

Athlete Guide



Sunday
June 26, 2016
The Dam Tri



Presented by:



An Independent Licensee of the Blue Cross and Blue Shield Association

FROM YOUR DAM COORDINATORS

We're pleased you have joined us for the Dam Tri held in one of the most beautiful venues in Northwestern Pennsylvania.

The Dam Tri is only for racers age 16 and older. No exceptions! The Dam Tri will be held on Sunday, June 26 starting promptly at 8 a.m. Once again, the adult race will benefit the Meadville Family YMCA, whose focus is healthy adults and children.

We are USAT sanctioned, which requires all Sunday racers to adhere to some specific rules that are set by the governing body of the United States Association of Triathletes. Please check out their website at www.usatriathlon.com for details and race rules. On the day of the race, the most commonly violated rules will be posted at registration.

Please remember that we are all guests of the park (athletes, spectators, volunteers, staff, etc.) Without the help of the park, this race would not be possible, so please be mindful of others and the park rules and treat the area with respect. We are also guests in the townships that the bike course travels through. The municipalities through which we traverse have donated a great deal in help and volunteers so please treat the roads/areas with respect. Failure to follow rules and or directions of staff/volunteers may result in disqualification.

All of our volunteers will be wearing yellow shirts and will be clearly identified in the event you have any questions.

Please be aware that the park road is not going to be closed during either race; however, organizers of both events have reserved all four shelters to limit vehicular traffic. We are highly concerned about our racers and are pleased that the park is assisting us with limiting traffic for the short period of time we will be using them.

The beach area opens to the public at 9 a.m.; therefore, we need to be mindful and respectful of others using the beach for the weekend. Plus, it is a great place for you to hang around after the race!

Please keep checking the website for updates and use the contact form for any questions. We would prefer to address them in advance than be bombarded with issues on race morning. Thank you!

With that...we look forward to seeing everyone have a safe and fun day. We will see you at the Dam Starting Line!

Your Dam Tri Race Director:

Kristoph Kocan

THE DAM TRI AGENDA

Friday, June 24

5:00-7:00 p.m. Packet Pick-Up & Late Registration (Adult and Dam Tri JR.)
Location: Meadville Family YMCA, 356 Chestnut Street, Meadville

Saturday, June 25

7:30-8:30 a.m. Packet Pick-Up & Late Registration for the Dam Tri
Race-Day Registration for Dam Tri Jr.
Location: Col. Crawford Park (race site)

3:00-5:00 p.m. Packet Pick-Up & Late Registration for the Dam Tri
Location: Col. Crawford Park (race site)

Sunday, June 26

6:00 a.m. Transition Area Opens
Packet Pick-Up
NO RACE-DAY REGISTRATIONS. NO EXCEPTIONS.

7:45 a.m. Pre-race Ceremony at the Finish Line
Mandatory Race Briefing
National Anthem & Invocation

7:55 a.m. Transition Area Closes for all races

8:00 a.m. Start of The Dam Tri Olympic Race
(Note: Waves are subject to change on race day as per the coordinators)
8:00 a.m. – Olympic Elite Wave Starts
8:03 a.m. – All Men
8:06 a.m. – All Women & All Teams

8:40 a.m. Start of The Dam Tri Sprint Race
8:40 a.m. – Men 16-44
8:42 a.m. – Men 45+
8:44 a.m. – All Women

10:00 a.m. Racers can begin retrieving gear from transition area

11:30 a.m. Sweep vehicle starts on bike course

1:00p.m. Awards Ceremony for Olympic Elite, Olympic Teams, Olympic Clubs,
Meadville Family YMCA Top Finishers, & Sprint Overall Awards

PERSONAL SAFETY

Swim:

Remember, this is an open-water swim. Please be aware of possible currents and water hazards such as sticks or rocks that may be on the lake floor. Please use common sense and safety when swimming in Woodcock Lake.

Water Temperature and USAT rules: We will be following USAT rules for wetsuit use. If the water temperature is 78 or higher, wetsuits may be worn, but athletes will not qualify for awards. At 84 degrees, all wetsuits are illegal during the race. The water temperature of Woodcock Creek Lake is typically in the high 60s to low 70s in June; however, the temperature will be taken by an official the morning of the race. Please review the rules at the USAT website.

