

Ukiah
Triathlon
swim-bike-run

September 17

2023



UkiahTri 2023

Dear Triathlon Participant,

Welcome to the Ukiah Triathlon! Thank you for choosing to participate in this year's triathlon. This is to confirm that your entry form has been received and processed. The following information is provided to assist you in preparing for the event. Also enclosed is an event map and event rules for your review.

Late Registration/Package Pick-up:

You may pick up your registration packet (or register) on Saturday, September 16 from 3 p.m. to 7 p.m. at Alex Thomas Plaza 310 S. State st, Ukiah, CA 95482. On race day, September 17 from 6 a.m. to 7:30 a.m. you may pick up your packet at Lake Mendocino (transition area). For team participants, we ask that one member of each team be designated to provide the signed waivers for each team member and pick up the registration packet for the entire team. We **cannot** hand out packets without signed waivers from all members of the relay team. Online registration has already been signed.

In your registration packet you will find:

- One Run Bib
- Four safety pins to attach your Run Bib
- Event information/rules (additional set)
- Bag for belongings (please attach number sticker)
- One bike number to attach to seat post
- One numbered sticker for your helmet
- One timing chip & swim cap

Transition Set Up:

Transition 1 (Swim to Bike) will be located at the South Lake Mendocino lower parking lot.
Transition 2 (Bike to Run) will be located at Mendocino College near tennis courts.

At Lake Mendocino Transition Area You Will Need To:

1. Attach the bike number to the seat post. If you are unsure, ask for help.
2. Place your bike in the correct numbered location on the bike rack.
3. Place the ankle chip on the right side of your ankle.
4. Bag that needs to go to the college ready for us to transport for you (put number on bag)

At College Transition area you will need to:

1. Find your number on the bike rack
2. Place your bike to run setup as you want
5. Attach your run bib so that the number is visible on the front of your shirt.

Start of Race:

Final instructions will be delivered on the Lake Mendocino South Boat Ramp at 7:45 a.m. This is a **mandatory** meeting for all individual and team competitors. Please have your transition set-up complete prior to 7:45 a.m. Wave starts will begin at 8:00 a.m. It is mandatory that participants start with their designated wave. Please refer to the Event Rules for specific information on wave designations.

General Information:

Parking:

Best parking will be at the College campus, the lake has limited parking.

Participants are responsible for getting to and from the start and finish on their own. Staff will bring transition bags from the lake to the college.

Conclusion of Race:

Electronic Computerized Timing System: To ensure accuracy, efficiency, and ease to each participant, we will utilize an electronic timing system. Race results will be posted at the finish line area prior to the awards ceremony.

Race Results: Race results will be posted in the finish area after the race. Race results will be posted on the internet at the Ukiah Triathlon website www.ukiahtri.com.

Award Ceremony: The awards Ceremony will be held immediately following the event at the finish area. Awards will be given three-deep in the following categories:

- Individual-Male/Female: Age 24 & under, 25-34; 35-44; 45-54; 55-64; 65 and up. Plus top male and female overall.
- Teams

At the conclusion of the race you will need to present your race number to retrieve your bike and transition bags (for the safety of your equipment). Bags left at transition areas will be picked up and delivered to the race director. Can be picked up later at 3101 S. State st. Ukiah (Ukiah Valley Athletic Club) we will hold on for 1 week then donate. (questions regarding this you can call Deni at (707)468-0441

Questions, Comments and Information:

If you have any questions, comments, or would like more information, we may be reached at the following email:

E-Mail --- info@ukiahtri.com

Sponsorship or Support:

If you are interested in sponsoring or supporting this event you may use the contact information listed above.

Good Luck! See you on September 17th,

Event Rules

1. The Race Director has the final authority to remove or disqualify participants from the race.
2. If you wish to lodge a protest, it must be made to the Race Director immediately upon finishing. All decisions of the Race Director and Course Marshal are final.
3. Interference with another contestant will result in disqualification.
4. No handlers or helpers are allowed in either transition area.
5. It is your responsibility to ensure your equipment is in safe condition.
6. Relay team members must transfer their timing chip to the next team member in the transition area.
7. Participants are encouraged to arrive at least one hour prior to the race start in order for transition equipment set up and to attend the mandatory pre-race meeting at the swim area at 7:45 a.m.
8. Any course changes will be announced at the mandatory pre-race meeting at the lake immediately prior to the swim.

Swim Rules

1. All swimmers are required to wear swim caps as provided.
2. No fins or artificial propulsion devices are allowed to compete for award standing.
3. No hanging on course buoys or lifeguard rescue equipment.
4. Wet suits and/or vests may be used.
5. There will be 2 wave starts. Participants **MUST** start in their wave. Wave designations are:

Wave #1 – Ages 20-50 **Blue Cap**

Wave #2 – Ages 50 + and teams **Red Cap**

Waves may be adjusted and participants will be notified at the final instruction meeting at 7:45 a.m.

Bike Rules

1. Nationally approved American Society for Testing and Materials (ASTM) helmets are mandatory.
2. Absolutely no drafting.
3. Bikes must be racked in the designated & numbered bike racks in the transition area.
4. Course is open to vehicles and participant safety is our first concern, thus monitors may require participants to slow or stop if a hazard exists. Failure to obey monitors will cause **disqualification**.
5. Crossing the yellow line will result in **disqualification**.
6. There are speed bumps on the bike course as you leave the swim transition area heading down the hill and at the college – use caution.
7. Bike number must be attached to the seat post.
8. No artificial propulsion devices are allowed to compete for award standing.

Run Rules

1. Runners must follow directions of course officials. Generally, keep the pylons on your right side as you exit the transition area and follow the course markings unless otherwise directed by course officials.
2. Your Run Bib Number **must be visible and attached to the front of your shirt**.

SWIM



RUN



BIKE

