



2009 Swim for Smiles Family Triathlon RACE INFORMATION

Race Start Time: 8:05AM (*Everyone MUST be set up and ready by 7:50am*)

WHAT IS A TRIATHLON? -- *If you've never raced in or watched a triathlon, read this section as it may help you to understand what you and your kids are about to do – and it will help you explain it to them:* Simply stated, it's fun! A triathlon is a combination of swimming, biking and running – in one race. In triathlons, you are really performing in FOUR separate races, however. How? Well, triathlons are timed as three separate races (swim, bike and run) and then the final time is the combination of each of those three races together as well as your "transition time". The transition time refers to the time it takes a participant to get out of the pool and on to their bike as well as the time it takes him/her to get off their bike and on to the running course. So, you will see the results of each time broken out individually, as well as the total time for the race to complete everything from starting the swim to crossing the finish line.

So, this document covers all the details you need to know about each of those segments of the triathlon (swim, bike, run) as well as everything you need to know about what happens when you get there. So, please read through this carefully and review it with your kids – it will help make them feel comfortable about the total course. And, we end this document with a suggested list of things to bring to the Triathlon.

And, finally, thank you for participating in the 1st Annual Swim for Smiles Family Triathlon!

Remember, although this triathlon is USA-T (USA-Triathlon) certified, the RELAY TEAM portion of this triathlon is meant to be FUN. Your times will be recorded, but winning should not be the ultimate goal – finishing should be. As you participate in this triathlon in years to come, you will be able to measure your success from year to year.

Your Start Time is based on your Swim Time:

When you registered for the triathlon, you entered a 25-meter freestyle swim time (as an individual or as the swimmer on your TEAM). This swim time will be used to determine your triathlon start time. Swim Start times will be posted by 3:00pm the day before the event (Saturday, July 25). All those who pre-registered for the triathlon will start in order of their swim time (fastest to slowest). However, each participant will be timed separately (*see Timing Chip Information Below*) based on their start and finish time – times are tracked automatically. If you registered late, you will start your swim at the end of other participants, BUT, remember, you are not racing to be in front – we time each participant separately – so you are racing against the clock – not another racer who is beside, in front of or behind you).

Keep in mind that each participant is timed separately (based on their start time) so the order in which they finish has nothing to do with their place of finish. The time in which they complete the

entire course is their individual time. Participants who register Saturday afternoon or Sunday morning will start their swim time at the end their race group.

Packet Pick-Up/Registration:

Saturday (July 25): **3:00 PM – 6:00 PM** @
Southern Village Pool Clubhouse
601 Brookgreen Dr
Chapel Hill, NC 275176

Sunday (July 26): **6:30 AM – 7:30 AM**

NOTE: Regardless of when you begin the race – you must pick up your race packet and your timing chip (ChampionChip timing chip information is below –keep reading) by 7:40AM on Sunday July 26th. DO NOT BE LATE (remember, you need time to park, unload your bike and get set-up in the transition area – so plan to be early!)

You also MUST have your bike in the transition area by 7:50AM. There is a meeting at 7:55AM inside the Southern Village pool area for ALL racers (individual and team). All participants (and available parents) need to attend this meeting, as we will review safety, the course and the finish area.

Parking: There is very little parking in the Southern Village Club as we are using much of it as the Transition Area. We need those extra spaces for the race volunteers as well as emergency vehicles. Parking will be along Brookgreen Dr (opposite side of the street from the club) – NO Parking Signs will be visible where we don't want you to park (i.e., race course). This is for safety reasons – we don't want the participants to be weaving in and out of parked cars along the bike or run courses.

Body Marking:

In triathlons, each participant is marked (with Sharpies) with their age and their bib number (see *Race Number info below*). This will be done from 6:30am Sunday until race time. Please make sure you get marked as soon as you pick up your packet and receive your number or as soon as you arrive Sunday morning (if you pick up your packet on Saturday afternoon).

Pre-Race Instructions/Meeting:

We will hold a pre-race meeting on Sunday morning at 7:55am inside the gated pool area. All participants and their parents are encouraged to attend. This meeting will cover all aspects of the course (swim, bike and run) as well as safety, rules and how to have fun!

