



SPRINT TRIATHLON

ATHLETE GUIDE

September 7th, 2024 | George Wyth State Park, Iowa

WELCOME

◦ FROM OUR RACE DIRECTORS



Athletes,

Welcome to the Black Hawk YMCA Triathlon! The committee is excited to put on this inaugural triathlon fundraising event. Our goal is to raise enough money to support the cost of this event. Sponsorships would cover the cost of the operations such as timing, equipment, volunteer shirts, signage, and finisher awards. Athlete registration would be donated back to the YMCA's Annual Campaign which kicks off at the end of each year to raise funds for the scholarship program for kids. Thank you for your support of our event.

The Cedar Valley is a great place to race, and we hope you enjoy the many amenities that are available throughout our local communities. From places to stay, eat, shop, or play, you are sure to find everything you need for race day and beyond. Visit the Community tab on our website for more information. And don't forget to check out our race Sponsors while you are in town!

We look forward to seeing you all on race day! Feel free to contact us if you have any questions in the meantime.

Your YMCA Triathlon Team

In this guide you'll find more detailed information on the following subjects...

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SCHEDULE

◦ INFORMATION

THURSDAY, SEPTEMBER 5TH, 2024

TIME	EVENT	LOCATION
9:00 AM - 8:00 PM	Packet Pick-Up <i>Reminder: Minors will need a parent present at packet pick-up.</i>	Black Hawk YMCA South Hackett Road, Waterloo

FRIDAY, SEPTEMBER 6TH, 2024

TIME	EVENT	LOCATION
9:00 AM - 7:00 PM	Packet Pick-Up <i>Reminder: Minors will need a parent present at packet pick-up.</i>	Black Hawk YMCA South Hackett Road, Waterloo

SATURDAY, SEPTEMBER 7TH, 2024

TIME	EVENT	LOCATION
6:30 AM - 8:30 AM	Transition Area Open Timing Chip Pick-Up	George Wyth Lake Boat Ramp
8:00 AM - 8:30 AM	Swimming Practice	Boat Ramp
8:45 AM - 9:00 AM	Pre-Race Announcements & National Anthem	George Wyth Lake Boat Ramp
9:00 AM	Race Begins	George Wyth Lake Boat Ramp
10:30 AM	Bike Check-Out Open	Transition Area
11:00 AM	Awards	Finish Line
1:00 PM	Transition Closes	George Wyth Lake Boat Ramp

Note: Schedule is tentative and subject to change.



RACE DAY

◦ INFORMATION



PACKET PICK-UP

Packet pick-up will be held at the Black Hawk YMCA on S. Hackett in Waterloo from 9AM - 8PM on Thursday, September 5th and Friday, September 6th from 9AM - 7PM. Please note that all athletes must check in and pick up their own packet, including each member of a relay team. Those participating under the age of 18 will need a parent present at packet pick-up. If you do not check in during the designated athlete registration hours, you will not be permitted to race.

Please make sure to bring the following items with you to athlete registration:

- Photo Identification
- USAT Members: Your membership card to verify your USAT membership.
- Non-USAT Members: You will need to purchase a day pass at athlete check-in.
- USAT Wavier: Will be signed during athlete check-in.

Body marking and timing chips are only available from 6:30 to 8:45 AM on race day at the transition area entrance at George Wyth Lake Boat Ramp.

ATHLETE NUMBER

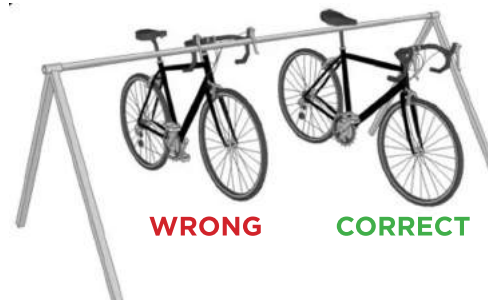
Each athlete will be provided a race bib, bike tag, helmet sticker, and body marking that will identify your athlete number. You will not be allowed to remove your bike and gear from the Transition Area following the race without your bib number, bike number, and body marking all matching. Please do not remove your bib until after the event, as it will identify you as an athlete.

