

# CHICAGO<sup>SM</sup>

TRIATHLON



## 2019 ATHLETE GUIDE

August 24-25, 2019  
[ChicagoTriathlon.com](http://ChicagoTriathlon.com)



# WELCOME TO CHICAGO

## Where the World Comes to Race

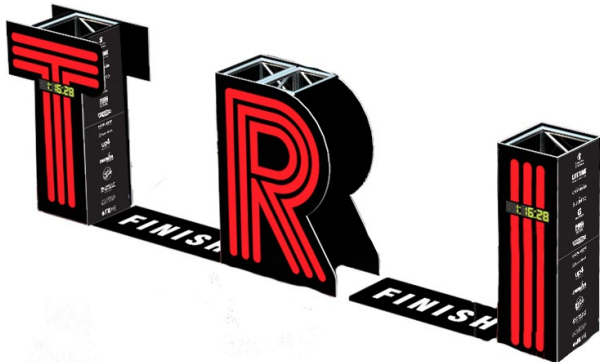
Since inception in 1983, the Chicago Triathlon has grown into a time-honored summer tradition for thousands of competitors from across the world. The appeal of racing in, around and underneath Chicago's magnificent skyline continues to draw nearly 10,000 participants to our Finish Line each August.

Like many prior, last year was truly a season full of change at the Chicago Triathlon. We rerouted the Bike Course to create the event's first traffic-free experience along Lake Shore Drive. We introduced new "recreational" divisions, allowing non-competitive athletes the ability to comfortably participate in triathlon. We also launched a new Rules Program under the guidance of Rosalyn Popham and an incredible Officials Team who proactively educated our field.

That same spirit of innovation continues into our 37th edition of the summer classic. Participants will notice a few more enhancements:

### A New Finish Experience

Life Time is proud to unveil the unique (and enormous) finish experience on Columbus Drive pictured below. The new finish structure spans 38' wide and 12' tall. It is meant to both acknowledge and celebrate each athlete's personal achievement as they physically pass through a gateway, symbolic of earning the title of "triathlete."



### New Finisher Medal Sculpture

Weekend finishers will also discover our new medal concept, recognizing those who compete in any Life Time Triathlon in unison - both indoor triathletes and out. In a unique twist, the huge 3.5"



Chicago Tri finisher medal can be assembled to create the silver-plated 9.4" tall water bottle sculpture at left.

The program rewards multi-race participation, where athletes who finish multiple events have the ability to "build" taller sculptures.

Qualifying spectators and athletes can visit the Life Time Tri booth at the Expo to receive their items at no cost. [Details here.](#)

Of course, we also plan to provide you with a world-class race course, an amazing post race festival with Goose Island beer, Titos cocktails, live music, and plenty of other amenities. We hope you're excited for the weekend ahead.

On behalf of this incredible city, our dedicated team and more than 258,000 individuals who have already earned the title of "Triathlete" in Chicago, we welcome you to the world's greatest multisport weekend!

- The Chicago Triathlon Staff

### The Chicago Triathlon would like to extend special thanks to these groups and individuals for making this event possible:

City of Chicago	Mayor Lori Lightfoot
Chicago Park District	City of Chicago Aldermen:
Chicago Police Department	Ward 2 – Alderman Brian Hopkins
Chicago Fire Department	Ward 4 – Alderman Sophia King
Metra	Ward 42 – Alderman Brendan Reilly
McCormick Place	Ward 43 – Alderman Michele Smith
Art Institute of Chicago	Ward 44 – Alderman Tom Tunney
Millennium Garage	Ward 46 – Alderman James Cappleman
1st Dist Commander Pigott	Ward 48 – Alderman Harry Osterman

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## 2019/20 Life Time Tri Schedule



08.24.19  
Chicago, IL



08.25.19  
Chicago, IL



09.15.19  
Tempe, AZ



09.22.19  
Miami, FL



04.19.20  
Miami Beach, FL



05.25.20  
Austin, TX



07.11.20  
Minneapolis, MN



07.19.20  
New York, NY



07.19.20  
New York, NY



# Schedule of Events

## FRIDAY, AUGUST 23, 2019

### Multisport & Fitness Expo presented by Verizon

Hilton Chicago, Lower Level | 720 S. Michigan Avenue, Chicago

- 1:00 - 8:00 PM Expo Open  
Lower Level, Salon A & D
- 1:00 - 7:30 PM Mandatory Athlete Briefings  
Lower Level, Salon A (*see schedule at right*)

## SATURDAY, AUGUST 24, 2019



### Life Time Kids Tri Chicago

Foster Beach | 5200 N. Lake Shore Drive, Chicago

- 5:30 AM Transition and Packet Pick-Up opens
- 6:30 AM Kids Tri Packet Pick-Up closes
- 6:45 AM Transition Closes, Athlete Briefing (at Swim Start)
- 7:00 AM Race Start - Juniors
- 8:00 AM Race Start - Seniors
- 10:00 AM Kids Tri Awards Ceremony



### Chicago Triathlon SuperSprint

Foster Beach | 5200 N. Lake Shore Drive, Chicago

- 5:30 AM Transition and Packet Pickup opens
- 6:30 AM Transition Closes
- 9:00 AM Transition Reopens
- 9:30 AM SuperSprint Packet Pickup closes
- 9:45 AM Transition Closes, Athlete Briefing (at Swim Start)
- 10:00 AM Race Start
- 12:00 PM SuperSprint Awards Ceremony

### Multisport & Fitness Expo presented by Verizon

Hilton Chicago, Lower Level | 720 S. Michigan Avenue, Chicago

- 9:00 AM - 5:00 PM Expo Open
- 9:00 AM - 4:30 PM Mandatory Athlete Briefings (*see schedule at right*)
- 2:00 PM - 7:00 PM Optional Early Bike Racking  
Transition | DuSable Harbor - 400 E. Monroe Street

## Athlete Briefings

All Sprint, International and Triple Challenge athletes must attend a mandatory, 30-minute Athlete Briefing prior to picking-up their race packets. Consult the schedule below:

### GENERAL BRIEFINGS

Hilton Chicago | Lower Level, Salon A

#### Friday, Aug 23

- 1:00 PM Room A
- 1:30 PM Room B
- 2:00 PM Room A
- 2:30 PM Room B
- 3:00 PM Room A
- 3:30 PM Room B
- 4:00 PM Room A
- 4:30 PM Room B
- 5:00 PM Room A
- 5:30 PM Room B
- 6:00 PM Room A
- 6:30 PM Room B
- 7:00 PM Room A
- 7:30 PM Room B

#### Saturday, Aug 24

- 9:00 AM Room A
- 9:30 AM Room B
- 10:00 AM Room A
- 10:30 AM Room B
- 11:00 AM Room A
- 11:30 AM Room B
- 12:00 PM Room A
- 12:30 PM Room B
- 1:00 PM Room A
- 1:30 PM Room B
- 2:00 PM Room A
- 2:30 PM Room B
- 3:00 PM Room A
- 3:30 PM Room B
- 4:00 PM Room A
- 4:30 PM Room B

### SPECIALTY BRIEFINGS

Hilton Chicago | 2nd Level, Boulevard Room

#### Friday, August 23

- 2:30 PM SuperSprint & Kids' Tri \*
- 4:00 PM First-Time Triathletes
- 6:00 PM SuperSprint & Kids' Tri \*
- 7:00 PM First-Time Triathletes

#### Saturday, August 24

- 1:30 PM First-Time Triathletes
- 3:30 PM First-Time Triathletes

\* Denotes optional sessions. Kids' Tri and SuperSprint participants are not required to attend an Athlete Briefing.



# Schedule of Events

SUNDAY, AUGUST 25, 2019



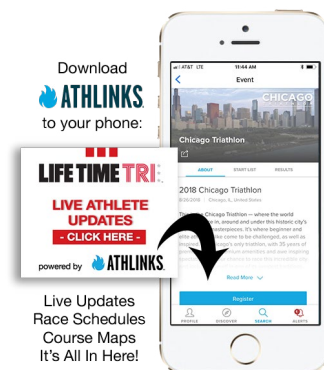
Swim Start | Monroe Harbor: 720 S. Lake Shore Dr  
Transition Area | DuSable Harbor: 400 E. Monroe St  
Finish Line | Grant Park: 900 S. Columbus Blvd

4:00 - 5:45 AM	Transition Opens
5:45 AM	Transition Closes (all athletes)
6:00 AM	International Race Start
6:30 - 8:00 AM	Transition Area Reopens (Sprint athletes only)
7:30 AM	Finish Festival Opens
8:00 AM	Round Trip Trolley Service presented by Fox Business Begins
8:15 AM	Sprint Race Start
9:45 AM	Last Athlete Enters Water
10:15 AM	Last Athlete Exits Water
10:30 AM	Last Athlete Enters Bike Course
11:45 AM	Last Athlete Exits Bike Course
12:00 PM	Awards Ceremony + Championship Registration Last Athlete Enters Run Course
1:45 PM	Last Athlete Finishes
2:00 PM	Course Closes, Finish Festival Closes
3:00 PM	Trolley Service presented by Fox Business Ends

NOTE: Transition will reopen for select athletes on a flow, relative to the last bikers in reaching T2. Please present wristband to Transition staff, who will match it to your bike number. Bikes cannot be removed from Transition without a race number. Only athletes are allowed in Transition.

## Get the Athlinks App

Download the *Athlinks* app to check race schedules, course information, tracking and much more. Once installed, select *2019 Chicago Triathlon* from the event list.



## Win A Suunto!

We proudly welcome Suunto as the official watch of the 2019 Life Time Tri Series. Suunto offers the ultimate triathlon watch in terms of durability, battery life, and ease of use. A variety of *Suunto 5* model watches will be awarded across race weekend.

Participants can also earn 10% off purchases by entering code **LIFETIME10** when visiting Suunto.com.



**SUUNTO**

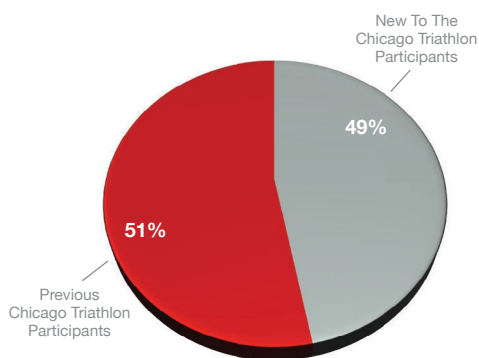
## Contact Us

Athlete Services: [info@chicagotriathlon.com](mailto:info@chicagotriathlon.com)

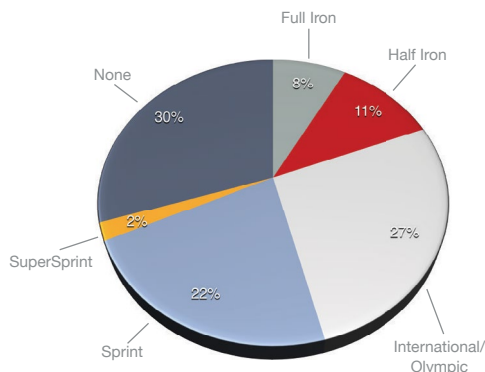
Media Requests: [LifeTimeChi@finnpartners.com](mailto:LifeTimeChi@finnpartners.com)



## Participant Numbers at a Glance



**New to the Chicago Triathlon**



**Longest Previously Completed Triathlon**



**22**

**Number of Countries Represented**

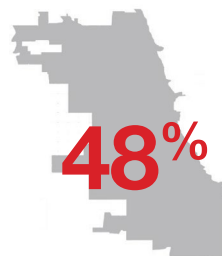
Mexico (23)	Canada (15)
UK (11)	Germany (5)
France (4)	Spain (4)
Columbia (3)	Poland (3)



**48**

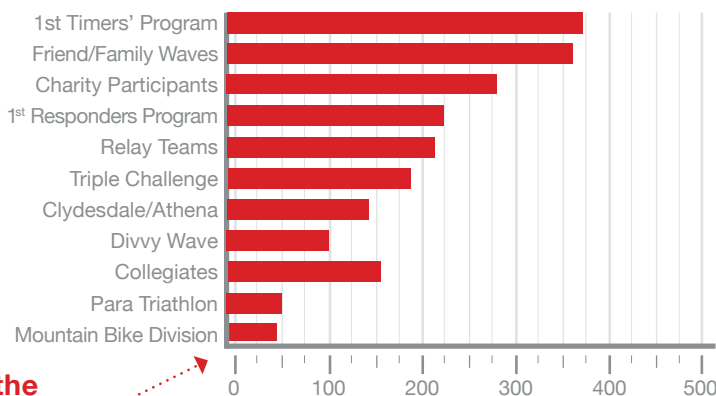
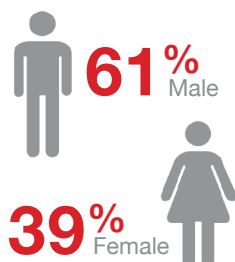
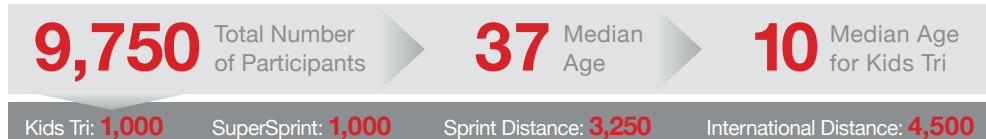
**Number of States Represented**

Illinois (5,701)	Indiana (245)
Michigan (126)	Wisconsin (138)
Ohio (101)	New York (90)
California (83)	Missouri (75)
Minnesota (65)	Florida (63)



**48%**

**Chicago Residents**



**Special Programs Represent 21% of the entire weekend field** .....  
2,047 participants

## Upcoming Life Time Tri Events



**Life Time Tri Tempe**  
Tempe, AZ  
September 15, 2019



**Escape to Miami Triathlon**  
Miami, FL  
September 22, 2019



**South Beach Triathlon**  
Miami Beach, FL  
April 19, 2020



# ALL ELSE FADES



## SUUNTO 5

One step, one stroke, one revolution, repeat. The world around you disappears. Suunto 5 is built for these moments. It is engineered to perform with you for as long as you need it to. A compact GPS sports watch with great battery life.

Official Watch of the  
**LIFETIME TRI**



  
**SUUNTO**

[suunto.com](https://suunto.com)



# Packet Pick-Up

All Sprint, International and Triple Challenge athletes must attend an Athlete Briefing and retrieve their packet on Friday, August 23 from 1:00 PM - 8:00 PM, or Saturday, August 24 from 9:00 AM - 5:00 PM. There is NO RACE DAY PACKET PICK-UP.

## Special Services

- The Multisport & Fitness Expo presented by Verizon has cool products and last-minute supplies from dozens of vendors and sponsors, including official race merchandise from eXo Sports.
- Athletes and spectators who ride bikes to the Expo are able to utilize the complimentary Bike Valet located near the entrance.
- Stop by our *Ask A Coach* booth to review course maps, ask logistical questions and speak with our Race Officials on the new Life Time Tri rules and enforcement procedures.
- Avoid race day lines by obtaining a "21+ older wristband" at the Expo. Note that wristbands will be applied at the time of ID check.

## Mandatory Athlete Briefings

- Athletes are required to attend one of the Athlete Briefings held at the Expo. These 30 minute sessions will emphasize timelines, rules and provide a great deal of details and last-minute tips for a successful race.
- Once athletes complete the Athlete Briefing, their hands will receive a Chicago Triathlon hand stamp, allowing them to proceed to Packet Pick-Up.

## Packet Pick-Up

- As a reminder, all Sunday participants (individuals and relay team members) must be present at the Expo to pick-up their own registration packet. No exceptions.
- Prior to receiving the race packet, all athletes MUST show the hand stamp given after attending an Athlete Briefing.
- Athlete race numbers will be e-mailed the week before the race. Those unable to remember may utilize the Bib Look-Up Station.
- Athletes will need a valid photo ID.
- This event is not USA Triathlon sanctioned. Athletes are not required to present a USAT card or pay a one-day license fee.
- Volunteers will fasten wristbands on all athletes during Packet

Pick-Up. Athletes MUST keep their wristbands on until after they pick-up their bike from Transition on Sunday after the race.

