



## First Central State Bank Crossroads Triathlon

### PARTICIPANTS GUIDE

For Event - Saturday -August 1st 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](http://www.topshelfraceproductions.com) for all Race Event details.

### SANCTIONING INFORMATION

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

### USA TRIATHLON - SPRINT DISTANCE

Crossroads 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

The city of DeWitt, Iowa is located 20 miles North of the Quad Cities. Most participants will take Highway 61 North from Interstate 80. Participants should take the 11th St. exit East into DeWitt.

The DeWitt High School is approximately 4 miles east. You will go through the 956 intersection by the water tower and continue about 1 mile, until you see the school on your right-hand side.

### POINT-TO-POINT COURSE DESCRIPTION

The First Central State Bank Crossroads Triathlon is a Point-to-Point race. The Swim (and start of the bike) begin at Lake Killdeer.

Lake Killdeer is approximately 4 miles East of the DeWitt High School, at the intersection of Old Highway 30 and Z24/330th Avenue.

The Run Start and Finish take place at the DeWitt High School.



#### SWIM:

Wave starts begin at 8:00 a.m. sharp.

The course is an out-and-back triangle 500 yard swim from Lake Killdeer Jetty. Boats and safety personnel will be on (and around) the lake at during the swim.

Wetsuits will be allowed, as per USA Triathlon rules.

#### BIKE:

Our challenging 15-mile bike course will take you North on Z24/330th avenue, roughly 4 miles and turn around. Riders will then turn right on Old Highway 30 and travel to the Dewitt High School (Transition #2).

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) run is flat and fast. It will leave from Dewitt High School and skirt the outer residential area of Dewitt.

Water and Gatorade will be available at Transition #2, Mile 1.0, and 2.0, finish line and Post Party.

Your run number (bib) should be worn on the front.

#### SCHEDULE OF EVENTS

##### Packet Pick Up

4:00 -7:00 p.m.  
Thursday, July 30th, 2009  
Healthy Habits  
3441 Devils Glenn Rd Bettendorf, IA

4:00 -7:00 p.m.  
Friday, July 31st, 2009  
Dewitt High School 425 East  
11th St. Dewitt, IA

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



Saturday Aug 1, 2009

Race Morning Information

This race is a Point-to-Point event. Logistics and time demand that you drop off running shoes and gear at T2 (DeWitt High School). Place these items in the spot assigned to your race number.

**Bring a second pair of shoes. These are to wear after you drop off your running shoes at T2.**

Proceed to the Race Start/Transition #1 (Lake Killdeer) for bike & swim gear check in. Make sure you place your bike (and other T1 items) in the spot assigned to your Race Number.

**PARKING**

Parking for Transition #1 (Swim Start/Lake Killdeer) will be available at Rittmer Construction. Rittmer's property is adjacent to T1, with approximately 5 acres of available parking. There will be volunteers to direct you to an available spot. Please arrive early. Parking will be available, starting at 5:50 am.

Parking for Transition area 2 (DeWitt High School and Race Finish Area) will be available at the DeWitt High School and on available side streets.

NOTE: You will need to drop off your Run Gear at T2 before proceeding to the starting line.

Race Day Packet Pick Up

6:00 - 7:00 a.m.

Lake Killdeer -Transition #1 2471 330th Ave (Hwy 30 & 330th Ave)

Make sure you allow yourself plenty of time to first check in at Lake Killdeer, then drop off your run gear at Transition #2 (DeWitt High School) 4 miles away and be ready at the swim start, no later than 7:45 a.m.

Transition Opens

6:00 a.m.

- Run Gear check in at Transition #2 -DeWitt High School.
- Place your Run gear in spot according to Race Number.
- Bike Gear check-in at Transition #1 -Lake Killdeer.
- Place your bike and swim gear in the spot according to your Race Number.



### GEAR CHECK

You will be provided with two gear check bags at Packet Pick-up. The number on your bags should correspond to your race number. At the end of the swim, place all of your gear, including your wetsuit, in the bag.