TRANSITION AREA

Athletes will be allowed to start entering the Transition Area at 6:30 AM on race day. Each athlete must be registered, have body marking, and have their bike tag attached to their bike prior to entering the Transition Area. Please be sure to arrive early enough to set your area as you prefer. Transition will close at 8:45 AM for race briefing and final instructions.

Transition area will re-open at 10:30 AM to allow finished athletes to remove their personal items from the area. Athletes will be required to check out their bike & exit through the designated opening. Race bib is required to gain entry to transition & must match your bike number as you exit.

The Transition Area will be set up so that each rack will allow six athletes - three to a side. We will have designated bike racks based on your bib number. Please find your bike rack and leave room for your fellow athletes. If space becomes an issue, we do reserve the right to move your belongings in order to create room for all athletes. If we are unable to locate you, we may move it for you.



RACE DAY

◦ INFORMATION

RACE TIMING

The race will be officially timed by True Time Racing. Each athlete will be provided with an ankle chip for timing purposes. Prior to the start of the race, fasten the chip to your left ankle and do not remove it until you have crossed the Finish Line. Race participants are responsible for returning their chips, but volunteers will also be there to assist you. A \$30 charge will be assessed to the athlete if the chip is not returned. The chip must be worn at all times from the start until the completion of the race. Any chip lost will result in a disqualification. No Chip = No Time.

This is a USAT sanctioned race. Please allow approximately two weeks after the race for us to report finish times and places for Nationals. We do this to allow time for any disputes to be brought forward regarding athlete times/places. All times will be available on the True Time Racing website at <https://truetimeracing.com/> or click here:



CUT-OFF TIMES

To ensure the safety of our athletes and volunteers, there will be cut-off times enforced for each leg of the race.

- SWIM - Cut off 30 minutes after last swimmer enters the water
- BIKE - Athletes must enter transition to run by 11:30 AM
- RUN - Athletes must finish the race by 12:30 PM
- Transition Closes at 1:00 PM

USAT INFORMATION

The YMCA Triathlon is a USAT sanctioned race. For a complete list of rules, please refer to the [USA Triathlon website](#). They also have a section on Most Common Rule Violations.

Penalties will be served at the first aid station on the run course.

PERSONAL SAFETY

While participating in the YMCA Triathlon, you are ultimately responsible for your own personal safety. Warm up swims from the start line will not be permitted until kayakers, lifeguards, and rescue boats are properly positioned on the water; this should be at approximately 8:00 AM on race day. If you so choose, you may get into the water ahead of time at the public beach area; however, no assistance from the YMCA Triathlon will be present.

EVENT DELAYS OR CANCELLATIONS

If unsafe water conditions force us to cancel the swim portion of the race, the event will be a run-bike-run duathlon. Athletes will complete a 1 mile run, 16.5 mile bike, and 3.1 mile run. We will follow the time trial Swim wave format for race start.