- Race numbers and wristband colors correspond with assigned race distance and/or division.
- Athlete packets will contain a variety of items, including a bike frame number, helmet number sticker, Swim Gear Check bag sticker, race tattoos, timing chip/strap and run number bib. Safety pins will be provided. Participant shirts, goody bags, and timing chips will be distributed in a separate area within the Expo.

## Race Packet Items

The following items are customized for each individual participant, and distributed at Packet Pick-Up:

- Swim Cap
- Run Bib Number
- Athlete Wristband
- Body Marking Tattoos (one for each upper arm)
- Bike/Helmet/Gear Bag Number Stickers

Athletes will then receive the following items from a separate area:

- T-Shirt
- Goodie Bag (doubles as a Swim Start Gear Check bag)
- Timing Chip and Strap

## Timing Chips

- Athletes will receive a timing chip and velcro strap. The chip should be affixed to the left ankle prior to the swim start and must be worn during the entire event to receive an official time.
- Please ensure that timing chips are affixed tightly and correctly to avoid any timing issues.
- Relay Team members will pass the chip to their teammate to complete the next segment within the Relay Pen area.
- Should a chip fall-off during the race, athletes should notify race staff.
- All timing chips must be returned to volunteers at the Finish Line (except for Triple Challenge participants). Failure to return the chip will result in a \$30.00 replacement fee.
- Note: Timing chip numbers will be different from bib numbers.



## Swim Caps

An official swim cap is provided for your safety during the swim, and must be worn during the entire swim. Athletes will not be allowed in the swim staging area without it.

Multiple waves will utilize the same cap color. Be alert to ensure the correct start wave. Participants must start in their designated swim wave to prevent disqualification. NO EXCEPTIONS.



## Run Bib Number

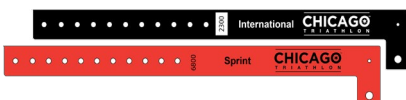
The race issued bib must be worn on the Run Course. It should not be used during the Swim, and is optional for the Bike portion.

- Safety pins will be provided at Packet Pick-Up for those not using a triathlon race belt.
- Athletes must wear on the front of their shirt or shorts. For safety and security, the number **MUST** be visible while running.
- Do not cut, fold, or alter the race number in any way.



## Athlete Wristband

- An athlete wristband will be affixed to all participants at Packet Pick-Up.
- All wristbands **MUST BE WORN THROUGH THE DURATION OF RACE WEEKEND**, and presented in order to enter/exit Transition and to claim their bike following the race.
- Do not remove your wristband until you have removed all gear from Transition and left the event.
- Relay Team swimmers and runners will wear a special wristband denoting "Relay Team."



## Body Marking Tattoos

All participants will receive a temporary tattoo sheet complete with their race number – one for each upper arm. Follow instructions accordingly. Please apply the tattoos prior to leaving your home or hotel on race morning. Body Marking volunteers will be available on race morning between Transition and the Swim Start to assist using permanent markers – applying race age to the right calf.



## Bike, Helmet & Gear Bag Stickers

The athlete packets will include a series of stickers, each used to identify the individual athletes and/or athlete gear. Please note:

- The bike frame sticker must be attached to the athlete's bike, with the race number clearly visible from both sides. Simply join both ends of the adhesive around the center frame (the top tube) of the bike. The bike frame number will match the athlete wristband, mandatory for bike check-out.
- The small adhesive helmet number must be affixed to the front of the helmet. A helmet is mandatory for the bike course.
- A Swim Gear Check Bag sticker must be applied to the clear plastic bag (see below).



## Swim Start Gear Bag

A separate, clear plastic bag will be supplied for those athletes who wish to take jackets, flip-flops or other items from Transition to the Swim Start area. Athletes may drop-off these bags at the Gear Check Tent located near Swim Start. Swim Start Clothing bags may be retrieved after the race at the Finish area (all bags will be transported from Swim Start to the Finish). Participants should not include valuables (including cell phones and wallets) in these bags. Race staff are not responsible for lost or damaged goods.



# Multisport & Fitness Expo

presented by Verizon

Recognized as one of the top shows in the sport, the Multisport & Fitness Expo presented by Verizon offers cool products and last-minute supplies from dozens of vendors, including official race merchandise available from eXo Sports. The Expo is open on Friday, August 23 from 1:00 - 8:00 PM and Saturday, August 24 from 9:00 AM - 5:00 PM. Enter the Expo via Salon A on the Hilton's lower level.

## Free Bike Valet

Ride your bike to the Expo and use the free bike valet service, provided in the Hilton, lower level, Salon B. Keep your bike safe and secure while you attend your briefing and pick up your race packet.

## Parking

Parking is available at the Hilton Chicago, at street meters along Wabash Avenue or at a variety of downtown pay locations, including 835 S. Wabash Avenue, 515 S. Financial Place or the Grant Park South lot at 325 S. Michigan Avenue. Regular rates apply.

## Exhibitors as of 8/14/19

- allitom
- Ameriprise Financial
- Amp Human
- Ann & Robert H. Lurie Children's Hospital
- Aquaman USA
- Ask A Coach
- BiPro
- Chicago Endurance Sports
- Dare2Tri
- Erik's Bike Shop
- eXOsports
- Floyd's of Leadville
- Fond Memories Graphics
- Fox Business
- Gatorade
- Hidow
- Illinois Bone & Joint Institute
- Invisalign
- JIMMYBAR!
- Jolyn Clothing
- Just Bare Chicken
- KeVita
- LasikPlus
- Leon's Triathlon
- Live Grit
- LT Marketing
- Mavi Bandz
- National Running Center
- Naute Eyewear Inc.
- NormaTec
- Nutriquiry
- Nuun
- Pain Relief Institute
- Perspective Fitwear
- Quench Wellness
- Race Guards
- Rapha Chicago
- Rapid Reboot
- ReAlign Chiropractic
- Renew Chicago
- Rudy Project
- Save the Children
- SportTech
- State & Liberty
- SuckerPunch Gourmet
- Suunto
- THE H2OMAX COMPANY
- Tri-Masters Sports Initiatives
- TRISWIM | TRISLIDE | FOGGIES | DMC FINS
- Chiro One Wellness
- UCAN
- Urban Tri Gear
- Verizon
- Vital Proteins
- Voler
- Well-Fit Performance





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+



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**FOX BUSINESS BOOTH**  
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A proud sponsor



# Safety & Security Measures

Race weekend safety requires all athletes, spectators, volunteers and staff to abide by a variety of special timelines, access points and security processes. Please review the following prior to race weekend:

## Transition Security

The Chicago Triathlon Transition Area is designated as a secured zone. In order for athletes to enter their respective Transition area, all bags/equipment are subject to search by police, security personnel and/or official Race Staff.

- Please exercise common sense and maintain possession of bags while outside of Transition at all times.
- Bags are not allowed along the fence. They **MUST** be placed in an athlete's designated Transition space, next to their bicycle.
- Unattended bags left outside the Transition area will be treated as a possible threat.

## Event Alert System (EAS)

All weekend races utilize the EAS system, encompassing a color-coded chart to reveal current event conditions. Participants will notice flags posted in the Expo, within Transition, at Swim Start, throughout the race venues and at each Run Course Aid Station.

The EAS system is developed to help athletes understand changing race conditions due to weather-related, environmental or other man-made situations. EAS updates will be communicated through public address alerts, social media posts, web, email, etc.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
<b>EXTREME</b>	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
<b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
<b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
<b>LOW</b>	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

## Medical Support

Medical Tents will be located at each event's Swim Start and Exit, inside Transition, at each Aid Station and at the Finish Line. Medical Tents will supply basic First Aid support during the entire race. Medical Tents are also located at each Aid Station, and medical staff will be roaming the entire race venue, including the Bike Course. Should race day conditions be warmer than usual, be sure to hydrate sufficiently and pace wisely.

**IMPORTANT!** All participants must complete the medical emergency contact information on the back of the bib. In the event of a medical emergency, contact race personnel, visit a Medical Tent or call the Emergency Hotline listed on the back of the bib: 1-888-543-3133.

Additionally, this event utilizes Race Guards - a unique set of race volunteers whose sole purpose is to keep an eye out for participants who may need assistance along the course. Race Guards provide supplementary medical support to the existing medical plan for an added level of race participant safety by running along side the participants. They will patrol the course and help out where needed, and are easily identifiable with red medical bibs.

## Emergency Evacuation (Sunday)

In the event of severe weather, course accidents or other safety related incidents, the Race Director may request the race site and course be **EVACUATED**. Course evacuation orders will be communicated to all present via public address system and social media alerts. If an order to evacuate is made, staff and volunteers will direct participants and spectators to these designated locations along the course:

- Race Start/Finish | Hilton Hotel: 720 South Michigan Ave
- Swim Course | Hilton Hotel
- Transition | Millennium Park Garage: Columbus Dr/Monroe St
- Bike Course: Randolph to North Ave | Millennium Park Garage
- Bike: North Ave to Belmont | Notebaert Museum: 2430 N Cannon
- Bike: Belmont to Hollywood | Immaculata H.S. 640 N Irving Park
- Run Course: Transition to Balbo | Millennium Park Garage
- Run Course: Balbo to Waldron | Hilton Hotel
- Run Course: Waldron to 31st St | McCormick Place West Tunnel

# Transition Access

All participants are required to rack their bikes and place racing gear inside the Transition area prior to starting their event. Bikes may be racked on either Saturday or Sunday. Race gear must be placed on Sunday morning.

## Early Bike Check-In

As a convenience, all Sprint, International or Triple Challenge participants have the option to rack their bikes on Saturday between 2:00 - 7:00 PM (bikes only, no bags). Large bike and/or wheel bags or covers are not allowed, and will be removed by race staff. Athletes must be wristbanded, with bike labels affixed, prior to entry. See Transition Map for details. Overnight security is provided.

## Race Morning Access

Regardless of when bikes were racked, participants are required to bring race gear and pump bike tires on Sunday morning. As always, athletes must be wristbanded prior to entering this secured area. Athletes may access the Transition area on Sunday between:

- 4:00 AM – 5:45 AM | Open to all participants
- 6:30 AM – 8:00 AM | Open to Sprint participants only

NOTE: Police and security officials will be checking backpacks, duffle bags, drawstring bags, or similar bags at the Transition entrance. Arrive early. Allow for adequate time to complete the process.

Transition will close promptly at 5:45 AM for all Sprint and International Participants. A separate, late check-in option is available to Sprint athletes ONLY from 6:30 - 8:00 AM using a special East Gate.

ALL BIKES MUST BE CHECKED-IN DURING TRANSITION HOURS. ONCE TRANSITION CLOSES, ATHLETES ARE UNABLE TO ENTER.

## Transition Area Conduct

For safety reasons during the race, athletes are not permitted to ride bikes into or out of the Transition area. Walk or run alongside the bike while in the Transition area. There will be clearly marked Mount

and Dismount lines outside of Transition. Please obey them for safety reasons, and watch for other athletes when moving through Transition. Follow the instructions of race officials and volunteers.

## Relay Team Access

Only one participant on each relay team will be allowed to enter Transition (whomever is completing the bike segment). The Swim and Run participants will pass their timing chip to their teammates outside of the Transition area, at a special Relay Pen located immediately adjacent to the Swim In/Run Out area. See the Transition map for exact locations.

## Important Transition Notes

- Once the bike has been checked into the Transition area, athletes may NOT remove the bike until beginning the Bike leg.
- When inside Transition, participants should locate their designated wave number using the directional signs. Each wave will utilize 10-15 bike racks, where athletes should rack accordingly. Spaces are first-come, first-served. Individual spaces are not pre-assigned.
- Bikes should be racked by the seat or handlebars. Bike positions should alternate every-other side of the rack, with approximately five bikes on each side of the 10' bike rack.
- Personal items should be placed immediately under their bike.
- Athletes are not allowed to personally mark their space with balloons, inflatables, or any other markers.
- No stationary trainers will be allowed in the Transition area.
- No glass containers are allowed in the Transition area.
- Bike number stickers will be checked against bib numbers and wristbands before bikes are permitted to exit Transition.
- Race Staff, Security and Volunteers will close and secure Transition during the race to ensure security.
- Bike tech support will be provided by Village Cycle in Transition on Sunday, as well as along the race course.
- Be courteous to fellow Athletes, event Volunteers and Staff. Unsportsmanlike conduct will lead to disqualification.





## ACCESS MAP KEY

- Transition Area
- General Starting Point
- Specific Access Route

## EARLY BIKE CHECK-IN

Saturday, August 24  
2:00 - 7:00 PM

- ☐ Applies to: All Sunday Athletes
- ☐ Bikes only. No bags dropped.
- ☐ Race stickers must be applied to bike.
- ☐ Wear your helmet if riding bike.
- ☐ Access Transition via: A1, B, C, D
- ☐ Enter via the **SOUTH** entrance.

## RACE DAY - EARLY

Sunday, August 25  
4:00 - 5:45 AM ▶▶

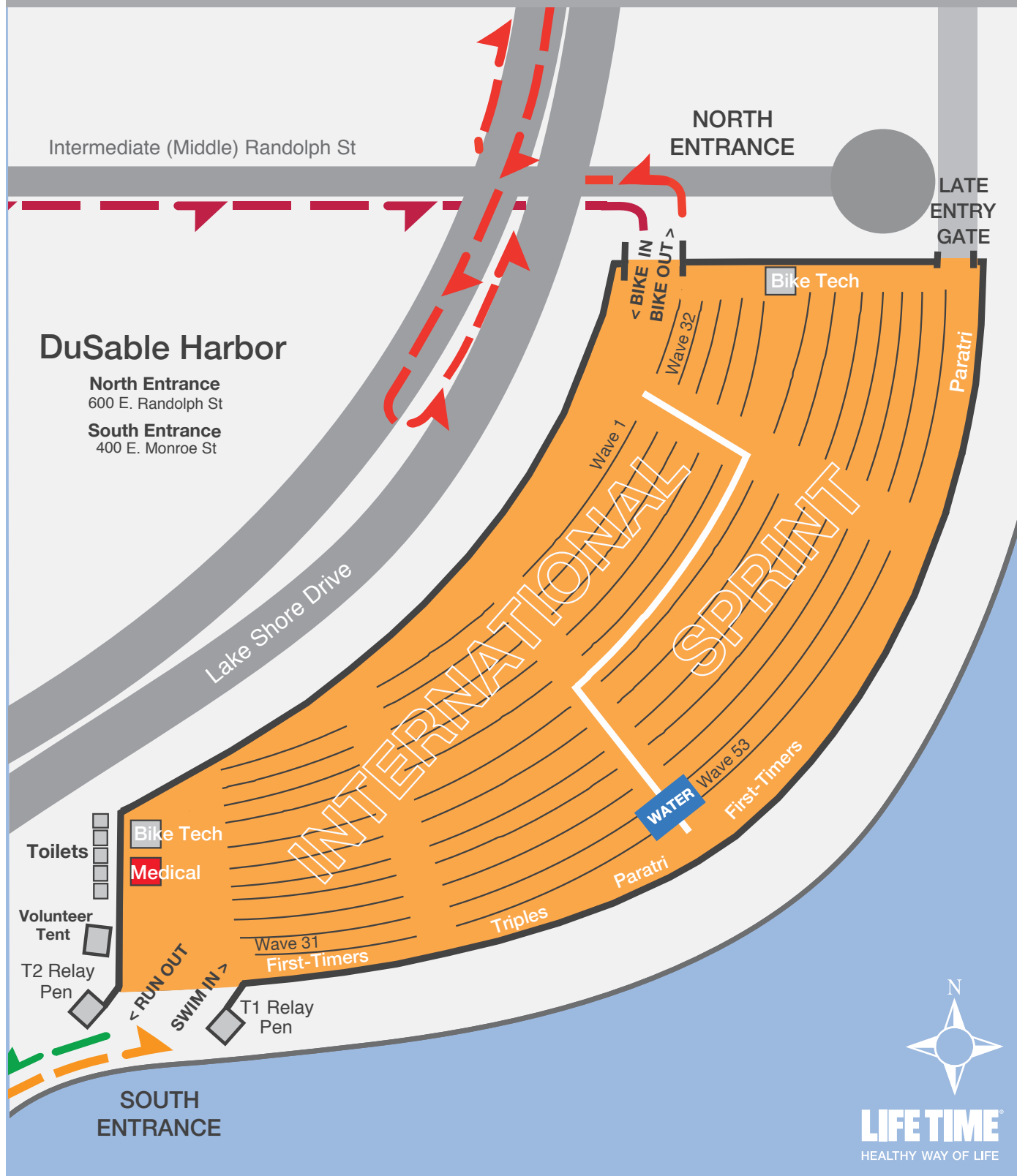
- ☐ Applies to: All Athletes
- ☐ Mandatory bag checks upon entry.
- ☐ Race stickers must be applied to bike.
- ☐ Wear your helmet if riding bike.
- ☐ Access Transition via: A1, A2, B, C, D

## RACE DAY - LATE

6:30 - 8:00 AM ▶▶

- ☐ Applies to: **Sprint Participants Only**
- ☐ Enter using separate east Gate.
- ☐ Mandatory bag checks upon entry.
- ☐ Race stickers must be applied.
- ☐ Wear your helmet if riding bike.
- ☐ Access Transition via: A1, D

Sprint participants arriving after 5:45 AM will NOT be able to access Transition from access points B or C.



