

2015 Slippery Rock University Campus Recreation Mini Triathlon

Event Information

Start Time: 7:30am Sunday 4/26/2015

Athlete Check-In: Race Morning at Pool Entrance Side of Aebersold Recreation Center.

Participants are encouraged to arrive early in order to avoid long lines and delays on race morning.

*****NOTE : THIS IS NOT A USAT SANCTIONED EVENT. USAT MEMBERSHIP IS NOT REQUIRED TO PARTICIPATE**

Body Marking: Body Marking will begin at 6:00am and will take place near the Swim In/ Run Out entrance to the transition area.

Pre-Race Instructions / Meeting: A pre-race meeting will be held outside of the transition area between 6:45am and 7:00am. Participants are strongly encouraged to attend.

Trash: We ask you to be considerate and not throw debris on the ground during the bike and run. Littering compromises our chances of holding this race in upcoming years. It also makes it difficult for staff and volunteers following the race. Please help us keep our campus beautiful!

Awards: Award presentations will begin immediately after the last finisher completes the race. You must be present to collect your award or have someone get it for you. Awards WILL NOT be mailed out.

Spectators and Parking: Please be sure to have all spectators arrive well before the race start. Being that this event is a loop course, we must try to keep all roads being used clear for the athletes. Parking will be located in the lot directly across the street from the transition area.

Transition Area:

- Rack your bikes on alternating sides (bikes right next to each other should not be on the same side of the rack)
- No bike storage the night before the race
- Participants only are allowed in the transition area

- Only the participant will be allowed to remove his/her bike from the transition area.

Swim:

- The swim will be held in the six-lane ARC pool.
- The format will be self-seeded, two swimmers per lane, swimming side by side.
- Swim caps are optional.
- We will try to make sure that there is a volunteer for each swimmer in order to keep track of laps.
- Please refer to the “RULES” button on the Event Website for more information.

Bike:

- Hard shell helmets must be worn and fastened BEFORE leaving transition area.
- DO NOT RIDE your bike out of transition area. There will be designated MOUNT/DISMOUNT lines.
- Stay to the right to allow faster cyclists to pass on the left.
- This is an 8 lap bike course equaling 10.5 miles.
- No earphones, headphones, or any radio type devices may be used during ANY portion of the race.
- All bike course turns are marked with WHITE ARROWS.
- There are plenty of volunteers along the course, but it is ultimately your responsibility to know the course ahead of time.
- Upon completion of the bike course, you must enter the deceleration area and dismount your bike.
- ANY TIME you are on your bike, your helmet must be ON and FASTENED.

Run:

- The run course follows the same path as the bike course until the Leadership Building, when the run will continue up to the IM Fields.
- Please stay to the far right in order to let cyclists pass on the left.
- You MUST cross the timing mat upon exiting transition.
- There will be plenty of volunteer support on course.

Relay Teams:

- The team members must meet at their bike rack and transfer the chip from swimmer to biker, then biker to runner.
- DO NOT run to meet the transitioning athlete at the entrance to transition. STAY AT YOUR RACK AREA.

Post-Race:

- Please join us for the post-race celebration.