EVENT & PARKING

◦ INFORMATION



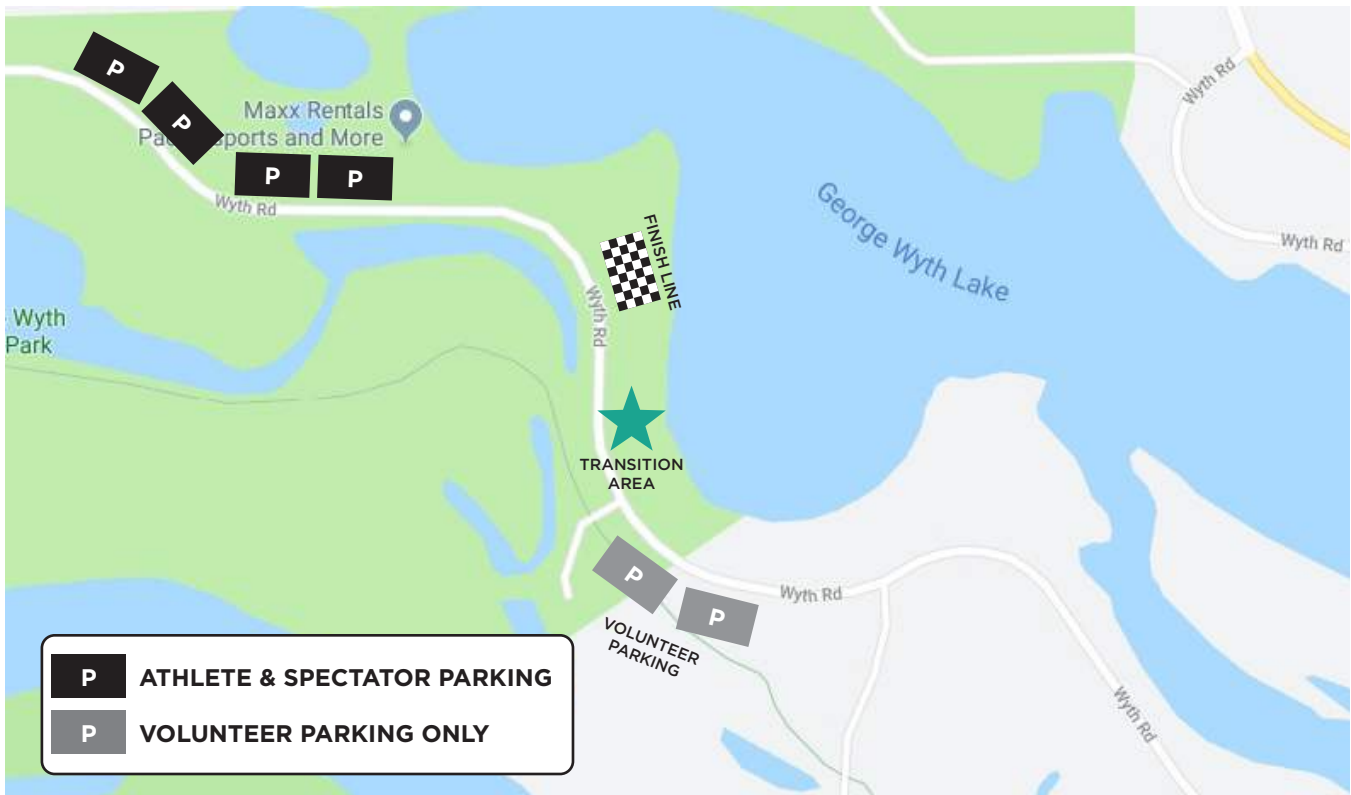
PHYSICAL ADDRESS OF RACE

[George Wyth State Park, 3659 Wyth Road, Waterloo, IA 50703](#)

PARKING

All athlete parking will be north and west of the Finish Line area along the Run Course on Wyth Road. Event parking signs will help direct you to the designated area.

To reduce traffic on the run course, volunteer parking will be located south of the finish line area. As you enter this park, this will be prior to the finish line. This is reserved for volunteers only – no athlete parking is allowed in this area.



VOLUNTEERS

Please remember to thank our approximately 100 volunteers and local law enforcement you see out on the course! They help us put on a safe and enjoyable race, and we very much appreciate their support year after year. In fact, our race would not happen without all of them, so please make sure they know how much you appreciate them as well.

