

## **2011 ATHLETE INFORMATION GUIDE**

On behalf of the many, many people associated with the Philadelphia Insurance Triathlon presented by The Johnson & Johnson Family of Health Care Companies (PHLYTRI) and especially on behalf of our Title Sponsor, The Philadelphia Insurance Companies, it is my pleasure to welcome each of you to our 2011 race! As always, we want to thank the Fairmount Park Commission and the City of Philadelphia for being a wonderful host site for the seventh consecutive year.

We've assembled the following detailed race information to help make the race weekend a success for you – included is information for both the Sprint Race on Saturday, June 25 at 7:30am and the Olympic Race on Sunday, June 26 at 7am (with Elite Pro male/female wave beginning at 6:30am and Elite Amateur male/female wave beginning at 6:33). Please read this carefully, reread it carefully and then maybe read it one more time. Of course, if you have any questions after that, please e-mail me at [lars@phillytri.com](mailto:lars@phillytri.com).

### **LIFE TIME FITNESS TRIATHLON SERIES:**

The PHLYTRI is incredibly honored to again be a part of the Life Time Fitness Triathlon Series Race to the Toyota Cup. The Series is made up of six of the biggest and best international distance triathlons in America. In addition to the PHLYTRI, the five other races in the Series are the Nautica South Beach Triathlon (April 10), the Capital of Texas Triathlon (May 30), the Life Time Fitness Triathlon in Minneapolis (July 9), the Life Time Chicago Triathlon (August 28) and the Kaiser Permanente Los Angeles Triathlon (September 25). At the conclusion of the six races, the Toyota US Open Triathlon in Dallas (October 2) will serve as the climax and ultimate Championship of the Life Time Fitness Triathlon Series Race to the Toyota Cup

By being a part of the Life Time Fitness Triathlon Series, our top 3 Elite Amateurs and the top 10 Age Group Amateurs can qualify for the championship Toyota US Open Triathlon in Dallas – for more details, check out <http://www.racetothetoyotacup.com/toyota-cup/>.

### **USA TRIATHLON:**

The PHLYTRI is sanctioned by USA Triathlon. All USAT rules will be in effect during the event. These rules will be reviewed at the pre-race meetings described below. This is a non-drafting race. Please direct any rules questions and/or protests to the USAT officials on site. Protests of penalties must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race. USAT Official headquarters will be located in a tent near the finish line. See their web site for additional info at <http://www.usatriathlon.org> or the USAT-Mid Atlantic Regional web site at <http://www.usat-ma.org>.

### **DIRECTIONS & PARKING INFORMATION:**

Directions to the race and expo parking area are available at <http://www.phillytri.com/eventinfo/site>. Parking for both the expo and the races will be on the roads in front of the Please Touch Museum, which is located at 4231 Avenue of the Republic, Philadelphia. PLEASE ANGLE PARK. Please note that on Saturday and Sunday mornings, you can access the parking area from only two intersections: 1) East Road or West Road off Parkside and 2) Avenue of the Republic off of Belmont. From parking, it is a 5-10 minute walk down Black Road to the event and transition area. Please note that the Fairmount Park Commission and City of Philadelphia have communicated to us that it is imperative that you do not park in front of any portion of the Please Touch Museum driveways and crosswalks. They have also communicated that parking on grass is prohibited and that you run a risk of being ticketed by doing so.

### **OLYMPIC RACE ATHLETE CHECK-IN:**

Athlete check-in for the Olympic Race is Friday, June 24 from 12 noon-8pm and Saturday, June 25 from 10am-6pm in the Smith Memorial Field which is just east of the Please Touch Museum (Lansdowne Ave & Avenue of the Republic, Philadelphia, PA 19131). There is NO athlete check-in on race day. You will be REQUIRED to present a photo ID and either show proof of USAT membership or purchase a one-day license. No other athlete can pick up your packet, period. All three members of a relay must check in before we will release the race packet to a relay team member. Cadence Cycling & Multisport Centers will have mechanics available in their Expo Retail Center. There is no mandatory bike inspection.

