

## PARTICIPANTS GUIDE

lowaman Sprint triathlon– Saturday –September 6th 08

[Print this document](#), [Read and Fully Understand](#).

The Participants Guide contains details that will help you come prepared for the race. Please read this Guide thoroughly. It includes important information about Safety Measures, Mandatory Pre-Race Briefing, Course Description, Rules of Participation, Packet Pick Up, Gear Check In, Parking, Schedule of Events, Race Results and More.

Please visit [www.topshelfraceproductions.com](http://www.topshelfraceproductions.com) for all Race Event details.

## SANCTIONING INFORMATION

The lowaman Sprint Triathlon is a USA Triathlon sanctioned event. More details can be found at [www.usatriathlon.org](http://www.usatriathlon.org).

### USA TRIATHLON – SPRINT DISTANCE

lowaman is a qualifier for the 2008 USA Triathlon Age-Group National Championship. The top finishers of each age group qualify for this race.

## RACE VENUE

Scott County Park, Iowa is located 6 miles North of the Quad Cities. Most participants will take Highway 61 North from Interstate 80. Participants should take Long Grove exit, at the bottom of the ramp take a right to the stop sign then turn left on Scott Park Rd., then turn right onto 270th. Follow for less than a mile to park entrance on the left. Follow park road to the Parking lot across from the pool.

## COURSE DESCRIPTION

The lowaman Sprint Triathlon takes place in and around Scott County Park. The Swim takes place in a 50 meter pool, the bike starts and finishes at the pool traveling in and around the park. The run is entirely inside the park on paved roads and 600 meters of chipped trails.

### SWIM:

Wave starts begin at 7:30 a.m. sharp.

The Swim takes place in a 50 meter pool and utilizes a time trial start every 10 seconds. No wetsuits allowed.

### BIKE:

Our challenging 15-mile bike course will take you North out of the transition and takes the first left on to cody lake road. At the T the course turns left and travels south to the south exit. A clock wise loop

**BIKE (continued):**

follows with: a right on 270th St., a right on Scott Park Rd., a right on 300th St, a right on Utica Ridge Rd.(aka 210 Ave.), a right on 270th St. and a right at the South entrants to the park. From here you will travel north back to the transition.

All bikers must have an ANSI approved helmet to participate. Bikers without helmets will not be allowed on the course.

You must walk your bike while in transition.

Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike. No drafting allowed. USAT Marshals will patrol the entire bike course.

**RUN:**

The 5K (3.1 miles) is a clockwise loop in the park. You will leave the south exit of the transition and follow the road south until the T. You will turn right and follow the road

Water and Gatorade will be available at Transition #2, Mile 1.0, 2.0, finish line and Post Party. Your run number (bib) must be worn on the front.

## SCHEDULE OF EVENTS

Friday, Sept 5th, 2008

**Packet Pick Up**

4:00 -7:00 p.m.

Healthy Habits

3441 Devils Glen Rd.

Bettendorf, Ia 52722

Please make every effort to pick up your packet on Friday night. No one arriving after 7:00 p.m. will be allowed to pick up packets.

Saturday Sept 6, 2008

Race Morning Information

The South Entrance will be the first entrance open in the morning.

**PARKING**

Parking is directly across the road from the pool.

**Race Day Packet Pick Up**

5:30 – 6:30 a.m.

Pick up will be near the pool entrants

Transition Opens 5:30 a.m.

Pre-race Briefing

7:15 a.m. on the pool deck