GEORGE WYTH

◦ INFORMATION

PERSONAL BELONGINGS/VALUABLES

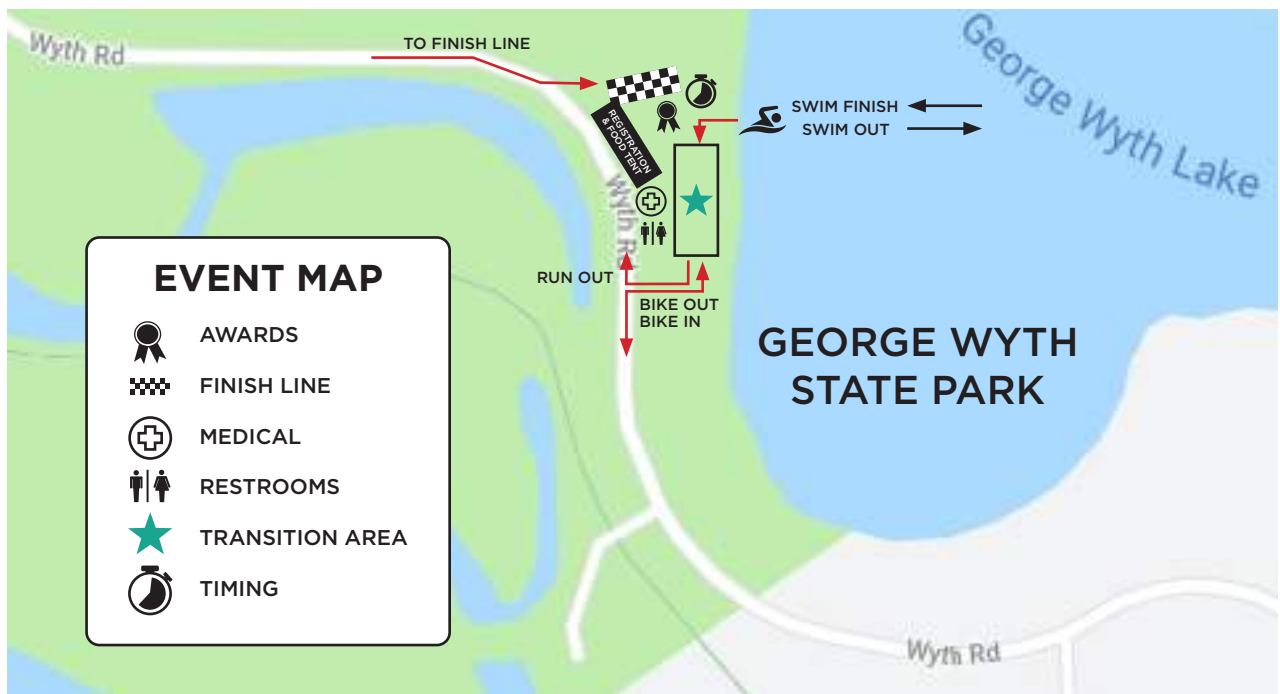
Please make sure any valuables left in your car are not out in the open. We recommend you leave them at home. The YMCA Triathlon will not be liable for any lost or stolen items.

SOCIAL MEDIA

We would love to see your race weekend photos! Please use the hashtag #YTri when posting on Facebook. Also, please watch our Facebook page for race day updates and announcements.

SPECTATOR INFORMATION

Spectator parking will be located in the same area as athlete parking (north and west of the Finish Line area along the Run Course on Wyth Road). Please note that you will be entering and exiting the park on the same road our athletes are starting and finishing the Bike Course on. We ask that all spectators are in the park by 8:00 AM and that no one leaves before 12:00 PM. Please give all athletes the same respect you would give your own.



Spectators will be able to see their athletes at various points along the course - primarily the Swim enter, Swim exit, Transition Area, Run Course, and at the Finish Line. There are plenty of grassy areas, including an elevated hill near the Start and Finish areas.



POST RACE

◦ EVENT INFORMATION



BICYCLE & RECOVERY OF GEAR

Following the race, all athletes must be wearing your race bib in order to enter and claim your bike and gear from the Transition Area. Please make every attempt to pick up your bike and gear yourself; however, if you are unable to personally do so, a family member or friend should have your race bib to verify your belongings. Our volunteers will be very strict on who is allowed to enter the Transition Area.

Also, please be courteous to your fellow athletes. Just because you have finished your race does not mean you are not standing in the way of someone else's personal record. Come and relax at the after party while you wait to claim your bike and gear.

FOOD & BEVERAGE TENT

Athletes will receive complimentary food and beverages as soon as they cross the finish line.

AWARDS CEREMONY

The awards ceremony is scheduled for approximately 11:00 AM near the Finish Line area. The top three finishers in each category will receive an award. If you cannot attend the awards ceremony, you may pick up your award at The YMCA (S. Hackett Rd, Waterloo) between 8:00 AM and 5:00 PM Monday through Friday.

LOST & FOUND

Lost and found items should be turned in to the Timing Tent on race day. All items found will be kept at The YMCA (S. Hackett Rd, Waterloo) for 30 days following the race. Items remaining after 30 days will be donated to a local charity.

