

# 2016 ATHLETE GUIDE

**BLACKLAND**  
★ TRIATHLON ★  
LABOR DAY ★ SEPTEMBER 5, 2016



Dear Athletes,

Welcome to the ninth annual Blackland Triathlon and Little Buggy Kids Tri. We are honored that you have chosen to spend your Labor Day with us. Our goal is to provide you with a safe, fun and family-friendly event. We love seeing you on race day, so please stop us and say hello!

See you at the finish line,

A handwritten signature in black ink, appearing to read "Frank Cortese".

Frank Cortese  
Race Director  
Tri-Now endurance



## PACKET PICKUP DATES AND LOCATIONS

### Friday September 2nd 1pm -7pm

Richardson Bike Mart  
1451 W. Campbell Rd.  
Richardson, TX 75080

### Saturday September 3rd 10a – 6P

Richardson Bike Mart  
1451 W. Campbell Rd.  
Richardson, TX 75080

### Sunday September 4th 12P – 5P

Tri Shop  
6101 Windhaven Parkway STE 100  
Plano, TX 75093

**RACE DAY Packet Pickup – Monday 5:00am to 7:00AM - Add'l fees for race day pick up, must pay this fee with registration. If you need to add race day pickup, please email [Debra@Tri-Now.com](mailto:Debra@Tri-Now.com) and bring \$10 (or \$5 for kids) race morning. Packet Pickup will be in front of Oak Point Center**



**Blackland Triathlon and Little Buggy Kids Tri are USAT sanctioned events and the following rules apply. There are no exceptions to the rules below:**

In accordance with USA Triathlon requirements, all competitors must hold a USAT membership. You may go to [USATriathlon.org](http://USATriathlon.org) and purchase one before hand. They will also be available with online registration or at packet pick-up. If card has been lost, a replacement card can be printed from the USAT website.

ALL Athletes must bring Photo ID and current annual USAT membership card to pick up packet, OR athlete must purchase a one day membership: \$15 adult. One-Day Pass payable by cash or check only.

You may also purchase an annual membership at packet pickup, prices are as follows:

Adult – \$50, for all adults 18 and over.

Youth – \$10 for athletes 17 and younger, benefits are the same as adult membership

**Important:** You must pick up your own packet. We will not allow someone else to pick up your packet for you, no exceptions. Each member of relay team must pickup their own packet. You must pick up race packet in order to participate in race.

*Blackland Triathlon and Little Buggy Kids Tri are USAT sanctioned events. Each competitor is responsible for knowing and following all USAT rules. Please refer to the USAT website for complete list of rules*

*[www.usatriathlon.org](http://www.usatriathlon.org)*

All course maps are posted on website.

## **RACE DAY SCHEDULE**

**Monday – September 5th, 2016 - Oak Point Center 6000 Jupiter Rd. Plano, TX 75074**

5:00am All Transition areas open

6:15am - Youth Transition Closed

6:30am - Youth Pre-Race Meeting in pool area (Oak Point Center)

6:45am - Youth Jr Race Start

6:55am - Youth Sr. Race Start

~8:15am - Youth Race Award Ceremony @ Oak Point Center by youth finish line

8:15am - Sprint Transition Area closed

8:30am – Sprint Prerace meeting in pool area (Oak Point Center)

8:45am - Sprint Race Start

~10:30 Sprint Race Award Ceremony @ Oak Point Amphitheatre

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## Placing Race Numbers:

You will have two numbered articles in your Race Packet: a large run race bib, and a smaller foldable race number. First, check to make sure all numbers are the same. Do not alter any race numbers.

The large run bib is to be attached to a race belt or pinned **on the front of the t-shirt or running shorts** (safety pins are available at packet pick-up). Please fill out bottom of bib tag but do not remove it. This is for emergency purposes only.

The second tag with two numbers is your bike number. This number is to be attached to top tube or seat post. Number must be visible from each side. Fold number flat at crease and attach to bike with adhesive strip.

There are no helmet numbers.



## Body Marking :

Race numbers and race age will be body marked race morning before entering transition.