Bicycling:

While on your bicycle, please be aware that the roads are not closed to regular vehicular traffic for The Dam Tri. Although the course will be marshalled, the roads must remain open for local traffic. Please remember that drivers are not accustomed to numerous bicyclists on the roads, so please exercise caution. Also, please ride to the right of the road and adhere to the official USAT rules. Pack riding is illegal in this triathlon and drafting will result in a time penalty. **YOU MUST WEAR AN APPROPRIATELY FITTED HELMET (STRAP FASTENED) WHILE ON YOUR BICYCLE.** Please remember that you must wear your helmet when riding your bicycle to and from the race site—this included before and after the event while you are in the park. Violators may be disqualified. Please review the USAT rules on helmet requirements and bicycling during the race.

Running:

Although the run is completely contained within Col. Crawford Park, the trails and roadways for The Dam Tri are not closed to others interested in using the park facilities. Numerous volunteers will be stationed at the park/trail entryways to caution visitors of the ongoing race. We will make every effort to make your race as smooth as possible.

Weather:

The race will occur rain or shine, so please be prepared. In the event of lightning or any other natural disaster, the race coordinators along with the park personnel will make a determination that morning on an hourly postponement to await the storm (i.e. starting later than scheduled), partial cancellation (i.e. canceling or shortening the swim portion), or cancelling altogether.

Overall:

Please remember that triathlon is a fun and exciting sport. We want you to remain safe while you are part of The Dam Tri. Adhering to these personal safety notations will ensure a positive experience for all.

RACE MORNING INSTRUCTIONS

Parking:

Volunteers will guide you to designated parking spaces. Please follow their directions. They are there to ensure that every person has a place to park for the race.

Check In and Transition:

This area will open at 6:00 a.m. for The Dam Tri. All entrants **MUST** check in at registration, even if you have picked up your race packet. At check-in, you will be directed to pick up your timing chip and proceed to the body marking area. All entrants must check in no later than 7:30 a.m., **NO EXCEPTIONS**.

Body Marking:

Please do not apply sunscreen until **AFTER** you are marked. Everyone will receive body marking as follows:

Race number on both arms, Race Division (S=Sprint; O=Olympic), on back of right calf,
Age on back of left calf (E for Elite or R for Relay)

Transition:

Sprint and Olympic participants will have separate rack areas within the transition area. Relay Teams will have their own designated rack at one end of transition. All racks will be grouped according to race number. Please use common sense and do not take up any more room than absolutely necessary for transition. **YOU WILL NOT BE ABLE TO ENTER TRANSITION WITHOUT A RACE NUMBER AND BODY MARKING.** No family, friends, children, etc. will be permitted in the transition area as this is reserved for athletes only. **NO EXCEPTIONS.** We will have volunteers at the transition entrance/exit to enforce this rule.

Please make sure that your bicycle number is affixed to your bike, as volunteers will be checking to see if your bike number matches your body marking in order to set up your transition as well as retrieve your gear at the end of the race.

Specialized bike racks:

The Dam Tri provides a bicycle rack space for every cyclist. Specialized racks **WILL NOT** be permitted. These racks are often trip hazards within the transition area. In the event a racer's bicycle does not fit on the designated rack, an exception to this rule may be made **ONLY WITH PERMISSION OF THE RACE DIRECTOR.** Should this occur, the specialized rack will be placed within the bicycle racks so that it cannot block the path for other racers.

PACKET PICK-UP, WAIVERS & USAT FORMS

At packet pick up a photo ID MUST be shown. If you are a USAT member, you MUST provide proof of current membership via a USAT Membership Card or a temporary card printed off the USAT website. While in the past we have allowed others to pick up packets for others, we cannot continue this practice because we are under USAT sanctioning rules.

What to Bring to Packet Pick-Up:

Photo ID (e.g. driver's license)

USAT Membership Card or Temporary Card

Note: If you do not have a membership, you will be required to purchase a one-day license. See details below.

YOU CANNOT PICK UP A RACE PACKET FOR ANY OTHER RACE OTHER THAN YOURSELF. This is a USAT rule– NO EXCEPTIONS!

Details on USAT Waivers and Agreements: You will be required to sign the formal USAT waiver at packet pick-up. This is a USAT rule and we cannot deviate from it under any circumstances. If you DO NOT have a USAT membership, you will be required to sign and pay for the 1-day USAT license agreement/membership form at the time of packet pick-up. If you are a current USAT member, you will be required to show proof of current membership (via a USAT Membership Card or temporary card printed off the USAT website). For the adult race, if you cannot provide proof of current USAT membership, you must sign 1-day waiver and pay the \$15 1-day membership fee.