SWIM COURSE



EVENT INFORMATION

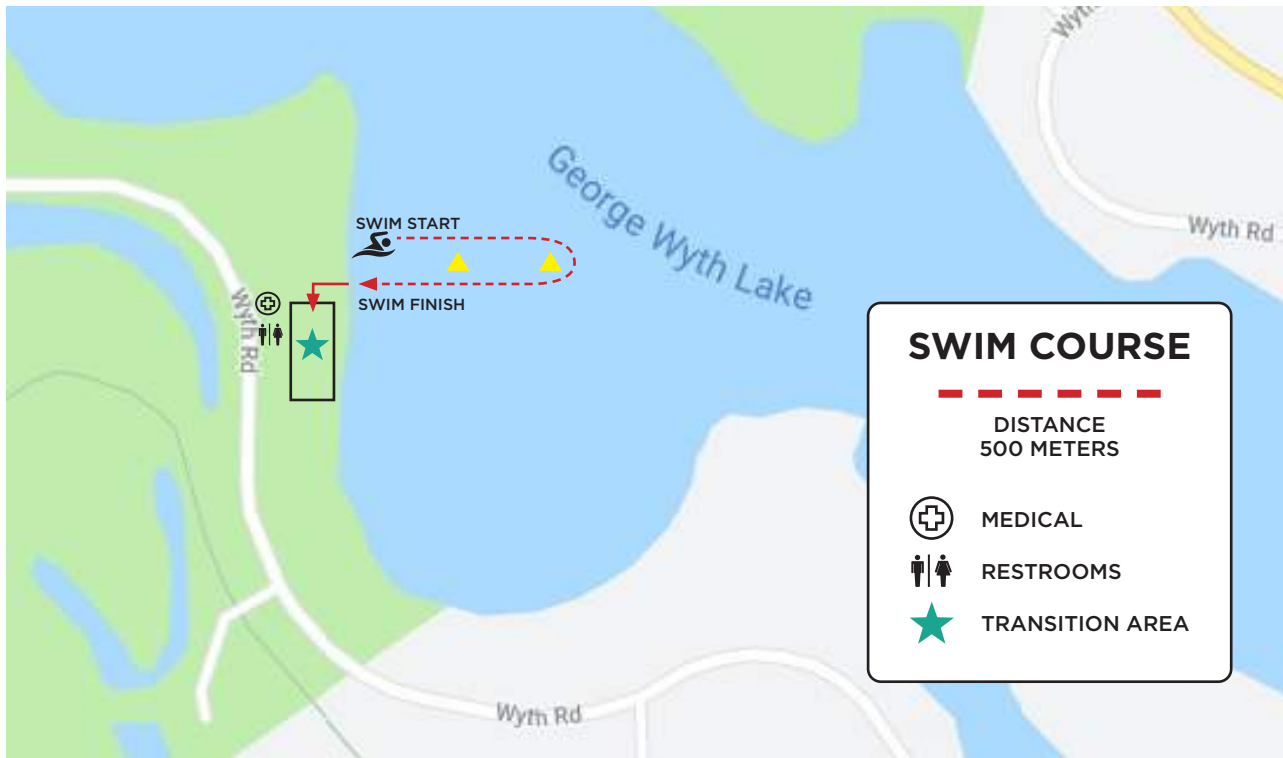
SWIM 500 METERS

The Swim Course is an out-and-back swim that enters and exits the water on the boat ramp. Swimmers will be lined up based off their estimated swim finish time. Athletes will be released into the water individually every three seconds. Athletes should swim with the buoys to their right at all times. Please pay special attention as return swimmers will be coming directly at you.

Water quality in George Wyth Lake will be tested for safety in the days leading up to the race. If water quality is deemed to be unsafe for race day, the event will be a run-bike-run duathlon. Athletes will be notified of any changes as soon as possible after determination is made. Water temperature will also be measured to verify whether or not wet suits will be allowed.

Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided, however that participants who wears a wet suit within such temperature range shall not be eligible for prizes or awards.

Above 84 degrees, wet suits are prohibited.



