

# **GENERAL RULES and INFORMATION**

## **Knox County Triathlon and Duathlon**

### **PARTICIPATION**

- **A participant may participate as an individual (racing all 3 legs of the race) or as member of one team (racing 1 or 2 legs of the race). A participant may not participate as both an individual and a team member without contacting the Race Director.**

### **TIMING**

- **Timing Chips: Each participant is responsible for picking up his/her timing chip on Sunday morning. Chips will be located by the registration table.**
- **Teams will get one timing chip which will be passed from one teammate to the next for each leg of the race. BE SURE to cross the timing mat BEFORE removing your timing chip at the end of your leg of the race. If the timing chip is not located on your leg when you cross the timing mat, your time may not be recorded.**
- **REMEMBER you must return your timing chip at the finish line to avoid a \$30.00 fee.**

### **RACE DAY**

- **Participants may enter the park at 6:00 A.M. All race gear must be in your Transition Race Space by 7:30A.M.**
- **Participants are responsible for their own safety and for not injuring others.**
- **Participants must follow instructions of Knox county Triathlon and Duathlon's volunteers and safety officers.**
- **Some parking will be allowed in the park. Follow volunteer directions.**
- **No I-pods, cell phones, MP3 players or other devices that obstruct hearing may be used by racing participants. NO HEADPHONES. NO EXCEPTIONS.**

- **Check-in: Enter the check-in area to receive your race bag. Submit your 200 meter swim time. Get arms and legs body-marked with your race number and swim time before leaving check-in.**

## **TRANSITION AREA**

- **YOU are responsible for making sure all of your gear is ready in your Transition Race Space by 7:30 AM on Race Day. Head to the pool deck then.**
- **Only body-marked participants are allowed into the Transition Area. NO EXCEPTIONS!**
- **Please be considerate of other participants around your transition area.**
- **You are responsible for remembering where your transition area is located.**
- **Enter and exit your transition space through rows only. Do not cross through the transition space of others. Be considerate.**
- **TEAM MEMBERS TAG OFF & EXCHANGE TIMING CHIP TO THEIR NEXT TEAM MEMBER IN THEIR TRANSITION RACE SPACE**
- **No bike riding in the Transition Area. You must “walk” or “run” alongside.**

## **SWIM – 1st Leg of Triathlon (Certified lifeguards will be on duty.)**

- **ALL Swimmers must be on the pool deck for line-up by 7:45 A.M. It is your responsibility to be there and ready to go at your turn.**
- **Swimmers will start in 10 second intervals.**
- **Line up for swim start as directed by race volunteer. Line-up will be determined by swim time you entered at Registration. Shortest time will be in front, longest time will be in the back of the line.**
- **When directed, step on the timing pad to begin. Enter the water.**
- **Swim one length, touch the wall, go under the lane marker, and swim the next length.**
- **Swim on the right side of the lane, pass on the left.**
- **Allow faster swimmers to pass you.**

- **Do not grab or pull on any swimmers next to or in front of you.**
- **No flotation devices or other equipment allowed. Anyone using equipment will be ineligible for awards of any kind. All equipment must be approved by Race Director PRIOR to race day.**
- **You may rest on the lane markers or stand up if needed as long as others can pass you. Walking is not allowed as a mode of transportation in the pool.**
- **After swim completion, proceed to the Transition Area taking ALL your belongings with you.**
- **Step on the timing pad when you enter the transition area to end the swim leg.**
- **Flip-Flops or Shoes: Swimmers are encouraged to wear flip-flops or shoes to and from the pool deck.**
- **Change Area: Swimmers may change in the pool house. You are responsible for taking all of your articles to the Transition Area after you change. The pool house will also be open to the public AFTER the swim leg has been completed.**
- **Swim Team Member Finish: Cross the pad outside of the pool and then remove your timing chip and hand it to your biking team member.**

