

**2<sup>nd</sup> Annual  
Lake Norfolk Triathlon Weekend  
2018 Athlete Guide**



**5K/10K, Open Water Swim,  
Sprint & Olympic Distance Triathlon**



**September 28<sup>th</sup> - September 30<sup>th</sup>, 2018**



Dear Athlete,

On behalf of the event organizers, the town of Mountain Home, Arkansas, the US Army Corps of Engineers, Rocking Chair Resort, and sponsors, thank you for signing up for the second annual Lake Norfolk Triathlon Weekend. Whether you're joining us for one event or competing in the Off Your Rocker Challenge, we cannot wait to welcome you to the Twin Lakes area. Feel free to contact us at any time with any concerns you might have. More information can also be found on the race website: [www.lakenorforktri.com](http://www.lakenorforktri.com).

**Please take the time to read this packet thoroughly to alleviate pre-race anxiety and questions.**

The weather forecasted for race weekend looks perfect. However, weather in the Ozarks can be quite unpredictable and the race will not be canceled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, changing the course, removing one of the sports, or postponing the start. There are no refunds in the case of changes or cancellations.

Volunteers are still needed for the Lake Norfolk Triathlon, so please encourage your friends and family to join the fun! Please e-mail [kurt@lakenorforktri.com](mailto:kurt@lakenorforktri.com) to register as a volunteer. Please thank the volunteers because without them, the race could never happen!

The Lake Norfolk Triathlon promises to be a fun and exciting event. We were honored to host athletes from all over nine states last year, and we welcome you back again this year. We look forward to seeing you on race day!

Sincerely,

A handwritten signature in blue ink, appearing to be "Kurt Markowski".

Kurt Markowski  
Founder  
[kurt@lakenorforktri.com](mailto:kurt@lakenorforktri.com)

A handwritten signature in blue ink, appearing to be "Paul Gigliotti".

Paul Gigliotti  
Race Director  
[paul@lakenorforktri.com](mailto:paul@lakenorforktri.com)



# THANK YOU TO ALL OUR 2018 PARTNERS!



We are proud to have partnered with Mountain Home Hurricanes as charity partners:





# EVENT SCHEDULE

## Friday, September 28<sup>th</sup>

5K/10K – Rocking Chair Resort (278 County Road 763 – Mountain Home, AR)

3:00p – 5:45p      On-site packet pick-up  
6:00p                5K/10K – Official Start Time  
8:00p                5K/10K Awards

## Saturday, September 29<sup>th</sup>

Open Water Swim – Rocking Chair Resort (278 County Road 763 – Mountain Home, AR)

12:00p – 1:30p      On-site packet pick-up  
2:00p                Open Water Swim – Official Start Time  
4:30p                Open Water Swim Awards

## Sunday, September 30<sup>th</sup>

Sprint & Olympic Triathlon – Panther Bay Park (7862 Hwy 62 East – Mountain Home, AR)

6:00a – 7:30a      On-site packet pick-up  
6:15a                Transition opens  
7:30a                Transition closes  
7:45a                Mandatory Pre-Race Meeting  
8:00a                Sprint & Olympic Official Start Time  
8:00a – Men’s Sprint Start Time  
8:10a – Women’s Sprint Start Time  
8:30a – Men’s Olympic Start Time  
8:40a – Women’s Olympic Start Time  
\*Start time for relays will be based on gender of swimmer  
11:30a                Sprint Triathlon Awards @ Rocking Chair Resort  
12:30p                Olympic Triathlon Awards @ Rocking Chair Resort



## PACKET PICK-UP

Before you can compete in the 2018 Lake Norfolk Triathlon, you must sign in and pick up your official race packet. Here are several different times you can do this:

- Race specific packet pickup at race venues:
  - 5K/10K (3:00-5:45p – Rocking Chair Resort)
  - Open Water Swim (12:00-1:30p – Rocking Chair Resort)
  - Sprint/Olympic Triathlons (6:00-7:30a – Panther Bay Park)

**Bring your photo ID with you!** You are required to show it when you sign in. Every participant must present his or her photo ID at packet pickup. If you are an annual member of USA Triathlon, you MUST present your USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$15).