Race Bib/Number:

Every participant is assigned a number automatically by our registration system (based on your swim time). When you collect your race packet at registration on Saturday afternoon or Sunday morning, you will receive this number – it's called a race bib. This is the same number that is to be marked on your body (see Body Marking above). The bib NEEDS to be attached (we will give you pins to attach them) to the kids shirts (whatever they will put on AFTER their swim). Please attach this for them during set-up BEFORE the race.

ChampionChip™ Timing:

This race will be timed using the ChampionChip timing method. As many of you are new to triathlons, let us explain what this means. Each participant will be issued a chip that matches your bib (the number you put on you shirt) number. This chip (which will be strapped to your left ankle – the ankle strap will be supplied on race day) will track the participant on each course and actually record separate swim, bike and run times (as well as the amount of time they spend in the transition area (the area where you grab your bike from its rack and go – and the area where you replace your bike on the rack and then run). Please make sure you read the ChampionChip timing instruction sheet that will be inserted into race packets. All participants will be issued a ChampionChip timing chip on race morning.

NOTE: You will be required to have your race number (run number) with you in order to get your timing chip. If you pick up your packet on Saturday, make sure you bring your

run number with you on race morning in order to be issued your chip. All timing chips must be picked up by 7:45AM – no exceptions. Your timing chip will be collected at the end of the race as you cross the finish line – DO NOT throw these away!

Results & Awards (For Specific Awards, see website 2-weeks prior to race):

Results will be posted at the finish line within 20 minutes after the final racer arrives.

As stated earlier, every racer will receive a Triathlon Finisher Medal. In addition, we will award both medals **AND** prizes to the INDIVIDUALS who finish in the top three (3) of their each age group (20 & Under, 21-30, 31-40, 41-50, 51-60, 61 & Older) in addition to the top 3 places of each of the 4 relay categories (2-kids, 1-parent, 2-parents 1-kid, 3-kids and 3-parents).

Bike/Run Transition Area (See Maps on last 2-pages):

Located behind the Southern Village pool on Brookgreen Drive (this is where the bike racks are and where you place your bike and run gear (shoes, helmets, etc.)

◆ The transition area will have three entrances/exits. One entrance/exit will be for Swim In & Run Start. The second entrance/exit will be for Bike Start & Bike Finish. The third entrance/exit will be designed for participants to enter and exit the T.A. before and after their race – without using the other two entrances/exits. In other words, please use the side entrance only. This will leave the other two entrances/exits exclusively for participants who are currently racing.

◆ All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.

◆ **No bike storage the night before the race.**

◆ Participants only in the transition area once the race has started. Parents who are helping younger kids will be allowed, however.

◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment. This is for safety. – HELMETS are required for ALL participants!!!!

◆ A water station will be in the transition area.

Swim (See Map on last page):

◆ The pool will be open from 7:00 AM to 7:45 AM for warm-ups

◆ Be prepared to line up for the swim start a minimum of 10 minutes before your specific starting time by bib number.

◆ Participants will start their swim individually in 10 or 15-second increments.

◆ When lining up for the swim – **line up by bib number.**

Bike (See Map on last page):

IMPORTANT NOTE: The bike course for the 2009 Swim for Smiles Family Triathlon is moderate to hilly. This is NOT an easy bike course as it takes you through the countryside of Chatham County. In addition, there will be car-traffic on the roads. We do have police and volunteers stationed all along the bike course, but you **MUST** obey all traffic laws and ride defensively – don't assume that the cars or any pedestrians will know you are in a race (be careful)!

◆ Bike Course map is below as well as on the web site at www.swimforsmiles.org under EVENTS (#4)

◆ Hard shell helmets must be worn and fastened before leaving the transition area.

◆ Stay to the right to allow faster cyclists to pass on the left.

◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.

◆ For safety reasons, no headphones, earphones or any radio-type devices will be allowed.

◆ There are plenty of volunteers and police officers along the course but you still must watch out for your own safety.

Run (See Map below):

The run course is flat and rolling hills. It's a simple out & back course - with most of it being on the bike/jogging path along Edgewater Circle. The course will be well marked. All participants are to remain on the path unless crossing the road. No passing via the road.

