

PARTICIPANTS GUIDE

lowaman Sprint triathlon– Saturday –September 12th 09

[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 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.

USA TRIATHLON – SPRINT DISTANCE

lowaman is a qualifier for the 2009 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 the Parkview exit the turn right. At the stop sign you will turn left and travel 1/4 mile then turn right on Scott Co. Park Rd. Turn left into the park entrance and follow the signs to 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 lakeroad. At the T the course turn left and travels south to the south exit. A clock wise loop

BIKE (continued):

follows with: a right on 270th St., a right on Old 61 HWY., 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 at the pool.

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 11th, 2009

Packet Pick Up

3:00 -6:00 p.m.

Cafe' Express

1507 E. Locust S.

Davenport, Ia 52803

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 12, 2009

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 entrance

Transition Opens 5:30 a.m.

Pre-race Briefing

7:15 a.m.–On the pool deck

RULES OF PARTICIPATION

You must attend the 7:15 a.m. pre-race briefing

You must produce a photo ID and current USA Triathlon membership or receipt for your 1-day permit (may be purchased on-site).

You must sign the Event Waiver and Disclaimer Form.

You must wear ANSI, Snell or CPSC approved helmet and have it fastened whenever bike is un-racked.

Only participants are allowed in the transition areas. No extra equipment (additional helmets, etc.) will be allowed in the transition areas.

bring:swim goggles, bike, helmet, running shoes ,cycling shoes,(optional),sun screen, towel, socks, water bottle and nutrition, to appropriate transition areas.

Use the portable toilets provided by the race. Anyone caught failing to do so may be disqualified and will not receive a refund.

Do not bring pets to the event.

The Finishing Area and Post Party are on the grounds of the DeWitt High School; therefore No Alcohol will be permitted.

Swim TT Start Begins

7:30 a.m.

Swim start: you will be lined up according to how fast you can swim 400m and sent off every 10 seconds

If you need help during the swimming phase, take your cap off and wave it in the air. Lifeguards and safety personnel will assist.

Post Party Begins

9:30 a.m.

Replace the fuel you burned with a wide variety of complimentary refreshments including: bagels, watermelon, apples, oranges, bananas and Bakers Breakfast Cookies. Also, hot, fresh, stop by and grab a slice.

BEVERAGES Liquid refreshments will include Bottled Water, Gatorade and various soft drinks. And always, the gang from Red Bull.

Awards Ceremony

10:00 a.m.

AWARDS

Overall awards to the Top Three male and female finishers.

Additional awards to the Top Three finishers in each age group (13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ category, as well as the Top Three in the Clydesdale and Athena division.

Team Awards:

Team Awards are given to all members of the First Place Team for the following categories: All Male, All Female and Co-ed.

CLYDESDALE AND ATHENA DIVISION

If you are a man weighing 200 pounds plus or a women weighing 145 pounds and over, you qualify to race in the Clydesdale or Athena division.

To enter the Clydesdale/Athena division you must indicate your preference on either the Online or Mail In Registration Form.

NOTE: Even if you meet the weight prerequisites you are not required to enter the lowaman Triathlon as a Clydesdale or Athena.

Awards will be given to at least the Top (3) Clydesdales and Top (3) Athenas.

CHIP TIMING

The race will be timed by Accu-Split Timing Company.

Chip Distribution will be Race Morning outside of the Scott County Pool.

A chip timing device must be attached to each participant's ankle with a strap (provided). The chip interacts with sensor mats placed at key race areas, to record each individual's exact time and place, at those intervals.

Volunteers will be on hand at the finish line to collect chips. However each participant is responsible for the return of his or her chip.

A \$30 charge will be assessed if the ChampionChip® is not returned.

VOLUNTEERS

If you have family or friends coming with you who may be interested in volunteering, please have them contact Amy Castro@ 563.343.7129.

Volunteers will receive a FREE T-shirt and access to the Post Race Party, food and beverages.

LODGING

Super 8 918 Westwood Dr. DeWitt, IA, 52742 US 563-659-8888 or 800-80dewittsuper8@yahoo.com

OTHER LODGING

Quality Inn & Suites:

1000 East Iowa Street Eldridge, IA 52748 563-285-4600

SPECIAL THANKS

Scott County Iowa Conservation Board Cooperation and use of Scott County Park & Pool.

Sheriff's Department Security along bike route and cooperation in closing and using county roads.

Contact Amy Castro @ 563.343.7129. Email: info@accu-split.com