



11.03.18 & 11.04.18



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Welcome Athletes,

On behalf of the many supporters associated with the Ignite the Fork Triathlon and Women's Collegiate National Championship Triathlon, we are pleased to welcome you to the second annual Ignite the Fork Triathlon. We have assembled the following detailed race information to help make this race weekend a success for you! Please read everything carefully and we look forward to seeing you out on the course! We hope you will stay after you've completed your race to watch and support the NCAA triathlon!

With sincere appreciation,

Ignite the Fork & Women's Collegiate National Championship Triathlon Team

SCHEDULE OF EVENTS

*PLEASE READ OVER THE DRAFT LEGAL RULES PDF PUT TOGETHER BY USAT IN ADDITION TO THIS MANUAL.

Saturday, November 03, 2018

Mandatory Athlete Briefing - Packet Pickup

WHEN: Saturday, November 3rd, 2018

WHERE: North side of Tempe Town Lake - Lake View Drive

Mandatory Athlete Meeting #1 (open to all age group athletes)

WHEN: Saturday, November 3rd, 2018 - 12:00p

WHERE: North side of Tempe Town Lake - Lake View Drive

OPEN WATER SWIM - Registration Still Open On-site!

WHEN: Saturday, November 3, 2018 - 2:00p

WHERE: North side of Tempe Town Lake - Lake View Drive

Mandatory Athlete Meeting #2 (open to all age group athletes)

WHEN: Saturday, November 3rd, 2018 - 2:30p

WHERE: North side of Tempe Town Lake - Lake View Drive

Sunday, November 4, 2018

WHERE: North side of Tempe Town Lake - Lake View Drive

SCHEDULE OF EVENTS

5:45 a.m. - TRANSITION AREA OPENS (AGE GROUP ATHLETES ONLY)

6:15a.m. - TRANSITION AREA CLOSES (AGE GROUP ATHLETES ONLY)

*All athletes MUST exit the transition area and relocate to swim start.

7:00 a.m. - **WAVE 1 - MEN'S START**

7:15 a.m. - **WAVE 2 - WOMEN'S START**

8:00 a.m. - PEDAL HAUS BEER GARDEN OPENS

8:30 a.m. - SWIM COURSE CUT-OFF (AGE GROUP ATHLETES ONLY)

9:00 a.m. - TRANSITION OPENS FOR NCAA ATHLETES

9:30 a.m. - AWARDS CEREMONY FOR AGE GROUP ATHLETES

10:15 a.m. - TRANSITION AREA CLOSES (NCAA ATHLETES)

10:30 a.m. - NCCA WOMEN'S NATIONAL CHAMPIONSHIP START

12:00 p.m. - BEER GARDEN/EVENT ENDS

12:00 p.m. - ALL BIKES MUST BE REMOVED FROM TRANSITION

PRE-RACE INSTRUCTIONS

Packet Pickup is mandatory for all participants. You may NOT pick up for anyone other than yourself. You MUST attend a race briefing before picking up your packet. We will be taking roll as people arrive for the briefing.

Registration & Packet Pickup

Packet pickup will be held at the venue this year on the north side of Tempe Town Lake. There will be NO race morning registration.

Line up by last name.

Present your valid photo ID (required).

If you're a USAT member, you must show your valid USAT Member Card. If you forgot your USAT Card or did not pre-purchase race insurance, you must pay \$15. [Download](#) the USAT membership card app. WE WILL ONLY BE ACCEPTING CASH FOR USAT. Volunteers will put wristbands on all athletes picking up their packets who are 21 or older.

Mandatory Athlete Meeting - MUST ATTEND BRIEFING TO RACE

All athletes must attend a mandatory athlete meeting at the venue on Saturday, November 3, 2018. You will not be permitted to race if you do not attend one meeting. YOU ARE ONLY ALLOWED TO PICK UP YOUR PACKET AFTER YOU HAVE ATTENDED A RACE BRIEFING. WE WILL BE CHECKING YOU IN PRIOR TO THE RACE BRIEFING. If you have any questions, please email Athlete Services - case224@comcast.net.

Parking

Parking is located the upper north lot on Lake View Drive or the Marina on Saturday for Packet Pick Up and the Open Water Swim.

YOUR PACKET

What's in your packet?

Race Bib – Must be worn during the run; optional during the bike. Use the safety pins we provide or a race belt. Please fill out emergency contact information on the back.

Helmet Number – Goes on the front of your helmet.

Bike Numbers – Goes on the bike frame and seat post. Your bike will not be allowed in / out of transition without it.

Swim Cap – You must wear your race-issued swim cap to be allowed on the starting line. If you have an allergy please contact race staff. Any changes must be made at the Registration table on Saturday, November 3rd, 2018 at PPU on-site.

BIKE CHECK-IN

Sunday, November 4, 2018: 5:45 a.m. – 6:30 a.m.

Bike Check-In is *Mandatory*! All bikes will be accepted into Transition on race morning. There will be no early bike drop off on Saturday, November 3rd.

