



BONNEY LAKE TRI

Allan Yorke Park
(7265 W Tapps Hwy E, Bonney Lake)
Saturday, September 2, 2017

Start time: 8:00am Olympic
(based on last Olympic swimmer) 8:30-45am Sprint



Title Sponsor

PARTICIPANTS MUST BE ABLE TO FINISH BY 12:00PM, AS VOLUNTEERS ARE RELEASED AT THIS TIME.

BuDu Racing, LLC is proud to pledge a portion of the registration fees to support the **Juvenile Diabetes Research Foundation (JDRF)**. The JDRF mission 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 & 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.

CHECKING INTO TRANSITION (Bikes are racked the morning of the event)

Transition will open at 6:30am on Saturday morning, and be monitored by volunteers at 7:00am. 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, and the space you have is the width of your bike handle bars. The racks will be numbered with 8 bikes per rack. **Only registered athletes are allowed in the transition area.** As you prepare to enter the transition area, please make sure:

- The bike number placed on your bike
- Body marking
- Handlebar ends must be solidly plugged
- Any time you are on your bike (before, during and after the event), you must have a helmet on your head and chin strap secured **(No warnings required to DQ a participant on their bike w/o 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 8:15 (or when announced) for the Sprint distance, both at the swim start and your participation is **MANDATORY**. You will not be allowed to return to the transition area after your meeting starts. **Please only wear the timing chip provided in your packet, on your left ankle.**

WAVE SWIM STARTS – Olympic TWO Loops (1st wave @ 8am) Counter Clockwise / Sprint-ONE Loop (1st wave between 8:30 and 8:45am) Please check your packet for your specific start time. It will be on the information label. Waves are set off based on swim cap color. It is your responsibility to start in the correct swim wave, or risk a penalty. Please listen for the announcements of ages **(based on age at year end)** 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.

Course closure: 1 hour for Olympic and 30 minutes for Sprint

- 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. Water temp is expected to be in the mid 70s. If wearing a wetsuit, check your left leg after you remove the wetsuit to ensure your timing chip is still on.

There will be lifeguards and 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 may be disqualified.

BIKERS (Olympic distance will go two loops) – there will be no aid stations on the bike course.

Course closure is 11am for both distance

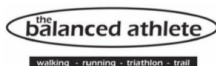
- Helmets, with chin strap secured, are required at all times when on your bike
- Be alert to all traffic control while on the ride
- Head sets not allowed at any time
- NO Drafting

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

RUNNERS (there will be one aid station for the Sprint and three for the Olympic)

Course closure: 12 pm for both distances

- Your bib number must be forward facing at all times (especially as you cross the finish line)
- Be aware of others on the road as it is open to everyone, including cyclist



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.

THIS IS A USAT SANCTIONED EVENT USAT RULES APPLY AT ALL TIMES

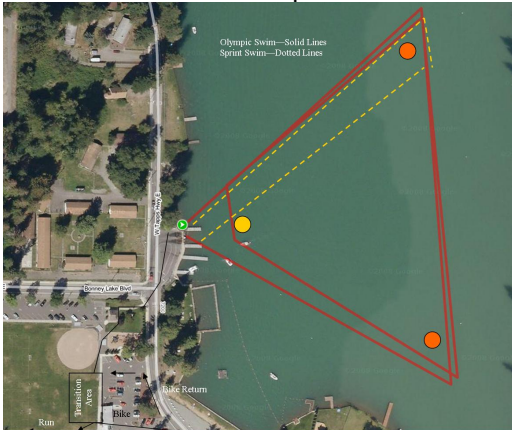
- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON AT ANY TIME

