

2014 SOUTHERN HILLS TRIATHLON

IMPORTANT RACE INFORMATION: ALL PARTICIPANTS PLEASE READ

GENERAL INFORMATION: The transition area is for athletes only. Spectators and family members are not allowed due to safety reasons. PLEASE do not ask the timers for your times. They need to focus on their timing duties. Make sure you give your race number at the swim finish, bike start and finish, and run start and finish, or your splits won't be recorded. The kids' triathlon starts at 10 am; please be aware that there will be kids on the course. Awards will start around 11 am. Race results and splits will be posted within a few days on

<http://www.hotspringslibraryfriends.org/> . Click the Triathlon link on the left.

SWIM: You must wear the swim cap provided on the swim. The swim course goes clockwise, buoys on your right, except for a left hand turn buoy as you come to shore at the finish. Olympic distance athletes swim two loops. Water temperature is usually 74-75 degrees. Wet suits are allowed.

BIKE: No bike riding in the transition area. You must mount and dismount your bike at the line on the road. Helmet strap must be buckled before you get on the bike. All cyclists, including kids, should have a full water bottle on their bike.

PLEASE NOTE THAT THE COURSE IS NOT CLOSED TO VEHICLES AND YOU MUST OBEY ALL TRAFFIC LAWS. Stay to the right unless you are passing another cyclist. Drafting is not allowed. Watch for gravel wash outs from side roads. Please do not litter!! Deposit any trash at the aid stations.

The bike course is unchanged from previous years. There are four cattle guards--keep your speed up and cross them at a right angle. There will be law enforcement personnel at the highway crossing. There are two bike aid stations, one at the turnaround for the Duathlon and Sprint, and one at Oral at the Olympic turnaround. Water bottles and Hammer Gel are available but please call out to the volunteer if you want anything. They will be recording race numbers at the turnarounds.

As you return to the transition area, be very aware that cars/trucks with boats on trailers will be turning right into the boat ramp at Breakers. As you come through this area, you should slow down and stay in the through lane. Again, you must be aware of vehicle traffic.

RUN: Race numbers must be worn on the front on the run. All runners, including kids, will use the paved trail that goes south from Breakers. Please keep to the right on the trail--there are blind spots, and the trail is open to the public. The kids' turnaround is a half mile up the trail. The run course is a straight out and back like last year. Just stay on the trail, it will be marked with colored tape. (Ignore any old paint markings.) Turn around at the cone marked for your distance. There is an aid station at the run start. There are two other aid stations, one at mile 1.1 and the other at mile 2.4. These are accessible for runners coming from both directions. Water, ice, Powerade and Hammer Gel will be available. Lastly, be mindful of the curb just before the finish chute.

POST RACE: All finishers receive a medal at the finish line. Check the door prize board at the finish line; winners can claim their prize at the food table. Please enjoy the post-race food, and cheer the kids as they finish. We will award medals for overall winners for each event, and first place winners for each age group. We welcome any comments you have to help us improve next year--please stop by the information table to talk to us.

Thanks for your support for the Friends of the Library. Have a great day!