterfront Park.

- **BIKE PICK UP OUT OF THE TRANSITION AREA AFTER THE RACE WILL NOT START UNTIL ALL PARTICIPANTS ARE FINISHED RACING. ALL BIKES MUST BE PICKED UP BY 2:00 PM AT THE SWIM START. Volunteers will be working to make sure that your bike pick up is fast and easy and you must show your race number to pick up your bike…if you have a family member picking up your bike please give them your bib number and have them be able to describe your bicycle. Athletes must BRING their RACE NUMBERS TO PICK UP BIKES AFTER THE RACE.**

PARKING, SPECTATORS AND SHUTTLES:

- **SPECTATOR SHUTTLE AND PARKING:** Courtesy of **The WunderWoman Triathlon**, spectators and volunteers will be provided with a shuttle bus running from 6:00 am until 12:00 noon with drop off service at Waterfront Park every few minutes. THE BUS STOP IS AT THE HIGH SCHOOL Administration building on 4th and LeFevre St. in Medical Lake AND near City Hall. We encourage spectators to take the shuttle as we have limited space for parking at Waterfront Park. Pick-up will be allowed at the park after the race by personal vehicles. SPECTATOR PARKING IN MEDICAL LAKE IS AT THE HIGH SCHOOL AND ON THE STREET.
- **ATHLETE PARKING:** Participants can park at Waterfront Park (approx. 170 spots--and they will fill up quickly) or in Medical Lake with on-street parking and several lots about a ½ mile from Waterfront Park. Please ride your bike in to the transition area. **IMPORTANT**--DO NOT TRY TO GET DROPPED OFF AT THE PARK IF THE LOT IS FULL (and the lot will be full before 6:30 am most likely. Go past the entrance to the park and use the next right turn (Fancher Connection) for dropping off area or park back in Medical Lake and ride your bike in to the park.
- **Please use the trail system next to Hwy 902 to get to Waterfront Park. Do not ride on HWY 902 if possible and ride only single file. The trail is the safest and fastest way to get to the park but be careful of spectators walking in to the race as well.**

ABOUT THE COURSE, INFORMATION and RULES:

- **ALERT!** The dismount off the bike into the transition area is slightly downhill. We will be slowing down bike traffic from the entrance of the park so please use caution and slow down when entering the transition dismount area.
- **NO MP3 OR PORTABLE DEVICES OF ANY KIND ON THE COURSE (bike or run).** They are dangerous and don't allow you to hear potentially serious situations. This is not a closed course and you must always be heads up to traffic. Please be aware of drivers that may be pulling out of driveways or that are passing you on the course. Stay to the right of the roadway except for passing other ladies on the left—but do so only when you've looked behind and it is safe to pass. PLEASE BE RESPONSIBLE, we must follow the rules of the road.
- **Water stations will be provided at the transition area, at mile one and two on the run and at the finish at Pavillion Park.**
- Highway 902 has little shoulder area so please be careful, ride predictably and look back for vehicular traffic before passing other riders.
- The no drafting rule is in effect! We have a motorcycle patrolling the course for your safety but also to enforce drafting rules. There will be a 2 min. penalty per drafting offense.
- Friends and family will not be allowed in to the transition area for any reason. Spectators will have designated areas. Spectators should be careful not to cross in front of competitors on the course--heads up! **You may not take assistance from anyone on the course with the exception of our Official Race Techs (Bicycle Butler) which will be out on the course helping competitors if necessary.** We want everyone to finish the race and we will help with flat tires and roadside mechanicals out on the course when possible. Bicycle Butler will have a tent at the transition area to assist before the race starts and floor pumps will be available.
- T1 (transition 1 – swim to bike) and T2 (transition 2 – bike to run) will both be at Waterfront Park. Bring your gear to place next to your bike if needed during either transition. If you will be out on the course for more than 1.5 hours then you may want to consider some light liquid nutrition or extra calorie intake such as HEED/Hammergel or other gels, sport drinks or bars for the bike or run. Hydrate and fuel during the bike and run when possible but don't try new things during a race. Training is usually the best time to try new products.
- **WAVE STARTS**: We will have 6 wave starts for the swim, starting at 8:00 and each wave starting in 5 minute time increments. **Wave starts will be: 8:00, 8:05, 8:10, 8:15, 8:20, and 8:25 am.**
- **CAP START ORDER:**
  - **8:00 am WAVE 1- WHITE (18 under, 19-24 and 25-29)**
  - **8:05 am WAVE 2 - RED (30-34)**
  - **8:10 am WAVE 3- YELLOW (35-39)**
  - **8:15 am WAVE 4 – ORANGE (40-44)**
  - **8:20 am WAVE 5- BLUE (45-49, 50-54)**
  - **8:25 am WAVE 6 – PINK (55-59, 60-64, 65-69, 70+), PURPLE – (All Teams) and LIME GREEN for (Osteoporosis Individuals)**
- **ALL COMPETITORS MUST WEAR ASSIGNED COLORED SWIM CAPS!** Do not switch caps colors, chips or bib numbers with other participants.

