



LAKE STEVENS TRIATHLON

North Cove Park (18th St NE & Main St, Lk Stevens)

Saturday, September 7, 2013

Start time: 8:00am Olympic and 8:30 Sprint



Participants must be able to finish by 12:00pm.

BuDu Racing is proud to pledge a portion of the registration fees to support the **Juvenile Diabetes Research Foundation (JDRF)**. The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly, and can be fatal. Until a cure is found, people with type 1 diabetes have to test their blood sugar and give themselves insulin, every day of their lives.

Free Photo - will be included again this year as part of your registration compliments of BuDu Racing, LLC (instead of a T-Shirt), The photo with sponsor recognition will be available in a free 4x6 print that **YOU MUST SELECT** from the photographers website, and it will be emailed in a digital negative. You will also have the ability to purchase additional pictures and/or upgrade your photo. We hope you enjoy this participant gift. Our photographer is Image Arts Photography and the website is www.imageartsphoto.com. An email will be sent out, the week after the event, with the direct link.

Checking into Transition (Bikes are racked the morning of the event)

Transition will open at 6:30am, however it will not be monitored by volunteers until 7am. Both transitions for the event will take place in the same transition area. 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. We will be checking the following:

- The bike number placed on your bike
- 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 (**No warnings required to DQ a participant on their bike without a 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.

Pre-event Meeting - Meeting will occur at 7:45 for the Olympic distance and 8:30 for the Sprint distance, both at the swim start and your participation is **mandatory**. **Please only wear the timing chip provided in your packet; Place it on your left ankle.**

Wave swim starts - Olympic TWO Loops (1st wave @ 8am) Counter Clockwise / Sprint-ONE Loop (1st wave @ appx 8:30am)

Waves are set off based on swim cap color and gender. Posting with approximate start times will be at registration, and are on the label printed on your envelope. It is your responsibility to start in the correct swim wave. Listen for the announcements of ages or categories prior to your wave.

General Information

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

- You are required to wear the swim cap provided in your packet (the color indicates your wave)
- No swim aids, such as fins are allowed
- Wetsuits are not required, but if wearing one, make sure and check your left leg after you remove the wetsuit to ensure your timing chip is still on.
- Water temp is expected to be 65-68 degrees

Bikers – Olympic and Sprint are both out and back courses and are open to vehicle traffic. There will be no aid stations on the bike course.

- Helmets, with chin strap secured, are required at all times when on your bike (before, during and after event)
- Be alert to all traffic control while on the ride
- Head sets are not allowed at any time

The police are on course to maintain vehicle and bicycle traffic. They may stop you to allow vehicles to move as needed.

Runners – Olympic TWO Loops / Sprint-ONE Loop (There are 3 aid stations for the Olympic & 2 for the Sprint)

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



ENDURANCE FUELS & SUPPLEMENTS



Relay Teams

The swimmer must get out of the water and come to where the bike is racked and transfer the timing chip. The cyclist will return to the same place he/she left from to transfer the timing chip to the runner.

USAT Rules Apply at ALL Times

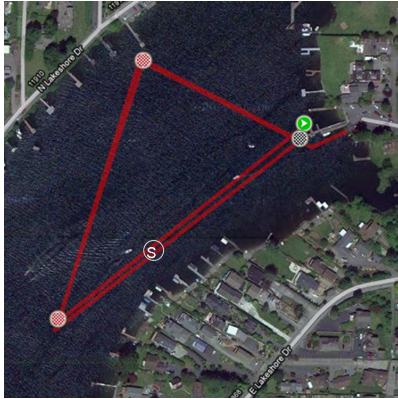
- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON BIKE OR RUN

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, 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.

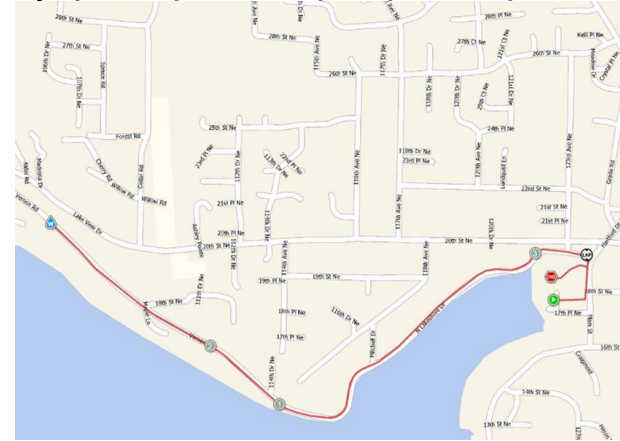
Olympic - <http://www.mapmyfitness.com/routes/view/22621474>

Sprint - <http://www.mapmyfitness.com/routes/view/22621676>



<http://www.mapmyfitness.com/routes/view/4754594>

Olympic completes 2 loops / Sprint completes 1 loop



<http://www.mapmyfitness.com/routes/view/15749140>

Olympic complete entire course / Sprint turn around at Triangle "S"