### **PRE-EVENT EXPO:**

The Expo will also take place in the Smith Memorial Field as referenced in the ATHLETE CHECK-IN sections above. The Expo will take place on Friday from 12 noon-8pm and Saturday from 10am-4pm. There will be a wide array of sponsors and exhibitors in attendance displaying and selling great products as well as providing giveaways and raffles.

#### WRISTBAND

A wristband printed with your race number will be affixed to the wrist of all athletes at Athlete Check-In. The Olympic Race and the Sprint Race will have different colored wristbands – red for the Olympic Race and blue for the Sprint Race. This band designates you as an official entrant and is a mandatory security ID. No wristband, no transition area access, no race. Additionally, you will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist. Your wristband will also get you into the post-race food and massage tent on the day of your race. Please do not remove your wristband until after the post-race party!

#### PRE-RACE MEETING

You are strongly encouraged to attend a pre-race meeting at the expo/race registration. Times are listed below. The Race Director will highlight important race information and any last minute changes and the USAT Head Official will conduct a brief USAT rules review.

Olympic Pre-Race meeting #1, Friday, June 24, 6pm (combination Olympic & Sprint meeting)

Olympic Pre-Race meeting #2, Saturday, June 25, 11am

Olympic Pre-Race meeting #3, Saturday, June 25, 2pm

Olympic Pre-Race meeting #4, Saturday, June 25, 3:30pm

Professional Pre-Race meeting, Saturday, June 25, 4:00pm

Immediately following each pre-race meeting, Cadence Cycling & Multisport Center will provide a short 10-15 minute presentation on important pre-race warm-up tips. We encourage you to stick around and hear from our experts.

#### RACE NUMBERS:

There will be three race numbers in your race packet that all racers (Olympic & Sprint) are required to display during the event.

1. The Tyvek bicycle frame number MUST be attached to your bike with the race number clearly visible from both sides of the bike. The bike frame number must be affixed to your bike frame BEFORE you enter transition area.
2. The small peel-and-stick helmet number MUST be worn on the front of your bike helmet. This is for race officials and race photographers. The helmet sticker also must be affixed to your helmet BEFORE you enter the transition area.
3. The run bib number MUST be displayed during the entire run segment on the front of your body, not the side or back! Pin your run number to your shirt, swimsuit, or race belt with the safety pins available at Athlete Check-In.

#### OLYMPIC RACE BODY MARKING:

Body marking will take place on Sunday morning at the transition area entrance, beginning at 4:30am. Additionally, as the line for body marking grows, we will begin body marking at the top of the Black Road hill as well. You will NOT be permitted into the transition area without your body marked and you will NOT be permitted to race without your body marked. Do not apply body lotion or sunscreen until after you have been body marked. Be sure that the volunteer who marks you also writes your age on your right calf. Relays will have RX on their calf for Mixed Relays, RF for All Female and RM for All Male.

#### OLYMPIC RACE TRANSITION AREA ACCESS:

All bikes will be racked on Sunday morning. Transition area will open at 4:30am and will close at 6:15am. Please note that this is earlier than previous years due to the earlier start of the Elite Pro wave. Any athlete who arrives after 6:15am will not have access to the transition area. Only athletes who are wearing their wrist band and are body marked will be admitted. Additionally, you must have your bike frame number and your helmet number affixed before you will be allowed access to the Transition area on Sunday. Bikes

cannot leave the Transition area to warm up on Sunday morning once they are racked. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim.

**NEW THIS YEAR:** Each entrant will have an individually numbered bike rack on which to rack their bike (will correspond to your bib number). Please make sure to store your gear under and near your bike and out of the way of your fellow competitors. Cadence Cycling & Multisport Centers will provide mechanics just inside the Transition area from the time Transition opens until the last athlete exits swim-to-bike transition. Following the race, the Transition area will slowly open for you to reclaim your gear beginning at approximately 10:30am. We know that many of you want to get your gear and head home after the race but we must respect the fact that athletes are still racing so you will not have access to transition before 10:30am. Please be respectful of this. There are ample portable toilets very near the transition area. Please do not “water” the local grass; if caught, you will be disqualified.

