

2010
SheROX Aurora Triathlon
Athlete Information Guide



On behalf of the many, many people associated with the SheROX Triathlon Series, we are pleased to welcome each of you to the 2010 SheROX Aurora Triathlon. We've assembled the following detailed race information to help make the race weekend a success for you. Please read this carefully, reread it carefully and then maybe read it one more time. Of course, if you have any questions after that, please e-mail the Local Race Director, Tony Panigutti at withoutlimitsproductions@gmail.com.

Schedule of Events

<p>Weekend Schedule</p>	<p>Saturday, June 26, 2010 Event Expo/Package Pick-up 10:00 AM - 4:00 PM Aurora Reservoir Pikes Peak Shelter, Upper Parking Lot 5800 South Powhaton Road Aurora, CO 80016</p> <p>Athlete Information Meeting/Course Briefing 11:00am, 2:00pm Aurora Reservoir Pikes Peak Shelter, Upper Parking Lot 5800 South Powhaton Road Aurora, CO 80016</p> <p>It is HIGHLY recommended that you attend one of these meetings, particularly if you have never done a triathlon before. You only need to attend one of these meetings.</p> <p>Sunday, June 27, 2010</p> <ul style="list-style-type: none"> • 5:30am – Transition Area opens for gear drop off and final preparations • 7:00am – Race Starts • 9:00am - Post Race Party with refreshments • 10:00am – Awards Ceremony <p>Please note that we will reopen the Transition Area for bike and equipment removal once all athletes have completed the bike course and are onto the run course. Please show the Transition Area Volunteers your bib # so that they can match it to your bike number. Bikes will not be allowed to be removed without your bib numbers. Athletes only in the Transition Area!!!</p>
<p>USA Triathlon</p>	<p>This event is a USAT sanctioned event, so all USAT rules apply. If you are a USAT annual member, you must bring your current USAT membership card to participate in the event. You MUST show your USAT membership card at packet pickup or you will have to purchase the one-day membership. If you are not a current USAT member, you will be required to purchase a one-day membership for \$10 at packet pickup if you did not do so as part of registration. For more information on becoming a member of USA Triathlon and for complete USAT Rules, please visit them at www.usatriathlon.org.</p>

	<p>Per USA Triathlon Rules, we will be utilizing the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.</p> <p>For Example: If you are 34 on the day of the race, but turn 35 before December 31, 2010, you will be placed in the 35 year old age group. If you are 34 on race day and turn 35 after December 31, 2010, you will be placed in the 34 year old age group.</p>
<p>Frequently Violated Rules</p>	<p>Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front of you. If you pass the person in front of you ("enter the zone"), you must do so within 15 seconds.</p> <p>Position: You must remain to the right hand side of the bike lane of travel unless you are passing the cyclist in front of you.</p> <p>Blocking: You may not ride on the left side of the lane if you are not passing anyone. This interferes with other cyclists who are attempting to pass.</p> <p>Overtaken: If someone passes you, you must immediately exit the draft zone from the rear (i.e. slow down so there are at least three bike lengths in front of you) before attempting to pass again.</p>
<p>Race Divisions and Swim Waves</p>	<p>This event will utilize a wave start. Waves are determined by the number of athletes in each age division (including swim cap colors assigned). The wave schedule is as follows:</p> <p>Wave #1: Age 25-34 (Yellow Caps)</p> <p>Wave #2: Age 24 & Under; Age 35-39; All Relays (Red Caps)</p> <p>Wave #3: Age 40-44 (Sky Blue Caps)</p> <p>Wave #4: Age 45+ (Green Caps)</p> <p>Wave #5: Buddy & Survivor Wave (White Caps)</p> <p>Waves will go off at 5 minute intervals. Wave starts are subject to change.</p>
<p>Athlete Check-In</p>	<p>Athletes must check in and pick up their packet on Saturday, June 26th (10:00am to 4:00pm)</p> <ol style="list-style-type: none"> 1. Athletes are STRONGLY ENCOURAGED to attend one of the two Athlete Information Meeting/Course Briefings held at 11:00am and 2:00pm at the Expo. 2. Athletes must confirm their athlete number on athlete list before proceeding to packet pick-up. 3. Athletes must show USAT card or pay USAT one-day fee (if not done during registration) and sign waivers. 4. Athletes must show ID when they pick up their race packet. <p>ONLY THE ATHLETE WHO IS RACING CAN PICK-UP THEIR PACKET - NO EXCEPTIONS!</p>

