



**SPRING FESTIVAL
TRIATHLON/DUATHLON**
Monday, May 26, 2014
Montlake Park, Moses Lake
RFID Chip Timed Event



*Title Sponsor of the BuDu
Racing Multi-Sport Season*

EVENT INFORMATION

Please place your timing chip on your left ankle, it will be collected after the event. You are responsible to return the timing chip or pay a \$25 fee.

Parking - Parking is available at Montlake Park (401 Linden Avenue) and on the roads nearby.

7:45am Pre-event Meeting at the Boat Launch

Start times

Currently, we will have two waves for the triathlon, they will be Men/Clydesdale starting at 8am and Women/Athena and Relay starting at 8:05am. All duathletes will start at 8am.

Checking into Transition

Transition will be open at 6:30am, but will not be secured 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, by bib number. 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:

We will be checking the following:

- Bike number placed on your bike
- Body marking
- Handlebar ends must be solidly plugged
- Your helmet must be with you

Transition Rules ~ Make sure you rack your bike appropriately by number. You have the width of your handlebars for your space, and you should rack your saddle on the bar. **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.

Swimmers

- You must wear the swim cap in your packet
- Wetsuits are not required. Water temp is expected to be around 65-70 degrees
- No swim aids, such as fins are allowed
- There will be kayaks 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.

Bikers

- Bikes must have a number attached to the bike before entering transition
- Helmets, with chin strap fastened, are required at ALL times when on your bike, even when warming up
- Be alert to all traffic control and remember the roads are open

Runners

- Your bib number must be forward facing
- Be aware of others on the road as it is open to everyone

Relay Teams – Swimmer/Runner must come to the bicyclist, transfer the timing chip. The cyclist will return to transition, at the same place he/she left from to transfer the timing chip to the runner.

The following USA Triathlon Rules Apply at ALL Times (<http://www.buduracing.com/pdf/1400519514.pdf#view=Fit>)

- Helmets are required when on a bike
- No drafting is allowed
- No headsets allowed

Awards (Overall top 3 Male/Female in both events)

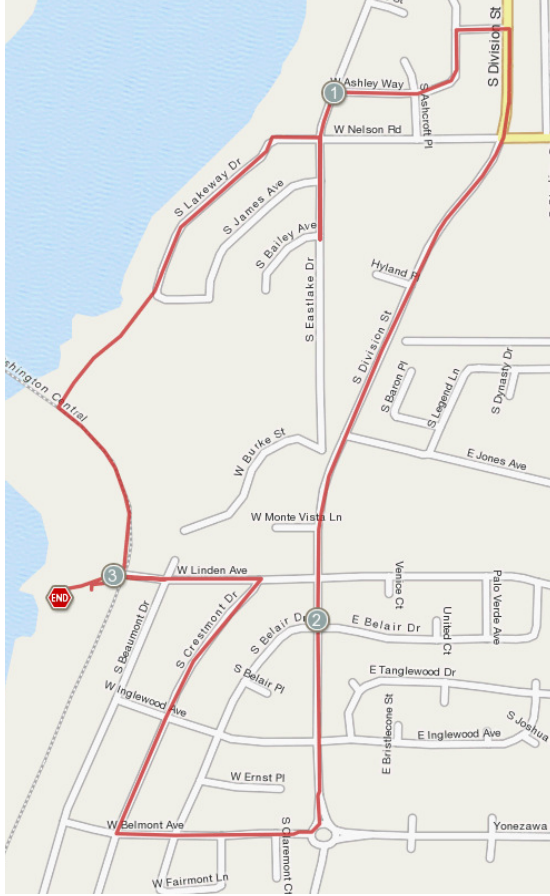
For the **Duathlon Awards** will be given out in **10 year age increments** (19 and under, 20-29, 30-39, 40-49, 50-59, 60+, Clydesdale/Athena and Relay). For the **Triathlon Awards** will be given out in **5 year age increments** (categories include 9-12, 13-16, 17-18, 19-24, 25-29 and up to 70+, Clydesdale/Athena and Relay). We will do this as soon as a good portion of the competitors have finished. If you placed and are unable to stay, please check in at the BuDu Racing trailer and we can give you your award at that time. We will not mail out the awards. All final times and splits will be posted on www.BuDuRacing.com.

Thanks to the following local sponsors

Sponsors of this event include



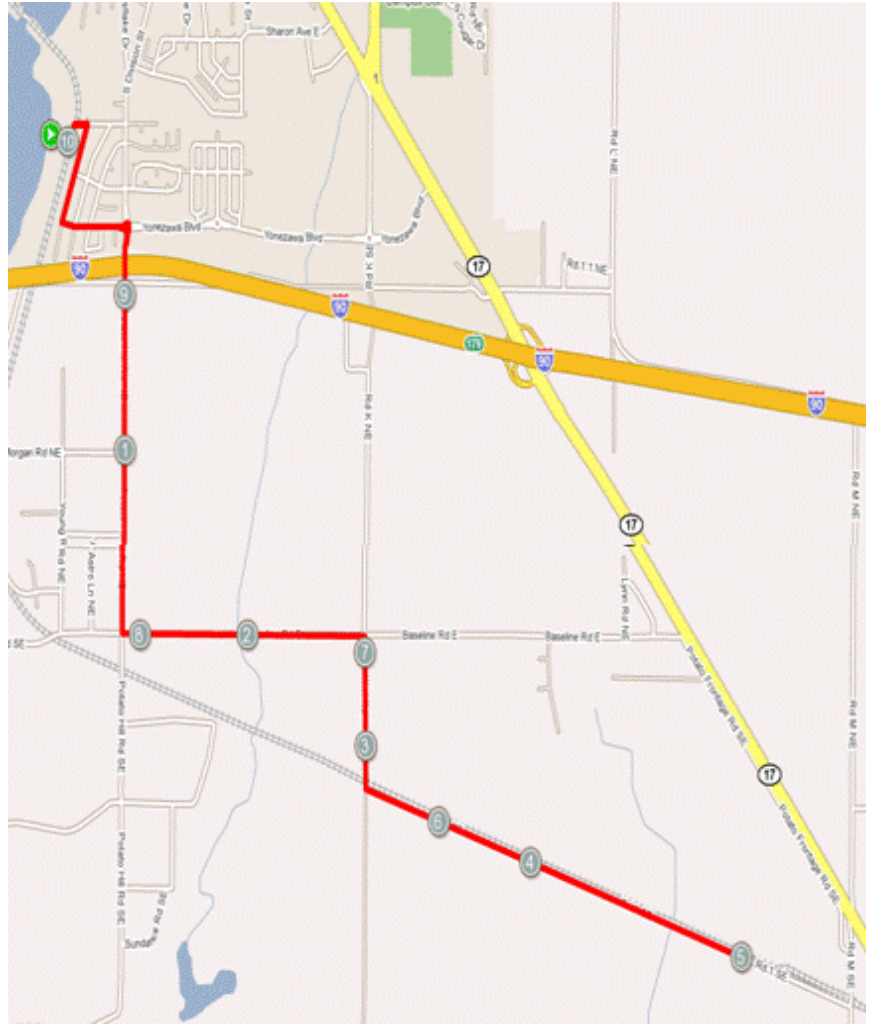
Swim - Triangular swim out and in at boat ramp
 Run (see link below)



<http://www.mapmyfitness.com/routes/view/6512737>

Bike Course

<http://www.mapmyfitness.com/routes/view/4163413>



Thanks to the following local sponsors

Sponsors of this event include



walking - running - triathlon - trail

FLOTATION WARMTH SPEED