

O ' R O U R K E F A Q ' S

PRE-RACE

What will the Saturday night pre-race events include?

The Rec. Center will be hosting a special Saturday night event that includes food, fun and information. 6:30 Pasta Dinner with a special presentation by cardiologist and triathlete Dr. Rick Heirigs. The pasta dinner will include pasta, bread sticks, fruit, salad and a drink. \$7.50 per plate. Dr. Heirigs will begin his presentation at 7:00 p.m. There will also be a presentation from Team in Training. Both events are open to the public.

Is the course closed?

Partially. The course will be closed from the Rec. Center to Lakeview St. There will be course guards on the whole course but, as always, we encourage participants to watch for traffic.

What time do I need to arrive?

The mandatory pre-race meeting starts at 8:00 a.m. each day, but we will be ready with the packets by 6:15 a.m. Be sure and give yourself lots of time to park your car, take your bike to the staging area (the South parking lot of the Rec. Center), and pick up your race packet.

Where do I park my car?

The main parking lot is on the NE side of the Rec. Center.

Where do I leave my bike?

Once you have parked your car, bring your bike to the bike staging area (the South parking lot of the Rec. Center).

Where do I get my race packet?

The Rec. Center gym will be our main meeting area. Your packet is there! You may also pick up your packet on Friday night for Saturday's race and Saturday at the Pasta Dinner if you would like to have it early for Sunday.

What is in my race packet?

Along with a few goodies, your race packet will include a t-shirt, your race number, and a course map. Please make yourself familiar with the course before the race begins.

Where do I pin my number?

You want to pin the number on the front of the piece of clothing that you will be finishing the race with. You will also have the number written on your arm and lower leg.

Do I need to be at the pre-race meeting?

Yes! This meeting is mandatory.

When are the door prizes being handed out?

At the end of the race so stick around!

Where do I leave my clothes? Dry, Wet, Others...

Dry: Most people leave their dry biking/running clothes by their bikes. Bringing a towel to dry off with is also a good idea.

Wet: Believe it or not, the wet swim clothes stay on! When the race is done the Rec. Center change rooms and showers are available if you would like to change.

Others: The Rec. Center change rooms have lockers in them and are available for your use. Please bring your own lock. Should you happen to misplace something there will be a 'Lost & Found' in the Rec. Center for race-day items.

Will the Rec. Center be open to the public during the race?

The Rec. Center will be open Saturday, so please be respectful of the other guests. If you or a family member wants to use the facility, you will need to have a membership or pay the day fee. The Rec. Center is closed to the public on Sunday morning. Please keep family and friends out of areas of the building not involved in the triathlon on Sunday morning.

What if I get hurt on the course?

All of our course guards have first aid supplies and we will have an on-site ambulance on standby.

Will there be concessions?

Yes. The participants will have a complimentary refreshment table and the Rec. Center concession stand will be open for everyone else.

SWIM

Can I walk the swim?

If you are entered in the relay or fitness divisions, you may walk in the water. Those who are entered in the competitive division must swim. This is a great challenge and a way for you to grow as a triathlete!

Which heat will I be in?

Your heat will correspond with the swim time you gave on your application. The slower your swim time, the earlier you will start. No fudging your swim time to get in the pool sooner!! When you pick up your race packet there will be a list of the heats posted by race number, not name. There will be 2 swimmers per lane. Some part of your body must be touching the wall at the start. Each heat will begin only after all the swimmers from the previous heat have completed their swim. The swims will go much faster with a split format, so be ready!

BIKE

Do I need to wear a helmet?

Yes. You will not be allowed to leave the bike staging area without your helmet on and buckled.

Will there be drinking water on the course?

Yes.

RUN

What happens at the finish line?

The race officials will take the tear-off portion of your race number and record your finishing time. Please stay in your finishing order if there are a number of athletes crossing the finish line at once.