	<ol style="list-style-type: none"> 5. Athletes must pick up their Registration Packet, which will contain your swim cap, self-adhesive bike frame number, helmet number sticker, run number bib, and final instruction sheet. Safety pins will be available at packet pickup, but will not be in your registration packet. You will pick up your timing chip and strap the morning of the race. Please bring your run bib number to the Timing Chip Tent located next to the Transition Area to pick up your timing chip. 6. Participant tee shirts will be distributed at packet pickup. 7. All relay team members must be present at the Expo at the same time to pick up their registration packet.
<p>Timing Chips</p>	<p>Timing Chips will be provided to you race morning. Please bring your running bib number to the timing chip tent located next to the Transition Area to pick up your timing chip.</p> <p>Please note that you must wear your timing chip on your ankle strap at all times during the race in order to receive an official race time. Please put your timing chip on underneath your wetsuit.</p> <p>You must return your timing chip after you cross the finish line. There will be volunteers collecting timing chips and helping you with chip removal. If you do not return your chip and strap, you will be responsible for the \$95 replacement fee.</p>
<p>Transportation and Parking</p>	<p>PARKING: All Parking will be located inside Aurora Reservoir.</p> <p>PARKING SERVICE: Parking personnel will be in place on Race Day morning to ensure a continuous, orderly and expedient flow of traffic into the designated parking area. Parking personnel will also assist with traffic flow at time of EXIT.</p> <p>PARK & RIDE; GETTING TO THE TRANSITION AREA: All Athletes must park in the designated Parking Area and RIDE or WALK their bikes from the Parking Area to the Transition Area on RACE DAY morning. Transition area opens at 5:30am.</p> <p>EXIT: Athletes may EXIT the Race venue at any time following the completion of their RACE. See following map for exit options.</p>

DRIVING TO THE TRIATHLON SITE



DRIVING FROM THE TRIATHLON SITE



<p>Bike Check-In</p>	<p>Sunday, June 27 – 5:30am – 6:45am</p> <p><i>ALL BIKES MUST BE CHECKED-IN BETWEEN 5:30am (when the transition area opens) and 6:45am (when the transition area closes for the start of the race) on race morning.</i></p> <p>Once your bike has been checked into the Transition Area, you cannot remove your bike until after the start of the race when you start your bike leg. Bike mechanics will be available to help with tire inflation and mechanical issues. You will need your bib number to reclaim your bike from the transition area after the race. The Transition Area will reopen for claiming bikes once all athletes have completed the bike course.</p>
<p>Medical</p>	<p>There will be a Medical Tent located at the finish line area with EMT/Paramedics on hand. There will be additional medical care roaming on the bike course.</p> <p>If it is warm on race day, please make sure you hydrate sufficiently. Apply sunscreen after you are body marked.</p>
<p>Lost & Found</p>	<p>During the Event Weekend, Lost & Found will be located at the Volunteer tent.</p>