BIKE COURSE



EVENT INFORMATION

BIKE 16.5 MILES

The 16.5 mile bike course is flat and fast. The course includes turns, curves, and railroad track crossings, and portions will be open to public vehicle traffic. Areas requiring greater caution will be staffed by law enforcement and/or volunteers. Road hazards will be identified, but caution is advised throughout the course. CPSC-approved helmets are required of all participants.





BIKE COURSE

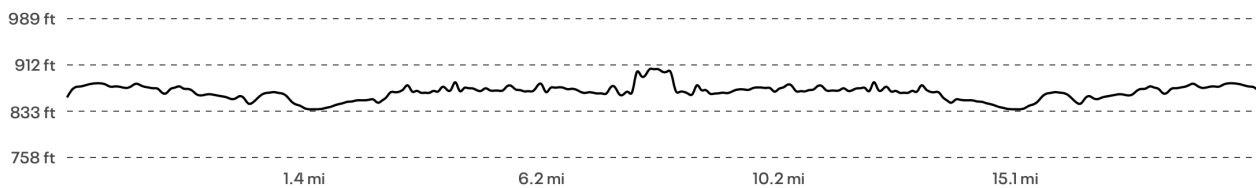
DISTANCE PROFILE

TURN-BY-TURN

- Begin on Wyth Road
- Left on Airport Blvd
- Left on W. Airline Hwy
- Right onto Leverage Road
- Left on E. Lone Tree Road
- Right on Big Woods Road
- Right on Dunkerton Road
- Turn Around at Mile 8.28 (Dunkerton Rd)
- Left on Big Woods Road
- Left on E. Lone Tree Road
- Right on Leverage Road
- Left on W. Airline Hwy
- Right on Airport Blvd
- Right on Wyth Road
- Head back to Transition

ELEVATION

Start Elevation: 860 FT
 Max Elevation: 907 FT



A vehicle will lead the first athlete out of the Transition Area and around the entire course. Please note that some portions of the course will be open to public vehicle traffic. Local law enforcement and volunteers are provided at major intersections to help keep you safe. Traffic, however, is not required to stop so please stay alert to your surroundings.