The race-issued bike number must be on your bike to be allowed into Transition.

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.

The transition area is highly secure and will be monitored by security at all times.

RACE DAY INSTRUCTIONS

Race Morning Transition Access

5:45 a.m. – 6:45 a.m. : Transition Open, Tempe Town Lake

Body Marking – Volunteers will be available on the throughout all of transition to assist with body marking. Please do not apply sunscreen, body glide or any type of lotion prior to being body marked.

Parking

Parking is available in the Marina parking lot just east of the venue. It's a 10- to 15- minute walk over to the venue. Parking is limited in the Marina lot. If the Marina lot is full there is a parking garage located at 111 W Rio Salado Parkway Tempe, Arizona 85281. This is about a 15- to 20-minute walk over to the venue. Please stay on the sidewalk and watch for bike traffic as their may be athletes on the course.

The Swim

7:00 a.m. Swim Start Begins

Timing strap must be placed securely around your left ankle. Remember your race-issued swim cap, wristband, and clothing bag. Listen for final water temperature announcements (water must be under 71.6° F to be wetsuit legal; wearing a wetsuit above 71.6° F will disqualify athlete for awards; no wetsuits will be permitted above 84° F).

MEN WILL LINE UP AND START ON BEACH AT 7A.M. WOMEN WILL BE CALLED INTO THE SWIM AREA RIGHT AFTER THE MEN TAKE OFF AND WILL START AT 7:15A.M. (Practice swims are not permitted for age group athletes.)

Special Needs Table

There will be a special needs table at swim exit for those athletes who need eyeglasses, inhalers, and other medical supplies.

The table will be located to right of the swim exit as you are coming out of the water. Athletes are responsible for placing their items on this table prior to heading to swim start.

The Bike

There will be police, barricades, and volunteers on course.

The course will be marked, although it is ALWAYS the athlete's responsibility to know the course.

Stay right when not passing. Be courteous and safe. Yes, you can be nice and fast at the same time.

Be safe (and smart) on all turns.

Bike and Helmet Inspection

There will NOT be mandatory bike or helmet inspection. It is up to each individual athlete to make sure his or her bike is in safe and proper working order. Beeline Bikes will be on site mechanical support during packet pick-up and on race morning to assist with any needed repairs. Please make sure your bike handlebars have bar-end plugs. If you do not have them, you will not be allowed to race.

Helmet must be worn at ALL times when on your bike at an event, including before or after the race. If you are spotted riding your bicycle without your helmet, you will be disqualified.

Bike Support

Show up with your bike ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and breaks adjusted, and seats and

handlebars properly fitted. The Beeline mechanics will be available in transition for basic support during race day.

The Run

There will be two aid stations on course. Since this is a two-looped course you will hit 4 aid stations total.

Water bottles will be available at each aid station. Medical support and toilets are available at all aid stations on the run course.

Course Cut-Off Times (All Distances) TBD

8:00 a.m. – Swim Closed (Age group athletes)

8:30 a.m. – No new bike laps (Age group athletes)

9:40 a.m. – Run course closed (Age group athletes) ****Note** – if athletes are crossing the swim-in area past 8:50a it is possible they will have to stop and wait for cross traffic of the NCAA Women's race, this will be discussed in the race briefing

OTHER RACE CONSIDERATIONS

Race Photography

Race photography will be provided by students of Arizona State University.

Dropping Out

If you drop out of the race for any reason, it is MANDATORY that you notify a race official immediately and return your timing chip to them or to the timing tent.

Valuables

Please make sure any valuables left in your car are not out in the open. Please do not place valuable items in your gear bag. We are not responsible for any stolen goods.

Personal Belongings

Please make sure that anything you take with you out on the course remains in your possession. No garbage, clothing, etc. shall be thrown on the course.

Spectator Information

This is a family-friendly event – all are welcome! Spectators can see athletes start the swim from the shoreline or from Mill Avenue Bridge. Please refrain from standing on the deck overlooking the water as the city has advised against this.

Crosswalks will be set up to allow spectators to see athletes during the race. Families and spectators must stay off the course **at all times**, and may not enter Transition or the finish line chute for athlete safety. Please be respectful of all participants.

ONLY ATHLETES ARE ALLOWED IN THE TRANSITION AREA.

PEDAL HAUS BEER GARDEN

Please bring cash to purchase beer in the beer garden! Beer will be \$5 and all proceeds will benefit the Sun Angel Foundation. Each athlete will receive one beer post race! Remember to bring your ID!

POST RACE FINISH, RESULTS, AWARDS AND BIKE CHECK-OUT

Post-Race Athlete Recovery

Dutch Brothers and Dang Brother's Pizza will be available for athletes post race. Water and Power Aid will also be available at the finish line.

Official Results

Come to the Results tent located in the Finish Festival to check your official results! Overall results will be posted & updated continuously through the computers at the Results tent.

Awards

9:30 a.m.

Overall Male and Female

Top 3 Age Groups

Located next to the Beer Garden

*Awards must be picked up during the awards ceremony and will not be mailed out after the event

Bike Check-Out Instructions

All bikes and equipment must be checked out by 12 p.m. on Sunday, November 4.