Not all members of a relay team have to show up at the same time. Each member will be given his or her own packet. If any one member of the team does not check in or sign the USAT waiver, the team will not be allowed to participate.

Please double-check that you have everything you need for the race **before** you leave packet pick-up.



# COURSE INFORMATION

Follow the below links for maps of each course:

[5K/10K](#)

[Open Water Swim](#)

[Sprint Tri](#)  
[Olympic Tri](#)



# **PRE-RACE & VENUE INFORMATION (SPRINT/OLYMPIC TRIATHLON)**

## **CHIP TIMING**

The Sprint/Olympic Triathlon will be chip-timed. Your timing chip will need to be picked up the morning of the race – even if you have already picked up your packet. Chips can be picked up from 6:00-7:30am. Timing chips are Velcro and attach to your LEFT ankle and are to be worn for the duration of the race. Timing chips ARE NOT disposable. All chips are to be returned in the proper bin located in the finish corral. Relay handoff will take place at your designated bike rack and involve passing your chip on to your teammate. If you must drop out of the race, you will need to report to race management as a DNF (and to let us know that you are safely off the course). You will need to return your chip at this time.

## **TRANSITION AREA, BODY MARKING & PRE-RACE MEETING**

The Transition Area will open at 6:15a and will close at 7:30a. A body-marking tent will be located at registration. All athletes, including relay members, must be body-marked to participate.

A swim warm-up from the swim start will be available from 7:00a - 7:30a. After this time, competitors must clear the water and make their way to the swim start.

There will be a mandatory pre-race meeting at 7:45a at the swim start – look for the checkered flag. All racers, including relay members, must be there at this time. The first swim wave will go off at 8:00a.

## **RACE NUMBERS**

You are required to display your race number at all times while competing. This is for your safety, and so that our volunteers can correctly record your split times. Also, it allows the photographers to identify your pictures. Even though the race is chip timed, you need to display your number the entire race. During the swim, your number must be visible on your body (hand). During the bike portion, your number must be displayed on your bike (clearly visible from the left side) using the specific bike frame and helmet number you are given at registration. During the run, you must wear your race bib on your front. This is especially important for the finish.



# POST-RACE INFORMATION

## RETRIEVING GEAR FROM TRANSITION AREA

We understand that you will want to retrieve your bike and clothing after the race. We also want to be respectful to participants who started in a later wave and are still competing. Therefore, we will be escorting only a few athletes in at a time to get anything except bikes, such as clothes and bags, before the last bicyclist completes T2. Finishers can only take 1 minute to retrieve their gear. Once all the athletes return from the bike course, you will be allowed to retrieve your bike.

**DROP BAG** – Drop bags are BYOB (Bring Your Own Bag), and the drop bag area will be near transition. Please bring something to identify your bag, which will be waiting on you at the finish line.

**BOAT SHUTTLE** – After the sprint and Olympic awards, there will be a boat shuttle transporting the athletes from the finish area to the transition area. Please be patient as we help transport everyone.

## RESULTS & AWARDS

Unofficial results will be displayed in the Results Center at the race. With chip timing, you will receive five different split times: swim (includes run from swim exit to Transition Area), Transition 1, bike, Transition 2, and run.

In addition to Finisher Awards, there will be awards for the top three men and women overall, as well as the top three finishers in each age category. You will be assigned to an age group based on your age as of December 31, 2018, so if you are going to turn 50 at any point in 2018, you will race in the 50-54 age group. Age groups are every 10 years male and female starting at 19 and under and going up to 60+.





## RULES AND POLICIES

All rules and explanations of these rules are available at [www.usatriathlon.org](http://www.usatriathlon.org). Below are some cursory overviews of the most commonly violated rules in triathlon:

As a registered competitor, you have agreed to abide by the rules governing the sport of triathlon. This means that you have read and understand the rules as they appear on the USA Triathlon website. The Lake Norfolk Triathlon will be enforcing all of these rules with USAT officials. These officials will be out on motorcycles during the bike, as well as monitoring the swim, run, and transition area. They will assess penalties as they are listed in the rulebook. If you are penalized, you have the right to discuss the reasons with one of the officials. They will be wearing red uniforms and standing near the results. Below you will find some of the most important and commonly violated rules. However, you must be familiar with ALL the rules as posted on the USAT website.