# Race Morning Logistics

## Parking

Parking is available through a variety of downtown pay lots, as well as the Hilton Chicago. Regular rates and rules apply.

Participants who plan to drive downtown on Sunday morning are recommended to park in the 9,200 space Millennium Garages located in Grant Park. These underground lots are located near the Transition Area at the east end of Randolph Drive. Please allow ample time to walk from the lot to Transition and/or the Swim Start.

Spectators are encouraged to park at the Soldier Field North Garage Lot, located at the north end of Museum Campus Drive (off McFetridge Drive). This location is an easy walk to the Swim Start, Run Course and Finish Line areas. Take advantage of discounted parking with Millennium Garages by purchasing tickets [here](#).

Spectators are also recommended to park at the Grant Park South Garage, within close proximity to the Finish Line and Swim Start. The garage has 1,350 parking spaces and the entrances are on Michigan Avenue between Congress Parkway (from the south, heading north) and Jackson Street (from the north, heading south).

## Free Trolley Shuttles presented by

Athletes and spectators alike can enjoy a ride from the Transition area to the post-race party, and back again. Catch the round trip trolley service at the northeast corner of Balbo and Columbus Dr. and the southwest corner of Lake Shore Drive and Monroe St. anytime between 8:00 AM to 3:00 PM.



## Road Closures

Several streets throughout downtown Chicago and north side parks will be impacted by road closures, public transit reroutes and traffic detours. The full list is included below.

During this year's bike portion, all southbound lanes of Lake Shore Drive will be closed to traffic on Sunday, August 25, between 5:00 AM and 12:00 PM, from Hollywood Avenue to Randolph Street. Life Time Fitness has worked with the relevant City agencies and

impacted Aldermanic offices to message this closure. Should you have specific questions, please contact the Life Time office.

## Saturday, August 24

- Simonds Drive | Foster Ave to Montrose  
Saturday, 8/24 @ 5:00 AM until Saturday, 8/24 @ 12:00 PM
- Lake Shore Drive | Northbound Randolph Street Exit Ramp  
Saturday, 8/24 @ 11:00 AM until Sunday, 8/25 @ 4:00 PM
- Columbus Drive | Roosevelt to Balbo: All lanes closed to traffic  
Saturday, 8/24 @ 1:00 PM until Sunday, 8/25 @ 7:00 PM

## Sunday, August 25

- Lake Shore Drive | Southbound Hollywood to Randolph Street  
Sunday, 8/25 @ 5:00 AM until Sunday, 8/25 @ 12:00 PM
- Lower/Intermediate Wacker Dr | Jackson to Lake Shore Drive  
Sunday, 8/25 @ 6:30 AM until Sunday, 8/25 @ 11:20 AM
- McCormick Place Busway | Entire Route  
Sunday, 8/25 @ 6:30 AM until Sunday, 8/25 @ 11:45 AM
- Intermediate Columbus Dr | Northbound Randolph to Water St  
Sunday, 8/25 @ 6:30 AM until Sunday, 8/25 @ 12:00 PM
- Lower Columbus Dr | Randolph to Wacker Drive  
Sunday, 8/25 @ 6:30 AM until Sunday, 8/25 @ 11:45 AM
- Intermediate Randolph St | Columbus Dr to Lake Front  
Sunday, 8/25 @ 5:00 AM until Sunday, 8/25 @ 12:30 PM



# Swim Course Details

The Swim Course is held in Monroe Harbor, with the Start Line at Balbo Drive and Lake Shore Drive. The race begins with an in-water start. Waves of 100-150 people will enter the lake from the sea wall bleacher system. Monroe Harbor is 10-12' deep, so the group will tread water until an air horn signals the start. Remember, no inflatable devices are permitted.

## International Distance Course

International swimmers first head south, swimming parallel to the sea wall for 375 meters. Small buoys will be set every 25 meters along the southern stretch, creating a lane separation. Large yellow buoys will identify each 100 meter mark. A large orange buoy will identify the southern turnaround (and the Swim Exit). After making a 180 degree left turn, swimmers will advance north, passing the Start area and exiting the water near the Chicago Yacht Club.

- Start Time: 6:00 AM
- Distance: 0.93 miles (1,500 meters)
- Course Limit: 60 minutes after the final International wave

## Sprint Distance Course

Sprint distance swimmers head directly north, swimming 750 meters parallel to the sea wall and exiting just south of the Chicago Yacht Club. A large orange buoy will identify the Swim Exit area, where volunteers will assist swimmers out of the water.

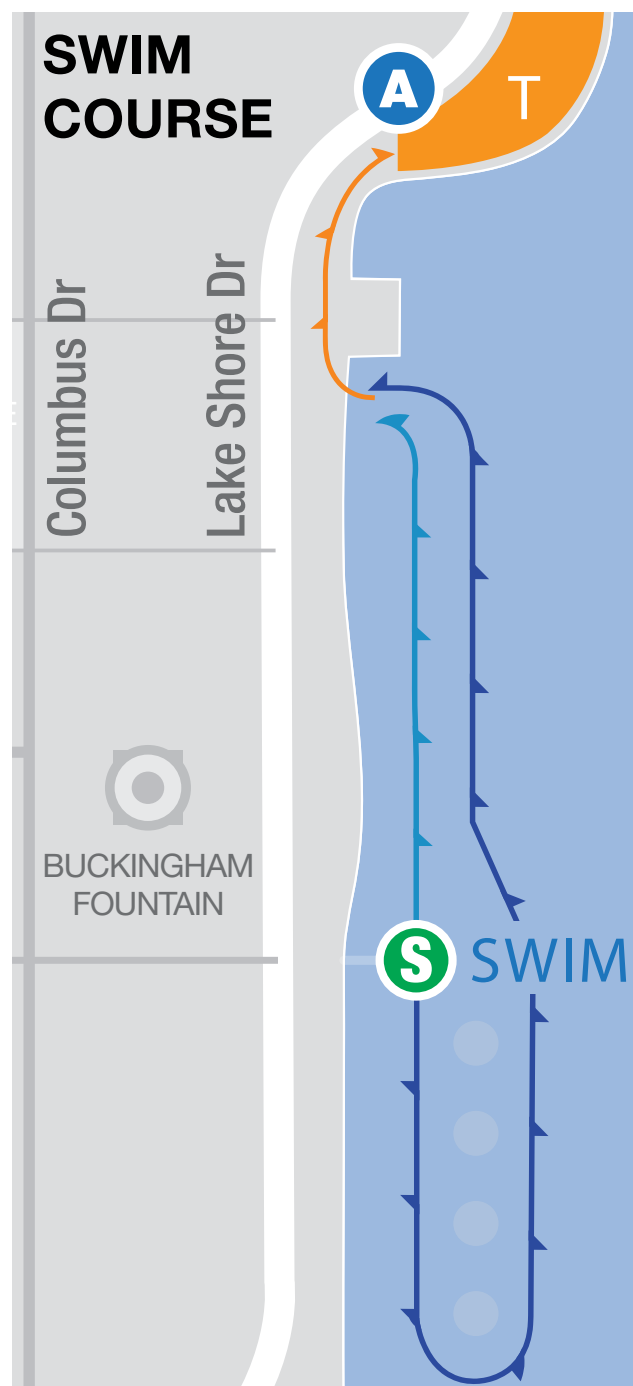
- Start Time: 8:15 AM
- Distance: 0.47 miles (750 meters)
- Course Limit: 30 minutes after the final Sprint wave

## Swim Course Cut-Off Times

The above course limits were calculated to encourage continuous, forward progress as well as applying water exposure and exertion factors. The above cut-off times accommodate 99.9% of the previous participants' swim times [average International swim: 37 minutes; average Sprint swim: 21 minutes]. Participants unable to complete the full Swim Course, or who exit the Swim Course prematurely, may not advance onto the Bike Course.

## Special Needs Table

The Event will provide a special needs table at the Swim Exit for those athletes who require eyeglasses, inhalers or challenged athlete needs immediately after exiting the Swim portion of the race. Athletes are responsible for handing their items to a volunteer for placement on this table before proceeding to the Swim Start.



## Swim Start Process

Once finished in Transition, athletes will proceed nearly one mile (on foot) south to the Swim Start area, located at Balbo and Lake Shore Drive. Participants should plan to be in the Swim Start area at least 30 minutes prior to their dedicated wave start time. Please consult the Wave Start chart on the following page for exact details.

NOTE: Athletes should use the Gear Check service, and NOT discard clothing, flip flops, shoes or other items in the Swim Start chute.

## Fuel Station

The Life Time Fuel Station, located near the Swim Start, is available with athlete water, Gatorade Endurance and toilets prior to racing. Water is also available in the Swim Start chute.

## Swim Caps

Only the swim cap placed in the race packet may be worn during the swim. Do not trade swim caps with other athletes, as the caps are color-coded to assist race management with organizing the swim start. Swim cap color dictates a specific start wave; however, more than one wave may have the same colored cap.

## Swim Gear Check

A special Gear Check area will be available at the Swim Start area for athletes to check small, pre-race items (flip-flops, T-shirts, jackets, etc.). Clear bags are provided during Packet Pick-Up.

Once Gear Check bags are dropped at the Swim Start, athletes will not be able to access those bags until they finish. Those bags will be transported to a Gear Check Tent at the Finish Festival, located at the corner of Columbus and Balbo (no need to return to the Swim Start area).

Athletes will have until 2:00 PM to retrieve their items from the Finish Festival Gear Check tent.

## Lifeguards and Support

Lifeguards and support vessels will be lined-up throughout the course. If assistance is needed, visibly raise and wave your hand and a staff member or rescue personnel will assist you. If you need to grab onto a surfboard or the wall for a second you may do so without being disqualified, so long as you do not make forward progress.

## Wetsuits & Water Temperatures

Life Time Tri's maximum legal wetsuit temperatures are now relative to two athlete "Divisions." *Competitive* athletes may wear wetsuits up to and including 78.0°F. *Recreational* athletes may wear wetsuits up to and including 83.9°F. See the Rules Book for full details.

## Important Swim Notes

- Ensure adequate time to get from Transition to Swim Start.
- Remember to bring the race-issued swim cap, wristband and clothing bag.
- Age Groups/Divisions will file into the Swim Start chute, led by volunteers with large Wave signs. Please watch for your wave.
- When entering the water, please jump feet-first. No diving.
- Warm-up and pre-race practice swims are not permitted.
- The timing strap must be placed securely around your left ankle, and recommended to be tucked underneath your wetsuit.
- While timing mats will be located at the starting edge of the water line, official time will start with the wave's air horn signal.

## Swim to Bike Transition

After exiting the water, all participants run north along a carpeted path for approximately 400 meters. The Transition area is located on the grass reserve south of Randolph St. and east of Lake Shore Dr. Participants enter Transition from the south end, then exit (on bike) at the north end adjacent to Randolph Street. Remember, there is no riding within the Transition area. Athletes will begin riding their bike after crossing the "Mount" line outside of Transition.

## Virtual Course Tour

Get ready for race day with a virtual tour of the entire Chicago Triathlon Race Course, courtesy of Fox Business. Click the links below for a custom aerial tour.

> [International](#)

> [Sprint](#)



# WAVE START ASSIGNMENTS

Sunday, August 25, 2019



	WAVE	BIB RANGE		DESCRIPTION	START	SWIM CAP
INTERNATIONAL	1			TRIPLE CHALLENGE	6:00 AM	YELLOW
	2			PREMIER / FIRST RESPONDERS	6:04 AM	WHITE
	3			SAVE THE CHILDREN / CES	6:08 AM	GREEN
	4			TEAM BRIGHT SIDE / CHARITY WAVE	6:12 AM	RED
	5			COLLEGIATES	6:16 AM	ROYAL BLUE
	6			M19 & UNDER / M20-24	6:20 AM	ORANGE
	7			M25-29	6:24 AM	SILVER
	8			M25-29	6:28 AM	PURPLE
	9			M25-29 / M30-34	6:32 AM	NEON YELLOW
	10			M30-34	6:36 AM	NEON ORANGE
	11			M30-34	6:40 AM	WHITE
	12			M35-39	6:44 AM	GREEN
	13			M35-39	6:48 AM	RED
	14			M40-44	6:52 AM	ROYAL BLUE
	15			M40-44	6:56 AM	ORANGE
	16			M45-49	7:00 AM	SILVER
	17			M45-49	7:04 AM	PURPLE
	18			M50-54	7:08 AM	NEON YELLOW
	19			F25-29	7:12 AM	NEON ORANGE
	20			F25-29 / F30-34	7:16 AM	WHITE
	21			F30-34	7:20 AM	GREEN
	22			F19 & UNDER / F20-24 / F35-39	7:24 AM	RED
	23			RELAYS	7:28 AM	PINK
	24			M55-59	7:32 AM	ROYAL BLUE
	25			F40-44 / F45-49	7:36 AM	ORANGE
	26			CLYDESDALE / MMTB / ATHENA / FMTB	7:40 AM	SILVER
	27			M60+	7:44 AM	PURPLE
	28			F50-54 / F55-59 / F60+	7:48 AM	NEON YELLOW
	29			FIRST-TIMERS' PROGRAM	7:52 AM	NEON ORANGE
	30			FRIENDS & FAMILY WAVE	7:56 AM	LIGHT BLUE
	31			PARATRIATHLETES	8:00 AM	NEON GREEN
SPRINT	32			PARATRIATHLETES	8:15 AM	NEON GREEN
	33			PREMIER / FIRST RESPONDERS / COLLEGIATES	8:21 AM	WHITE
	34			SAVE THE CHILDREN / CES	8:25 AM	GREEN
	35			TEAM BRIGHT SIDE / CHARITY WAVE	8:29 AM	RED
	36			M19 & UNDER / M20-24	8:33 AM	ROYAL BLUE
	37			M25-29	8:37 AM	ORANGE
	38			M30-34	8:41 AM	SILVER
	39			M35-39	8:45 AM	PURPLE
	40			M40-44	8:49 AM	NEON YELLOW
	41			M45-49	8:53 AM	NEON ORANGE
	42			M50-54	8:57 AM	WHITE
	43			FIRST-TIMERS' PROGRAM MALE	9:01 AM	GREEN
	44			FIRST-TIMERS' PROGRAM FEMALE	9:05 AM	RED
	45			CLYDES / MMTB / ATHENA / FMTB / RELAYS	9:09 AM	PINK
	46			FRIENDS & FAMILY WAVE	9:13 AM	LIGHT BLUE
	47			M55-59 / M60+	9:17 AM	ROYAL BLUE
	48			F50-54 / F55-59 / F60+	9:21 AM	ORANGE
	49			F40-44 / F45-49	9:25 AM	SILVER
	50			F35-39	9:29 AM	PURPLE
	51			F30-34	9:33 AM	NEON YELLOW
	52			F25-29	9:37 AM	NEON ORANGE
	53			F19 & UNDER / F20-24 / F25-29	9:41 AM	WHITE
	54			TRIPLE CHALLENGE	9:45 AM	YELLOW

# Bike Course Details

The Chicago Triathlon Bike Course offers participants a true tour of Chicago, starting at the scenic lakefront, tunneling underneath the bustling Loop, through the heart of the financial district, then cruising down the city's most exclusive freeway.