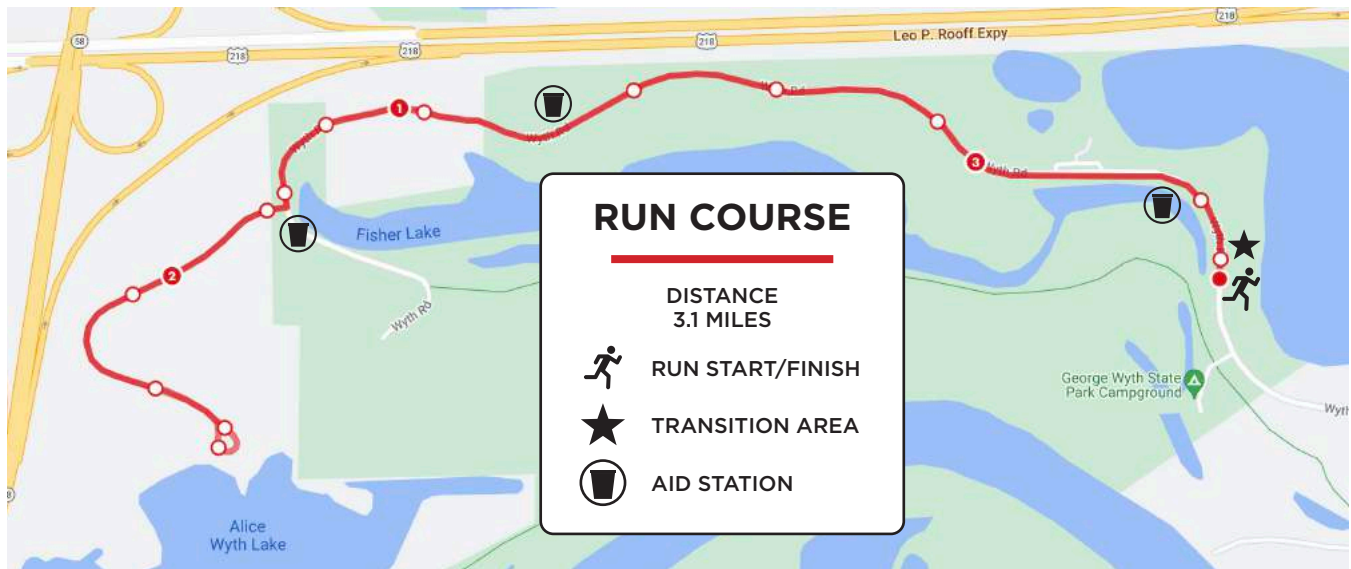
RUN COURSE

EVENT INFORMATION



RUN 5K

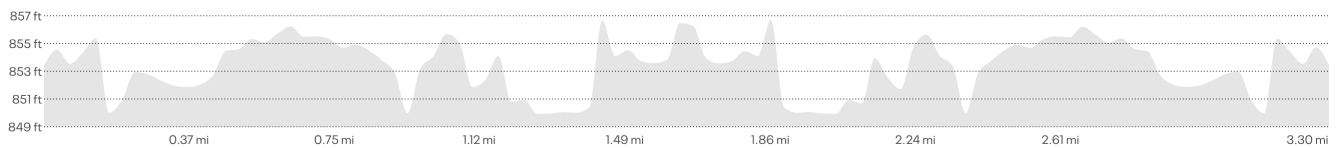
The Run Course is a simple out-and-back route on park roads through George Wyth State Park. Starting at the Transition Area, athletes will turn right onto Wyth Road, turn right again onto Alice Road, and continue on until the turnaround. Then retrace your steps back to the Finish Line area. There will be three aid stations along the course with water, sports drink, and ice. Please note that park roads will be open to public vehicle traffic so please stay alert to your surroundings.



ELEVATION

Start Elevation: 853 FT

Max Elevation: 857 FT



TRAIN TO TRI



◦ TRANSITION & RACE TIPS

T1/T2 CHECK LIST

SWIM:

- Timing chip
- Swim Cap
- Goggles
- Tri-suit
- Wet suit
- Watch
- HR Monitor
- Body Glide
- Towel
- Sunscreen
- Anti-Fog Solution
- Ear Plugs

BIKE:

- Bike
- Bike Shoes
- Helmet
- Sunglasses
- Race Belt
- Race Number
- Max. of 2 Water Bottles (Filled)
- Spare Tube
- CO₂ Cartridge or Hand Pump
- Tire Lever
- Bike Pump
- Nutrition
- Socks

RUN:

- Running Shoes
- Socks
- Hat or Visor
- Run Nutrition

POST RACE:

- Extra Clothes
- Money
- Recovery Drink
- Sandals



RACE DAY



• A MESSAGE FROM THE HEAD REFEREE

Welcome to this USA Triathlon-sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules. I have reduced the Position Rules to the following concepts, which everyone can remember:

- Ride on the right side of your lane.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds.
- If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT-certified referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the head referee who then decides if a penalty should be assessed. The head referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- Position- riding on the left side of the lane without passing.
- Blocking - left side riding and impeding the forward progress of another competitor
- Illegal Pass - passing on the right.
- Overtaken - failing to drop back three bike lengths before re-passing
- Drafting - following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the head referee if you have any questions.

Make sure your helmet is a CPSC-approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country, it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget - that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