Transition area reopens for ATHLETES ONLY for bike check-out. Please be patient and courteous to fellow athletes by respecting this timeline.

You must have your bib on to enter transition and remove your bike. We will match your bib number, arm and leg numbers to your bike.

A note from the Race Director:

Hello!

Thank you for registering for the Ignite the Fork Triathlon. Following your race, the Women's Collegiate Triathlon National Championship will take place at 8:45a for the D3 athletes and 10:30a for D1 and D2 athletes, so be sure to stick around to support the top collegiate student-athletes in the country!

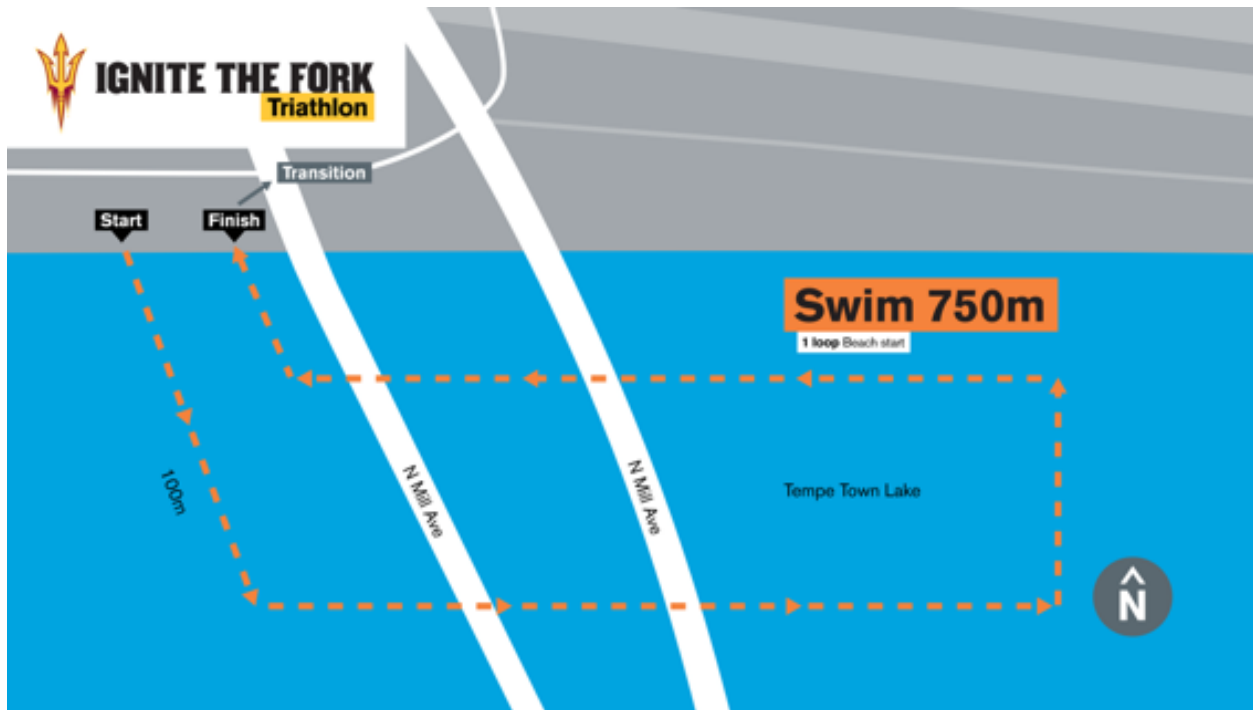
In early 2014, the NCAA deemed triathlon as an Emerging Sport for Women. There are currently 18 institutions that offer women's NCAA triathlon. Thank you for racing with us!

For more information, visit www.usatriathlon.org/ncaa

Thank you!

Casey Brown

SWIM COURSE MAP



BIKE COURSE MAP



RUN COURSE MAP



ATHLETE CHECKLIST

___ PHOTO ID AND USAT ID [If you are a member] (For Packet Pick-Up)

___ BIKE WITH RACE-ISSUED FRAME NUMBER ATTACHED (Checked into Transition Saturday

5:30a - 6:30a.)

___ 2 BIKE BOTTLES FULL AND LOADED ON BIKE

___ RACE UNIFORM

___ ANTI-CHAFING PRODUCT

___ TIMING CHIP AND STRAP

___ WET SUIT

___ GOGGLES

___ RACE ISSUED SWIM CAP

___ TOWEL

___ EXTRA WATER BOTTLE TO RINSE FEET

___ VISOR OR HAT

___ BIKE SHOES

___ SUNGLASSES

___ SOCKS

___ RACE ISSUED BIB

___ HELMET WITH RACE ISSUED NUMBER ATTACHED

___ BIKE GLOVES

___ NUTRITION

___ BIKE AND TUBE REPAIR KIT

___ RACE BELT (Optional)

___ SUNSCREEN

___ RUNNING SHOES

___ SAFETY PINS