The 2019 event again features a 100% traffic-free Bike Course, which now utilizes all southbound traffic lanes (closed entirely to traffic). Sprint and International distance cyclists will now enter Lake Shore Drive from the southbound Randolph Street exit ramp, located 50 yards west of the previous on-ramp.

All cyclists will ride northbound in a clockwise direction, utilizing the two westernmost lanes while staying to the left (passing on the right). Cyclists will turn around at Hollywood Avenue and proceed south, utilizing the two easternmost lanes and again staying to the left (passing on the right). There are no Aid Stations on the Bike Course.

**NOTE!** Unlike other races, this event requires all bikers to **STAY LEFT** while on Lake Shore Drive. If passing, check behind for approaching bikers, then move to the right. Maintain four bike lengths between you and the cyclist in front of you at all times or pass within 20 seconds.

## International Distance Course

After completing one loop on Lake Shore Drive, International athletes will exit at the Wacker Drive on-ramp (contraflow) by U-Turn, proceeding to Intermediate Wacker Drive. From here, riders will **STAY RIGHT**, following standard traffic patterns (passing on the left) for the remainder of the course.

Participants will complete one loop of Intermediate Wacker Drive, turn-around underground at Adams Street, then proceed to Lower Columbus where they complete one lap on the McCormick Place Busway. Riders turn-around under I-55 and proceed back to Lower Randolph, shifting up one level to Intermediate Columbus and then back into Transition via Intermediate Randolph Street.

- Distance: 24.8 miles (40 kilometers)
- Course Limits: International participants must reach the Lake Shore Drive exit (mile 14.5) by 10:30 AM, enter the Busway (mile 18.8) by 10:50 AM and finish the entire course by 11:45 AM.

## Sprint Distance Course

Sprint participants complete one loop of the above course, exiting Lake Shore Drive at the Randolph Street median on-ramp (contraflow) by U-Turn, then proceeding directly into Transition.

- Distance: 15 miles (24.5 kilometers)
- Course Limits: Sprint participants must start the Bike Course by 10:30 AM, reach the Hollywood Ave turnaround by 11:05 AM and exit Lake Shore Drive by 11:45 AM.

Athletes who are unable to complete the Bike Course in the allotted times will not be permitted onto the Run Course.

## Bike to Run Transition

Upon completing the Bike Course, athletes will dismount their bikes at the "Dismount Line," then proceed back into Transition on the west side of the Bike Exit. The flow for this Transition is north to south with the Run Exit near the southwest corner of Transition.

## Race Officials

Race Officials will patrol the bike course on motorcycles, ensuring safety, proper positioning and passing among the field. Participants are asked to obey all signals and staff instruction. Penalties, including disqualification, can be assessed for noncompliance. Penalties issued need to be served at the Penalty Tent on the Run Course.

## Bike Support Team

A team of 12 cyclists will patrol the bike course; identified by a high-vis cycle jerseys and flashing lights. This roving Bike Support Team will assist participants with medical or mechanical issues, and continually remind cyclists to keep to the correct side of the road.

While the crew will help you finish should anything happens to you or your wheels, athletes should ensure their bike is ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and breaks adjusted, and seats and handlebars properly fitted.

Bike support is not guaranteed, so athletes should be prepared to fix their own flats. In case of a flat, pull off to the side of the road, NOT into the middle lane. Those who cannot continue will be required to wait for the sweep vehicle.



# CHICAGO TRIATHLON

CHICAGOTRIATHLON.COM

## COURSE MAP KEY



Start  
Finish Line  
Aid Station

Mileage

Transition Area

Course Alert

## SWIM COURSE

Sprint  
International

## BIKE COURSE

Street Level  
Intermediate Level  
Lowest Level

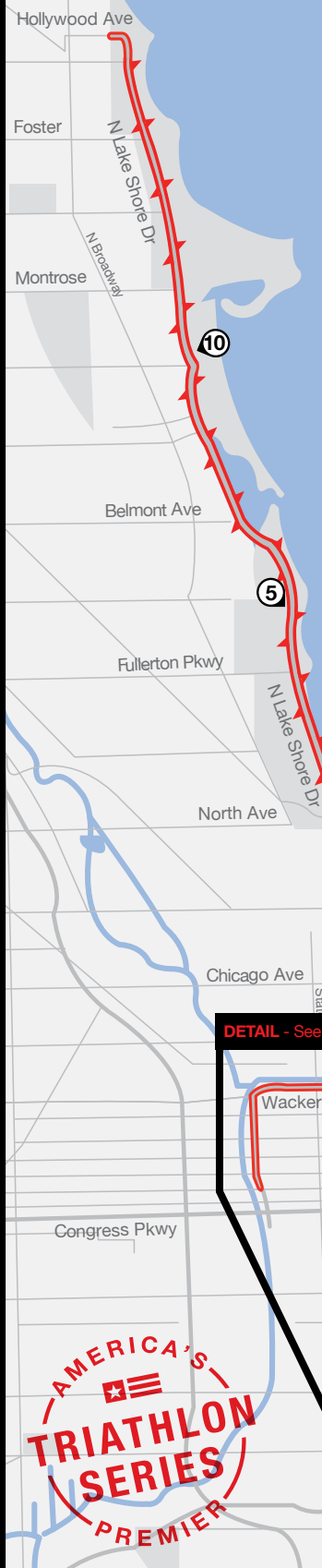
## RUN COURSE

Sprint  
International

## ADDITIONAL SUPPORT

Chicago Trolley Drop Off & Pick Up  
Mobile Bike Support Team

## COURSE OVERVIEW



## COURSE DETAIL



## 2019 COURSE MAP

AMERICA'S  
TRIATHLON  
SERIES  
PREMIER

FOX  
BUSINESS

# Run Course Details

The Chicago Triathlon Run Course features a rousing run along gorgeous lakefront parkland and through the Museum Campus before culminating in the center of Grant Park.

The run begins at the south end of Transition, near Monroe Street. Competitors run south on the middle (asphalt) pedestrian path and proceed south, past Buckingham Fountain and the Swim Start area. Runners continue past the Field Museum, run around the Shedd Aquarium and proceed south along the lakefront path.

**NOTE!** At this point, runners will stay LEFT (contraflow), using the LEFT LANE of the lakefront path.

## International Distance Course

International distance runners turnaround near 31st Street, approximately one half-mile south of McCormick Place. There they turn around and head north, keeping left of oncoming runners on the same path.

- Distance: 6.2 miles (10 kilometers)
- Course Limits: All participants must start the Run Course by 12:00 PM and finish by 2:00 PM.

## Sprint Distance Course

Sprint distance runners turnaround just south of Waldron Drive, east of Soldier Field. There they turn around and head north, keeping left of oncoming runners on the same path.

- Distance: 3.1 miles (5 kilometers)
- Course Limits: All participants must start the Run Course by 12:00 PM and finish by 2:00 PM.

After passing the Shedd Aquarium on their return, all runners continue west, via the Lake Shore Drive underpass and continue up the sidewalk to Columbus Dr. Runners then turn right and continue north on Columbus Dr. to the Finish Line just ahead.

## Aid Stations & Restrooms

Aid Stations will be located approximately every mile on the Run, featuring water and Lemon-Lime Gatorade Endurance Formula. There will also be Gatorade Endurance gels available at Aid Station B just after Mile 1. Water will also be available to fill bottles in Transition.

## Gatorade Endurance Energy Gels

Gatorade Endurance Energy Gels (Apple Pear, Blackberry, Vanilla and Mango) will be available at Aid Station B. Gatorade Endurance Energy Gels provide 20g of carb energy, natural flavors, a light texture and taste.

## Gatorade Endurance Formula

Gatorade Endurance is a portfolio of products created specifically for endurance athletes who are training and racing for prolonged periods of time when fluid and electrolyte losses can be significant. Gatorade Endurance Formula helps deliver critical fluids and nutrients to get you through the Chicago Triathlon. We'll have Lemon-Lime Endurance Formula on-course at all aid stations. Learn more about the Gatorade Endurance product line at [GatoradeEndurance.com](http://GatoradeEndurance.com)



## The Big Finish

What to do when you cross the Finish Line? Throw those arms up and SMILE! The paparazzi are waiting.

As a reminder, only the Relay Team runner will cross the Finish Line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent within the Finish Festival to receive their medals.

## Finish Line Policy

Under the idea of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.

**RACE BECAUSE  
YOU LOVE IT.  
JOIN BECAUSE  
YOU CARE.**



**Save the Children®**



IN PARTNERSHIP WITH

**LIFETIME TRI**

**Join now! [SavetheChildren.org/TeamSave](https://www.savethechildren.org/TeamSave)**

Team Save the Children offers athletes of all abilities a chance to join us in a race while raising much-needed funds to help children.



# Finish Festival / Post Race

Celebrate the big finish at the Chicago Triathlon Finish Festival. Once crossing the Finish Line, all athletes will receive a finisher medal, finisher towel, a bottle of water, an ice cold bottle of Gatorade Endurance, a catered meal by Jewell Catering group and a complimentary Goose Island beer or Titos vodka drink!

Spectators and the public alike are invited to the free Finish Festival, which will be bustling with sponsors, vendors, food vendors, teams and charities. Additional food and drink will be available for purchase near the Athlete Food area.

## Athlinks Results

Race results will be updated regularly online throughout the day, and at the Results Tent in the Finish Festival. You may access your results directly from your mobile phone using the free “Athlinks” App. Once loaded, search for “Chicago Triathlon” within the event listings.

## Photography & Social Media

FinisherPix will provide race photography for purchase before, during and after the race. Be sure your race numbers (body marking, bike and bib numbers) are visible to the cameras at all times so you can be identified. Photos will be posted within 24 hours of the event.

## Children / Pets

Parents, please supervise your children at all times. The race site and course are busy and potentially dangerous areas. We recommend to leave pets at home. If there are any pets on site, we will ask to make sure they are leashed at all times.

## Volunteers

This event requires more than 2,000 volunteers to dedicate their time during the race weekend. Please remember to thank them as you come across their services! The event would not be possible without them. Volunteering is a great way to get a close-up and behind the scenes view of the event, so encourage your friends and family to join the fun by signing up [here](#)! The Volunteer Tent is located at the northeast corner of Columbus and Balbo.

## Lost & Found

Lost items should be turned in or claimed at the Information Tent located at the southeast corner of Columbus and Balbo, or the Results Tent located on Columbus within the Finish Festival. Unclaimed items will be relocated to the Life Time office following the event and donated after 30 days to a local charity.

## Bike & Gear Check Out

Bikes and equipment may be removed from the Transition area once all athletes in each race have finished the bike course. AFTER 2:00 PM TRANSITION WILL NO LONGER BE A SECURED ZONE. Remaining items will be discarded or donated.

## Free Rides to Transition

Don't forget to use the complimentary Chicago Trolley Shuttles provided by Fox Business, offering roundtrip service from the Finish Festival (at Balbo and Columbus) to the Transition Area (near Monroe and Lake Shore Drive). Shuttles will run continuously from 8:00 AM until 3:00 PM.

## Personal Belongings/Valuables

Please be mindful of your valuables. We recommend you leave your valuables at home. This also pertains to gear check, as the race will not be liable for any lost or stolen items. Anything you take with you on the course must remain in your possession. With exception of dedicated aid stations, no garbage, clothing, etc. may be thrown on the course.



# Awards | Championship Qualification

## Awards

All finishers will receive a Finisher's Medal. Top performing individuals in all *Competitive* divisions will earn additional awards. The Awards Ceremony begins at 12:00 PM at the stage within the Finish Festival, with awards issued to top three female and male finishers in these categories:

### International Distance Awards

- Professionals
- Overall Amateur
- Premier
- Collegiate
- Paratri Overall
- Athena
- Clydesdale
- Mountain Bike
- First Responders
- Triple Challenge
- Age Groups (19 & Under through 85+)
- Relays (Female/Male/CoEd)

### Sprint Distance Awards

- Overall Amateur
- Paratri (Ambulatory, Wheelchair, Visually Impaired)
- Athena
- Clydesdale
- Mountain Bike
- First Responders
- Age Groups (19 & Under through 85+)
- Relays (Female/Male/CoEd)

## 2020 Life Time Tri Series Championship

The Chicago Triathlon is the third qualifying event into the 2020 Life Time Tri Series Championship race, to be held July 19, 2020 within the Verizon New York City Triathlon. A total of 240 qualifying slots are available at Sunday's event.

This unique, race-within-a-race competition attracts hundreds of participants from across the nation into a variety of special race weekend events, culminating with a shot at winning big on race day,

including a \$60,000 prize purse. [Click here](#) to read more. Top five female and male performers from these International distance divisions will earn guaranteed entry:

### Qualifying Division

- Overall Age Group
- Premier Amateurs
- Collegiate
- Age Groups (5 year)
- Clydesdale/Athena
- Paratri Overall
- First Responders
- Mountain Bike
- Triple Challenge

### Championship Implications

- Will compete in respective age group
- Will compete in Premier division
- Will compete in Collegiate division
- Will compete in respective age group
- Will compete in Clydes/Athena division
- Will compete in 1 of 6 Para classifications
- Will compete in First Responder division
- Will compete in respective age group
- Will compete in respective age group

## Life Time Tri Championship

This year's Life Time Tri Championship event was unfortunately canceled due to excessive heat in New York City. However, the Championship event will return on Sunday, July 19, 2020 in New York City!



The top five finishers from each of the Chicago Triathlon International distance *Competitive* divisions will earn guaranteed entry into the next Championship event.

The **first 50 qualifiers to register on-site** for the 2020 Championship will earn complimentary bike shipping to/from New York City (entry fee: \$349, credit cards only). Otherwise, qualifiers have until June 2020 to claim their spot.

# Triple Challenge

The Triple Challenge remains one of race weekend's most in-demand special competitions. Officially launched in 2007, the Triple Challenge offers a small number of triathletes the opportunity to register and compete in three events in a single weekend:

Swim: 1.63 miles + Bike: 46.3 miles + Run: 10.85 miles = 59 miles

Participants race three separate event distances during the weekend, starting with the Chicago Triathlon SuperSprint on Saturday at Foster Beach. On Sunday, Triple participants will start in the first International distance wave (6:00 AM), followed by the final Sprint distance wave (9:45 AM).

In order to successfully complete the Triple Challenge, participants must abide by several special logistical requirements, referenced specifically by the Triple Challenge Coordinators during the Packet Pick-Up process.

## Friday | Packet Pick-Up

Packet Pick Up: Triple Challenge participants MUST retrieve their race packets on Friday at the Multisport & Fitness Expo presented by Verizon. Triple athletes have a private kiosk at the Expo, supported by a dedicated weekend concierge team.

Mandatory Athlete Briefing: Like all Sunday participants, Triple Challenge participants must first attend a mandatory Athlete Briefing (on Friday) at the Expo prior to picking up their packets.

One Number, One Chip: Triple Challenge participants will receive one assigned athlete number and one timing chip for all three events. Do not allow your chip to be removed after the SuperSprint or International races. Triple athletes will have dedicated racks for both Saturday and Sunday races.

