

The Anteater Exterminating Southwest Family YMCA 10TH Annual Triathlon/Duathlon Race Information

Registration: packets and late registration will be available at Landis Cyclery located at 10417 N. Scottsdale road (located at the southeast corner of Shea Blvd. and Scottsdale road), Scottsdale AZ, Saturday, March 25th 2 pm - 5 pm. All entrants **MUST** sign a **LIABILITY WAIVER** at packet pick up (ID required). Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED** for the race! **A LARGE PORTION OF THE PROCEEDS WILL GO TO THE YMCA STRONG KIDS PROGRAM.** Please tell all your friends to sign up at trifamilyracing.com. Also to view race entry forms or race maps please visit: trifamilyracing.com and click on the events tab. Please tell all of you friends there is still time to sign up at trifamilyracing.com. Also race maps and hard copy entry forms are also at trifamilyracing.com after you click on the events tab.

Times: Everyone **MUST** have their bicycle in the transition area race morning no **LATER** than 5:45/6 am (recommend earlier), The transition area will close just before the **YOUTH TRI** start AT 6:15/6:30. Please allow plenty of time to get your bike in the transition area, listen to the race meeting, and get body marked before your race. Depending on when you arrive parking can be up to ¼ mile away. **Parking is directly north of the YMCA off Litchfield road. There is a skate park with approx. 50 car spots right next door to the YMCA, then a HUGE park that can accommodate all of the rest of the race entrants just beyond. Because you are parking up to ¼ mile away plan to arrive early ANYONE PARKING AT THE SAINT THOMAS AQUINAS CHURCH PARKING LOT DIRECTLY EAST OF THE YMCA WILL BE TICKETED. The YMCA parking lot is used for the race so there is no parking onsite.** If this is your first race, show up at 5:15am and no later. If you have **ANY** questions after reading this, I highly suggest talking to the professionals on our staff at the Saturday packet pick up. All race maps are located on the website trifamilyracing.com once you click on the events tab.

Order of Race: Youth Triathlon at 6:15/6:30 am, Sprint Tri & Du at approx. 7:00/7:15am, Olympic triathletes and Olympic relay at 7:15/7:30am.

The Youth Tri draft legal starts first followed by the youth Tri non-drafting triathlon; we will **NOT** start the adult race until all youth are done and have finished the bike and run. The youth event will be 2 laps in the 50 meter pool (serpentine fashion) swimming only one lap in each lane. All race entrants will swim in swim number order, for youth the first swimmer (number one) goes off at approx. 6:15am, at 6:15 and 10 seconds number two, ten seconds later number three and so on and so forth. Passing and being passed is easy with this format as everyone is always swimming in the same direction. The youth will then run to the transition area (just outside of the pool) and begin the bike ride (one 4 mile pancake flat lap) **Parents are allowed to bike with their kids as long as they wait outside of the transition area and also wear a helmet.** Remember from the time you touch your bicycle to the time your bicycle is racket you need to make sure your helmet is on and clipped closed. The bike course is Policed and barricaded. On the bike return the youth will place their bike in a bike rack and begin the ½ mile run which is essentially an out and back run to the first water station and back. **The finish line for the youth is the SAME finish line for everyone.** The Sprint & Olympic Tri adult do the exact same as mentioned above **except they are placed at 15 second intervals** The Mini Sprint triathletes will do a serpentine swim of (4) 50 meter laps getting out at the stairs and going to transition area for start of your bike ride, the Sprint Triathletes will do 8 laps or 400 meters. The Olympic triathletes have a short pause after the last Sprint triathlete starts (maybe 1 minute) before we start all of the Olympic triathletes beginning also in number order as well. Once they exit the pool from their first 8 laps they will run (walk fast) back to lane one, **jump in feet first again** for another 8 laps, and another, and another until they have went through the 50 meter pool four times before exiting to the transition area.

The swim: Make sure you get body marked if you are doing the swim, The Adult Mini Sprint swim is only 200 meters, Sprint swim is 400 meters & 1600 meters for the Olympic swim (youth 100 meters) the swim will take place by zigzagging (serpentine fashion) your way, going under every lane line for the entire length of the pool. All youth will only swim 1-lap in (2) 50 meter lanes; all Sprint Mini Triathletes adults will swim 1-lap in 4 lanes, Sprint Triathletes 8 laps, Olympic same as Sprint accept four times through the entire pool for a total of 1600 meters. Please be careful exiting the pool area, and remember all gear (Helmets, glasses, anything else) must be in the transition area, not pool side.

