

Janney and the Y North Park Triathlon/Aquabike

Sunday, July 21, 2024

Course Description/Things to Remember

Packet Pick-up – Saturday/Sunday

We are allowing athletes to pick up their race bag, chip, and get body marked the afternoon of Saturday, July 20. This will occur as soon as possible after the awards for the Kids Triathlon Youth Race, which should conclude sometime around Noon, and remain open until **3:00PM**. This will take place under the tents, which will be located near the transition and adjacent to the playground. We encourage athletes to take advantage of this Saturday registration option. Anyone who does pick up their stuff and get body marked on Saturday will have no need to go through registration on Sunday. In other words, get your stuff and get body marked on Saturday, show up on Sunday and simply race. However, let me warn you that if you forget to bring your chip on Sunday (race day), you will be assessed a charge of \$35. If you pick up a chip on Saturday, no matter what happens, it is your responsibility to get it back to the race on Sunday even if you decide not to race. No exceptions! In simple language – **DON'T FORGET YOUR CHIP ON SUNDAY.**

Packet pickup on Sunday, in same spot as Saturday's packet pickup, will begin at approximately 6:00AM.

Start Time – Sunday – 7:30AM

The swim portion of the race will be conducted in **12 lanes of the pool**. Lane 1 will be in the deepest water and lane 12 will be nearest the shallow end. 48 people will begin with each wave, 4 people in each lane. The people with lower race numbers will be in the deeper lanes (i.e. the lower number lanes). In other words, race numbers 1-4 will begin in lane one, 5-8 will begin in lane two, and so on. In the second heat, race numbers 49-52 will begin in lane one, 53-56 will begin in lane 2, and so on. Two people will begin on each end of the lane, with even numbers beginning nearer the transition, odd numbers on the other side. All swimmers must begin in the water. You are not allowed to dive. Between the two people starting in the same lane, same side, the faster swimmer should lead. If unsure of who is faster, the person with the lower race number should lead. While swimming, it is extremely important that you swim on the right hand side of the lane. In other words, you will be swimming circles in the lane. If you need to pass, you will pass to the left, or in the center of the lane. When exiting the water, the odd numbers will run left, around the pool, and run to the transition. To offset the advantage that the even numbers have, they will have to exit the water to the **RIGHT**, run around a cone that will be positioned on the concrete near the deep end of the pool, and then run to the transition area. The waves will begin on 25 MINUTE intervals. Therefore, race numbers 1-48 will begin when the clock reads 0:00, race numbers 49-96 will begin when the clock reads 25:00, and so on. If you fail to complete the 700 meters in the allotted 25 minutes, you will be asked to get out of the pool and finish your swim in the 'slow swimmer lane'. As long as you can finish your 700 meter swim, you will not be disqualified regardless of your time. The distance of the swim is 700 meters, i.e. 14 lengths, i.e. 7 laps, i.e. seven 'up and backs'. You will enter the transition from the 'back', on the side near the pool. As we have done the past years there will be a Slow Swimmer Lane. We welcome all athletes to our race and are aware that some are 'aquatically challenged'. Therefore, we will set aside a lane for these slower swimmers to finish their swims so as not to impede the progress of the next heat. If a swimmer arrives back at the wall they began in, without completing the entire swim, in over 21:00, the swimmer will be asked to exit their lane and move to the Slow Swimmer Lane. In that lane they will finish their swim. Note that the Slow Swimmer Lane will not be utilized during the last heat. No athlete will be disqualified from the race due to how long it takes them to complete the swim. While

swim caps will be available at check-in we encourage all athletes to bring their own swim cap. Beside trying not to waste swim caps, the different swim cap (colors) brought by athletes helps the lap counters keep track.

The bike course will consist of approximately 4 3/4 circuits. Each circuit will begin on the four lane road near the transition area. It will begin first by heading away from the pool. The bikers will bike on the connector heading toward Pie Traynor field. Then, the bikers will complete the 1.4 mile South Ridge loop. The cyclists will then veer right onto the connector, then right again onto the four lane road. If on one of the first four circuits, the bikers will follow this road to the stop sign. If on the fifth and last circuit, the bikers will follow this road until seeing markings to bear left. There will be a marking (A bright star made of duct tape) on the road just before the veer off. On the fifth circuit, the bikers will bear left, and follow the cones to the transition area to finish the bike portion, keeping the playground next to them on their left. If on one of the first four circuits, the bikers will turn left at the stop sign onto Hemlock road. On Hemlock road, the bikers will actually be biking on the wrong side of the road from the stop sign until the next (left) turn. This left will take them back onto the four lane road. The bikers will bike straight, uphill until passing the start/end point for the circuit, then veer right onto the connector to begin the next circuit. Please ensure that you pass over a timing chip located on the bike circuits, on the hill. These will be analyzed after the race to ensure that everyone has done the correct amount of loops.