#### RELAY TEAM TRANSITION ACCESS:

All relay team members will have access to the Transition area. Bikes must be in the transition area by the time transition area access closes at 6:15am for the Olympic Race. Relay teams must pass the timing chip to their teammates at your bike rack spot in the Transition area.

#### TRANSITION AREA CONDUCT:

For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area. You must walk or run your bike while on the grass areas of the Transition area. There will be clearly marked mount and dismount lines on Martin Luther King Drive. Please watch out for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers.

#### SWIM CAP:

The official swim cap found in your race packet **MUST** be worn during the entire swim. Do **NOT** trade your swim cap with another athlete as the caps are color-coded to assist race management in organizing you at the swim start. If you have a latex allergy, you may bring a non-latex swim cap and you should alert a USAT official that you will be wearing one. If possible, wear the one we give you over your non-latex cap.

#### WETSUITS FOR AGE GROUP ATHLETES:

The use of wetsuits during the swim segment will be allowed, and is encouraged, if the water temperature on race morning is 78.0 degrees or less. If the water temperature exceeds 78.0 degrees but is less than 84.0 degrees, an athlete may wear a wetsuit but will be ineligible for awards and national ranking consideration. If the water temperature is 84.0 degrees or above, the use of wetsuits will be strictly prohibited. Based on water temperatures in late June the last few years, water temperature can be anywhere from the low to high 70s. As of 6/14, water temperature was 72 degrees.

#### OLYMPIC RACE BUSES TO SWIM START:

Buses will leave every ten minutes to St. Joe's Boathouse beginning at 4:45am. **THE LAST BUS WILL LEAVE AT 6:20AM.** If you are not on the last bus, you will not be provided transportation to the swim start. If you are in one of the first four age group waves (that's wave numbers 3 – 6), you **MUST** be on a bus by 6:00 – this is your responsibility. There will be drinks, port-o-johns and music at the St. Joe's Boathouse so get on a bus as soon as you are ready!!!

#### OLYMPIC RACE SWIM START & SWIM CHECK-IN:

The swim start is an in-water start at the St. Joe's Boathouse. There is a large dock in front of the Boathouse. Athletes will be called on to the dock and then into the water by wave. There will likely be warm-up swimming allowed until 6:15 (before the Elite Pro/Elite Amateur waves start at 6:30 and 6:33). All athletes **MUST** follow directions given by race and USAT officials with regard to practice swimming. There will be a bag check at the swim start. You must use your own bag; a bag tag will be included in your race packet. Write your bib # and name on your bag tag and affix it to your bag. Use the bag check for shoes, sandals, flip flops, t-shirts, etc that you wear from transition to the Swim Start. At the swim start, you can place your bag onto one of two buses designated for bags. Post-race bag pickup will be in the tent that was used for the Expo and packet pickup on Friday and Saturday. The start line will be between the left-hand side of the dock and a buoy directly out towards the opposite side of the river. There will be **NO DIVING** off the dock. You will be staged according to swim cap color. Failure to wear the official swim cap or starting in a swim wave other than the one in which you have been assigned will result in your

disqualification. As you enter the fenced-in dock area, you will cross over a timing chip area and be officially “checked-in.” Seed yourself in your wave according to your ability. If during the swim segment, you cannot continue, remove and wave your cap and a boat will pick you up or you may swim to shore. Be sure that you notify a race official at the Finish Line Area. If you drop out of the swim, you may only continue with the bike or run segments if approved by the race medical team. You will not, however, be eligible for awards.