Additionally, if you paid the USAT member rate for entry but DID NOT provide a USAT membership number on your race registration form, you will be required to show proof of current USAT membership or pay the additional \$15 fee and sign the 1-day agreement/waiver before we can allow you to pick up your race packet. If you registered as a non-USAT member, then you have already paid for the 1-day agreement/membership as part of your race registration and only need to sign the form at packet pick-up.

DAM SPECTATOR INFORMATION

The Woodcock Dam area features many good areas to watch the Dam Tri. Tips:

1. For the bike, there are two parking lots on Route 198 at the top of the hill by the dam. This would be a great place to watch athletes as they come up over this climb on the bike as well as watch them run across the dam.
2. There is also a fishing access with parking immediately after crossing the causeway on Schultz Road to watch the cycling leg.
3. There is an overlook area with parking about 1/2 mile past the dam to watch both the runners across the dam as well as the cyclists
4. Spectators can stay in transition to watch all three legs, but are warned to stay off the route for both cyclists and runners. (If you want to hang around the transition, we'd be happy to put to work as a volunteer!)

THE DAM SWIM

Please know your swim start time and wave. Waves are broken down as follows:

Waves for The Dam Tri Olympic Race

8:00 a.m.	Elite	Silver Caps
8:03 a.m.	All Men	White Caps
8:06 a.m.	All Women & Teams	Pink Caps & Green Caps

Waves for The Dam Tri Sprint Race

8:40 a.m.	Men 16-44	Blue Caps
8:42 a.m.	Men 45+	Blue "2" Caps
8:44 a.m.	All Women	Yellow Caps

Swim Description

The Dam Tri: The swim is a one-loop course that goes out from the beach area and makes a large counterclockwise loop. Most of the swim is in water that is deeper than 6-feet. There will be multiple kayakers and rescue personnel throughout the course. If you need a rest, you are permitted to hold onto a kayaker as long as you float and receive no forward progress/assistance.

Receipt of any assistance other than rest/floatation will result in disqualification. Both Olympic and sprint races will be in-water starts: waist deep.

THE DAM BIKE

The bike course is open to traffic at all times. Please obey normal traffic rules and keep to the right of the road. Intersections and or turns will be marked and volunteers will also be there to guide you in the right direction. Please follow their directions and say thank you as often as you can. Although the course is marked, please be aware that it is your responsibility to be familiar with the course.

Olympic Race: This is a one-loop course. Riders will exit the park on the Park Road, turn right onto Schutz Road, which veers left and becomes Dickson Road. At the top of the hill (and the T), turn right onto Leslie Road, then right onto Limber Road and then left onto Ryan Road. At the T, racers should turn right onto State Route 86 and travel several miles (going past the previous turn at Route 198) before making a right onto Gravel Run Road to State Route 77. Turn right onto 77 and travel into Blooming Valley and turn right onto Route 198. About two miles later, racers turn left onto Schutz Road and then right back into the park and into transition.

Sprint Race: This is a one-loop course that follows the same route as last year. It follows the Olympic course until the intersection of Routes 86 and 198. Sprint racers will turn right off of 86 onto 198 and head back to Schutz Road, turn right onto Schutz and right into the park toward transition.

FOR ALL RACES: There will be absolutely no drafting. Officials will be on the course to track violators. You need to keep a minimum distance of 3 bike lengths between you and the rider in front of you at all times. If you are passing, you have 15 seconds to complete your pass. If being overtaken, you must fall back the 3 bike lengths before attempting to re-pass the athlete that passed you. Drafting, failure to pass within 15 seconds, and/or failure to fall back after being passed may result in a penalty. There will also be no blocking, which is riding on the left side of the road that impedes other riders' progress. Please consult the rules at the USAT website for more details and penalties.

TRAFFIC NOTICE FOR BOTH OLYMPIC AND SPRINT RACES: There will be two way traffic converging on Schutz Road, with the sprint racers turning right onto Schutz road and Olympic racers turning left. There will be a no-passing zone coned off for cyclists as they enter this intersection. Sprint cyclists will be turning right onto Schutz Road and will be staying to the right hand side of the road with the cones on their left as they start onto Schutz Road. Olympic cyclists will stay to the left hand side of the cones as they turn onto Schutz Road. The cones will continue approximately 100 yards down Schutz Road with sprint riders on the right, Olympic on the left. At the end of the cones it is the responsibility of the Olympic cyclists to merge safely towards the shoulder of the road. While in the coned off section this is a strict NO PASSING ZONE . YOU CANNOT pass cyclists on the same side of the cones as you are riding.



