



5th Annual Ellensburg Sprint Tri
Irene Rinehart Park
(Umptanum Road and I-90)
Saturday, July 27, 2013
RFID Chip Timed Event



Title Sponsor of the
BuDu Racing, LLC
Multi-Sport Season

Directions to Park From I-90 – Take the Canyon Road Exit, (109) toward Ellensburg (North). Turn Left onto E Umptanum Road, watch for park sign on the Right (about 1 mile out). Parking is also available at West Ellensburg Park (1200 West 5th Ave, Ellensburg). Just follow the paved path approx 1/2 mile past the ball fields and under I-90 into the park, this is a great option for family members, or for people who need to leave early, as the main road to the park will be closed during the event.

Free Photo - will be included again this year as part of your registration (instead of a T-Shirt), compliments of BuDu Racing, LLC. The photo with sponsor recognition will be available in a free 4x6 print that **YOU MUST SELECT** from the photos taken at the event, and it will be emailed in a digital negative. You will also have the ability to purchase additional pictures and/or upgrade your photo. Sometimes, an individual picture is just not available, so you may have to select a group shot, and we do apologize in advance if that does happen to you. We hope you enjoy this participant gift. Our photographer is Image Arts Photography and the website is www.imageartsphoto.com.

Checking into Transition

Transition will open at 6:30am and will be secured at 7am (volunteers will be making sure only participants enter at this time). Both transitions for the event will take place at the same location. You are responsible for setting up your own equipment **ON THE BIKE RACK, WHICH WILL BE IN BIB NUMBER ORDER**. As you prepare to check into transition, here are several items that you must check before you go to the transition entry point:

- The bike number placed on your bike, and must remain until after you exit at the end of the event
- Body marking
- Handlebar ends must be solidly plugged
- Any time you are on your bike, you must have your helmet on your head and chin strap secured, or risk a penalty or disqualification. Please just wear your helmet.

Transition Rules

Only registered athletes are allowed in the transition area. You may not ride your bike at any time while in the transition area. At all times, be aware of others around you.

MANDATORY Pre-event Meeting

The mandatory meeting will occur at 7:45 at the swim start. Transition area will close prior to the meeting and no one will be allowed to reenter after this point. Timing chip should be on the left ankle.

Wave swim starts

Tentatively, we will have two waves. Wave #1 will be All Men (including Clydesdale) and All Relays. Wave #2 will be All Women (including Athena). Waves and times will be posted at packet pick up.

General Information (PLEASE NOTE: No headset are allowed at any time on course! Also, it is the participant's responsibility to know the course. Please review all maps.)

Swimmers

- MUST Wear the swim cap provided in packet
- Wetsuits are not required. Water temp is expected to be around 66-70 degrees
- There will be lifeguards in boats in the water to assist you. If you are tired and need assistance you may hold on to the boat to rest. Signal by raising your hand. If the boat propels you forward, you will be disqualified.
- No swim aids, such as fins are allowed

In the event of a water emergency, participants will be alerted and asked to return to shore.

Bikers – Will exit the park to the right

- Bike number attached to the bike
- Be alert to all traffic control

Runners – One loop trail run – There is one water station about 1 mile out

- Your bib # must be forward facing at all times
- Be aware of other participants



Relay Teams - The swimmer must get out of the water and come to the bicyclist at the rack, transfer the timing chip. The cyclist will return to same bike rack and transfer the timing chip to the runner.

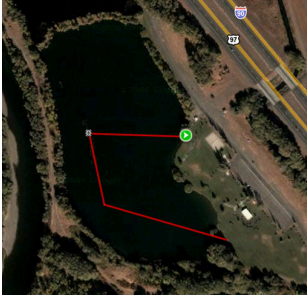
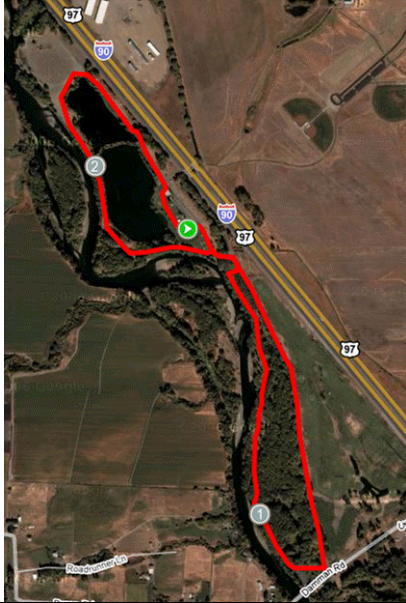
USA Triathlon Rules Apply at ALL Times

<http://www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx>

- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON BIKE OR RUN

Awards

We will be giving 1/2/3 placing awards in 5 year age group awards. This will take place once a majority of the participants have completed the event, normally around 10am, as we try to accommodate people who do need to leave. If you place and are not able to stay, please let a BuDu Racing, LLC staff member know so you can receive your medal. We will not be mailing medals. Overall times will be posted at the event. Splits will be posted on www.BuDuRacing.com as soon as possible.

<p>Swim</p> 	<p>Run</p> 	<p>The following links go to a map in to www.mapmytri.com</p> <p>Swim - http://www.mapmyrun.com/routes/view/4567060</p> <p>Bike - http://www.mapmytri.com/routes/view/40171002</p> <p>Run - http://www.mapmyrun.com/routes/view/4754658</p>
<p>Bike</p> 