## Timing Chips :

2016 Blackland Triathlon and Little Buggy Kids Tir will be using disposable timing chips. (see picture below) Please make sure number on timing strap matches your race number.



## Beneficiary:

100% of Race proceeds benefit Punch Buggy Productions, Inc. a 501(c)(3) growing the Endurance For Food Program



## RACE DAY REMINDERS

### SWIM REMINDERS

- Warm up Lanes will be open at 6:00am for kids and 7:30a for adults/sprint racers
- Timing Chips must be worn during the entire race. Make sure chip is securely fastened.
- Racers will be seeded according to the swim time given when registering. Swim will have a time trial start, in 5 second intervals.
- Swim caps are not provided or required. Be sure to bring your own swim cap if you want to wear one.
- Lifeguards will be on duty through the entire swim. If you or a swimmer near you is in distress, raise your arms to alert the nearest lifeguard.
- All athletes are required to be at Pre Race Meeting (6:30a – Youth, 8:30a – Sprint) in Pool area - inside Oak Point Center.

### BIKE REMINDERS

- Refer to USAT rules/guidelines for complete Bike Rules, USAT Race Officials will be on course. [www.usatriathlon.org](http://www.usatriathlon.org)
- Sprint Bike course closes at 11:30a. All Sprint athletes must be starting 2<sup>nd</sup> loop no later than 10:30a.
- Helmets are required. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. All helmets will be checked as you enter transition. USAT race officials will be on course and in transition; they will not allow participants to race without the proper helmet. If you are unsure about your helmet, please take it to Richardson Bike Mart or Tri Shop to have it checked.
- Each competitor is responsible for making sure that his/her bicycle meets all safety requirements. We encourage you to have your bike checked at a local bike store before the race. Richardson Bike Mart will have mechanics in transition area on race day.
- You may not ride bike in transition area. When exiting and entering transition with your bike, observe mount & dismount lines.
- While bike course lanes will have cones to separate bikers from traffic, not all areas of bike course are closed off to public traffic. Most intersections will be controlled by Plano Police Officers. Use extreme caution. It is your responsibility to keep aware of moving vehicles & stationary obstacles along course. Right of way must be given to any emergency vehicle.
- Helmet & bike numbers must be placed in respective places and worn through entire bike course
- There are no aid stations on bike course so please plan hydration needs accordingly.



## RUN REMINDERS

- Unaltered run numbers must be worn at all times on the front of body while on the run course
- An aid station will be placed at run out and additional aid stations will be set approximately every mile. Aid stations will provide water & Powerade.
- Run course will be marked with red chalk and run signs
- Please remove timing strap after you finish the race & return to a finish line volunteer or have one assist you. It is your responsibility to return the timing chip. Participants will be charged \$35 for unreturned chips.
- Be sure to thank a volunteer!

## TRANSITION REMINDERS

- **SPRINT TRANSITION:** No one except registered participants, volunteers, medical or approved personnel with official VIP passes will be allowed inside sprint transition area. Family or friends are not allowed inside transition areas at any time during the race.
- **YOUTH TRANSITION:** One parent will be allowed in transition race morning to help with setup. After the transition area closes, only registered participants, volunteers, medical or approved personnel will be allowed in transition area.
- Body marking & chip pick up will be outside of transition area. You must be body marked to enter transition.
- We make every attempt to keep transition area secure; we are not responsible for any lost or stolen items.
- No glass containers allowed in transition.
- Bike numbers will be checked to body numbers when leaving transition.



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**Wishing you a safe and fun race!**  
*Tri-Now endurance & staff*



## COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

### 1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

### 2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; time penalty in transition area only.

### 3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Time penalty

### 4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Time penalty or disqualification

### 5. Drafting:

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Illegal Pass**--cyclists must pass on the left, not on the right.

**Blocking**--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Time penalty

## 6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referee's discretion, time penalty or disqualification

## 7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

## 8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Time penalty

## 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

## 10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

## 11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**Penalty:** Time penalty

### Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:  
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>