

SLPOA's Fifth Annual Triathlon

Monday, September 7, 2015 at 8:00 a.m.

Staging Area Start: Corner of Shongum Rd/Waterview Ln ♦ Finish: on the Beach
Awards and Continental Breakfast will follow on the Beach

Short ¼ M Swim
Challenging 10 M
Bike
Fast 3.5M Run



Individual
Or
Team Participation

Individual Registration (must be 12 years or older)

Name	Address	Age	M/F	Lake Member (Y/N)	Shirt Size (S/M/L/XL)	Fee Member - \$25 Other- \$30

Team Registration (up to 3) (must be 12 years or older)

Name	Address	Age	M/F	Lake Member (Y/N)	Shirt Size (S/M/L/XL)	Fee Member - \$20 Other - \$25
1.						
2.						
3.						
				Total		

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against SLPOA and all sponsors and supporters of this event, for any injury or illness that may directly or indirectly result from my participation in the SLPOA Annual Triathlon. I further state that I am in proper physical condition to participate in this event, and agree that none of the above parties is under any obligation to provide a physical examination or other evidence of my fitness to participate in this race, with this being my sole responsibility.

Name (print): _____

Signature: _____ Date: _____

Team Name (if applicable): _____

Team Member #2 Name (print): _____

Signature: _____ Date: _____

Team Member #3 Name (print): _____

Signature: _____ Date: _____

*Please complete the form and send, along with check made payable to SLPOA to
Basil Kayal, 15 Red Barn Lane, Randolph, NJ 07869*

Here's an overview of some of the general rules applicable to all three disciplines. Please keep in mind many of these rules are designed for your safety and the safety of others.

- If you leave the marked course for any reason, you must reenter the course at the same spot you left it.
- No outside assistance from anyone other than a race official.
- Don't do anything that endangers yourself or any other participants.
- No headsets or personal audio devices – iPods, mp3 players, etc. – may be used at any time during the race.
- No glass containers anywhere on the race at anytime. Violation of this rule results in **disqualification**.
- Course lengths are approximate.

Swimming (1/4 mile):

- You can use any stroke you want at any time you choose. You may even tread water or float if you need to stop and catch your breath or adjust your goggles.
- You may also rest by standing (if shallow enough) or holding onto an inanimate object such as a boat or buoy.
- You may not wear any swim aids, such as flippers, swim gloves, floaties, or any sort of propulsion device. **Goggles** may be worn.

Biking (10 mile):

- You may not even mount your **bike** before you have secured your helmet in place.
- If through an accident or other means, your bike is rendered inoperable, you may push it or carry it to the finish line.
- Drafting is not allowed in triathlons. Once you enter the **draft zone** of the biker in front of you, you have 15 seconds to either pass or fall back. As a result, participants cannot work together and benefit from the reduced air resistance.

Running (3.5 mile):

- If an injury or other circumstance arises where you can't continue running or walking, please step off the course, and return only after you can continue.

Transitions:

- Cycling speed must remain low when exiting and entering the Transition area.
- **Equipment** – including clothing and bikes – must be put only in the designated areas. Bikes must be placed in the upright position in the bike corral.
- Stay out of other people's way.

How a Triathlon Works

On race day, you'll need to arrive at the scene early enough to set up your biking and running gear at the **transition area**. You'll also need to visit the **body marking** station to have your number assigned. You'll also find out which **wave** you'll be starting in.

Swim Start

The swim start is the most chaotic and unpredictable aspect of the whole race. After the starter pistol fires, everyone piles into the water simultaneously, jockeying for position. If you're unsure of yourself, or just not a strong swimmer, it may be best to start towards the back or outside of the pack. Pick your initial target, e.g. a tall tree or a buoy, and start your swim. As the pack spreads out a bit, you'll be able to fall into your comfortable swimming rhythm. As you approach the end of the swim, be sure to swim until your hands hit the ground. You will cost yourself time if you stop swimming too early and try to walk or run in the water.

First Transition

Once you're out of the water, it's time for the first transition, also known as **T1**. This is more critical of the two transition areas, as there is often more to do. First things first... find your bike. A very common beginner's mistake is to charge gung ho into the transition area, and – in the excitement – forget where you parked your bike. Take your time and keep a cool head.

Bike Leg

Once you find your **bike**, it's time to transition. Leave socks on top of your shoes placed near your bike. Any additional clothing needs to be considered in advance and placed along with your shoes near your bike. Be sure to leave your helmet somewhere conspicuous, as even mounting your bike without a properly secured helmet results in a penalty or even **disqualification**. Head toward the bike route.

Second Transition

As the bike route winds down, experienced triathletes can start to stretch their legs in preparation for running, which is the third and final discipline. The easiest way to do that is to coast into the transition area with your legs straight. You'll begin to loosen your hamstrings, which will help you more easily transition into the run. Once you're in the **T2**, you'll need to park your bike and head to the running course.

While it may seem overwhelming your first attempt at a multisport event, it – like anything else – becomes easier with experience. You'll need to try different tactics and see which ones work best for you. After a triathlon or two, you'll know which methods are most effective for you.

Good Luck!

Day of Race

Registration

Arrive no later than 8am and report outside the Lake Clubhouse. You will be given your race number and Wave for the Start.

Bike/Gear Placement in Transition Area

Prepare your gear and place along with bike in appropriate spot within the Transition Area.

Body Marking

After you've taken care of bike/gear, report to Body Marking area to have your race number applied.

Wave Placement

Report to Start / Swim entry area according to your wave.

Start

First Wave to start no later than 9:00 am.

On the Bike Course

Be aware of markings on the road. Be aware of all traffic.

On the Run

Be aware of car and bike traffic.

Finish

Run course will finish on the beach.

Post Race

Stay to enjoy post race refreshments.