

King Orthopedic Big Shark New Town Triathlon

2012 Athlete Guide

Expo and Packet Pick-Up

Expo and Packet Pick-Up begin at 8:00 AM and close at 3:00 PM on Saturday, July 14th in New Town at St. Charles. Packet Pick Up on Sunday Morning, July 10th is limited to 1 (one) hour from 5:30 AM to 6:30 AM. So please plan ahead and arrive early. The Expo and Packet Pick up will be in the Amphitheatre at New Town.

The sanctioning body for this race, USAT, requires that you have a photo I.D. and either a USAT 1 year license or purchase a 1 day license. They also require that we make sure that you pick up your packet in person. Sorry but we cannot allow someone to pick up another racers packet.

Packet pick up is as easy as 1, 2, 3!

Step #1

- Check In at Table 1: Get Your Race Information Ticket which will include your Race Number

Step #2

- Verify Your USAT Annual or 1Day License or Licenses will be available for purchase.
- Sign the Race Waiver.
- Get Your Yellow Wrist Band.

Step #3

- Pick Up Your Packet. Please verify that your Race Number matches your Assigned Number
- Get your awesome Event Tee Shirt

Parking

Please park in one of two large lots available to us for both Saturday and Sunday. These lots are conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to the right. Please be courteous and leave room for residents. Also avoid parking on the Run Course.

Saturday Features:

1. Cool tri gear and bikes on display and for purchase.
2. A Kids Triathlon beginning at 9:00 AM
3. The Swim Course will be open. YES- you can swim starting at 10 AM
4. The Transition Zone and Finish Line will be set up so you can see the race course configuration.
5. A great group of vendors prepared to stretch you, massage you, and offer all sorts of helpful advice related to swimming, biking, and running.
6. Professional mechanics on site to adjust, repair or install equipment on your bike.

Have a Great Race!

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Sunday, Race Day Athlete Time Line

1. Get Body Marked 5:30 AM to 7:15 AM
2. Pick Up Your Race CHIP 5:30 AM to 7:15 AM
 - * strap *the chip to one of your ankles*
3. Rack Your Bike in the Transition Zone 5:30 AM to 7:15 AM
 - * the Transition Zone opens at 5:30 AM
 - * each *rack is marked with race numbers, find the rack with your number, and use this rack*
4. You Must Wear the Swim Cap Provided in Your Packet
5. Please review the condition of your bike, make sure it is safe and functioning properly. As an added bonus, Big Shark Bicycle Company Mechanics will be at New Town all day Saturday and Race Morning Sunday to fine tune and/or repair your bike.
6. You Must Wear A Helmet:
 - * *a race number sticker is provided in your packet, put it on your helmet*
7. **Transition Zone CLOSSES at 7:15 AM**
 - * *Only racers are allowed in the Transition Zone, no family and/or friends please*
8. Line Up for the Start of the Race by Your Race Number
9. Be Courteous to Volunteers, being mean or rude to a volunteer will get you DQ'ed. Smile.
10. Use Common Sense on the Bike
 - * *Do Not Cross the center yellow line*
 - * *Do Not Draft*
 - * *Ride single file, Do Not Ride 2-3 abreast*
 - * *Stay to the right unless passing*
 - * *Mount and Dismount at the designated lines, do not ride your bike in the transition zone*
11. Wear Your Race Number on the Bike & Run
12. **At 7:25 AM the National Anthem will be sung by Angie Barbini**
13. 7:28 AM Elite Wave of Athletes Start

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Post-Race Awards Ceremony and Raffle

This year's Post-Race Ceremony features some fantastic Raffle Prizes:

- * Zipp has donated a 404 Fire Crest Carbon Clincher Wheelset to be raffled off....\$5 for a raffle ticket or \$20 for 5 tickets
- * Two Blue Seventy wetsuits, plus 12 pairs of goggles.

The top 5 Elite male and female athletes will each win prize monies totaling \$1,500.00.

Hand made sculptures for the fastest swim and bike splits of the day performed by an Individual racer.

Big River Running is donating a pair of running shoes to the fastest male and female run times of the day performed by an individual racer.

Andrea Robertson is donating 2 of her new *TriFlow* line of women's race clothing to the fastest women of the day, fastest Elite woman and the fastest Age Group woman.

Eddie Bauer will have 20% off coupons for every New Town Athlete.

Age Group Awards 3 deep in each category for men and women.

And, stick around for great food from Marsala's and Miss Piggie's BBQ.

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Athletes,

From all of the race sponsors, New Town at St. Charles, and Big Shark Bicycle Company we want to thank you for entering this year's race. This is a family friendly venue that is great for an athlete's first triathlon or for an experienced triathlete wanting to compete on a very fast course.

Please be aware of the impact heat has on your body; be sure to hydrate well starting early this week and add a bit of extra salt to your diet. We will keep an eye on the heat index and will take measures to offer plenty of fluids and ice on the course. Ultimately it is your responsibility to hydrate prior to and during the race.

This is a USAT sanctioned triathlon, to read more about rules that govern this race go to: http://assets.usoc.org/assets/documents/attached_file/filename/24727/2010_Most_Commonly_Violated_Rules.pdf. In addition to being a sanctioned event, St. Charles County Police Officers and St. Charles City Ambulance Service will be on the bike course, and a medical tent staffed by Dr. Dana Hendry will be at the finish line should you need any of these services. Please be safe and courteous to volunteers, local residents, and public officials.

The race is a time trial start. We will begin with the Elite athletes, then Challenged Athletes will enter the water, followed by relay teams, and then men's and women's age groupers. Following the Elite racers, athletes will enter the water every 3 seconds. Be forewarned, entering the water goes quickly, be ready! Water temperature will be posted on Saturday. 78 degrees and above no wetsuit can be worn by those competing for awards. *No one is allowed to wear a wetsuit above 84 degrees.*

For your convenience there will be two Big Shark Bicycle Company mechanics on duty to fine tune or repair your bike throughout the day on Saturday and just before the race on Sunday. We encourage you to utilize this bike service, as it is your responsibility to make sure that your bike is safe and race ready. Vendors at the Expo will have race and training related products for you to sample and purchase.

Again, thanks for signing up to race the King Orthopedic Big Shark New Town Triathlon. A special recognition goes out to Dr. David King of King Orthopedics for being the title sponsor of this year's New Town Triathlon. David and his crew at King Orthopedic are experts at treating endurance athletes. Visit them at: www.kingorthopedics.com.

Kevin Jokisch
Race Director

Have a Great Race!