#### OLYMPIC RACE SWIM COURSE:

The swim course is point-to-point. Until you reach the Columbia Avenue Bridge (the only bridge you swim under), there will be buoys on both the right and left side of the swim course. You MUST swim inside all buoys. When you reach the Columbia Avenue Bridge, you MUST swim in the second-from-the left entry. Failure to do so will result in disqualification. After you swim under the bridge, keep buoys on your right until you make a right-hand turn and head into the well-marked swim exit. For your safety, certified water safety personnel will be monitoring the swim course with rescue craft.

#### OLYMPIC RACE SWIM WAVES & SWIM CAP COLORS:

Wave 1	6:30M/F Pros	White
Wave 2	6:33M/F Elite Amateur	Yellow
Wave 3	7:00M50-54, M60+, M/F PT, Aquabike	Pink
Wave 4	7:05F40-44, F50+	Green
Wave 5	7:10M30-34	Red
Wave 6	7:15M35-39	Blue
Wave 7	7:20F29 & Under	Yellow
Wave 8	7:25M29 & Under	Pink
Wave 9	7:30F30-34, Athena	Green
Wave 10	7:35F35-39, F45-49	Red
Wave 11	7:40M55-59, Clydes	Blue
Wave 12	7:45M45-49	Yellow
Wave 13	7:50M40-44 A-M	Pink
Wave 14	7:55M40-44 N-Z, Relays	Green

#### SPECIAL NEEDS TABLE:

There will be a table set up at the swim exit for the collection of your eyeglasses, medications or other special needs items. You must leave these items at the table before you start the swim (please note that this means before you board the bus to the swim start area). It is your responsibility to clearly mark all items left on the special needs table with your name and race number.

#### OLYMPIC RACE BIKE COURSE:

The bike course is a double loop course. You must complete the loop twice. When you complete your FIRST LOOP, stay to the LEFT on Martin Luther King Drive (formerly West River Drive) to begin your second loop. When completing your SECOND LOOP, stay to the RIGHT on Martin Luther King Drive to enter transition. Each athlete is required to wear an approved helmet during the bike segment. You MUST have your helmet securely fastened on your head before you mount and dismount your bike. A USAT rule requires you to wear your helmet at ALL times when on your bike at an event, including before or after the race – if spotted riding without your helmet you will be disqualified. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. USAT officials will be monitoring the bike course and strictly enforcing these rules. Failure to obey the instructions of any USAT official may result in your disqualification or a time penalty. The USAT Head Official will explain key rules at the pre-race meetings held on Friday and Saturday. Upon completion of the bike segment you must re-rack your bike in your space. Failure to do so will result in a disqualification. You MUST have bar ends on your bike – all bikes will be checked after transition is closed. Failure to have bar ends will result in your bike being removed from the transition area and your disqualification.

#### OLYMPIC RACE BIKE BOTTLE EXCHANGE:

There is 1 water bottle exchange station on the bike course, offering Gatorade Endurance edge bottles and water bottles. You will pass the bottle exchange twice, first at roughly mile 1.5 and second at roughly mile 14 – it will be on the right hand side on Chamounix Road. Please discard all empty bike bottles and trash in the immediate vicinity of these stations. This will make our clean-up efforts much easier. Discarded bottles or gear will not be returned to the Transition area.

#### AQUABIKE PARTICIPANTS:

New this year is the Aquabike division of the PHLRYTRI. All Aquabike participants will start in the wave assigned to Aquabike and then participate in the swim and bike segments exactly as if participating in the full triathlon. Completion of the bike leg, and thus the Aquabike race, is defined as crossing the mats that lead back into transition following completion of the bike course. All Aquabike participants will have a common area inside transition. At the conclusion of the race, you will be greeted by volunteers in the transition area who will take your chip and provide you with instructions on how to obtain the finisher's medal. Volunteers will be assigned to the Aquabike area of transition before the race as well to help answer questions.