Course and Race Information

Start Time	7:00am – Swim starts will be conducted in waves of 3 minute increments. The wave schedule will be available and posted at packet pick-up.
Course Cut-Off Times	There will not be any course cut-off times unless they need to be established on race day for safety reasons.
General Course Description	<p>In order to familiarize yourself with the course, please review the course map on the website.</p> <p>SWIM The 750 meter swim will be a loop course in Aurora Reservoir. The water temperature in the reservoir will be between 63 - 73 degrees F. Water temperatures will be displayed at Packet Pickup, and announced on race day. The water is exceptionally pure and is used as one of the drinking water supplies for the City of Aurora.</p> <p>BIKE The 10 mile bike course is a rolling paved route which runs through the Aurora Reservoir. The course begins with an exit from the transition area (located in the upper parking lot) with athletes turning left and proceeding on South Powhaton Road (the main Reservoir access road) towards Quincy Avenue. At East Dam Road, participants will turn right and do a short out and back on East Dam Road, then return to Robertsdale Way (which is closed until race day – no-pre-riding allowed). Turning right onto Robertsdale Way, participants will proceed to Quincy Avenue. Participants will then turn right (or east) on Quincy Avenue and continue for approximately ½ mile, to a left turn onto the road leading to the Ridgeview Academy Correctional Facility for a 2.6 mile out and back. Participants will then return on the same roads back to the Reservoir – Quincy Avenue to Robertsdale Way to South Powhaton Road – back to the transition area located in the Upper parking lot.</p> <p>RUN The 5k Run course will be conducted on paths entirely within the Aurora Reservoir complex and will be a combination of cement, dirt and asphalt surfaces. It will have some rolling hills but very little elevation gain and loss.</p>
Aid Stations	<p>Water and Gatorade will be available at all aid stations and the finish line.</p> <p>Please make sure to bring your own drink with you on the bike course since there will be <u>NO AID STATIONS ON THE BIKE COURSE!</u></p> <p><u>Run Aid Stations:</u> Aid stations will be located at the start of the run and at the 1.5 mile marks.</p> <p><u>Finish Line:</u> Water and Gatorade will be distributed at the finish line.</p>
Body Marking	Athletes are advised not to apply sunscreen or Body Glide before body marking. Body marking will be done race morning beginning at 5:30am. Body marking will take place at the entrance to the Transition Area on race morning.

<p>Wetsuits</p>	<p>Each non-Pro 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, non-Pro participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. No participants shall wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for Elite Pro athletes shall be determined by the USAT Athletes Advisory Council (ACC). The AAC has set the wetsuit maximum temperature for elite/pros at 68 degrees for swim distances less than 3,000 meters and 71.6 degrees for distances of 3,000 meters or greater. The water temperature will be taken by a USAT official on race morning, and the temperature will be announced.</p> <p>The water temperature at Aurora Reservoir is expected to be within the range of wetsuit legal. Wetsuit usage is encouraged for this race.</p>
<p>Race Numbers</p>	<p>Bike: Bike frame and helmet numbers will be included in your race packet. The double-sided number sticker must be attached to your bike and the number must be visible from both sides before you will be allowed to bring your bike into the transition area. There will also be a smaller self-adhesive number in your packet. This number should be placed on the front of your bike helmet.</p> <p>Run: Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number MUST be visible when you start the run. Do not cut, fold, or alter your race number in any way.</p>
<p>Swim Caps</p>	<p>Your official swim cap will be provided to you at packet pickup. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it.</p> <p>You must start in your designated swim wave. <u>NO EXCEPTIONS.</u></p>
<p>Transition Area Conduct and Relay Team Access</p>	<p>For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area. You must walk or run your bike while in the Transition area. There will be clearly marked mount and dismount lines; please obey them for your safety and for the safety of spectators and other participants. Please watch out for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers. Please do not bring any glass containers into the transition area.</p> <p>All relay team members will have access to the Transition area. Relay teams must pass the timing chip to their teammates at their bike rack spot in the Transition area.</p>
<p>Bike and Helmet Inspection</p>	<p>There will be no mandatory bike or helmet inspection. It is up to each individual athlete to make sure his or her bike is in safe and proper working order. Bike shop mechanics will be on site during packet pickup and on race morning to assist with any needed repairs. Please make sure your bike handlebars have bar-end plugs. If you do not have them, you will not be allowed to race.</p>