## Saturday | SuperSprint Race

Please be aware the first race is Saturday's SuperSprint Tri, located at Foster Beach, approximately 7 miles north of downtown Chicago. There is no early racking option for this event. Plan travel accordingly.

Early Bike Racking: Following the SuperSprint race, Triple Challenge athletes have the option (and are encouraged) to rack their bikes in the Chicago Triathlon Transition area on Saturday between 2:00 and 7:00 PM. All Triple Challenge participants are racked in the same area. Otherwise, Transition opens Sunday at 4:00 AM.

## Sunday | International & Sprint Race

Pre Race Transition Setup: Triple Challenge participants will NOT BE ALLOWED back into Transition between International and Sprint races. Instead, a special Triple Challenge concierge tent will be setup at the Swim Exit area, providing a variety of services that alleviate the historic need to re-enter Transition between races (and saving time). Triples are able to use this Triple Challenge Tent as their race day basecamp, leaving snacks/gear/fluids there in the early morning for later use.

International Swim: Upon completing the International distance swim, Triple Challenge athletes will visit the Triple Challenge Tent located at Swim Exit. Wetsuit peelers will help peel-off and check their suits (staged within the tent) for retrieval prior to the Sprint Swim Start. Triple Challenge athletes should leave behind their goggles, swim caps (extra will be provided) and anything else they plan to use for the forthcoming Sprint swim. Upon dropping their swim gear, Triples proceed through their International race as usual.

Post International Finish: Once finishing their International race, Triples will exit through the runner refresh area and proceed to the Triple Challenge area at the Swim Start. Triples will retrieve their swim equipment, pack their run gear (shoes, socks, glasses, cap, race bib, etc.) in a separate gear check bag and proceed back to the Swim Start to begin their final race.

Post Sprint Swim: Upon exiting the water for the last time, Triples will again proceed to the Triple Challenge Tent, grab their running gear bags and proceed into Transition as usual.

Post Sprint Finish: Done! As the Triples successfully complete their final race, they will congregate at a new Triple Challenge Tent setup in the Finish Area. Any gear left at the Swim Exit area will be transported here for easy pickup. Additionally, those who successfully complete the challenge will be issued their exclusive amenities! Plenty of snacks and beverages will be on hand as well.



# 100 Club Challenge

The 100 Club Challenge is a special race within a race competition during the Chicago Triathlon weekend.

Originally known as the First Responders' Competition, the program began in 2007 as a friendly wager among seven members of the Chicago Police Department and the Chicago Office of the FBI. This year, more than 125 first responders are enrolled.

This special competition has been renamed on behalf of the Chicago Triathlon's new partnership with The 100 Club of Chicago. The purpose of this organization is to provide for the surviving spouses and dependents of law enforcement officers, firefighters and paramedics who lose their lives in the line of duty. This includes federal, state, county and local officials in both Cook and Lake Counties.

## The Teams

All registered participants enrolled as "First Responders" are automatically integrated into the 100 Club Challenge, and placed on one of two teams:

- Police: Consists of local, state and federal law enforcement, including all FBI, CIA and military.
- Fire: Comprised of local and regional firefighters, paramedics and auxiliary EMS personnel.

The winning team will earn the 100 Club Challenge trophy, as well as present an oversized donation check to the 100 Club, on their team's behalf, during the Chicago Triathlon Awards Ceremony.

## Earning Points

The 100 Club Challenge winner is determined by a points system, awarded through both participation and competition:

Individual Participation: Each participant earns team points by simply crossing the finish line. The number of participation points directly correlates to the race distance:

- International: 3 points
- Sprint: 2 points
- Relays: 1 point per team

Individual Competition: The fastest 20 individual finishers in the International and Sprint distances will earn points for their team. Points allocations consist of:

- 1st place: 20 points
- 2nd place: 19 points
- 3rd place: 18 points and so on through 20th place (1 point)

Relay teams also contribute to the scoring. The fastest 10 teams in the Relay competition will earn points for their team. These point allocations consist of:

- 1st place: 10 points
- 2nd place: 9 points
- 3rd place: 8 points and so on through 10th place (1)

All points will be tallied following the event, with the team earning the most points crowned the 100 Club Champion!

Additionally, the top three performing female and males from each team within each race distance will earn awards, as will the top three overall fastest relay teams.

All 100 Club Challenge participants receive complimentary race day perks, including priority wave starts, dedicated transition racks and VIP team tents in the start and finish areas.

## Eligibility

All 100 Club Challenge participants must provide proof of eligibility in the form of agency or ID credentials. Beyond the overall team award, 100 Club Challenge will be presented to the top three overall female and male participants from both Police and Fire within the individual Sprint, individual International and Relay (International) distances.

# Spectators

The Chicago Triathlon is the world's largest multisport event. Just as all athletes should properly prepare for the enormity of race day, so should spectators. It's not uncommon for many show-up to the lakefront without a plan, quickly growing frustrated and overwhelmed.

A few tips to help the Sunday race viewing experience:

- We recommend spectators download the Athlinks App, selecting the "Chicago Triathlon" event.
- Sign up to receive text message or social media alerts by using the Live Athlete Tracking service, available here or within the App.
- Know exactly what time your athlete starts the swim, and set a meeting point and time to say your goodbyes!
- Plan your logistics, both into Grant Park and throughout the race venue. Public transit, parking garages, cabs and/or Divvy bikes are all great options – assuming you know which roads remain open to the public. Don't forget about the free Chicago Trolleys presented by Fox Business that circle Grant Park.
- Learn your athlete's estimated time to be reach specific parts of the course, especially at spectator-friendly spots.
- Know what your athlete will be wearing, to easily spot them on the fly.
- Bring a snack, money for coffee, apply sunscreen and wear comfy shoes!

## Where To Watch

Regardless of the event's size, the Chicago Triathlon happens to be one of the most spectator friendly races on earth, starting with the swim course in Monroe Harbor.

## Swim

The Swim Course spans the entire lakefront path. Families and friends can high-five their athletes before they jump in the water, then be no further than 25 yards from them through the duration of the Swim Course.

## Bike

The Bike Course is a bit tougher to spectate, considering the inaccessibility of Lake Shore Drive. Sprint athletes can easily be

spotted at the Bike In/Out area at the Randolph Circle Drive, and on the North Avenue pedestrian bridge. For International athletes, the best vantage point is atop the 11th Street Pedestrian bridge, overlooking the McCormick Place Busway. Athletes will fly underneath twice, within 5-10 minutes, before venturing on the lakefront Run Course.

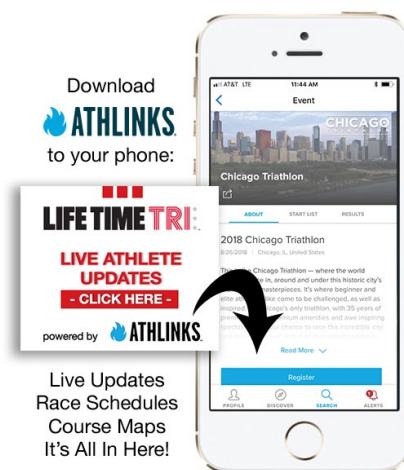
## Run

The best spot to view all runners is in the Museum Campus, specifically in back of the Field Museum. This is a great spot to photograph your athletes, capturing both the skyline and converging groups of runners in the background. This crazy area is eloquently referred to as the "spaghetti bowl." This is also an easy walk back to the Finish Line, only a few hundred yards away on Columbus. Crosswalks will be setup at various points.

As a reminder, spectators are prohibited from assisting athletes in any way. Triathlon is an individual sport. Those who receive outside assistance (of any type) have an unfair advantage over the competition. Athletes who are seen accepting assistance are subject to penalties or disqualification. Families and spectators must stay off the course, and may not enter Transition or the Finish Line chute.

## Get the Athlinks App

Download the *Athlinks* mobile app to check race schedules, course information, tracking and much more. Once installed, select 2019 Chicago Triathlon from the event list.





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# Frequently Asked Questions

## General Questions

### How many people compete in the Sunday races?

Approximately 7,500 competitors will participate in Sunday's races.

### Can I pick up a race packet for a friend or coworker?

No. Each participant is required to pick up their own packet. No exceptions! You must have a valid photo ID to pick up your packet.

### Is there Packet Pick-Up race morning?

No. All race packets must be picked up prior to race day at the Expo at the Hilton Chicago.

### Can I pick up race packets for my relay team members?

No, each member of the relay team needs to show their ID in order to pick up their own packet.

### Do I need a driver's license or USAT license for Packet Pick-Up?

A valid photo ID (current driver's license, certified state ID or passport) is required at Packet Pick-Up. We do not require a USA Triathlon one-day or annual member license.

### What are the different competition categories on Race Day?

The Chicago Triathlon is far from a one-size-fits-all event. Race weekend is composed of a variety of special programs and competitions, each designed to accommodate participants of every ability, interest level and goal. [Click here](#) to learn more about the divisions.

### What is a relay team?

Relay teams consist of 2-3 athletes who collectively complete all three triathlon disciplines. In a two-person team, one athlete will complete two of the three disciplines. In a three-person team, each athlete completes one segment of the race. Relay team members should wait inside the special Relay Pen, located at the Swim In/Run Out end of the Transition area. The ankle strap and timing chip must be passed from one teammate to another at this area.

### Where do I need to get body marked?

Race tattoos are applied to each upper arm. Body marking will be applied on the calf.

### Can I get body marked at the Expo?

No. Each race packet contains two temporary tattoo numbers, which can easily be applied to each shoulder at home. On race morning, volunteers will be available between Transition and the Swim Start to write the age on participants' calves (using permanent marker). There is no need for athletes to body mark themselves.

## Swim Questions

### What is the water temperature?

Lake Michigan is a large open body of water. Temperatures can vary dramatically from the high 50's to the low 70's. The average over previous years is between 65 - 74 degrees. The official water temperature will be measured on race morning.

### Which equipment is needed for the swim?

Swim caps (provided in the race packet) and swimsuits are required for the swim portion. Goggles or a face mask are optional, as are wetsuits.

*Competitive* division athletes may wear wetsuits up to and including 78.0°F. *Recreational* division athletes may wear wetsuits up to and including 83.9°F. Inflatable, swim fins, snorkels and propulsion devices are not allowed. See the attached Event Rules for full details.

### May I use any stroke in the swim portion? Yes

### How deep is the water in Monroe Harbor?

The water is 10' to 12' deep. Athletes will not be able to touch the bottom.

### If I hang onto the kayaks, buoys or the sea wall, will I be disqualified?

No. You may stop and rest during the swim, but you must not interfere with the progress of other swimmers. You may hang onto the guard boats, kayaks or the buoys, as long as you do not advance your progress with your hands. We recommend athletes avoid the sea wall because of possible sharp edges and zebra mussels.

### Will the race begin on the beach or in the water?

The race will start in the water. Groups of 100 - 150 will jump in, tread water for (up to) five minutes, then begin upon the blast of a horn.

**What is the swim course like?**

The Swim will take place in Monroe Harbor, which is closed to boat traffic during the event. The start is at the Lakefront, at Balbo Drive at the Lake. The Swim parallels the sea wall to the exit at the Chicago Yacht Club, at Monroe Street.

**Will I be disqualified if I exit the Swim before the Swim Exit?**

Yes. Swimmers are encouraged to stay in the water through the entire swim portion, for the safety of all participants and the accuracy of timing results. If you exit the Swim Course before the Swim Exit and progress on foot, your timing chip will be pulled and you will be disqualified. This is a non-negotiable rule.

**Is there a time limit on the Swim Course?**

International athletes have one hour to complete the course from the start of the last International wave. Sprint athletes have 30 minutes to complete the course from the start of the final Sprint wave.

**What additional equipment will be permitted in the swim?**

Standard swim goggle and masks will be allowed in the Swim. Swim snorkels are only allowed with a verified medical condition and approval by the Head Official in advance of the race. Use of flotation devices, flippers, paddles or other aids is strictly prohibited.

**How is my wave assigned?**

Waves are assigned to division, gender, and age group. For larger age groups, there are multiple waves. Some smaller groups are combined into waves.

**May I switch my wave?**

Wave assignments cannot be changed. Persons “sneaking” into a wave not assigned to them will be subject to disqualification.

**How many people will be in my wave?**

Wave numbers are approximate and are assigned to facilitate timing and ensure accuracy and safety. On average, swim waves vary from 100 to 150 people.

**How many minutes apart are the wave starts?**

Typically every 4-5 minutes.

**Is there an Aid Station at the Swim Start?**

Yes. Water is available in the Swim Start chute. Additionally, water, Gatorade and more will be provided at the Fuel Station.

**Will there be a swim warm-up?**

No, although all participants will tread water for 2-3 minutes.

**Is there a Gear Check at the Swim?**

Yes. The Swim Gear Check is located just north of the Swim Start. Gear check opens at 5:00 AM. This area closes at 10:00 AM when all gear bags are transported to the Finish Festival area for pickup.

**I lost my swim cap. What should I do?**

Extra caps will be available at the Information Tent, near Monroe St and Lake Shore Dr, and at the Swim Solutions Tent at the Swim Start.

**May I be placed in the same wave as my friend/training partner?**

Due to timing and safety considerations, it is critical that every athlete start in the swim wave to which he/she had originally selected during registration. Each athlete is pre-assigned to a specific wave start. There will be no switching of waves to accommodate athletes who wish to race with friends.

**If someone hands me my glasses at the end of the swim, does that violate the “No Help” rule?**

No, however the helper will not be allowed in the Swim Exit and must stand behind the fence lining the course. The race provides a “Special Needs Table” at the Swim Exit, on which athletes may place glasses, inhalers or other medication prior to their race start.

**Can I rent a wetsuit?**

The event organizers do not provide nor source equipment rental. We strongly discourage anyone from using unfamiliar equipment.

**Bike Questions****What equipment is mandatory for the bike section?**

A bike and a bike helmet are required. Your bike must be in good working condition, with two functional brakes and your bike race number properly attached. Your bike helmet must be professionally certified, and it must have your number sticker properly attached. We recommend having your bicycle checked through a reputable bike shop prior to the event. We also advise to bring equipment for changing a flat tire or making minor bike adjustments.

**Will drafting be allowed?**

No. You must stay four bike lengths behind the rider in front of you. When passing, you need to complete the pass within 20 seconds. If



you are being passed, you must drop back four bike lengths from the person passing you before re-passing them. Riding side by side with another rider is also illegal. See the Event Rules for more information.

**Are you allowed to use a mountain bike?**

Yes. You may use a mountain bike, hybrid/city bike, road bike, single-speed bike or triathlon bike. No motorized bikes, fixed-gear bikes or recumbent bikes are allowed. Fairings (windshields) are not allowed.

**May I use a mountain bike in the non-mountain bike Sprint or in the International distance race?**

Yes, you may use a mountain bike in the International or the Sprint non-mountain bike division. This division is a competition category, but not mandatory to enroll in this division if you ride a mountain bike.

**Does the Mountain Bike Division start in a separate wave?**

Yes, Mountain Bikers will be grouped into the same waves.

**Are there any Aid Stations on the Bike Course?**

No. Please come to the race with a full water bottle. There will be water available for filling-up your bottle in the center of the Transition area, accessible by both Sprint and International participants.

**Will there be mile markers on the Bike Course?**

Yes, mile marks will be placed at each five (5) mile increment.

**May I use a tandem or recumbent bike in the race?**

Only Paratriathletes are allowed to use non-standard bicycles. Should you wish to utilize another style of bike, permission must be granted from the Head Official prior to the race.

**Are there certifications for bike helmets?**

Yes, the bike helmet must be certified by one of several organizations, including ANSI, CPSC and SNELL. Most helmets purchased in the US within the last 4-5 years are certified. See the event rules for a complete list of acceptable certifications.

**Do I have to get my bike inspected?**

No, but it is highly recommended. Many people experience technical problems on race day that could have been easily avoided if the bike had been inspected prior to the race. In order to avoid disappointment on race day, we urge all competitors to have their bikes inspected no more than three weeks prior to the event. Please contact your local bike shop for additional information.

