

RACE INSTRUCTIONS

28th Annual Los Angeles Triathlon
Championship and Tri Express Series #2
May 16th, 2010
USAT SANCTIONED

PLEASE READ

THANK YOU for participating in this event! This event is on the South side of Bonelli Park, San Dimas, CA, 91773 Located at the Via Verde exit from the 57 fwy. The Park charges a parking fee of \$10.00 so share rides if practicable. (There is a Park & Ride at the 57 fwy @ Via Verde). The Park opens at 6:00 AM. Registration opens at 6:30am and the first swim wave is at 8:00 AM. The water temperature is 65 degrees ish. We recommend Wet Suits.

Please visit www.trievents.com for directions to Bonelli Park.

Pre Registered Packet Pick-Up:

Important: YOU MUST HAVE in your possession a government issued photo ID such as a driver's license. NO ID, NO PACKET. These are USAT standards.

When you arrive at the park and are ready to pick up your packet, you may get in any line. **If you registered off line (not via Active.com), you must provide a signed USAT waiver. You may find these waivers at the USAT desk. Only then will you be given a bib #.**

Once you have your bib #, goody bag, swim cap, etc. (Your timing chip is given to you at this point already activated). Then take your bike to the transition area.

Race Day Registration:

Important once again. Please have in your possession a government issued photo ID such as a driver's license.

If you do not already possess a USAT license, you must first go to the USAT desk and purchase either a one-day license or an annual license.

Only when you have in your possession a USAT license may you register for the event. Please refer to www.trievents.com for the fee schedule. Once registered you will receive your bib #.

After you have your bib and have verified the information is correct you will be provided with a swim cap (you will receive a colored swim cap for your respective swim wave), t-shirt and goody bag.

Ok at this point if you haven't lost all patience you may now enter the bike corral on the upper parking lot. Pick a spot on the racks provided for your bike and gear. The bike is hung on the rack by the brake levers. First-timers should not hesitate asking for assistance. After the race, make sure to secure your bike and gear in your vehicle and enjoy the post-race activities.

A **COURSE MAP** is located at the Park Headquarters as well as at www.trievents.com. There will also be maps located near the packet pick-up area. Study it carefully as you are responsible for knowing the course.

SWIM: Wetsuits are recommended. You are responsible for starting in your correct wave. Your swim cap will indicate your wave number. There will be several lifeguards on paddle boards; there will also be a rescue boat. All buoys will be on your left side. Do not short-cut the buoys or you will be disqualified by the lifeguards. At the end of the swim there will be an approx. 50 yard stretch of beach plus a uphill run to the bike transition area.

BIKE: Bikers must WALK their bikes through the transition area and over the chip timing mats. Splits will be recorded at the bike out and bike in.

Helmets are mandatory for all participants. Your helmet must be on with the chin strap fastened at all times while you are on the bike. Also for the safety of participants head phones are not permitted at any time during the race.

BIKE COURSE- The Bike course is the same for both the **Championship (3 loops)** and the **Tri Express (1 loop)**. There are many course marshals and uniformed police officers on the course to help you. Course marshals on motorcycles will be there to ensure that you stay to the right when not passing. Drafting is not permitted and you are on your honor to not do it. Flagrant drafting will result in disqualification. Please note that the bike course (for May 16,) goes down San Dimas Avenue.

IMPORTANT!!! When returning back to the transition area it is extremely important that you slow down. We will have course personnel warning bikers to slow down at this point going back in to the transition area. Violators will be disqualified!

InCycle Cyclery will be providing technical support in the transition area and will have a booth in the expo area. They have 3 great shops; please support them as they are supporting you!

RUN COURSE- The Run course the Championship race is different than the Tri Express race. Please review the map of the course and be alert to the left turn about 5/8

of a mile in the run for the Tri Express. (The Championship Course veers off to the right) The Tri Express Run heads north to a turnaround point and then back to Fisherman's/Shoreline Drive where you will make a LEFT turn. (The Championship course catches up to the Tri Express course past the R V Park). There will be volunteers and trail markings along the way. There will also be water stations as well as restrooms. The run then proceeds around picnic valley and on to the finish line.

MOST IMPORTANT OF ALL: Be Safe, Good Luck, and Have Fun!

RELAY INSTRUCTIONS: All members of each relay team must pick up their packets together. There will only be ONE timing chip per team, in the form of a baton. Do not rack your bike. The relay exchange area is in the south end of the transition area near where you egress from the swim. The swimmer will cross the timing mat and hand the baton to the biker who will then walk with the bike through the transition area to the mount line at the bike egress. Also the biker finishes the bike course and walks the bike back thru the transition area, he or she hands the baton to the runner in the exchange area, again at the south end of the transition area. The runner crosses the timing mat and proceeds to the finish line.

CHIP TIMING/RESULTS: There will be chip timing at the swim finish, bike finish and finish line. Un-official finish results will be posted on bulletin boards near the finish line.

Following the race there will be refreshment, an exposition of many of our sponsors, an award ceremony, and a raffle. Stick around and enjoy yourself!

VOLUNTEERS: Boy Scout troop 419 of La Verne and the Diamond Bar High School Honors Students will assist with refreshments and water stations on the course. There will be many other volunteers for registration, timing, transition areas, finish line, and along the course. Please thank them for their help whenever you can.

RESTROOMS: Are located near the registration area, near the transition area/ swim beach, and along the run course. Bring your own TP as they often run out.

SPONSORS: We are very pleased to have many new product sponsors this year. Please visit www.trievents.com to learn about these sponsors and please please please please support them as they support you!

Accommodations: Comfort Suites of San Dimas is once again our host hotel... They are located at 501 W. Bonita Ave, Sam Dimas. Call 909-394-4912 and ask for 'Mary Lou' and specify the special 'Tri Events' rate. Comfort Suites is situated near Incycle bicycles.