#### OLYMPIC RACE RUN COURSE:

The run course has two turnarounds. The first will be approximately one and two thirds miles from the transition area (towards the Falls Bridge) – PLEASE NOTE THAT THIS TURNAROUND HAS BEEN MOVED FURTHER TOWARDS FALL BRIDGE THAN IN PREVIOUS YEARS. Runners will then run back towards the transition area, run past the finish line and continue to the second turnaround just a bit short of the Art Museum – PLEASE NOTE THAT THIS TURNAROUND HAS BEEN MOVED CLOSER TO TRANSITION THAN IN PREVIOUS YEARS. As you start the run and as you run back by the transition area, a portion of the run will be on grass. The total amount not on pavement is roughly 0.4 miles (that's 4/10). There is an aid station at the run start and there are five additional aid stations on the course (roughly miles just past mile 1, just past mile 2, mile 3.5, mile 4.5, mile 5.5). Each station will be stocked with water and Gatorade Endurance. The aid station serving miles 4.5 and 5.5 will also have GU Energy Gel. There will be timing mats at each turnaround to ensure each athlete completes the entire run course. There is NO pacing of runners allowed by any outside source. Runners observed with a pacer/non-entrant will be disqualified. USAT officials will be recording race numbers to ensure each athlete completes the prescribed course. There will be a lead cyclist on the run.

#### OLYMPIC RACE FINISH:

The finish line will be in the same location for both the Sprint Race and the Olympic Race. The race course will officially close 4.5 hours after the start of the last swim wave. The swim course closes one hour after the start of the last wave. All athletes must complete the bike course by 11:10am with the additional requirement that all athletes must be off by Kelly Drive by 11am – if you are on schedule to make the 11:10am bike cutoff, you will be well off of Kelly Drive by 11am. All participants not meeting these cutoff time limits will be disqualified and, if they continue, will assume all risks and must adhere to local traffic laws. All official individual finishers and relay teams will receive a custom finisher's medal. All finish times will be posted in the awards area.

#### POST-RACE CELEBRATION:

The post-race celebration begins as soon as you cross the finish line! Be sure to stick around for music, food, massage and refreshments. Athletes can get food with their wristband. The blue Sprint Race wristband will get you food and massage on Saturday only and the red Olympic Race wristband will get you food and massage on Sunday only. Food will be provided by Tony Roni's pizza. Included will be bread, bananas, hoagies, tomato pies and cookies. Food will be available for purchase for friends/family. There will be no beer served but athletes/teams may bring their own if they like. The awards presentation will begin sometime between 11:30am and 12noon on Sunday for the Olympic Race. Also, massages will be available for all athletes – as long as you haven't removed your wristband.

#### TIMING, RESULTS & AWARDS:

Timberline Timing will be handling the official timing. You MUST use the chip they provide you. You may NOT use your own chip. Unofficial race results will be posted prior to the awards presentation. Please report any discrepancy to a USAT official PRIOR to the start of the awards presentation. Athletes who do not wear their chip during the entire event will not be scored and will not receive a finish time. Please note that the clock time at the finish line reflects the race start time of the first swim wave. Full results and splits

will be available on our web site at [www.phillytri.com](http://www.phillytri.com) within 24 hours after the race. If you qualify for an award and are unable to attend the awards presentation, please send us your name, age group and a check in the amount of \$10.00, made payable to Philadelphia Triathlon LLC, 203 East Lancaster Avenue, Wayne, PA 19087 and we'll first class mail your award to you.

#### DROPPING OUT:

If you drop out of the race, it is IMPERATIVE that you notify a race official and return your timing chip at the finish line.

#### PROTESTS:

All protests of penalties assessed for rules infractions by USAT officials must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes. Judgment calls (e.g., drafting) are not eligible for protest.

#### MEDICAL:

Healthplex Sports Medicine Institute, in concert with the City of Philadelphia EMS system, will provide comprehensive medical care for all official participants during the event. The medical team is prepared to treat for dehydration, minor injuries and road rash and will assist emergency medical services in transporting athletes with any major injuries to the nearest hospital.