**Will I need to show a bike inspection sticker to participate?** No.

**Will Bike Mechanics be available for assistance on race day?**

Yes. Bike Techs will be located at the north and south ends of Transition, at the Hollywood Avenue turnaround, and roving throughout the Bike Course.

**If I break down on the Bike Course, will there be any assistance?**

Yes, more than a dozen Bike Support Crew will patrol the course on Sunday (with roving mechanics on Saturday). A SAG vehicle will also be circling throughout the race and return you to the Transition area. If you break down, please move to the side of the road (off the course) and fix the bike yourself, or wait for the Bike Support Crew.

**Run Questions**

**Are there any Aid Stations on the Run Course?**

Yes, there are four Aid Stations on the Sprint course, and seven Aid Stations on the International course. All will be serving water and Gatorade Endurance.

**Will there be mile markers on the Run Course?**

Yes, at every mile.

**Will there be gel offered on the Run Course?**

There will be Gatorade Endurance gels located at Aid Station B, which is located near the 1 Mile mark of the Run Course.

**What mandatory equipment do I need for the run?**

It is required to have your race number and timing chip during the run. Race numbers are to be attached on the front of your body and the timing chip must be securely strapped to your left ankle.

**Are headphones and/or mobile phones allowed when racing?**

Headphones, headsets, iPod, mp3 players and personal audio devices of any kind are not to be carried or worn at any time during the race. Mobile phones may be carried, but must be stored out of sight and only used during emergency situations.

**Transition Questions**

**What is the Transition Area?**

The Transition Area is a common area where participants rack their bike, run and swim gear before and during the race. It is also your assigned spot where you will Transition from swim to bike and bike



to run. Relay teams have a designated region outside the Transition Area where they exchange their timing chip strap from swimmer to cyclist and cyclist to runner.

#### **Who is allowed in the Transition?**

Only race participants (with attached wristband), Transition Volunteers and Race Officials are allowed inside Transition. Family members and friends are unable to access this secured facility.

#### **How does the Saturday Bike Check-In work?**

All Sprint, International and Triple Challenge participants have the option to check their bikes into the Transition area on Saturday between 2:00 - 7:00 PM. Use the south entrance near Monroe St (the north entrance will remain closed). Only bikes are permitted at this time (with race numbers affixed), no bags. Full bike bags/covers and wheel covers are not allowed. The Transition area will be secured through the duration, with lighting and security provided.

#### **When will I be able to access the Transition Area on Sunday?**

Yes. The Transition area, located in the grassy area near Randolph and Lake Shore Drive will be accessible from 4:00 to 5:45 AM for both Sprint and International participants.

A secondary check-in will be available for SPRINT PARTICIPANTS ONLY from 6:30 - 8:00 AM, using a special East Gate. Consult the Transition map for exact entrance. Arrive early due to increased security precautions. Anyone arriving after Transition closes will not be allowed to race.

#### **How is the Transition Area designed?**

Transition is divided into sections by event (Sprint, International, Triples, Paratri, First-Timers' Program). There will be a diagram of the Transition area at the Athlete Briefings. Racks will be numbered by wave and bib numbers. You must return your bike to the same location in the racks.

You will not be able to pick up your equipment until the last Age Group participant in your assigned area has started the Run. In order to ensure the security and safety of our competitors and their equipment, there are NO EXCEPTIONS to the above rules.

#### **Can I use decorations (balloons, signs, etc.) to indicate where my things are in the Transition Area?**

No. Balloons and signage are not allowed, as they often hinder

visibility to event directional signs. We reserve the right to remove any materials that will interfere with the safety/security of our competitors and their equipment.

#### **What time will the Transition Area re-open?**

The exact time is to be determined by the Race Director and is dependent upon when the last competitor completes the Bike Course and has set out on the run. International athletes are typically allowed to enter at approximately 10:30 AM, with Sprint distance participants soon after. You will need to show your wristband in order to re-enter the Transition area. All equipment must be picked up by 2:00 PM. Event organizers will not be responsible for any unclaimed equipment after that time.

#### **How do I know where to put my bike?**

Look for color-coded, numbered signs placed at the end of each bike rack that correspond to your wave color/number. Each wave will offer 15-18 individual bike racks for you to choose from. Rack space is available on a first-come, first-served basis. Approximately 10 bikes will fit on each rack.

#### **Why do I have to wait to claim my Transition gear after the race?**

To ensure fairness and the safety of all athletes, we must insist that the Transition area be closed to all but racers-in-progress from the first wave through the last athlete to start the Run. Instead of leaving right after you finish, we invite you to cheer on your fellow athletes and enjoy the Finish Festival area.

### **Chip Timing**

#### **How does chip timing work?**

A computer chip encoded with the athletes name, race number and wave start is attached to a strap that the athlete must wear SECURELY around their ankle. A "scanner" located on mats positioned near Transition (Swim Start/Finish; Bike Start/Finish; Bike Turnarounds; Run Start; Run Turnarounds and Finish) "reads" the chips and records the time as each athlete steps on the mat. For this reason, athletes must be careful to step/ride near the mats along the course.

In addition, an athlete who starts any wave after the first swim wave begins, must take care not to step on a mat in or around the Transition area accidentally as he/she waits for their wave to begin. The chips go "live" after Saturday's mandatory Packet Pick Up and will record

every instance an athlete steps on a mat; if such a time is recorded that is earlier than an athlete's scheduled wave, accidentally or intentionally, the chip will automatically disqualify them.

**May I wear the chip wherever I want?**

No. The strap with the timing chip must be worn on the left ankle, specifically to avoid any contact with the drive train on a bicycle.

**If I lose my chip, will I be timed for the race and where can I get another chip?**

You must have a chip to participate. If you lose your chip before the race starts, see race personnel at the Swim Solutions Tent (located at the Swim Start chute entrance) for a replacement. Each timing chip is very valuable. Replacement cost is the athlete's responsibility.

**Miscellaneous**

**Where are the portalets located?**

There are portalets outside the south end of Transition, between the Swim Start and Swim Finish (on Queen's Landing), at each Run Course Aid Station and at the Finish Line/Finish Festival.

**Are there Medical tents and personnel located on the course?**

Yes. There will be medical tents and personnel available for basic first aid at Transition, Swim Start, Swim Exit, at every Aid Station along the Run Course as well as at the Finish Line. In addition, Race Guards will provide supplementary medical support to the existing medical plan for an added level of race participant safety by running along side the participants. They will patrol the course and help out where needed. They will be easily identifiable with Red Medical bibs located on their back.

**What time is the Awards Ceremony?**

The Sunday Award Ceremony will begin around 12:00 PM, contingent upon results being finalized and will be presented at the Awards Stage, located in the Finish Festival.

**Will there be Race Day transportation?**

Yes. Trolley Service presented by Fox Business will be available on Race Day for athletes and spectators, from 8:00 AM - 3:00 PM. The trolleys will transport athletes and spectators from the Transition area to the Finish Festival. Pick-up and drop-off will be located at the northeast corner of Balbo and Columbus Drives as well as the southwest corner of Lake Shore Dr. and Monroe Street.

**Where is there a Lost and Found?**

During the Expo the Lost and Found will be located at the Information Booth. During Sunday's race, Lost and Found will be located at the Information Tent located at Columbus & Balbo.

**I will be unable to race; can I get a refund?**

There are absolutely NO REFUNDS.

**May I change a member of my relay team? No.**

**If I can't make the race, can I give my entry to a friend? No.**

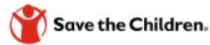
**What is the weight requirement for the Clydesdale division?**

All individuals registered in this division will have to weigh-in at the Expo on Friday and Saturday. Men must weigh at least 220 lbs., women must weigh at least 165 lbs.

**I am registered for the Clydesdale division. If I fail to make the weight requirements at Packet Pick Up will I be disqualified?**

No, you will simply be transferred to the Open Age Group competition.

# Thank You To Our Sponsors



# Kids' Tri & SuperSprint Race Information

The Life Time Kids Tri Chicago and the Chicago Triathlon SuperSprint are held at Foster Beach on Saturday, August 24. While Sunday participants must visit the Multisport & Fitness Expo presented by Verizon, Saturday participants have the option to pick-up their packets on Friday, August 23 at the Hilton Chicago, or Saturday morning on-site at Foster Beach.

## Athlete Briefings

Friday's Multisport & Fitness Expo will host two optional Athlete Briefings, specifically detailing both Kids and SuperSprint Tri races. These 30 minute discussions will cover event schedules, logistics and course information. Otherwise, abbreviated briefings will be held on the beach 15 minutes prior to both Kids' Tri and SuperSprint starts.

### Kids Tri & SuperSprint Athlete Briefings

Hilton Chicago | 2nd Level, Boulevard Room

### Friday, August 23

2:30 PM SuperSprint & Kids' Tri

6:00 PM SuperSprint & Kids' Tri

## Packet Pick-Up

- Athlete race numbers will be e-mailed the week before the race. Those unable to remember may utilize the Bib Look-up Station.
- Athletes or parents/guardians will need a valid photo ID.
- This event is not USA Triathlon sanctioned. Athletes are not required to present a USAT card or pay a one-day license fee.
- Volunteers will fasten wristbands on all athletes during Packet Pick-Up. Athletes MUST keep their wristbands on until after they pick up their bike from Transition on Sunday after the race.
- One "Guardian" wristband will be presented as well, enabling parents or guardians the ability to help young athletes setup prior to the race, as well as remove the bike and gear afterward.
- Race numbers and wristband colors correspond with assigned race distance and/or division.

## Race Packet Items

The following custom items will be distributed at Packet Pick-Up:

- Swim Cap
- Run Bib Number
- Athlete Wristband
- Body Marking Tattoos (one for each upper arm)
- Bike/Helmet/Gear Bag Number Stickers
- T-Shirt
- Goodie Bag
- Timing Chip and Strap

## Timing Chips

- Athletes will receive a timing chip and velcro strap. The chip should be affixed to the left ankle prior to the swim start and must be worn during the entire event to receive an official time.
- Please ensure that timing chips are affixed tightly and correctly to avoid any timing issues.
- Relay Team members will pass the chip to their teammate to complete the next segment within the Relay Pen area.
- Should a chip fall-off during the race, athletes should notify race staff.
- All timing chips must be returned to volunteers at the finish line (except for Triple Challenge participants). Failure to return the chip will result in a \$50.00 replacement fee.



## Race Morning Access

All Saturday participants are required to bring race gear and bikes on race morning. Athletes and Guardians (if applicable) must be wristbanded prior to entering this secured area, and have bike frame stickers affixed. Athletes may check-into the Transition area on Saturday between:

- 5:30 AM – 6:45 AM | Transition open: Kids' Tri & SuperSprint
- 9:00 AM – 9:45 AM | Transition open: SuperSprint check-in & Kids' Tri check-out

Arrive early, allowing for adequate time. Any necessary body marking will be applied on the beach while heading to the Swim Start.



Those with “Guardian” wristbands will be allowed inside Transition to aid young athletes prior to the Kids’ start. Guardians are NOT allowed inside Transition during the race.

ALL BIKES MUST BE CHECKED-IN DURING TRANSITION HOURS. ONCE TRANSITION CLOSES, ATHLETES ARE UNABLE TO ENTER.

Once a bike has been checked into the Transition Area, it cannot be removed until after the race. Bike mechanics will be available to help with tire inflation and mechanical issues.

### Swim Start Process

Once finished in Transition, athletes will proceed to the Swim Start area on the beach. Participants should plan to be in the Swim Start area at least 30 minutes prior to their dedicated wave start time, where volunteers will hold large signs representing each wave group.

All Kids’ Tri and SuperSprint waves will begin with a “Time Trial” start, with two athletes starting the swim (crossing a timing mat on the beach) every few seconds. Consult the Wave Start chart on the following pages for groups and estimated times.

### Wetsuits & Water Temperatures

Life Time Tri’s maximum legal wetsuit temperatures are now relative to two athlete “Divisions.” *Competitive* athletes may wear wetsuits up to and including 78.0°F. *Recreational* athletes may wear wetsuits up to and including 83.9°F. See the Rules Book for full details.

### Swim Course

Athletes cross a timing mat on the beach before beginning their swim from the north end of Foster Beach. All swimmers proceed clockwise along the water, completing a rectangular swim course before exiting at the south end of the beach (along the ADA ramp). Each course will be marked with separate buoys. The Swim Start and Swim Exit will be clearly marked on the beach with hard barricades and large inflatables.

### Bike Course

Both SuperSprint and Kids’ Tri events feature a 100% traffic-free Bike Course. Athletes begin by exiting Transition at the south entrance and proceeding south. All cyclists ride contraflow (against the flow of traffic) on Simonds Drive until reaching the turnaround at Montrose

Harbor Drive and returning to the Transition area. Junior Kids will complete (1) loop, Senior Kids (2) loops and SuperSprint athletes (3) loops before completing the Bike Course. Race Officials will monitor the course. There are no Aid Stations along the Bike Course.

**NOTE!** Unlike other events, this event requires all bikers to STAY TO THE LEFT. If passing, check behind for approaching bikers then move to the right. Maintain four bike lengths behind the cyclist in front of you or pass within 20 seconds.

### Run Course

The Run Course is located entirely on the public pedestrian path between Foster Beach and Montrose Beach. Runners will exit Transition at the east corner, heading south contraflow (keeping to the left) until their respective turnaround point and proceed north back to the Finish Line. Three separate turnarounds will be marked with signage and Course Marshals.

### Course Cut-Off Times

Neither Saturday race will enforce strict time cutoffs, although participants may be asked to abbreviate their Bike Course portion as streets will eventually be re-opened to vehicular traffic.

### The Divvy Wave

The Chicago Triathlon SuperSprint will again feature a special wave of 100 Divvy bikes, part of the city’s popular bike share program. This wave will setup in Transition as well as start together.



Divvy will provide 100, freshly tuned-up bikes on-site within the SuperSprint Transition area. Participants will pick-up their bike from the Divvy Pen, located inside Transition.

Bike stickers must be applied to the seat post or frame before exiting Transition, and removed following the event. Participants are not able to customize/alter their Divvy bikes for competition (ie. change wheels, pedals), and all event rules apply to the Divvy wave. Participants MUST bring their own helmet in order to ride the course. Special awards will be provided to the top three male and female participants at the SuperSprint Awards Ceremony. Divvy participants will leave the bikes in Transition following the event.

## Aid Stations

Water, Gatorade Endurance and portolets will be available at all Aid Stations. Please make sure to bring your own hydration with you for the Bike leg. There are NO AID STATIONS ON THE BIKE COURSE. On-course Aid Stations will be located at the entrance of Transition, at the Run Out chute and at the 1k run turnaround. Water, bananas, chips and Gatorade Endurance will be served at the Finish Line.

## The Finish

What to do when you cross the Finish Line? Throw those arms up and SMILE! The paparazzi are waiting. As a reminder, only the Relay Team runner will cross the Finish Line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent within the Finish Festival to receive their medals. Home Run Inn will be serving hot English muffin sandwiches and French toast sticks.

## Finish Line Policy

Under the idea of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.

## Reclaiming Bike and Gear

Bikes and equipment may be removed from the Transition area once all athletes have completed the Bike Course. Athletes (and/or Guardians) will need their bib number/wristband to reclaim their bike from the Transition area after the race.

## Awards

All finishers will receive a Finisher's Medal, with top performing individuals in all *Competitive* divisions earning additional awards. The Kids' Tri Awards Ceremony begins at 10:00 AM at the Finish Festival stage, followed by the SuperSprint Tri Awards at 11:30 AM. Awards will be issued to these top three female and male finishers:

**Kids' Tri:** Jr Age Groups (7-8, 9-10), Sr Age Groups (11-12, 13-14), Paratri (Ambulatory, Wheelchair, V.I.), Relays (Female/Male/CoEd)

**SuperSprint Tri:** Overall, Divvy Wave, Age Groups (19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over), Paratri (Ambulatory, Wheelchair, V.I.), Relays (Female/Male/CoEd)

## Spectators

Spectators will be able to see their athletes at nearly all points along the course. Remember, parents, non-race personnel and spectators are not permitted to assist athletes in any way. Triathlon is an individual sport. Those who receive outside assistance (of any type) receive an unfair advantage. In most situations, if athletes are seen accepting assistance, they are subject to penalties or disqualification. Families and spectators must stay off the course, and may not enter the Transition area or the Finish Line chute. Please be respectful of all participants. Children and pets should be supervised at all times.

