

Pocomoke City Triathlon Rules and Regulations 2010

Packet Pick-up- Packets will be picked up Friday, June 4th from 4p.m. to 7 p.m. at Don's Seafood and Chicken in Pocomoke (**LOCATION Rt. 13, 1 mile South of Rt. 113**) or Saturday morning from 7 to 8:00 a.m. at the Lower Shore Family YMCA. ***It is strongly recommended that you pick up packets Friday as T-Shirts and Goodie Bags are on a first come first serve basis.***

Race Numbers/Chips- There will be one race number per person. This must be worn on the front of your body for the bike and run. Please wear the chips throughout the entire race, if not, you will not have splits. Chips are **required** during the race/ bib numbers are recommended.

Body Markings- The participant's age group may be placed on the person's right calf. There will be a station set up Saturday for you.

Transition Area- The transition area will only be open to the participants. No bikes will be allowed to leave the area after 8:30 a.m. We have a limited number of bike racks, so please share.

The Course- Please review the course maps prior to the race. **There will be a Pre-Race meeting at 8:30 a.m.**

Swim- The swim will be a ½-mile in a freshwater pond. One lap around the pond is a ½ mile. (There will be five waves; **Wave 1 Males 29 and Under, Wave 2 Males 30-39, Wave 3 Females 29 and Under, Wave 4 males 40 and over, Wave 5 females 30 and over**) Swimmers will be asked to enter the water a minute before their wave starts for an in the water start. There will be a count down and foghorn blast to signal the start. The waves will be 2 minutes apart. No fins, paddles or flotation devices will be allowed. Wetsuits will be permitted. If you need assistance during the swim, raise your hand above your head and one of our canoes will assist you. Lifeguards will have the right to pull anyone from the water if they feel the person or others' lives are in danger. The water temperature will be announced at the pre-race meeting.

Bike- The bike course is a flat and fast 14.2-mile loop. There is **no riding in the transition area**. Bikes must be walked or jogged in and out of the transition area. Police and Fire Department personnel will be stationed throughout the course. Please follow all traffic laws and obey the traffic personnel. No drafting is allowed. ***The bike course is not closed to traffic.*** Be aware of your surroundings and use caution at intersections, driveways and turns.

Run- The run is a flat 3.5-mile partially paved out and back course. Race personnel will direct you during the run. There will be a water station at the beginning and turn around point (1.75-miles).

Cut-off Times- The course will close 2 hours and 30 min after the last swim wave.

Water Stations- There will be two water stations on the run course, one at the beginning and one at the turn around point. There will be no water station on the bike course.

Awards & Results, Timing- There will be a post race party and awards celebration following the race at the YMCA. Results from the race will be available 30 minutes of the last finisher. Times will include splits and will be provided by Lin-Mark. **Awards:** 1st and 2nd Male and Female Under 40, 1st and 2nd Male and Female 40 and Over, 1st, 2nd and 3rd Male and Female age groups (Under 19, 20-29, 30-39, 40-49, 50-59,), Males 60 and Over, Females 50 and Over.

Questions- All race volunteers will be wearing colored vests. Please feel free to ask them any questions that you might have. Please follow all directions and instructions from the race directors and volunteers during the race.