

# Chase the Police Triathlon Participation Guidelines:

## Pre Race:

- Please pick-up your race packet **PRIOR** to race day. You can pick-up your packets at the times listed on the website. If this is absolutely not possible, we do allow packet pickup at the race.
- We request early packet pick-up to ensure everything on your registration is correct and up to date. Race day does not allow us to ensure all this information is corrected in a timely fashion.
- You must know the course, don't rely on volunteers or police to tell you where to go, unless there is an emergency.
- Be prepared for any type of weather. The event will take place rain or shine.



## Race Day

- Allow time for traffic.
- The swim will be a wave start with each wave beginning 2 minutes apart starting at 9:00 am. Waves are assigned according to gender and age.
- All athletes must obey instructions from police officers, course marshals, and other emergency personnel.
- This is an open bike and run course on public roads, police patrols will be at major intersections to direct traffic and cones will be used to separate traffic from athletes, but you **ARE NOT TO ASSUME** you have the right of way.
- No individual support vehicles or assistance by anyone is allowed.
- No dogs allowed on the course.
- Pacesetters are not allowed.
- Heart-rate monitors, GPS's, and other informational technology is allowed.
- First-aid is located at the finish line. If you need transportation to the finish line for a medical or equipment disqualification, notify any course volunteer or water stop person and they will contact the race director. Any medical emergency should be directed to "911". Any race volunteer can assist in making this contact.
- Water or other hydration drinks will be provided at the transitions, the bike turn around 7.5mile mark, and the run turn around 1.4mile mark.
- You must know the start time for the race and ensure that you arrive in time. All race participants are expected to be at the start line 10 – 15 minutes prerace for any last minute updates and directions. Races will begin with **READY – SET –** and a **SIREN** will sound noting the start of the event.
- The finish line is located directly under the finish line banner.
- Each mile is marked with a marker. All turns off the existing roadway are noted by at least one of the following: course volunteer, turn arrow on a traffic cone, road surface paint, or law enforcement.
- Medical personnel have ultimate and final authority to remove a participant from the race, if, in their judgment, the participant is physically incapable of continuing the race without sustaining physical damage or loss of life.
- No participant shall wear headphones or any sound producing device during the bike portion of the race (results in disqualification). During the run it is OK.

- Body marking for all racers will begin at least an hour before the start near the registration area. We will mark your number on your arm and on your leg. Your age group letter will be written on your calf. Your wave number will be written on your hand. Please allow enough time to take care of this. (May vary with weather)
- We want to provide you with the best possible results. You can help us do that by having your number in front and knowing what your race number is in case someone at a timing transition asks.
- We use Pickle chip timing. Secure the Velcro strap tightly on your LEFT ankle for the entire race. YOU MUST RETURN THE CHIP AT THE FINISH LINE OR YOU WILL BE ASSESSED A \$30 FEE BY FINAL TIME.

## **Transition Area:**

- Bike racks will already be set up and are on a first come basis.
- Transition Area – For safety and security, only competitors are allowed in the transition area after 7:00 am. Riding your bike is not allowed in the transition area. Everyone must wear an approved bike helmet. Bike helmets must always be buckled.
- Only race participants will be allowed to pick up bicycles.

## **Swim:**

- Swim will start on the water's edge. Each wave will start 2 minutes apart. Please refer to our website for posted schedule and exact start times. Waves are assigned according to gender and age.
- The dive team, first responders and lifeguards will be on kayaks and they are for your safety. If you need to rest, let a lifeguard know. You will not be penalized for resting on a kayak, water noodles or utilizing a floatation device for a rest.
- Water temperature can be cool, but can vary according to the weather. Wetsuits are allowed but not provided.

## **Bike:**

- You must know the course, don't rely on volunteers or police to tell you where to go, unless there is an emergency.
- Participants without approved **ANSI/SNELL/CPSC** cycling helmets are NOT allowed to race. NO EXCEPTIONS. Bike Helmets must be worn and buckled prior to leaving the transition area
- Riding bike in transition area is NOT permitted. You must dismount your bike before you enter the transition area at the end of the bike.
- The course is an open course to traffic so use caution. All corners will have volunteers and police for directions and safety.
- Drafting is discouraged.
- No participant shall wear headphones or any sound producing device during the bike portion of the race (results in disqualification).
- There are areas on the course where slowing down and taking caution are expected of all competitors.

## **Run:**

- Participants can wear headphones or any sound producing device during the run portion of the race (iPods are OK on the run part).