#### UNSPORTSMANLIKE CONDUCT:

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during any portion of the race or at any time during event weekend will not be tolerated and will result in immediate disqualification.

#### OLYMPIC RACE SPECTATOR LOCATIONS:

The course is great for spectators as it is very compact but, because all roads are closed, it is tough to move around. It is easiest to move around on foot or bike. We suggest four ideal spectator locations: 1) Transition Area and Finish Line with parking near the Please Touch Museum in the same area as athlete parking; 2) Art Museum area with parking near Ben Franklin Parkway and Eakins Oval; 3) Lemon Hill with parking near Art Museum; 4) Falls Bridge area with parking in East Falls. Please note that spectators will not be able to drive to the swim start so if they wish to watch the start, they will need to park in the area above Kelly Drive and walk down or along the Strawberry Mansion Bridge to watch the swim start.

#### KIDS RACE:

We're excited for the fourth year of our Philadelphia Insurance Triathlon Kids Race on Saturday, June 25. This year, the Kids Race will again be held near the Expo Site and will have its own courses created especially for our youngest triathletes. The Kids Race has two components: two duathlons beginning at 12:30pm and four Fun Run Dashes beginning at 1:30. Order of events will be as follows:

##### Beginning at 12:30

Duathlon #1	7-10 year olds	.3 mile run / .5 mile bike / .3 mile run
Duathlon #2	11-14 year olds	.5 mile run / 1 mile bike / .5 mile run

##### Beginning at 1:30

Fun Run #1	1-3 year olds	50-yard dash
Fun Run #2	4-5 year olds	100-yard dash
Fun Run #3	6-7 year olds	200-yard dash
Fun Run #4	8-14 year olds	1-mile run

The Fun Runs are all free and the Duathlons cost \$20 until June 22, \$30 at the Expo. Both events require registration. Registration is available online in the Kids Race section of [www.phillytri.com](http://www.phillytri.com) and will be available at the Expo & Registration on Friday and Saturday.

All kids receive a finisher's medal and t-shirt.

#### 2012 RACE REGISTRATION

The 2012 Philadelphia Insurance Triathlon will be held on June 23 and June 24, 2012. Registration will be available online at [www.phillytri.com](http://www.phillytri.com) from Friday, June 24, 2011 at noon until Friday, July 1, 2011 at

midnight and then will not be available again until November 1, 2011. If you pre-register, you will guarantee yourself the lowest entry fee offered.

**BENEFICIARIES, SPONSORS, FRIENDS & VOLUNTEERS:**

We're proud that the Philadelphia Insurance Triathlon is able to make contributions to the Cancer Center at The Children's Hospital of Philadelphia and to support the Leukemia & Lymphoma Society's Team In Training and American Cancer Society's Determination Program. In addition, we are happy to have race partnerships that support the Cadence Cycling Foundation, The Fairmount Park Conservancy the Challenged Athletes Foundation. The race and its athletes will raise close to \$1,000,000 for these causes and we're humbled that we can accomplish this.

We also hope you'll consider supporting the following companies who have helped make this race a reality: Philadelphia Insurance Companies, Johnson & Johnson, Toyota, Cadence Cycling & Multisport Center, Nathan Performance Gear, Champion System, Karr Barth Associates/AXA Advisors, Healthplex Sports Medicine, Penguin Sport Wash, LasikPlus, Janus, ZICO Beverages, CEP compression socks, Cervélo, Orca, GU Sports, Crystal Farms AllWhites and Better 'n Eggs, Muscle Milk, Winnie's Le Bus in Manayunk.

And one group of people we need to thank for without them, we wouldn't have an event: our volunteers. We all know that no event could ever take place without them so please, please, please thank them when you see them throughout the race.

**FINAL WORDS:**

Have fun, good luck and we look forward to seeing you at the finish line!

Lars Beck

Race Director

Philadelphia Insurance Triathlon presented by The Johnson & Johnson Family of Health Care Companies

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