The run portion will start in the same direction as the bike portion, with the run course beginning by bearing slightly to the right of the beginning of the bike course. Just before entering the grass/woods, runners will have to cross the path of the bikers. Please be careful and if in doubt, the runner should give up the right of way to the biker. Except for the beginning and end of the run portion, the runners will be running on trails. The run portion will end on the four lane road, on the other side of the pool from the transition area. The runners will be fed onto this four lane road and they will finish in the far right lane. Once completed with the race, please be careful when crossing the path of the bikers. The course will be primarily marked with plastic disks/cones. There will also be people on the course to guide you, and there will be a water stop.

This will be a CHIP timed event.

NOTES

There is a gate that the athletes will pass through when moving from the swim portion of the event into transition. We will set up two 'paths' through this gate; one for athletes and one for spectators. Be careful not to get in the athletes way if walking through this area. Also keep in mind that there is another gate into the pool area, located near the pool building. If looking at the front of the building, from outside the pool area, this gate would be to the left of the building.

Each biking circuit is approximately 2 1/2 miles. Familiarize yourself with this course before the race. Know exactly where you are going. Know exactly when you will be turning off the circuit on the fifth loop.

You must walk/run your bike in the transition area. You are NOT allowed to mount your bike until the 'BIKE MOUNT' sign in transition. Also, you MUST dismount your bike at the 'BIKE DISMOUNT' sign on the road. Ignoring this may be grounds for disqualification or a time penalty.

You may NOT draft on the bike.

Anyone not completing at least 5 loops (4 3/4 loops) on the bike will be disqualified.

Bikers must avoid the far right lane from the point they enter the four lane road after the 1.4 mile loop, until the stop sign at Hemlock Road. There will be runners finishing in this lane.

**BIKE HELMETS MUST BE WORN
CHIN STRAPS MUST BE FASTENED**

When you put your helmet on, make sure you fasten the chin strap.

All Elites will be in the 1st heat.

All Aquabike athletes will be in the 2nd heat.

All Teams will begin in 2nd heat.

TEAMS

The swimmer must run into the transition area and transfer the chip to the cyclist at their respective place on the bike rack. Like the individual triathletes, the biker may not mount his/her bike until the BIKE MOUNT at the beginning of the bike course. Also, like the individual triathletes, the cyclist will have to dismount his/her bike at the BIKE DISMOUNT at the end of the bike course. The cyclist will run his/her bike back to their respective place on the bike rack, and transfer the chip to the runner, who may then proceed. All team members must have their arms numbered. The plan is to start the Team awards as soon as all the teams have finished.

AQUABIKE ATHLETES

You will complete the swim and bike portions of the race the same as the Triathlon athletes. Your race will end when you cross the timing mat at the Bike Finish. Once done proceed to the 'Aquabike Finish' sign to see if you have won an award.

Pool area will open around 6:00AM

You may use the bathrooms/locker rooms in the pool area, located in the building area near the shallow part of the pool.

Swimming warm-up will begin around 7:00AM (shallow lanes will remain open throughout the event for those in later heats to warm-up)

This race starts at 7:30AM

USA Triathlon asks that all sanctioned races use the athlete's age as of the end of the year. We are in compliance. Your age for this race is your age as of December 31, 2024.

Keep in mind that there is parking available on the other side of Hemlock, outside of the bike course. Utilizing this parking will enable you to leave the race whenever you wish. Not utilizing this parking may cause you to be 'trapped' until after the race is over. Most people utilize this parking and I encourage you to, for your benefit. Also, new this year, we have create 'Finish Line' Parking, which includes a couple small places to park near the finish line. It can accommodate around 25 cars. Once full, no other cars will be admitted to it. Please check the TriathlonParkingScan attachment to view a parking map.