2019 ATHLETE GUIDE

A Greater Waco Chamber event
Dear Athletes,

Welcome to the 11th annual TriWaco Sprint & Olympic Triathlon! We are honored that you have chosen to race deep in the heart of Texas.

Waco is the home of the first triathlon ever held in the state of Texas. The Waco Striders hosted the event in May 1980 with 24 men and one woman to compete in the Olympic distance at Lake Waco with the staging area at Speegleville Park. The event grew to 500 entries with a waiting list each year. The 12th annual Waco Triathlon was in 1991. That was the last year for the triathlon until the new TriWaco in 2009. Many triathletes considered the Waco Triathlon the best in Texas, and we’re confident the annual TriWaco will continue to provide a wonderful race experience.

See you at the finish line,

Frank Cortese
Race Director
Tri-Now endurance

2019 Presenting Sponsor
Packet Pickup/Expo/Pre-Race:

Saturday, July 13th

12:00PM to 7PM Packet Pickup at the Waco Convention Center – Texas North rooms
All participants will receive their registration packet, timing chip and TriWaco gift package.

Athlete Briefing and Course Review • 11:00 a.m. hosted by race director

Transition Clinic • 1:00 p.m. hosted by Bicycle World at 112 Mary Ave. Waco, Texas 76701.

Waco TriClub swim practice • 2 p.m. at race swim start (View Course Maps page) • NOTE: Waivers must be signed by all, which are provided by the Waco TriClub. The practice swim is in a designated area per agreement with the river authorities.

Athlete Briefing and Course Review • 3:30 p.m. hosted by race director

TriWaco is a USAT sanctioned event. Each competitor is responsible for knowing and following all USAT rules. Please refer to the USAT website for complete list of rules. www.usatriathlon.org

In accordance with USA Triathlon requirements, all competitors must hold a USAT membership. If card has been lost, a replacement card can be printed from the USAT website.

ALL Athletes must bring Photo ID and current annual USAT membership card* to pick up packet, OR athlete must purchase a one day membership: $15 adult. One-Day Pass payable by cash or check only.

You may also purchase an annual membership at packet pickup, prices are as follows:
Adult – $50, for all adults 18 and over.
Youth – $10 for athletes 17 and younger, benefits are the same as adult membership

You must pick up your own packet. We will not allow someone else to pick up your packet for you, no exceptions. Each member of relay team must pickup their own packet – relay members are not required to attend together. You must pick up race packet in order to participate in race.

*If a single event permit was purchased with registration, you will not have a card. It will be noted on check in forms. Single event permit holders will still need to show photo ID.
RACE DAY SCHEDULE

5:00am Transition Opens
6:00am Transition Closes
6:15am Pre-Race Meeting at swim area

6:30 am Olympic Race rolling start - Green Caps
   Self-seed by projected swim completion time

~6:50 am Sprint Race rolling start - Pink Caps *sprint racers line up immediately after olympic start
   Self-seed by projected swim completion time

~9:00am Sprint Awards
~9:30am Olympic Awards

11:30am Race Course Closes
Placing Race Numbers:

You will have three numbered articles in your Race Packet: a large run race bib, a smaller foldable race number and a small number sticker. First, check to make sure all numbers are the same. Do not alter any race numbers.

The large run bib is to be attached to a race belt or pinned on the front of the t-shirt or running shorts (safety pins are available at packet pick-up).

The second tag with two numbers is your bike number. This number is to be attached to top tube or seat post. Number must be visible from each side. Fold number flat at crease and attach to bike with adhesive strip.

The small adhesive tag is for the helmet. Put the adhesive tag on the front of the helmet.

Body Marking

All Body marking will be done race morning as you enter transition. There are no number tattoos provided.

Want to speed up the check in process? Self marking is allowed. Bib number goes on left upper arm and left thigh. Make sure number is visible from the side. Race age goes on right calf – race age marking is optional. Please use the pictures for reference.

Timing

TriWaco will be using disposable timing chips. (see picture below) All chips will be picked up at packet pickup/race expo.

Relay Teams:

Relay teams will receive one non-disposable timing chip at athlete check in. Relay Teams will transfer the timing chip and ankle strap by their assigned bike rack. Relay members must handoff the timing chip to move forward to the next discipline.