**We will not be responsible for any gear not placed in (or that falls out of) an unsecured Gear Check Bag.**

If your gear does fall out, you will be asked to provide a description, before it is returned to you. We suggest that you clearly label all of your gear with your name prior to race day. Use the smaller bag for run gear at Transition #2 (DeWitt High School).

Race staff will transport gear check bags from Transition #1 (Lake Killdeer) to Transition #2 (DeWitt High School).

Gear check bags can be picked up at the Holding Pen in Front of the school, anytime after 11:00 a.m. Please be patient. **All gear must be picked up by 1:00 p.m.** All unclaimed gear will be held for 30 days following the race. To inquire about items you may have lost, please contact us @ [www.topshelfraceproductions.com](http://www.topshelfraceproductions.com)

### Pre-race Briefing

7:45 a.m. - Lake Killdeer

### RULES OF PARTICIPATION

- You must attend the 7:45 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 wheels helmets, etc.) will be allowed in the transition areas.
- Mark your race number on your swim cap and bring: swim goggles, wetsuit (optional), bike helmet, running shoes (2 pairs), 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.



### 1st Swim Heat Begins

8:00 a.m.

Swim start: The first wave starts at 8:00 a.m. There will be multiple wave starts. Your wave will be posted at the Packet Pick Up area. Do not change waves. Hold onto your correct color swim cap. If you lose your cap, see a Race Official and be sure to get the correct color cap.

**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 - Presented by Barnes Food Land

9:30 a.m.

FOOD AND PIZZA 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 Happy Joes Pizza, 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

11:00 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.

#### **CHIP TIMING**

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

Chip Distribution will be Race Morning at Lake Killdeer.

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.

#### SHUTTLE

Starting at 11:00 a.m. and continuing to 12:30 p.m., we have arranged (2) shuttles to transport athletes back to Transition #1 (T1). The shuttles will run approximately every twenty (20) minutes. This will allow you to be transported back to your vehicle, if you parked at (T1).

**Remember**, event staff will be bringing all T1 gear to the finishing area.

Gear check bags can be picked up at the tennis courts, anytime after 11:00 a.m. Please be patient. **All gear must be picked up by 1:00 p.m.**

#### SHOWERS - How cool is that?

We have arranged the use of the shower facilities at DeWitt High School. Signage will be posted to show athletes where to go to clean up before the Post Party and Awards Ceremony.

#### RESULTS

Race results will be printed & posted (at the finishing area) and soon as reasonably possible. Additionally, results will be uploaded to [www.topshelfraceproductions.com](http://www.topshelfraceproductions.com) - link to First Central State Bank Crossroads Triathlon / Results.

#### 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.

#### 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 Crossroads Triathlon as a Clydesdale or Athena.

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



#### LODGING

Super 8 918 Westwood Dr.  
DeWitt, IA, 52742 US  
563-659-8888 or 800-800-8000  
dewittsuper8@yahoo.com

#### OTHER LODGING

Quality Inn & Suites:  
1000 East Iowa Street  
Eldridge, IA 52748  
563-285-4600

#### CAMPGROUNDS

[www.clintoncountyiowa.com/conservation](http://www.clintoncountyiowa.com/conservation)

#### SPECIAL THANKS

Clinton County Iowa  
Conservation Board

Cooperation and use of Killdeer Recreation Area

Sheriff's Department

Security along bike route and cooperation in closing and using county roads.

City of Dewitt Iowa

Cooperation in use of city roads and police department.

#### DIRECTIONS

For driving directions from your specific location, visit [www.mapquest.com](http://www.mapquest.com).

#### ADDITIONAL QUESTIONS

Contact Jeff Castro @ 563.343.7132.  
Email: [info@accu-split.com](mailto:info@accu-split.com)

[www.topshelfraceproductions.com](http://www.topshelfraceproductions.com)