	All participants must wear a helmet which meets or exceeds the safety standards of the CPSC (Consumer Product Safety Commission) during the bike segment. You MUST have your helmet securely fastened on your head before you mount your bike. A relatively new USAT rule requires you to wear your helmet at ALL times when on your bike at an event, including before or after the race. If you are spotted riding your bicycle without your helmet, you will be disqualified.
Special Needs Table	We will provide a special needs table at swim exit for those athletes who will need eyeglasses, inhalers, challenged athlete needs etc. after the swim portion of the race. The table will be located to the right of the swim exit as you are coming out of the water and heading toward the transition area. Athletes are responsible for placing their items on this table before heading to the swim start, NO LATER THAN 6:45 AM.
Spectator Information	Spectators will be able to see the athletes start the swim, exit the swim, start the bike, enter the transition after the bike, start the run and see the finish. Cross walks will be set up to allow spectators to see athletes during the race. Families and spectators must stay off the course, and may not enter the transition area or the Finish Line chute. Please be respectful of all participants. ONLY ATHLETES ARE ALLOWED IN THE TRANSITION AREA!!!
Reclaiming Bike and Gear	Bikes and equipment may be removed from the Transition area once all athletes have completed the bike course.
Awards Ceremony	<p>All athletes will receive a Finisher's medal immediately after crossing the Finish Line. The awards ceremony will take place at 10:00am. Awards will be given to the following:</p> <p>Pro Elite: 1st, 2nd, 3rd Amateur Elite: 1st, 2nd, 3rd If a participant signs up for either of the categories above, they are not eligible for Age Group Awards.</p> <p>Age Group Awards Overall: 1st, 2nd, 3rd 19 & Under: 1st, 2nd, 3rd 20-24: 1st, 2nd, 3rd 25-29: 1st, 2nd, 3rd 30-34: 1st, 2nd, 3rd 35-39: 1st, 2nd, 3rd 40-44: 1st, 2nd, 3rd 45-49: 1st, 2nd, 3rd 50-54: 1st, 2nd, 3rd 55-59: 1st, 2nd, 3rd 60-64: 1st, 2nd, 3rd 65-69: 1st, 2nd, 3rd 70-74: 1st, 2nd, 3rd 75-79: 1st, 2nd, 3rd Relays: 1st (each finisher on team will receive an award)</p>

<p>Sponsors</p>	<p>We've been lucky to work with a wonderful group of sponsors. They've each been a pleasure to work with. When possible, we hope you'll consider supporting the following companies and organizations who have helped make this race a reality: Nathan Human Performance Laboratories, Penguin Sport-Wash, and blueseventy wetsuits.</p>
<p>Other Race Considerations</p>	<p><u>Race Photography:</u> Action Sports International will be onsite to photograph the race. Visit www.sheroxtri.com one week after the race to view and purchase your race photos.</p> <p><u>Dropping Out:</u> If you drop out of the race for any reason, it is imperative that you notify a Race Official or Race Staff immediately and return your timing chip to them or the timing tent located next to the finish line.</p> <p><u>Unsportsmanlike Conduct:</u> Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in an immediate disqualification.</p> <p><u>MP3 Players:</u> Headphones, headsets, Walkmans, Ipods, personal audio devices and any other MP3 players any not be carried, worn or used at any time during the race. This is for safety reasons so that in the event of an emergency you'll be able to hear instructions.</p> <p><u>Valuables:</u> Please make sure any valuables left in your car are not out in the open. Better yet, leave them at home.</p> <p><u>Personal Belongings:</u> Please make sure that anything you take with you out on the course remains in your possession. No garbage, clothing, etc. shall be thrown on the course.</p> <p><u>Volunteers:</u> Please remember to thank the Volunteers! The race wouldn't be possible without their assistance.</p> <p><u>Practice Swim:</u> There will be practice swimming allowed on Saturday, June 27th from 9:00am until 5:00pm. During that period of time, the swim lane will be available to do laps and check out the water temperature. Practicing the actual swim course will not be allowed.</p> <p>For more information, visit www.sheroxtri.com, or contact Local Race Director Tony Panigutti at withoutlimitsproductions@gmail.com.</p>