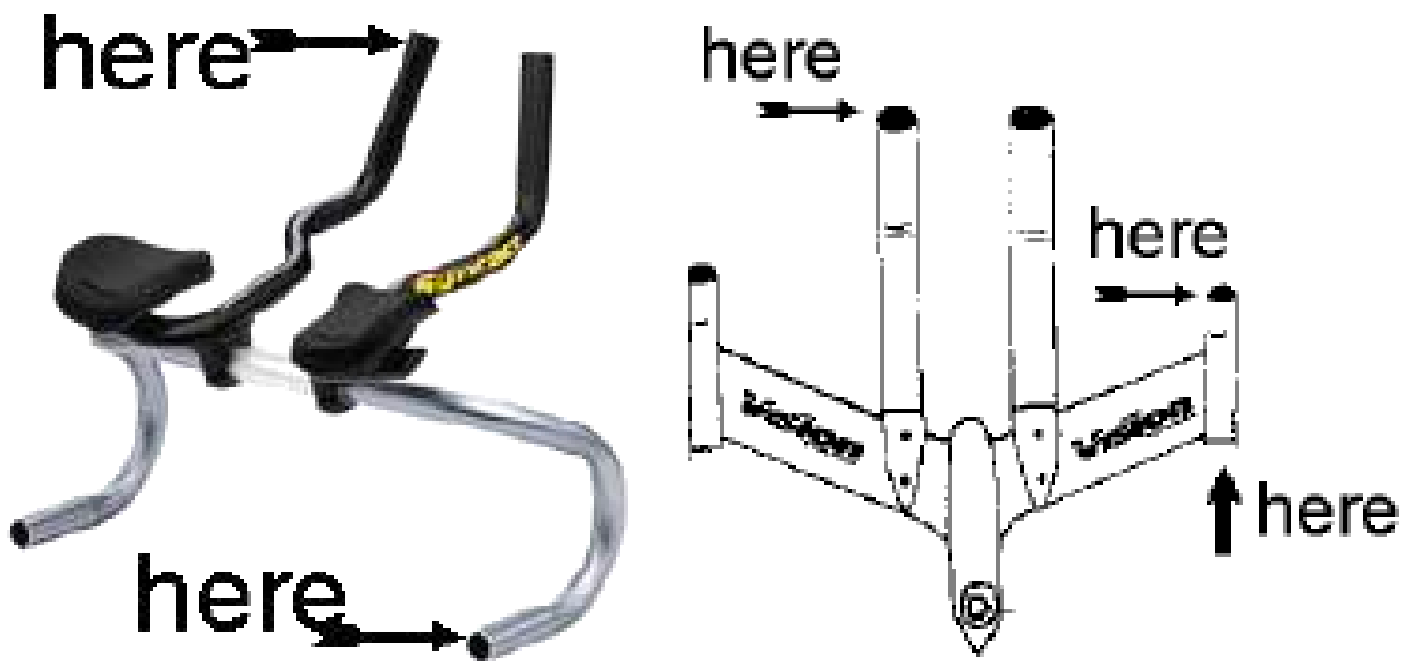
All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

Brian Watkins - USA Triathlon Head Referee

WARNING

All Handlebar Ends Must Be SOLIDLY Plugged in the Race.

Tape Alone Is Insufficient.



You Will Be DISQUALIFIED
From the Race if Your Bar Ends
Are Not SOLIDLY Plugged!

USAT Competitive Rules, 5.11i

RACE DAY



COMMONLY VIOLATED RULES & PENALTIES

1. HELMETS:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

PENALTY: Disqualification

2. CHIN STRAPS:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

PENALTY: Disqualification on the course; time penalty in transition area only.

3. UNAUTHORIZED ASSISTANCE:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

PENALTY: Time penalty

4. TRANSITION AREA:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

PENALTY: Time penalty or disqualification

5. DRAFTING:

- Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.
- Position: Keep to the right hand side of the lane of travel unless passing.
- Illegal Pass: Cyclists must pass on the left, not on the right.
- Blocking: Riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.
- Overtaken: Once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

PENALTY: Time penalty

RACE DAY

COMMONLY VIOLATED RULES & PENALTIES

6. COURSE:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line. Cyclists must obey all applicable traffic laws at all times.

PENALTY: Referee's discretion, time penalty or disqualification

7. UNSPORTSMANLIKE CONDUCT:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

PENALTY: Disqualification

8. HEADPHONES AND TELEPHONES:

Headphones, headsets, Walkman's, iPod, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

PENALTY: Time penalty

9. RACE NUMBERS:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

PENALTY: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. ABANDONMENT:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

PENALTY: Time penalty

VARIABLE TIME PENALTIES

DRAFTING: Blue Card: 1 minute

OTHERS: Yellow Card: 10 seconds

*For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>*



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We couldn't do it without you!

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the runner's flat

