



RULES

1. Helmets:

Helmets must be worn as they were purchased. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

2. Chin Straps:

Helmet chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

4. Transition Area:

All equipment must be placed in transition at your rack spot. All athletes must return their bicycle to an upright position at your rack spot. No person shall interfere with another participant's equipment or impede the progress of another participant. No participant shall bring ANY glass containers into the transition area.

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

--Once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.



6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey traffic laws at all times. Pay attention for potential directions from law enforcement units on the bike course.

7. Unsportsmanlike Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators, or fellow athletes will end with disqualification.

8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, etc. may not be used by athletes at any time during the race.

9. Race numbers:

All athletes are required to wear the bib number – facing the front - while on the run.

10. Wetsuits:

All athletes are allowed to wear a wetsuit, regardless of the water temperature.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, or nutrition wrappers can be thrown or left on the course.