



Sugar Creek Youth Triathlon Event Information

Labor Day-Monday, September 2nd, 2013

Arrival Time: Arrive at the race site no later than 6:45 AM. **RACE START – 8am.** Directions and site map will be included in the race packet and available for print on race website at...
http://www.setupevents.com/index.cfm?fuseaction=event_detail&eventID=2503

Parking: Parking is available at Covenant United Methodist Church, 1310 Old Spartanburg Road, Greer, SC. The church is located directly across the Sugar Creek Youth Triathlon event site, and there will be police on duty to help everyone cross the road. There will be **NO PARKING** available in the Sugar Creek Neighborhood.

Registration: Registration and Packet pick-up will take place from 2pm-5pm on Sunday, September 1st. Directions and site map will be included in the race packet and available for print on race website. The address of the Sugar Creek 1 Clubhouse is 103 Sugar Creek Road, Greer, SC 29650.

Transition Area: The Transition area will be adjacent to the pool in the pool parking lot (see site map.) During packet pickup and registration, we will answer questions about how to set up the transition area. This is very important and will help the children avoid confusion during the race. We will also have several volunteers in the transition area during the race to assist.

Transition Area Details:

- No bike storage the night before the race
- Participants and Assigned Volunteers only in the transition area during the race
- **Only Participants and One Parent may enter the transition area before the event. Parents are not allowed to enter the transition area during the race**
- Transition area will close at 7:30am for the race, and will re-open to parents/athletes after the final “KinderTry” participant begins the run portion of the event. If your child participates in the Youth Triathlon, please respect this rule and **DO NOT** attempt to enter the transition area to collect your child’s gear until after the KinderTry is complete. We do not need participants or parents in the transition area during the KinderTry, as that will create confusion and increase safety concerns, as KinderTry participants will be making their transition from swim to bike and bike to run during this time. Thanks for your adherence to this rule.
- Numbered locations (Bike racks) for your bike will be provided- Look for the bike rack that includes your race number (example: Race #'s 1-6, 7-12, etc.) Bike racks will be available on a first come, first serve basis for those wishing to rack their bikes.
- Only the race participant will be allowed to remove his/her bike from the Transition Area during the race, and one parent can assist after the KinderTry is complete.
- Participants will not be allowed to mount their bikes in the Transition Area when starting the bike portion of the race (For safety purposes)-and will be made to dismount prior to entering the Transition Area when finishing the bike course.

Timing Chip Pick Up: Timing chip pick up will be RACE MORNING from 6:00am to 7:30am. You must collect a timing chip for each child racing in the event. They must wear the chip on their left ankle using the neoprene strap or medical anklet given to them at timing chip pick up. Timing Chip pick up will take place between the transition area and the clubhouse by the North entrance to the pool, and will be clearly marked.

Body Marking: All participants must have their race numbers written on their legs and shoulders prior to the start of the race. The body marking area will be beside the timing chip pick up table. This will be located by the timing chip pick-up from 6-7:30AM. Body marking will also be available at packet pick-up on Sunday afternoon.

Swim:

- The Swim will be a time-trial start, meaning that each participant will start in the pool (one at a time) at the direction of the race starter.
- **Sugar Creek Youth Triathlon:** Athletes ages 11-16 will start the race in the first wave.
- **Sugar Creek Youth Triathlon:** Athletes ages 8-10 will begin the swim after the 11-14 year olds have cleared the pool and complete the 100 yard course. Please review the course maps to insure your child knows the layout of the swim.
- **SWIM CAPS:** Please wear your swim team cap if you participate in a summer or year-round swimming program.
- Spectator areas on the pool deck will be clearly marked. PLEASE respect this policy to insure the swim start goes as smoothly as possible, and the athletes are safe at all times. Volunteers will be on the pool deck to make sure spectators stay in the areas that are marked viewing the race.
- Floatation devices are not allowed during the swim portion of the Youth Triathlon.
- The race director reserves the right to deem any participant medically unfit to continue at any time.

Bike:

- Bike course maps are available in your race packets and on the Set up Events web page...
http://www.setupevents.com/files/Sugar_Creek_Course_Maps.pdf
- HARD SHELL HELMETS MUST BE WORN and chin strap fastened anytime you are on your bike. This applies to before and after the race. You can be disqualified for riding without a helmet.
- Shoes must be worn at all times while riding your bike
- **ALL CYCLISTS SHOULD STAY TO THE RIGHT AND ALLOW FASTER CYCLISTS TO PASS ON THE LEFT. Parents please discuss this with your children and we will cover in the pre-race meeting as well.**
- All cyclists must dismount at the designated dismount point.
- Bike frame numbers will be provided and must be affixed to each bike.
- No headphones, IPOD, MP3 or headphones or any radio devices are allowed on the bike course.

- Volunteers and traffic control will be provided on the course, but the course is not closed to traffic.
- All turns/intersections on the bike and run courses will be managed by volunteers and will be marked with golf carts. There will also be arrows on the road at all turns. Volunteers will assist participants with corners and direction changes.

Run:

- You must wear the race number that is provided ON THE FRONT OF YOUR SHIRT OR SHORTS.
- Water stations: One at the beginning of the run and one more on the course- you are never more than 1/2 mile from an aid station.
- No headphones, IPOD, MP3, or earphones are to be used on the course.
- You must wear shoes on the run course.
- The race director reserves the right to deem any participant medically unfit to continue at any time.

Awards:

- There will be an official Sugar Creek Youth Triathlon picture taken right after receiving their event medal at a designated location near the finish line.
- Each participant will receive a finisher's medal. The award presentation will begin immediately following the last finisher. You must be present to collect your award.
- Results: Results will be posted after the awards ceremony. Complete results including "splits" will be posted on the internet by Wednesday, September 4th, following the race at...

http://www.setupevents.com/index.cfm?fuseaction=event_detail&eventID=2503

ChampionChip Sports Timing System:

PLEASE READ CAREFULLY!!!!

- This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures.
 - You will receive your ChampionChip on Event Morning at the Chip Pick-Up Tent
 - You will receive the ChampionChip along with a neoprene Velcro ankle strap
 - You must be wearing the ChampionChip strapped to your ankle or YOU WILL NOT BE TIMED.
 - Attach the chip to the neoprene ankle strap and attach the strap to your ankle. Please put the strap on your LEFT ankle. A volunteer will remove your ChampionChip and ankle strap at the finish line. MAKE CERTAIN YOU SECURE THE STRAP WELL TO AVOID CHIP LOSS!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AND TIMING STRAP TO THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES AND YOU COULD BE PREVENTED FROM REGISTERING FOR FUTURE EVENTS.

You will be assessed a \$30 charge for your chip if not returned regardless of the reason

YOU ARE RESPONSIBLE FOR THE

RETURN OF YOUR CHIP

THANKS AND HAVE FUN!!

Triathlon Gear Checklist:

Swim Items

- Swim Cap
- Goggles
- Swim Suit

Bike Items

- Bike
- Helmet
- Socks
- Water Bottles

Run Items

- Running Shoes

Clothing Items

- Flip Flops/Sandals
- Post Race Clothing
- Rain Gear
- Towel

Misc Items

- Camera/Video Camera
- Confirmation Letter/Email
- Directions to Race
- Energy Drink
- Garbage Bag
- Race Number
- Towel for Transition Area
- Transition Bag
- USAT Card
- Wallet
- Wrist Watch