- Our temperatures have been very warm the last month so the water temps may be close to 75+ so wet suits may not be allowed for safety reasons. Overheating in wetsuits is a serious medical risk. We will make a final determination regarding the use of wetsuits on the morning of the race. Be prepared and bring it with you in any case. If and the evenings continue to cool down, wetsuits will most likely be allowed!
- Because of our recent hot weather, make sure to stay hydrated and drink enough on the bike and run courses. We will have water stations at the transition area, mile 1 and 2, and at the finish line.

CLOTHING AND RACE NUMBERS:

There are no changing areas at the start of the race so come prepared in race clothing. There is no public nudity allowed. Clothing options for the race:

- Wear a swimming suit, pulling on cycling or running shorts for the bike and run
- Tri suit (one or two pc.) for the entire race.

Try to wear clothing that you can go straight from the swim to the bike and run. You can wear bike or run shorts over your swim suit for the bike and run portion but you may be more inclined to chafing. There are swim suits with thin bike type chamois and there are 2 pc. Tri suits with cycling style shorts but with thinner, quick dry chamois.

RACE NUMBERS:

- **Team competitors** will be issued one bib number, one bike number and one chip. **Swimmers** will not wear numbers and will just get body markings and must wear the assigned chip. **Cyclists** will attach the bike frame numbers to their bikes. Team competitors will be issued only one chip per team and must hand off and wear the chip for each leg of the triathlon. **Runners** must wear the pull-off bib number in the front of the body and the tags will be taken at the finish line as a secondary timing system. TEAMS MUST PASS THE CHIP TO THEIR TEAMMATE FOR EACH LEG OF THE TRIATHLON.
- **Team competitors** will have a designated area that they will tag their teammates in the transition area. Please rack your bikes here in the morning and stay in this area until your team member is out of the water and has run up to meet you in the bike area. In your race packet will be one number for the runner and one smaller number for the bike frame. All bikes are required have frame numbers attached the day of the race.
- **PLACEMENT OF NUMBERS**: Please wear your number on your front for the run. If you have a race belt you can wear the number on your back side for the bike and turn it around to the front for the run and finish chute. Frame numbers must be attached to the frame of the bicycle and should be attached prior to arriving at Waterfront Park for BIKE CHECK IN on race day.

FINISH LINE FESTIVITIES:

- The official race drink, **H.E.E.D**., is provided by **HAMMER NUTRITION** and we'll have plenty at the finish. **DAVID'S PIZZA WILL BE OUT WITH THE RIG with PIZZA AND SALAD for each competitor. Extra Food tickets will NOT be sold this year.** ***Have Beans will Travel*** *will sell additional food for spectators, family and friends. They will also be serving great coffee and treats!*

- **RESULTS, AWARDS AND PRIZES:** WILL START AT APPROX. 11:30 AM AT WATERFRONT PARK. Medals will go 5 deep in all age groups, 3 deep in teams, 3 deep in the Osteoporosis Individuals and one overall trophy for first place. We will have results posted online soon after the event at www.milliseconds.com or www.emdesports.com. Come and make yourself comfortable at this wonderful park!

- **Make sure to hang around for your FREE bone density screening and listen to Q&A from Dr. Lynn Kohlmeier from the Spokane Osteoporosis Centers. Thanks to the Washington Osteoporosis Coalition (WOC) and the National Osteoporosis Foundation (NOF) for partnering with us to raise awareness for Osteoporosis!**

THANKS TO ALL OF OUR SPONSORS and SUPPORTERS FOR 2010!

PARKSIDE PHYSICAL THERAPY….DAVID'S PIZZA …..Next IT Corporation…..Hammer Nutrition…..REI Spokane Regional Sports Commission…..The City of Medical Lake…. SCOPE…. Denny's Harvest Foods …. Bike EMT's….BICYCLE BUTLER….

Thank you so much for participating in The West Plains WunderWoman Triathlon! I hope to see you again in 2011!

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P.S. Additionally, we've added the "Strides for Strong Bones" 3 mile FUN RUN/WALK the day before the race on August 14th. Encourage your family and friends to sign up for that! We'll have information regarding that FUN RUN at packet pick up!