

## **PRIEST LAKE TRIATHLON RULES**

**August 27, 2011**

### **SAFETY**

Safety is your number one concern at all times. By participating in these events, you agree to act in a safe manor. You agree and understand that swimming, cycling, and running each have different dangers, and that you will assume all risks associated with these endurance sports, have trained appropriately, and possess the skill needed to safely participate in this event. You further agree to keep control over your actions and equipment for the sake of your own safety, and other participants.

### **SWIM RULES**

WETSUITS permitted

SWIM GOGGLES permitted

NO SWIM AIDS such as fins, flotation devices, paddles, or snorkels

HELP- If you need help on the swim course, exit the swim path to the inside of the course- raise your hand and call for help. A kayak or boat will assist you.

AID Swimmers may seek the aid of a boat with no penalty as long as no forward progress is made, and must complete the course to continue in the event.

NAVIGATION It is the swimmers responsibility to know and navigate the course. Missed turn buoys require the swimmer to return and complete the course around the buoy.

STARTING Start according to your ability. Allow faster swimmers to start ahead of you.

### **BIKE RULES**

SAFETY is your number one concern.

IPODS/MP3 PLAYERS- Not allowed on bike course

RACE NUMBER – must be attached to bike

HELMETS Approved ASTM/ANSI helmets must be worn and fastened with a chin strap at all times from transition zone to transition zone-at all times on bike.

RACKS Bike racks are labeled by number- teams will have a designated rack.

NAVIGATION Riders are responsible to know the course. Leaving the marked course requires the rider to resume the course from the point of where they left the course.

SUPPORT No outside support crews or vehicles allowed on the course.

OPEN COURSE Course is operated as an OPEN COURSE. Traffic control is provided for riders to enter and exit public roadways. You are to follow all State Traffic Laws. Vehicles from traffic control locations will be released into the course.

RIDE PATH Ride path on road- IS SINGLE FILE on the right side of the road safely from the edge of pavement. Ride as close to the fog line as safely possible. Do not ride in the left hand oncoming lane or on the centerline of the road.

NO BLOCKING Blocking is not permitted. Do not prevent vehicles or other cyclists from passing by riding in the center or left side of the lane. This is dangerous and aggravates drivers.

NO DRAFTING. Minimum following distance to another bike is 3 bike lengths.

## **BIKE RULES –CONTINUED**

**DRAFTING ZONE AND PASSING.** The zone is the area 3 lengths to the front and back of the rider being passed. Passing inside this area must be done in less than 15 seconds. If you are passed, you are responsible for maintaining the 3 bike length rule.

**NO SIDE BY SIDE** riding next to another bike.

**TIRE REPAIRS** must be made by the rider with no outside support. Other cyclists may provide tubes, pumps, or aid.

**PASSING** Passing a bike ahead of you must be done to the left of the rider you are approaching. **NO PASSING ON THE RIGHT – NO PASSING BETWEEN BIKES.**

**BIKE EQUIPMENT-** No recumbent or two person bikes. Riders take responsibility that their bike is in sound safe working order to participate in the event. **ROAD COURSE** is open to road, cyclocross, or MTB style bikes. **MTB Course** is open only to Mountain Bikes- no cyclocross bikes or road bikes with cyclocross tires.

**BIKE SPEED** you are responsible for the control of your bike and agree that you have had ample time to inspect the course for course conditions and will safely ride within your abilities and skill level.

**SECURITY- ONLY PARTICIPANTS IN TRANSITION ZONE.** You must have your race number to get in. You must have your race number to get your bike out.

## **RUN RULES**

**IPODS/ MP3-** permitted on run course at users discretion. Keep a safe volume, you are responsible to participate safely and be alert for traffic.

**RUN PATH** runners are to run on roads open to traffic on the left side of the road facing traffic. Run single file- do not run side by side.

**RACE NUMBER-** must be worn on front of runner.

**NAVIGATION-** all cones, markers, and turns must be completed. Missed turns require returning to the point you left the course and completing the corner.

## **RELAY TEAMS**

**BIKE RACK –** rack bikes in the designated team bike area.

**HAND OFF-** teams must tag the next team member by touching hands

**SWIM TO BIKE-** BIKE member stays at bike and bike rack. Swimmer exits water and enters transition zone and tags team member in bike rack tag area.

**BIKE TO RUN-** RUN member stays at bike rack tag area for BIKE team member to tag them.

**TWO PERSON TEAMS-** HAND OFF tag must be made the same as for 3 person team.

## **PENALTIES, DQ, and DNF**

Participants must complete all sections of course or will receive a DQ. **VIOLATIONS** of **BIKE COURSE RULES** will receive a 2 minute penalty for each infraction. 3 infractions will receive a DQ. Course marshal rulings are reported to the Race Official at the end of the event. **GROSS SAFETY VIOLATIONS** such as riding in the left lane, blocking, unsafely passing, or unsportsmanlike like behavior will result in an automatic DQ.