## **BIKE – 2nd Leg of triathlon/duathlon**

- **Bikers are responsible for making sure your bike is in good working order prior to the start of the race. Each biker MUST wear a helmet, or he/she will not be allowed to race.**
- **Bikers must have their race number attached to the FRONT of their garment.**
- **No bike riding allowed in the Transition Area; you must “walk” or “run” alongside your bike.**
- **The bike timing pad is at the opposite end of the transition area from the pool house. Walk your bike over the bike timing pad to begin bike leg of the race.**

- **Ride single file on the right side of the road -- except to pass**
  - **Faster bikers should call out, “passing on the left” as they pass slower bikers.**
  - **No drafting of any type is allowed.**
- **Return to Gregg Park as indicated, get off your bike before entering the Transition Area ( as directed by volunteers) and walk your bike over the timing pad.**
- **Bike Team Member Finish: After crossing the Transition mat with your bike, move to your transition area and remove your timing chip and bib number and hand them to your running teammate.**

### **RUN/WALK – 1<sup>st</sup> Leg of Duathlon & 3<sup>rd</sup> Leg of Triathlon/Duathlon**

- **Duathlon 1<sup>st</sup> Leg: Race begins at 8:00 A.M. sharp!**
- **Volunteers and/or safety officers will be present at turns and intersections along the route.**
- **Your race number must be affixed to the front of your garment.**
- **Step on the timing pad to begin run time.**
- **Keep to the left side of the road throughout the run leg of the race. Run facing traffic.**
- **Be aware of your surroundings – some residential traffic is unavoidable. Roads are NOT closed to traffic.**
- **Water: There will be a water/aid station at approximately the halfway point.**
- **Enter the Park as indicated by volunteers and safety officers.**
- **If completing the 1<sup>st</sup> leg of the duathlon, DO NOT cross the finish line through the finish chute, proceed on the park roadway back to the transition area.**
- **If completing the 3<sup>rd</sup> leg of the triathlon/duathlon, step on the timing pad as you cross the finish line through the finish chute.**

- **Turn in your timing chip.**
- **Receive your finish medal(s).**
- **If you are a TEAM MEMBER, pick up medals for your entire team.**

## **FINISH**

- **After you finish the race (or your leg of the race as a team member), please get something to eat at the food tables.**

## **TEAM MEMBERS**

If you are part of a team, be aware of the following:

- **A racer participating as a member of a team must exit the transition area once your leg of the race is completed.**
- **You may complete your leg of the race even if a teammate does not finish his/her leg. Non-finishing teams will not qualify for awards.**
- **Your 3<sup>rd</sup> leg run/walk team member will pick up all the medals for your team.**

## **AWARDS**

- **Individual trophies will be awarded for first and second place for Overall Race Winners as well as for age categories listed below for individual competitors.**

19 & under	45-49
25-29	50-54
	55-59
20-24	
30-34	60-64
35-39	65 and over.
40-44	

- **Team trophies also will be given to the first, second and third place teams overall.**
- **Awards will be presented when the LAST TO TRY has crossed the finish line and the Race Results are finalized.**

## **VOLUNTEERS**

Please remember to thank all volunteers. This race could not happen without their support!!!

## **SPECTATOR ETIQUETTE**

Please pass this information to any family and friends coming to watch the race:

- **Do not interfere with athletes or the progress of the race.**
- **Obey all race volunteers, staff and safety officers.**
- **No pacing or “rabbits” are allowed.**
- **Stay off the course.**
- **Cross the course only at designated crossings and when allowed by volunteers.**
- **Please allow racers to go to the front of restroom lines.**
- **Only participants are allowed in the Transition Area -- No Spectators**
- **Please remind your spectators to come prepared for the weather. They may wish to bring their own lawn chairs. Advise them that racers appreciate encouragement and cheering.**
- **Ask them to put all trash in proper containers.**

## **POST RACE**

- **Please wait until all racers finish the race before removing your bike and other gear from the Transition Area.**

- **Do not interfere with those who are still racing.**
- **Do not cross any race routes unless it is clear.**
- **NO trophies will be mailed. No Exceptions.**