The bike: The bike is 8 miles for the Mini Sprint Triathletes or (2) laps, and 12 miles for the Sprint Tri & DU adults (3) laps, Olympic Triathlon is 6 laps or 24 miles (Youth only 1 lap, 4 miles), **Adult Sprint Triathletes please make sure you do three laps, Olympic triathletes make sure you do 6 laps, Youth ONLY 1 lap.** All Olympic triathletes and

Sprint triathletes will pass a timing mat every lap so we can record how many laps you are doing. All adults are responsible for making sure they do (2, 3 or 6) laps. Our timer will alert me to any in-consistencies with times, any adult doing less than the required laps depending on race (2, 3 or 6) laps will be dis-qualified. Anyone arguing with our volunteers or Police you will be disqualified. Please use extreme caution your first lap, **there are turns as well as a few speed bumps and ruts and grating in bike lanes on as well as in corners.** We will have volunteers marking down anyone drafting, remember if you draft, and are caught, you will be time penalized or dis-qualified. Unless passing, please **stay to the far right** to allow smooth traffic flow. Please obey all Police and volunteers. **Make sure your helmet is on (and buckled) from the time you touch your bike to the time you rack your bike. Parents may accompany their child on the bike course only as long as they are also wearing a helmet. Please ride on the right side of the road.**

The run: The run is 2 miles for MINI Sprint Triathletes, Sprint Triathletes and duathletes, (youth run is 1/2 mile, **Olympic 6 miles 3 laps of the 2 mile run course**). The run is essentially an out and back run course for the youth.

The Duathlon Run: The Du first and second run is 2 miles. Make a point of doing the tri run course 2 miles on your 2nd run as well.

Olympic Triathlon Relays: All transition changes take place in the transition area. (Handing chip to next racer). All Relay teams do the MAXI triathlon ONLY.

Race Rules: No diving in the pool, no back stroke in the pool. When doing either the bike or run there will be no listening devices allowed, on bike, run or swim, none allowed. Needless to say you must complete the correct amount of laps on the bike course, we will have a computer counting your laps on the bike, and you may ask the attendant for how many laps you have done. Failure to follow these rules results in a time penalty or disqualification at the Race Directors discretion. And needless to say everyone **MUST** wear a helmet on the bike course or you will be disqualified and pulled from race without a helmet. If parent is riding with their son or daughter they must also wear a helmet or their child will be disqualified.

Trophies: Remember all race entrants, Adult, youth & teams go five deep. **No medals or ribbons will be mailed out; it is your responsibility if you decide to take off early, to have someone you know pick up your award for you. You must be present for all merchandise that is given away; no friends can pick up your merchandise.**

Merchandise: Merchandise awards will be 3 deep for the top Male & Female **overall winners.** (The top 3 Tri-adult overall awards) will be pulled from the rest of the entrants to allow for more individual medals and ribbons for the **triathlon ONLY. Remember before, after, and during our awards ceremony we will be giving out merchandise with at random drawings. The person called out MUST BE PRESENT to receive the merchandise.**

Parking: Parking is directly north of the YMCA off Litchfield road. There is a skate park with approx. 50 car spots right next door, then a HUGE park that can accommodate all of the rest of the race entrants just beyond Goodyear Community Park at 3151 N Litchfield Rd. Because you are parking up to ¼ mile away if you are late, make sure you plan ahead as the race will go off on time. **ANYONE PARKING AT THE SAINTTHOMAS AQUINAS CHURCH PARKING LOT DIRECTLY EAST OF OUR RACE WILL BE TICKETED.**

4:00am – 6:00am – Get body marked, pick up your timing chip, it will match your race number that you PICKED up on Saturday. Get your bike racked, typically this is also where you have your helmet, eye glasses or sun glasses, a towel, anything you require to complete your bike ride and run.

6/6:15am – Race meeting

6:15/30am Youth start

7:00/7:15 Sprint Tri & Du start

7:15/7:30am Olympic Tri Start

8:30/9am approx. – Youth tri awards (After adult swim is over)

9/9:45am approx. – Sprint triathlon & Duathlon Tri awards

10:15/10:40am approx. – Olympic Tri awards

