



The Great Island Race Series

a Rotary Service Project to Benefit Clinton County NonProfits

G.I.S.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: Swim, Bike, Run.
- The GIST 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.
- Race numbers must be worn throughout the Bike and Run for participant safety and tracking.
- No abuse of volunteers, police, or others will be tolerated. Any abuse will lead to disqualification.
- All Relay Team transitions must occur within the official transition area. The timing band must be passed between teammates at each transition so that split times can be calculated. *Runner (ONLY) will wear bib.*
- Pacers are NOT permitted for any leg of the race.
- Impeding other racers on any leg of the race is prohibited and may lead to disqualification.

Swim:

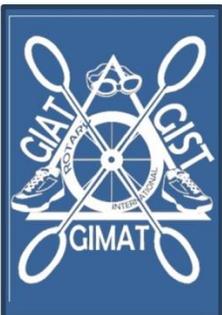
- Swim caps PROVIDED BY THE RACE ORGANIZERS MUST be worn so all swimmers can be indentified.
- Wet suits are optional; however, flotation devices are prohibited.
- All swim techniques are allowed.
- There will be volunteers on the water to help if needed.
- Relay teams - after exiting the water, swimmer must proceed to the transition area to pass the timing band to your teammate. *Swimmer WILL NOT wear the race bib; Swimmer will need body markings.*

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.
- Relay teams – your cyclist must walk/run your bike into the transition area, where you will pass the timing band to the next teammate. *Biker WILL NOT wear the race bib; Biker will need body markings.*

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 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.



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