## Athlinks Results

Race results will be updated regularly online throughout the day, and at the Results Tent in the Finish Festival. You may access your results directly from your mobile phone using the free "Athlinks" App. Once loaded, search for "Life Time Kids Tri Chicago / SuperSprint Tri" within the event listings.

## Photography & Social Media

FinisherPix will provide race photography for purchase before, during and after the race. Be sure your race numbers (body marking, bike and bib numbers) are visible at all times so you can be identified. Photos will be posted within 24 hours of the event.

## Parking

Limited race day parking is available at both the Wilson and Montrose parking pay lots, both easily accessible from Lake Shore Drive. Limited free as well as metered street parking is available along Lawrence and Wilson Avenues.

NOTE: DROPPING-OFF PARTICIPANTS AT FOSTER AVE AND LAKE SHORE DRIVE IS STRICTLY PROHIBITED. Police will issue tickets.

## Lost & Found / Lost Children

Lost items should be turned-in or claimed at the Information Tent, located across from Transition. Unclaimed items will be donated after 30 days to a local charity. Should parents and children become separated, please alert race staff who will communicate throughout the venue. Various tents will serve as safe locations for children until they can be reunited with their parents. Parents, be sure to wear the provided Guardian wristband and listen for PA announcements for youth athletes or children that need reuniting.

# COURSE MAP

SATURDAY, AUGUST 24, 2019

Distances	Swim	Bike	Run
SuperSprint	375m	10.5km	2.5km
Sr Kids (11-14)	200m	7km	2km
Jr Kids (7-10)	100m	3.5km	1km



**COURSE MAP KEY**

- Transition Area
- Packet Pick Up
- Walkway to Packet Pick Up
- Finish Line
- Parking: Wilson & Montrose Lots
- Pre Race Fuel Station



# Kids' Tri & SuperSprint

## Frequently Asked Questions

### **I am a first time triathlete. What do I need to bring?**

Each athlete will need:

- Swimsuit & Goggles
- Bike & Helmet
- Biking and running clothes
- Water bottle for Transition area and the Bike Course

At Packet Pick Up, each participant will receive a swim cap, race number (with pins to attach to clothing), required athlete wrist bands (kids receive one additional band for a parent/guardian), t-shirt and a goodie bag.

### **As a parent of a youth triathlete, can I help my child in the Transition area or run alongside them during the event?**

One parent or guardian will be allowed in the Transition area during designated times prior to the race start, and only allowed if wearing the matching youth triathlete wristband. Once the Transition area is closed, no one other than athletes, volunteers and staff will be allowed inside. Volunteers will be available to help tie shoes, buckle helmets, and direct the kids where to go. Family may connect with the athlete after they have crossed the Finish Line.

### **When and where are the Athlete Briefings?**

A pre-race Athlete Briefing will be held 15 minutes prior to the first wave start for each race at the Swim Start. Additionally, two detailed SuperSprint/Kids Tri briefings will be held at the Multisport & Fitness Expo on Friday, August 25 (2:30 & 6:00 PM) in the Boulevard Room.

### **Will there be chip timing?**

Yes, all events utilize chip timing. You will be able to view final times and splits following each race. Be careful not to lose or damage your timing chip. Lost or damaged chip replacements will be the sole responsibility of the athlete associated with the chip for \$50.

### **Will athletes be body marked?**

Yes. Athlete packets contains two temporary tattoo numbers, which can easily be applied to each shoulder. On race morning, volunteers will be available between Transition and the Swim Start to write the age on participants' calves (using permanent marker).

### **How do I know where to put my bike?**

After being body marked, enter Transition to find the bike racks with your specific race/bib number. Kids, SuperSprint and Divvy groups will have separate areas within Transition. Volunteers and staff will be on-site to assist.

### **What is the water temperature?**

Foster Beach is a shallow beach on Lake Michigan, and temperatures vary from the high 60's to the mid 70's. The official water temperature will be measured on race morning.

### **Which equipment is needed for the swim?**

Swim caps (provided in the race packet) and swimsuits are required for the swim portion. Goggles or a face mask are optional.

### **Are wetsuits allowed?**

*Competitive* division athletes may wear wetsuits up to and including 78.0°F. *Recreational* division athletes may wear wetsuits up to and including 83.9°F. Inflatable, swim fins, snorkels and propulsion devices are not allowed. See the attached Event Rules for full details.

### **Will there be traffic on the Bike Course?**

No, the Bike Course is closed to vehicular traffic, and the Run is held solely on the Lakefront Path.

### **Are there any Aid Stations on the course?**

Aid Stations will be located at the entrance of Transition, as you run in from the Swim, at the Run Out chute and at the 1k run turnaround. Water and Gatorade Endurance will be provided. There are NO Aid Stations on the Bike Course.

### **What happens at the end of the event?**

There will be music, food, family fun and an Awards Ceremony following the race in the Finish Festival area southeast of Transition. We encourage all athletes and spectators to stay around for the ceremonies. The Kids Tri ceremony will take place at 10:00 AM. The SuperSprint ceremony is scheduled for approximately 11:30 AM.

### **Will there be race photos?**

Yes, professional photos will be available for purchase by FinisherPix. Visit the "Results" page at [chicagotriathlon.com](http://chicagotriathlon.com) for access.

### **Is the event Spectator friendly?**

Yes. Bring the family and enjoy the day (but leave your pets at home).



# WAVE START ASSIGNMENTS

Saturday, August 24, 2019



	WAVE	BIB RANGE	DESCRIPTION	START	SWIM CAP
JR. KIDS (7-10)	1		PARATRIATHLETES (7-10 YEARS)	7:00 AM	NEON GREEN
	2		10 YEAR OLD MALES	TIME TRIAL	RED
	3		9 YEAR OLD MALES	TIME TRIAL	WHITE
	4		8 YEAR OLD MALES	TIME TRIAL	RED
	5		7 YEAR OLD MALES	TIME TRIAL	WHITE
	6		10 YEAR OLD FEMALES	TIME TRIAL	RED
	7		9 YEAR OLD FEMALES	TIME TRIAL	WHITE
	8		8 YEAR OLD FEMALES	TIME TRIAL	RED
	9		7 YEAR OLD FEMALES	TIME TRIAL	WHITE
	10		FRIENDS & FAMILY WAVE	TIME TRIAL	RED
	11		RELAYS	TIME TRIAL	WHITE
SR. KIDS (11-14)	12		PARATRIATHLETES (11-14)	8:00 AM	NEON GREEN
	13		14 YEAR OLD MALES	TIME TRIAL	RED
	14		13 YEAR OLD MALES	TIME TRIAL	WHITE
	15		12 YEAR OLD MALES	TIME TRIAL	RED
	16		11 YEAR OLD MALES	TIME TRIAL	WHITE
	17		14 YEAR OLD FEMALES	TIME TRIAL	RED
	18		13 YEAR OLD FEMALES	TIME TRIAL	WHITE
	19		12 YEAR OLD FEMALES	TIME TRIAL	RED
	20		11 YEAR OLD FEMALES	TIME TRIAL	WHITE
	21		FRIENDS & FAMILY WAVE	TIME TRIAL	RED
	22		RELAYS	TIME TRIAL	WHITE
SUPERSPRINT	23		PARA TRIATHLETES	10:00 AM	NEON GREEN
	24		TRIPLE CHALLENGE	10:05 AM	YELLOW
	25		TRIPLE CHALLENGE	10:08 AM	YELLOW
	26		TRIPLE CHALLENGE	10:11 AM	YELLOW
	27		M19 & UNDER / M20-24 / M25-29	TIME TRIAL	ROYAL BLUE
	28		M30-34 / M35-39	TIME TRIAL	ORANGE
	29		M40-44 / M45-49	TIME TRIAL	GREEN
	30		M50-54 / M55-59 / M60+	TIME TRIAL	PURPLE
	31		F30-34 / F35-39	TIME TRIAL	SILVER
	32		F19 & UNDER / F20-24 / F25-29	TIME TRIAL	ROYAL BLUE
	33		RELAYS	TIME TRIAL	PINK
	34		F40-44 / F45-49	TIME TRIAL	ORANGE
	35		F50-54 / F55-59 / F60+	TIME TRIAL	GREEN
	36		FRIENDS & FAMILY WAVE	TIME TRIAL	RED
	37		FIRST TIMERS	TIME TRIAL	SILVER
	38		FIRST TIMERS	TIME TRIAL	ROYAL BLUE
	39		FIRST TIMERS	TIME TRIAL	ORANGE
	40		FIRST TIMERS	TIME TRIAL	GREEN
	41		DIVVY WAVE - MALE	TIME TRIAL	LIGHT BLUE
	42		DIVVY WAVE - FEMALE	TIME TRIAL	LIGHT BLUE



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Move better. Live better.

# IBJI can treat your pain, aches and sprains

## Injury screenings at no cost

Complimentary injury screenings are evaluations performed by a Licensed Physical Therapist (PT) or Certified Athletic Trainer (ATC) in our physical therapy clinic as a means to help our patients determine what is the best treatment solution for non-emergency conditions. An IBJI clinician will explain the extent of the injury and educate the patient on an appropriate treatment protocol.

## Same-day orthopedic care

IBJI OrthoAccess immediate care clinics offer same-day care for adults and children for a variety of orthopedic challenges including fractures, sprains, strains, back and neck pain, work and sports injuries and minor auto accident injuries.

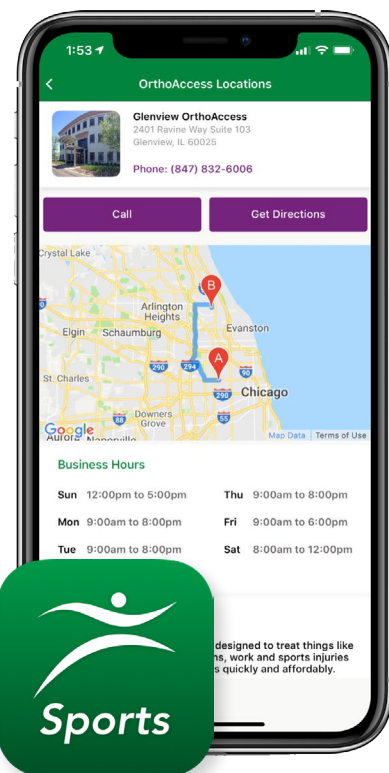
Most emergency rooms are staffed with skilled medical providers, but they're not bone and joint specialists. OrthoAccess clinics offer everything patients need to be quickly diagnosed and treated—and at a significant savings over the cost of an emergency room visit.

*Injured on the course?*

**Take IBJI with you!**

Download the free IBJI Sports Access app for iPhone and Android. Search for IBJI in the App Store and on Google Play.

- Request a complimentary injury screening
- Find an IBJI OrthoAccess immediate care location
- Learn more about our services



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# Connect with your fans.

Bring them by the Verizon  
space at the pre-race expo  
where they can create custom  
signs to cheer you on.

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# Pre Race Checklist

## General Items

- Special foods or drinks
- Extra shoes
- Necessary medications (inhalers, etc.)
- Warm-up suit/warm clothes
- Umbrella or rain gear
- Timing chip band
- Multi-tool kit
- Electrical tape
- Race tattoos
- Extra clothes
- Extra shoes/flip flops
- Recovery nutrition
- Sunscreen

## Swim Gear

- Swimsuit or tri race kit
- Race issued swim cap
- Goggles
- Wetsuit or swim skin

## Bike Gear

- Bike frame sticker
- Helmet
- Cycling shoes
- Bike/tri shorts or tri race kit
- Pump
- Water bottles
- Nutrition bag
- Flat repair kit (tire, tube, tire levers, CO2)
- Arm warmers or leg warmers
- Light wind vest
- Sunglasses
- Sunblock

## Run Gear

- Run bib
- Race belt
- Socks
- Running shoes with quick laces
- Hydration belt or water bottle
- Hat or visor

## Transition

- Towel or mat
- Extra water bottle
- Sunscreen
- Anti-chafe cream



## 2019 RULES SUMMARY

A variety of changes were introduced to the Life Time Tri Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full set of rules and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

### On-site Presence

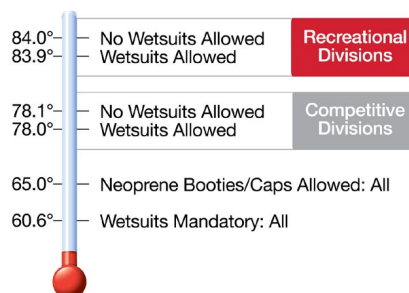
A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony.

### Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete "divisions," originally selected during registration.

"Recreational" division participants may wear wetsuits in waters up to and including 83.9°F.

"Competitive" athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick-Up. Full details are listed on page IV of the Rules Book.



### Draft Zone



Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a "drafting" penalty.

### Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete's race number and present this black and white penalty card.



### Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.



### Other Common Rules

- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet before, during and after the race.
- Walk your bike to the Mount Line and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception of a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate. We'll help you with that!



**QUESTIONS?** Contact Rosalyn Popham, Life Time Tri Head Official at [rpopham@lt.life](mailto:rpopham@lt.life) or Athlete Services: [events@lt.life](mailto:events@lt.life)

## 2019 RULES BOOK

The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. The following is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Tri wishes to emphasize a continued quest to develop well-educated athletes within the sport of triathlon. *Note: An abbreviated Rules Summary is listed on p12.*

### What's New?

Life Time's Officiating Program is designed to properly educate the field while also applying better global standards across the sport. Athletes may experience some differences, including:

#### NEW FOR 2019!

Smart helmets have been added to the list of communication devices not acceptable for use in a distracting manner during competition. Full reference in General Athlete Conduct (I.10).

#### WETSUIT TEMPERATURES

The maximum legal wetsuit temperatures are relative to athlete "Divisions." *Competitive* athletes may wear wetsuits up to 78.0°F. *Recreational* athletes may wear wetsuits up to 83.9°F.

#### ON-COURSE DIALOGUE

While experiencing a rule infraction, Officials will communicate (when safe) with the athlete in the moment, identifying the penalty and advising on how to serve it.

#### DRAFT ZONE

Moving toward global short course standards, Life Time will move to a 9m draft zone, where athletes keep 4 bike lengths of space between them and make a pass within 20 seconds.

#### PENALTY TENT

Athletes receiving penalties will be directed to a Penalty Tent (located on the Run Course) where they will check-in and must serve a 3-minute stand down.

#### QUESTIONS?

Ask the Officiating Team while at the race venue, or email Rosalyn Popham, Head Official at: [rpopham@lt.life](mailto:rpopham@lt.life)

## I. General Athlete Conduct

1. Athletes not adhering to any of these rules may incur a three (3) minute time penalty per infraction, a possible DISQUALIFICATION or even a suspension from Life Time Tri events.
2. Athletes are expected to treat other athletes, volunteers, race staff, officials and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.
3. Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.
4. Knowledge of the entire prescribed swim, bike and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the course in its entirety will be DISQUALIFIED.
5. Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.
6. No athlete shall endanger themselves, other athletes, volunteers, race staff, officials or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.
7. Athletes are required to have the race-appropriate body markings, as well as helmet and bike frame numbers visible.
8. Littering or abandoning any personal equipment or gear outside of transition or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a 3-minute time penalty and a gross infraction may result in a DISQUALIFICATION.

9. Listening devices, head phones, ear buds, Bluetooth products and the like are not allowed at ANY time during the race. Athletes using these items during the race are subject to a 3-minute time penalty, risk their audio device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.



Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete.