**1. DRAFTING** - “A participant is not permitted to position his/her bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance” (Sec. 5.10). In terms of other bikes, this translates into a rectangular “drafting zone” seven meters long and two meters wide around each bicycle. Unless you are passing, you should not be in this area. When passing, you have 15 seconds from the time you enter the “drafting zone” to overtake the other cyclist before it is considered a drafting penalty. You must pass on the left and the cyclist being overtaken should give you adequate space. There will be officials monitoring the course on motorcycles. For more information, please read the rules posted online.

**2. HELMET** - Your helmet must be functional and must meet the safety standards of the Consumer Products Safety Commission (CPSC). (If the helmet was made before 3/99 it must be certified by ANSI, SNELL, or ASTM). Your helmet should be securely fastened under your chin before you mount your bike. You must wear your helmet at all times when you are on your bike at any point in the day - not just during the race.

**3. HANDLEBAR PLUGS** - There must be plugs in the ends of the handlebars. If you are missing one or both, get some at your local bike shop. If you don't have bar-end plugs, you will not be allowed into the Transition Area with your bike.

**4. SPEED** - It is very important to keep a safe speed at all times during the bike, especially when being told to slow down by volunteers. Some corners may be marked with cones; if so, you need to stay between the cones and the shoulder of the road.



**5. STAYING ON COURSE** - You must stay on the marked course at all times when making forward progress. If you have to leave the course for any reason, you must restart from the point of departure. Walking is permitted, if necessary.

**6. ABANDONMENT** - Do not leave any trash or race materials anywhere on the course other than the designated water stations or the Transition Area. If you leave anything behind you will be penalized. Also, it is rude to leave trash on the road and it gives a bad reputation to this race and the sport of triathlon.

\* Failure to abide by USA Triathlon rules will result in a penalization, which is a set amount of time added your finish or disqualification.

## POLICIES

- ONLY ATHLETES, STAFF, and DESIGNATED VOLUNTEERS are allowed in the Transition Area (TA) at any time. NO EXCEPTIONS.
- When exiting the Transition Area after the race, athletes must show proof that their race number matches their bike number. No one will be allowed to exit the TA with someone else's bike, unless there is a medical or emergency reason, or special arrangements have been made.
- The coordinator has discretion as to how many athletes may enter the TA at a time. Any athlete that enters without permission will be immediately removed and not allowed back in until everyone else has gone through.
- Any athlete that interferes with the progress of a racer, or is disrespectful to staff, volunteers, will face penalties and/or removal from the TA.
- Please remember that these rules are in place in the best interest of athletes and volunteers. We recognize the unique nature of this event in terms of how long it takes, and want to do everything we can to make everyone's experience positive. Please help us by showing respect to your fellow participants and all of the staff and volunteers.
- Wet-suits: Athletes don't need a wet-suite to participate, it's an option if water temperatures are at or below 78 degrees. USAT guidelines state: USAT rules state that competitors may wear wetsuits if the water temperature is 78 degrees or lower. USAT rules also state that if the water temperature is between 78.1 - 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards. Race day water temperature should be hovering around 78. Follow our [Facebook page](#) for more up to date information regarding the temperatures of Lake Norfolk.



## **MEDICAL SERVICES**

### **Emergency... Call 9-1-1**

If you have a small first aid concern before or during the race (i.e., blisters, sore muscles, cuts), you can use the designated medical station, which will be staffed by medical personnel. There will be ice and basic first aid equipment there. For bigger emergencies, a medical director and ambulance will be on site.

Volunteers and police who are in close contact with medical services will monitor the bike route.

The nearest hospital is about 9 miles from the venue.

If you have any pre-existing condition that the medical team should know about, please make them aware before the race. Please e-mail any concerns or information to [kurt@lakenorforktri.com](mailto:kurt@lakenorforktri.com), or call 404.990.3600.