



# The Great Island Race Series

*a Rotary Service Project to Benefit Clinton County NonProfits*

## G.I.M.A.T. Rules and Requirements

### Overall:

- Participants and/or Participants' Guardians are responsible for knowing the race rules and course directions.
- The order of events shall be: Canoe/Kayak, Bike, Run.
- The GIMAT will be held rain or shine.
- The Race Director reserves the right to cancel or change the event if severe weather or river conditions warrant. In such case, notice will be given via Facebook.com/GreatIslandTri or on site.
- Participants under the age of 8 must be accompanied by a race-registered Adult.
- Race numbers must be worn throughout the entire race for participant safety and tracking.
- No abuse of volunteers, police, or others will be tolerated. Any abuse will lead to disqualification.
- Pacers are NOT permitted for any leg of the race; however, race participants may choose to support one another through pacing. Keep in mind that drafting on the bike leg is prohibited.
- Impeding other racers on any leg of the race is prohibited and may lead to disqualification.

### Canoeing/Kayaking:

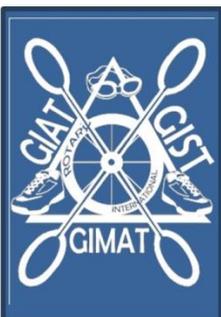
- **Personal Floatation Devices (PFD) must be worn at all times during the kayak leg of the race.**
- There will be volunteers on the water to help if needed. .
- There will also be volunteers that will take your vessel and paddle to shore after you dismount. If you prefer to handle your boat by yourself, please let the volunteers know. Please do not have anyone remove your vessel until all of the paddlers have finished the canoe/kayak and have exited the water.

### Biking:

- **Approved helmets must be worn at all times while on the bike. Your helmet must be on and buckled or otherwise secured BEFORE leaving the transition area.**
- Drafting is NOT permitted. Once passed, it is the overtaken rider who is responsible for insuring at least three bike lengths between him and the rider ahead.
- Bicyclists must stay on the designated route and stay in the right hand lane heading with the flow of traffic.
- **This is NOT a closed bike course. Please be wary of traffic at all times, especially at all intersections.**
- All bikes must be mounted and dismounted within the designated area. No bikes will be ridden in the transition area. Riding your bike into the transition area is dangerous and may result in disqualification.

### Running:

- **When running on or near a street, please run between the cones and the edge of the road.**
- There will be a Water Stop at the turn around at the top of the ramp on the levee near the Amphitheatre (0.6 mile mark).
- Listening to music via earbuds is allowed on the run leg provided the participant can still hear verbal directions by volunteers.



Great Island Race Series

See us at: [Facebook.com/GreatIslandTri](https://www.facebook.com/GreatIslandTri)  
Register at: [www.Active.com](http://www.Active.com)  
Email us at: [TriGIAT@gmail.com](mailto:TriGIAT@gmail.com)  
[www.GreatIslandRaceSeries.org](http://www.GreatIslandRaceSeries.org)