AWARDS

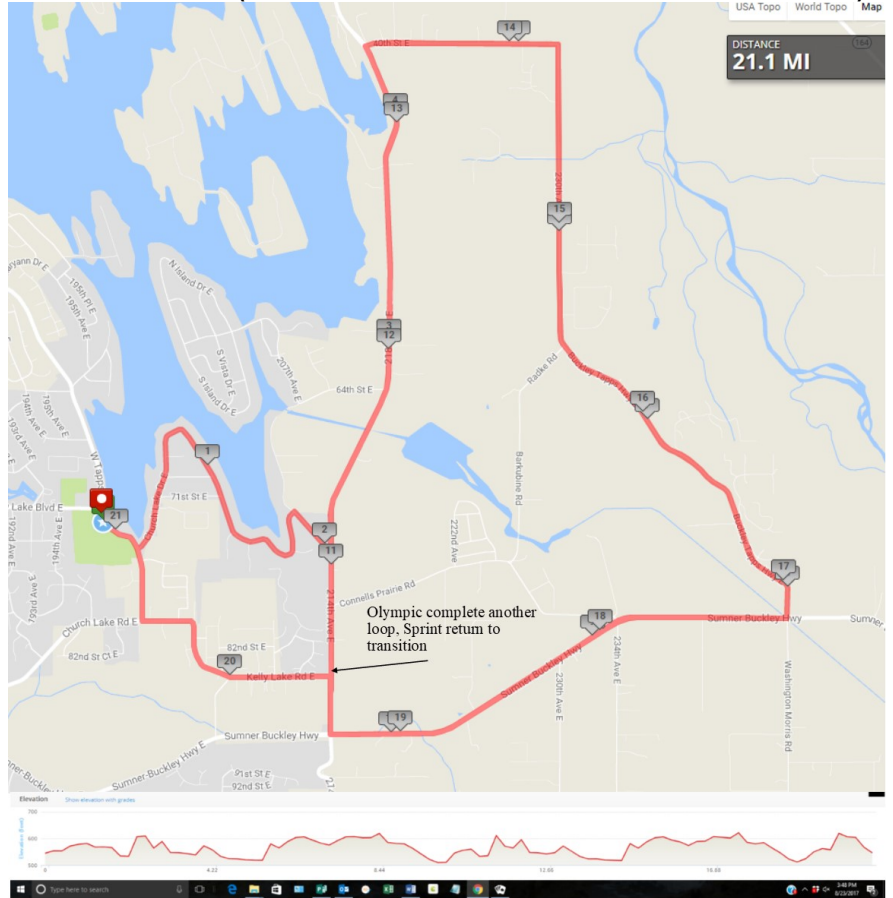
Awards will be given out for places 1/2/3 in all categories. This will take place once a majority of the participants have completed the event. If you place and are unable to wait for the awards ceremony, please check in with BuDu Racing, LLC to get your award. We will not mail out awards. Overall times will be posted at the event. Splits will be posted on www.BuDuRacing.com during the event.

Please remember that it is the participants' responsibility to know the course. There will be markings on the road, and for the bike course, there will be cones with directional arrows to assist you. The volunteers are not the experts on course, they are helpers. Please review the maps!

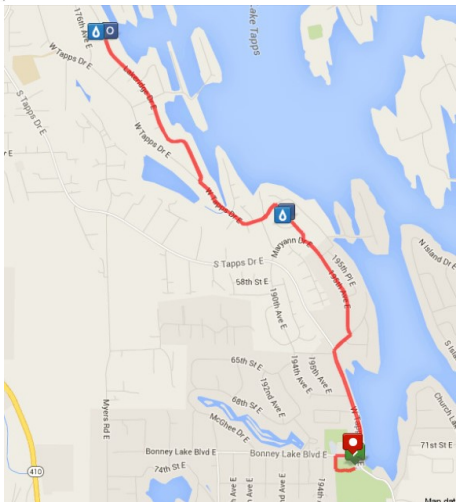
SWIM AND TRANSITION AREA



BIKE COURSES (THIS COURSE IS REVISED DUE TO ROAD CONSTRUCTION)



RUN COURSES



The following links go to a map at www.mapmytri.com

Olympic

Sprint

- Swim - <http://www.mapmyfitness.com/routes/view/5388619>
- Bike - <http://www.mapmyfitness.com/routes/view/1670617781>
- Run - <http://www.mapmyfitness.com/routes/view/625766186>

- Swim - <http://www.mapmyfitness.com/routes/view/5388681>
- Bike - <https://www.mapmyfitness.com/routes/view/1670610752>
- Run - <http://www.mapmyfitness.com/routes/view/625768644>