If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will not be able to continue the race.
SWIM REMINDERS

- There will be no organized warm up in the lake race morning – no kayak or safety personnel will be on the water until the scheduled races start. Anyone choosing to get into water before race start does so at their own risk.
- Timing Chips must be worn during the entire race. Make sure chip is securely fastened.
- Swim will be self-seeded by projected total swim time. Olympic will have 1hr to complete swim. Sprint will have 30 min to complete swim.
- You are required to wear the swim cap you were provided at packet pickup. If you loose your cap, we will have extra race morning!
- Lifeguards will be on kayaks during the swim. If you or a swimmer near you is in distress, raise your arms to alert the nearest kayak.
- All athletes are required to be at Pre Race Meeting at swim start at 6:15a

BIKE REMINDERS

- Refer to USAT rules/guidelines for complete Bike Rules, USAT Race Officials will be on course. www.usatriathlon.org
- Bike course closes at 10:00 am; interim cutoff 9:00a @ 2nd loop start
- Helmets are required. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. USAT race officials will be on course and transition; they will not allow participants to race without the proper helmet.
- Each competitor is responsible for making sure that his/her bicycle meets all safety requirements. We encourage you to have your bike checked at a local bike store before the race. Bicycle World will have mechanics in transition area on race day.
- You may not ride bike in transition area. When exiting and entering transition with your bike, observe mount & dismount lines.
- While bike course lanes will have cones to separate bikers from traffic, bike course is open to public traffic. Most intersections will be controlled by Waco police Officers. Use extreme caution. It is your responsibility to keep aware of moving vehicles & stationary obstacles along course. Right of way must be given to any emergency vehicle.
- You will be given a bike number in your race packet. The bike number goes on your bike frame and must be visible from a lateral view.
- Bike numbers must be placed in respective places and worn through entire bike course
- There are no aid stations on bike course so please plan hydration needs accordingly.
RUN REMINDERS
- Unaltered run numbers must be worn at all times on the front of body while on the run course.
- An aid station will be placed at run out and additional aid stations will be set approximately every mile. Aid stations will provide water & Nuun.
- Run course will offer wet towels at aid stations.
- Be sure to thank a volunteer!

TRANSITION REMINDERS
- Transition: No one except registered participants, volunteers, medical or approved personnel with official VIP passes will be allowed inside sprint transition area. Family or friends are not allowed inside transition areas at any time during the race.
- Body marking will be outside of transition area. You must be body marked to enter transition.
- We make every attempt to keep transition area secure; we are not responsible for any lost or stolen items.
- No glass containers allowed in transition.
- Bike numbers will be checked to body numbers when leaving transition.

Wishing you a safe and fun race!
Tri-Now endurance & staff and the Greater Waco Chamber
COMMONLY VIOLATED RULES & PENALTIES
PLEASE DISTRIBUTE TO ALL ATHLETES

1. Helmets:
   Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

   **Penalty:** Disqualification

2. Chin Straps:
   Chin straps must be fastened at all times when on a bicycle. DO NOT unbble your chin strap unless you are off your bicycle.

   **Penalty:** Disqualification on the course; time penalty in transition area only.

3. Outside Assistance:
   No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

   **Penalty:** Time penalty

4. Transition Area:
   All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant’s equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

   **Penalty:** Time penalty or disqualification

5. Drafting:
   **Drafting**—keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

   **Position**—keep to the right hard side of the lane of travel unless passing.

   **Illegal Pass**—cyclists must pass on the left, not on the right.

   **Blocking**—riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

   **Overtaken**—once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

   **Penalty:** Time penalty

Revised 2/10/14
6. Course:
   All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

   **Penalty:** Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:
   Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

   **Penalty:** Disqualification

8. Headphones:
   Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

   **Penalty:** Time penalty

9. Race numbers:
   All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

   **Penalty:** Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:
   Each age group participant shall be permitted to wear a wetsuit 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, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:
   All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

   **Penalty:** Time penalty

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### Variable Time Penalties

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<thead>
<tr>
<th>Distance Category</th>
<th>1st Offense</th>
<th>2nd Offense</th>
<th>3rd Offense</th>
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<tr>
<td>Sprint</td>
<td>2.00 minute</td>
<td>4.00 minutes</td>
<td>Disqualification</td>
</tr>
<tr>
<td>Intermediate</td>
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</tr>
<tr>
<td>Long</td>
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<td>8.00 minutes</td>
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<tr>
<td>Ultra</td>
<td>6.00 minutes</td>
<td>12.00 minutes</td>
<td>Disqualification</td>
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For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: [http://www.usatriathlon.org/about-multisport/rulebook.aspx](http://www.usatriathlon.org/about-multisport/rulebook.aspx)

Revised 2/10/14
Mount/Dismount line located in transition area
Bike In/Bike Out (see transition map)

- (left) from Bike Out onto Franklin St
- (right) MLK Blvd
- Bike Out/2nd Loop merge just past on MLK Blvd
- (veer right) ramp to La Salle/South Loop/Bus 77
- (right) S University Parks Dr
- (left) Dutton Ave
- (u-turn) Dutton Ave @ S 3rd St
- (right) S University Parks Dr
- (left) La Salle/South Loop/Bus 77
- (veer right) ramp to MLK Blvd
- (left) MLK Blvd
- (u-turn) on MLK @ Brookdale Lake Brazos assisted living facility
- (continue east) MLK Blvd
- Bike In/2nd Loop split just past Washington Ave
- (right) Franklin St
- (right) Bike In

Updated 7/12/18 (inset) - not drawn to scale
Olympic 10k Run Course Elevation Profile