10. Athletes may not use communication devices of any type in a distractive manner during the race. Communication devices consist of, but are not limited to: cell phones, smart watches, smart helmets (helmets with Bluetooth technology) and two-way radios. A “distractive manner” includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distractive manner are subject to a 3-minute time penalty, risk their communication device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.

11. Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only and is used in a safe manner which does not present a hazard to themselves or others.

12. Cameras, phone cameras, video cameras, GoPros™ and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.

13. Signage, flag poles longer than 2', selfie sticks, balloons or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.

14. Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff and other athletes still actively racing. Examples of outside assistance include: non-participants supplying nutritional items, providing or receiving gear,

escorting an athlete along the race course, pacing or supplying any aid not available to all other athletes at the event. Athletes using outside assistance will receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

15. Athletes may not provide any equipment to a fellow competing athlete if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: complete bicycles, frame, wheels, helmet and shoes. Should this occur, both athletes will be DISQUALIFIED.

16. Athletes shall not work together to improve their performance or efficiency.

17. Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.

18. Offensive language spoken or written is not allowed. Offensive language written on a sign, clothing or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official.

19. Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.

20. Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.

21. Course officials and medical personnel reserve the right to remove any athlete from the course if determined medically necessary.

22. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

23. Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to events@lt.life or any Race Official. Situations will be investigated as thoroughly as possible.

## II. Transition Area Conduct

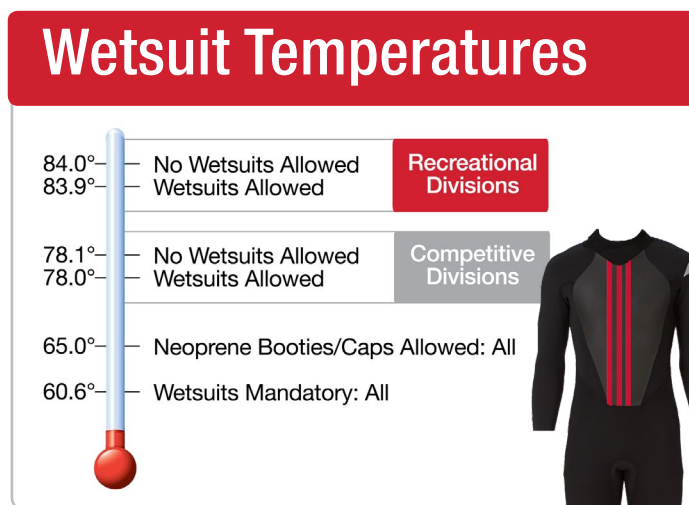
1. Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately or the athlete possessing these items may be DISQUALIFIED.
2. Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.
3. If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete's bib number is labeled. Athletes may rack their bikes either by the seat or the handle bars, and the bike must be placed in the rack area specified by the race. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.
4. Gear must be placed under the athlete's bicycle or the bicycle tire next to them, and not be in the general walkway, bike rack ends or along the transition area fence. Items in these areas will be removed.
5. Athletes are not to interfere with another athlete's equipment in the transition area. Athlete's found tampering with another athlete or event equipment will be DISQUALIFIED.
6. Riding a bike in transition before, during or after the race is not allowed and may result in a DISQUALIFICATION.
7. Athletes who arrive late or remain in transition after race staff have officially deemed it "closed" for the race may be DISQUALIFIED.

## III. Swimming Conduct

1. Race bib numbers are not to be worn during the swim.
2. Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a 3-minute time penalty will

be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.

3. Flotation devices, pull buoys, aquatic flotation belts, fins and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED.
4. All athletes must swim to the outside of all swim course buoys on the prescribed course.
5. Athletes are required to use the event issued swim cap as the outermost cap during the swim portion. Failure to wear it or altering the event-given swim cap may result in a DISQUALIFICATION.
6. Goggles and face masks are not required, but strongly encouraged.
7. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with a medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.



8. Legal wetsuit temperatures are now relative to one of two athlete divisions, originally selected during event registration:

A. "*Recreational*" division participants are those opting into non-competitive waves (ie. First-Timers', Friends & Family, Early Bird, Charity Waves, etc.). *Recreational* participants may wear wetsuits when the water temperature measures 83.9°F (28.8°C) or below.



B. “*Competitive*” division athletes are those competing for awards (ie. Age Groups, Paratri, Athena/Clydesdale, First Responders, Relays, etc.). *Competitive* participants are able to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.

9. Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like are not allowed in water temperatures of 78.1°F (25.6°C) or higher for *Competitive* athletes, or temperatures of 84.0°F (28.9°C) or higher for *Recreational* athletes.

10. Should approaching water temperatures be of concern to those registered in *Competitive* divisions, athletes may elect to move into a *Recreational* division, subject to availability. Requests must be submitted before the close of Packet Pick Up.

11. Wetsuits are forbidden for all athletes when water temperatures reach 84.0°F (28.9°C) or above.

12. Neoprene booties and neoprene swim caps are allowed when the water temperature is 65.0°F or below.

13. Wetsuits are mandatory for all participants when the water temperature is 60.6°F (15.9°C) or below.

14. The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces, then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.

15. Official water temperatures will be taken at least two hours prior to the race start on event day.

16. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).

## IV. Cycling Conduct

1. Race bib numbers are optional while on the bike.
2. Unless otherwise prescribed for a specific race venue, athletes

must ride their bikes on the right side of the road so as not to block the progress of others. Athletes passing on the right side of other athletes will incur a 3-minute time penalty for an ILLEGAL PASS.

3. Athletes are not to cross-over the roadway's center line while on the bike course. Athletes riding over the center line and endangering themselves or others may be DISQUALIFIED.

### Draft Zone

Keep back 4 bike lengths from others...



...or complete a pass in 20 seconds!

4. Drafting occurs when one athlete rides closely behind another, reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least four (4) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 9 meter draft zone, to avoid a 3-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

5. Athletes must keep 35 meters between them and moving motorized vehicles to avoid a 3-minute time penalty for DRAFTING.

6. If passing another cyclist, athletes must complete their pass within 20 seconds to avoid a 3-minute time penalty for DRAFTING.

7. Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a 3-minute time penalty for DRAFTING.

8. Once an athlete has been passed, they will need to immediately fall back four (4) bike lengths before repassing to avoid a 3-minute time penalty for being OVERTAKEN.

9. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

10. Athletes riding to the left without passing another athlete will incur a 3-minute time penalty for POSITION.

11. Athletes riding to the left and obstructing other athletes from passing will incur a 3-minute time penalty for BLOCKING. Side-by-side riding is not allowed.

12. The bike position rules are in effect at all times during the race with the exception of the immediate area around Aid Stations, the mount/dismount line, sharp turns or U-turns, extreme inclines and descents and in times where athletes need to proceed with caution due to unforeseen events.

13. Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.

14. Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a 3-minute time penalty.

15. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.

## V. Cycling Requirements

1. Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels, as well as a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed-gear systems do not have the ability to “coast” when pedaled backwards and are not allowed.

2. Trikes, tandems and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.

3. For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at race site.

4. Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.

5. No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race or the athlete will be DISQUALIFIED.

6. Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race or the athlete will be DISQUALIFIED.

7. Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

## VI. Helmet Requirements

1. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED.

2. Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.

3. No skateboard or other non-cycling helmets are allowed. Athletes

using these types of helmets will not be allowed to race and will be DISQUALIFIED.

4. Helmets are not to be altered from its manufactured state or the athlete may be DISQUALIFIED.

## VII. Running Conduct

1. Bib numbers are mandatory and must be visible on the run course.
2. Running, walking or crawling is allowed.
3. Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.
4. Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for details.

## VIII. Finish Line Policy

1. Only registered athletes are allowed to enter the Finish Chute and cross the Finish Line. For the safety of all, and so each participant can celebrate their accomplishment, athletes should not bring family or friends in the Finish Chute or across the Finish Line. Athletes not following this policy will be DISQUALIFIED.

## IX. Penalty Assessment

1. Athletes who do not comply with the rules will be notified while on the course, when safely appropriate, if a penalty is being issued.
2. When a penalty is being issued, the official will call out the athlete's race number and show them the black and white PENALTY card illustrated above. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.



3. All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for 3 or more minutes, depending on how many penalties were issued. If an athlete was issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.
4. Any athlete receiving three (3) or more penalties will be DISQUALIFIED.
5. For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.
6. Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.
7. Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.
8. Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.
9. The Head Official shall have the authority to disqualify any athlete.

## X. Protests & Appeals

1. Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail within one (1) hour of the athlete crossing

the finish line. Protests will require a \$75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

2. Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail within 5 days of the event. Appeals will require a \$75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

3. Observations and judgment calls made by the race officials cannot be protested or appealed.

## XI. Registration Restrictions, Categories and Suspensions

1. Athletes will race under their age as of December 31st of the race year.

2. Athletes need to be 18 years or older on race day to register. Athletes under the age of 18 on race day need approval of a parent/guardian and Life Time Events to register.

3. Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.

4. Athletes racing under someone else's name/registration, or providing false information will be suspended from Life Time Tri for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.

5. Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence and failure to notify race staff when withdrawing from a race are also acts warranting suspension.

6. Life Time Tri has adopted the International Olympic Committee's guidelines for transgender and sex reassignment athletes.

## PARATRIATHLETE RULES

Paratriathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be DISQUALIFIED unless otherwise indicated.

### I. Paratri Classifications

1. For ease of registering and racing, paratriathletes will be classified into one of these three categories:

A. PTWC/Wheel Chair/Sit: Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to 2 handlers and wetsuits are allowed at any water temperature.

B. PTS/Stand: Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler and wetsuits are only allowed in water temperatures 78.0°F and below.

C. PTVI/Visually Impaired: Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license and wetsuits are only allowed in water temperatures 78.0°F and below.

2. Athletes with miscellaneous conditions such as, but not limited to: intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments and/or cognitive impairments are not eligible for paratriathlon competition.

3. Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

### II. Paratriathlete Conduct

1. Handlers may aid their athlete by assisting or carrying the athlete



from the swim exit to the transition area, assist with prosthetic or support devices, lift athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.

2. Handlers and guides are subject to all competition rules and conduct.

3. Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.

4. Any request for an impairment adaption to any piece of equipment must be submitted to the Head Official at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.

5. Paratriathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

## III. Paratri Transition Conduct

1. PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area, as well as while in transition. No hand cycles are allowed from the swim exit to the transition area.

2. PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area, as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.

3. Bicycles, tandem bicycles and tricycles cannot be used from the swim exit to the transition area.

4. All PC athletes must come to a complete stop at the mount and dismount line before proceeding.

## IV. Paratri Swimming Conduct

1. When there is a multiple loop swim course, paratriathletes are not required to exit the water before completing additional loops.

2. Prosthetic and orthotic devices are not allowed for any paratriathlete during the swim, as these are considered propulsive devices.

3. PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.

4. PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60-inch (1.5m) separation between them. When a violation of these rules occur the PTVI athlete and the guide will both incur a 3-minute time penalty.

5. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

## V. Paratri Cycling Conduct

1. Athletes are only allowed to be supported on the bike by pedals, the saddle and handlebars.

2. Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:

A. Athletes not wearing a prosthesis may use support for the thigh if the thigh is not affixed to the bicycle.

B. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the foot plate area.

3. If using a recumbent handcycle:

The recumbent handcycle should be arm powered with three wheels and an open frame of tubular construction, conforming to the general principles of the International Cycling Union (UCI) construction for bicycles (with the exception that the chassis frame is not required to be straight).

The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width. Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes to be for strengthening purposes only.

The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drive train with hand grips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction. Solid disc wheels and wheel covers are not allowed.

If the recumbent handcycle has two rear wheels, it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.

All recumbent handcycles must have a braking system on the front wheel(s) and a separate breaking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.

The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete's body.

The athlete's eye line must be above the crank housing when the rider's hands are on the handgrips, the shoulder blades are touching the backrest, and the head is touching the headrest.

To protect the athlete, the largest chain ring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and must face the rider.

The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.

To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.

Handcycles may be measured in transition and are subject to re-examination at any time.

#### 4. If using a tandem bicycle:

- The tandem bicycle shall only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).
- The guide or 'pilot' will ride in front while the PTVI athlete will be seated behind the guide. Both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.
- A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.
- Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See **HELMET REQUIREMENTS** for more details.

## VI. Paratri Running Conduct

1. Running shoes or approved prosthetics on affected limbs are allowed and recommended, but not required.

#### 2. If using a racing wheelchair:

- The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.

- No part of the actual chair can extend past the hub of the front wheel and must not extend into the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).
- The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.
- Only one round hand rim is allowed on each large wheel unless special exemption is requested.
- Only hand operated, mechanical steering devices are allowed. Athletes must be able to turn the wheel manually side to side.
- No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.
- Mirrors are allowed, but not required.

Competitors must ensure that no part of their limbs can fall to the ground during the event.

- Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See **HELMET REQUIREMENTS** for more details.
- A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.
- Racing wheelchairs may be measured in transition and are subject to re-examination at any time.

3. Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Paratriathletes and guide partners displaying this behavior will both incur a 3-minute time penalty.

4. PTVI athletes and guides must be tethered during the run with a non-elastic tether or an elbow lead. Paratriathletes and guides must not be separated more than 20 inches (0.5m) at any times. The guide may not lead the athlete or move them forward by pulling or pushing.

Athlete and guide partners displaying this behavior will both incur a 3-minute time penalty.

## VII. Paratri Finish Line Policy

1. PTWC Paratriathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.

2. For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

## PROFESSIONAL RULES

1. Professional athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri prior to race weekend.

2. Professional athletes holding a Pro card are prohibited from competing in an age group category.

3. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. The Life Time Tri Series supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

4. Professional athletes will follow all the same rules as the Age Group athletes with the following exceptions listed below:

5. Professional athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 12 meter draft zone, to avoid a 1-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

6. Professional athletes must keep 35 meters between them and moving motorized vehicles to avoid a 1-minute time penalty for DRAFTING.

7. If passing another cyclist, professional athletes must complete their pass within 25 seconds to also avoid a 1-minute time penalty for DRAFTING.

8. Once a professional athlete enters into the draft zone, they MUST complete the pass and not back out. Professional athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a 1-minute time penalty for DRAFTING.

9. Once a professional athlete has been passed, they will need to immediately fall back six (6) bike lengths before repassing to avoid a 1-minute time penalty for being OVERTAKEN.

10. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

11. Professional athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length (12 meter) draft zone, Professional athletes must noticeably move to the left prior to beginning the pass.

12. Professional athletes are not allowed to slot-in or pull between two other athletes unless there is more than eight (8) bike lengths of open space.

13. There is no "Stagger Rule" in use at Life Time Tri events.

14. All professional athlete penalties will be one (1) minute. A second penalty will result in DISQUALIFICATION.

15. Wetsuits are mandatory for professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C) or above.

v8 | revised 5/5/19

## Rules Summary

Don't feel like reading all that? Try this abbreviated version:

- Always promote good sportsmanship.
- Don't endanger anyone.
- Cell phones, headphones and cameras are not allowed. Triathlon requires all five of your senses.
- You may not receive assistance, in any way, from anyone other than other active racers, volunteers or race staff.
- Keep it clean. Don't litter.
- If water temperatures are 78.0°F or below, wetsuits are legal for *Competitive* division participants.
- If water temperatures are 83.9°F or below, wetsuits are legal for *Recreational* division participants.
- Flotation devices are not allowed during the swim.
- Wear a helmet - before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Don't draft. Keep four bike lengths between cyclists while riding, or complete a pass within 20 seconds.
- Always ride on the right and pass on the left.
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate!
- Have questions? Ask the Race Official team. They'll be happy to chat throughout race weekend.

## Disclaimer

These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Tri reserves the right to remove any athlete at any time from the race course.

Please contact Life Time staff with questions or comments:

- **Rosalyn Popham, Head Official:** [rpopham@lt.life](mailto:rpopham@lt.life)
- **Life Time Tri Athlete Services:** [events@lt.life](mailto:events@lt.life)



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