THE DAM RUN

The run takes place on park roads, a multi-use trail and across the Woodcock Dam. These roads and trails are open to the public so please be aware of vehicle and pedestrians at all times. The multi-use trail is a well-packed crushed gravel trail and is excellent for running. All efforts will be made ahead of time to take care of/identify any uneven or rough areas on the trail.

Sprint racers will head in the same direction as the Olympic racers, but will stay straight on the trail upon entering the woods at the boat launch. If you turn right and cross the wooden foot bridge and are headed to the dam, you have turned where you should have gone straight. Olympic racers do turn right upon entering the woods and follow the trail through the fields, across the dam and back. There will be signs and volunteers to help guide and assist you; however, it is your responsibility to know the course.

Run Aid Stations for The Dam Tri :

There will be an aid station approximately every mile, located as follows:

1. As you exit the transition area from the bike to run.
2. At the loop around the parking area near the picnic pavilions.
2. At the base of the wooden bridge in the field heading toward the dam (Olympic course Only).
3. At the turn-around point on the dam (Olympic course only).
4. At the base of the wooden bridge heading back from the dam.
5. At the water tower access road.

Water and sports drink will be served at each aid station. Please discard cups at the end of aid stations to help with cleanup. Littering of any kind at any time will not be tolerated and may result in disqualification.

Please check out the course maps at www.thedamtri.com

OTHER DAM INFORMATION

Transitions Exiting and Entering:

There will be NO riding of bicycles through transition. You may run or walk your bicycle out of transition and mount it at the Mount Line. Volunteers will be there to direct and assist. Failure to follow this rule will result in disqualification. Upon returning to transition after the bicycle portion, ALL RACERS must re-rack their bicycle in the same location.

Bike helmets must be put on AND fastened before you remove your bicycle from the transition rack.

Race numbers MUST be worn during the run portion of the event. They can be worn throughout the entire event, but are REQUIRED during the run and must be positioned on the front of the athlete.

All participants will enter transition from the beach side and exit at the far side...for both swim to bike and bike to run segments.

Other Race Rules:

No racer is permitted to use headsets, iPods, or other electronic device during ANY portion of the event. Anyone caught using such items will be disqualified immediately.

Racers MUST race with their own number. No transfers of any kind will be allowed.

Bicyclists must always ride to the right of the road and NEVER cross the center line. Passing of other cyclists must take place on the cyclists' left.

Relay Racers for the Olympic Course of The Dam Tri

Relays will follow the same rules/courses as the individual Olympic athletes with the exception of transition. Relay teams swimmers will exit the water, run up the beach, into transition and head to the far back left of the transition area. Team bicyclists will be in that area. The swimmer should hand-off the timing chip to the bicyclist, who will then walk/run their bicycle out of transition and mount it at the designated area. Upon return, the bicyclist will dismount at the appropriate area outside of transition, walk/run their bicycle back to the same team hand-off area and transfer the timing chip to the team runner. The team runner will then complete the course and run across the finish line.

THE EXTRA DAM STUFF

Post Race: Food will be served starting approximately at 10:30 a.m. The post-race meal is for athletes and volunteers only

Awards: Awards, beginning with the sprint race, will be presented as soon as the timing company has them finished.

Those that indicated during registration that they completed the Edinboro Triathlon will be given a special colored wrist band to wear during the race. Upon crossing the finish line they will be presented with the Dual Finisher medals.

Awards given as Follows:

Sprint Race:

Top 3 male/female overall

Top 3 male/female in each age division

Olympic Race:

Top 3 male/female Elite race

Top 3 male/female in each age division

Top finisher male/female from the Meadville Family YMCA

Top teams (all female, all male, coed, and corporate)

Top club (best time of club members combined...minimum of 5 finishers with at least 2 females)

Special Prizes (must be an individual racer finishing the race within a 25% margin of the overall winner's time)

Fastest Male and Female Swim Split

Fastest Male and Female Bicycle Split

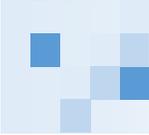
Fastest Male and Female Run Split

Special Giveaways:

We will have some special giveaways, which will be drawn during the race. Please check the prize table at the post-race meal to see if you have won anything.

PLEASE NOTE:

If you are not racing in the Elite race, you are NOT eligible for an overall award even if you turn in the fastest time of the day! Conversely, if you are racing as an Elite, you are NOT eligible for age group awards. This applies to the Olympic race only.



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