- ◆ A water station is located on the run course at the turn around area.
- ◆ For safety reasons, no headphones, earphones or any radio-type devices will be allowed.
- ◆ Please make sure you have their run bib number visible as you cross the finish line.

Swim for Smiles Finish Line Festival: Some of our SPONSORS will have booths at the Finish Line area selling stuff (i.e. ,Fleet Feet) and some will have freebies (like free ice cream) AND this year we will also have entertainment (i.e., balloon guy, juggler, magician).

What do you need to bring for a triathlon?

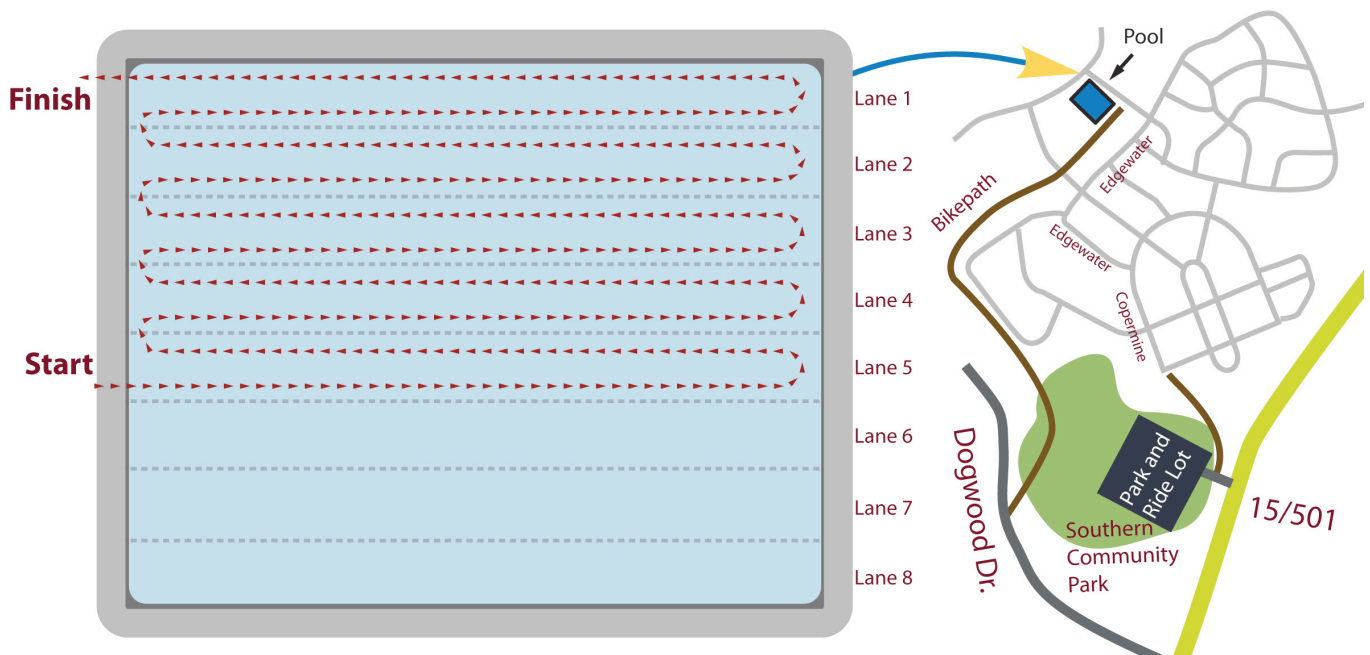
- ◆ Bike Helmet
- ◆ Swimsuit
- ◆ Goggles
- ◆ Small Towel
- ◆ Bike shoes (if you use them)
- ◆ Bike
- ◆ Running shoes and socks
- ◆ Sunscreen
- ◆ Water or Gatorade
- ◆ Pria Bar, PowerBar or snack bag
- ◆ Race number (if you pick it up on Saturday, bring it Sunday)

Finally, a THANK YOU!

The Swim for Smiles Foundation would like to thank you for your support in this, our 1st Swim for Smiles Family Triathlon. We hope your experience is one that you will want to race in this triathlon every year and that you bring two friends with you next year to compete too!

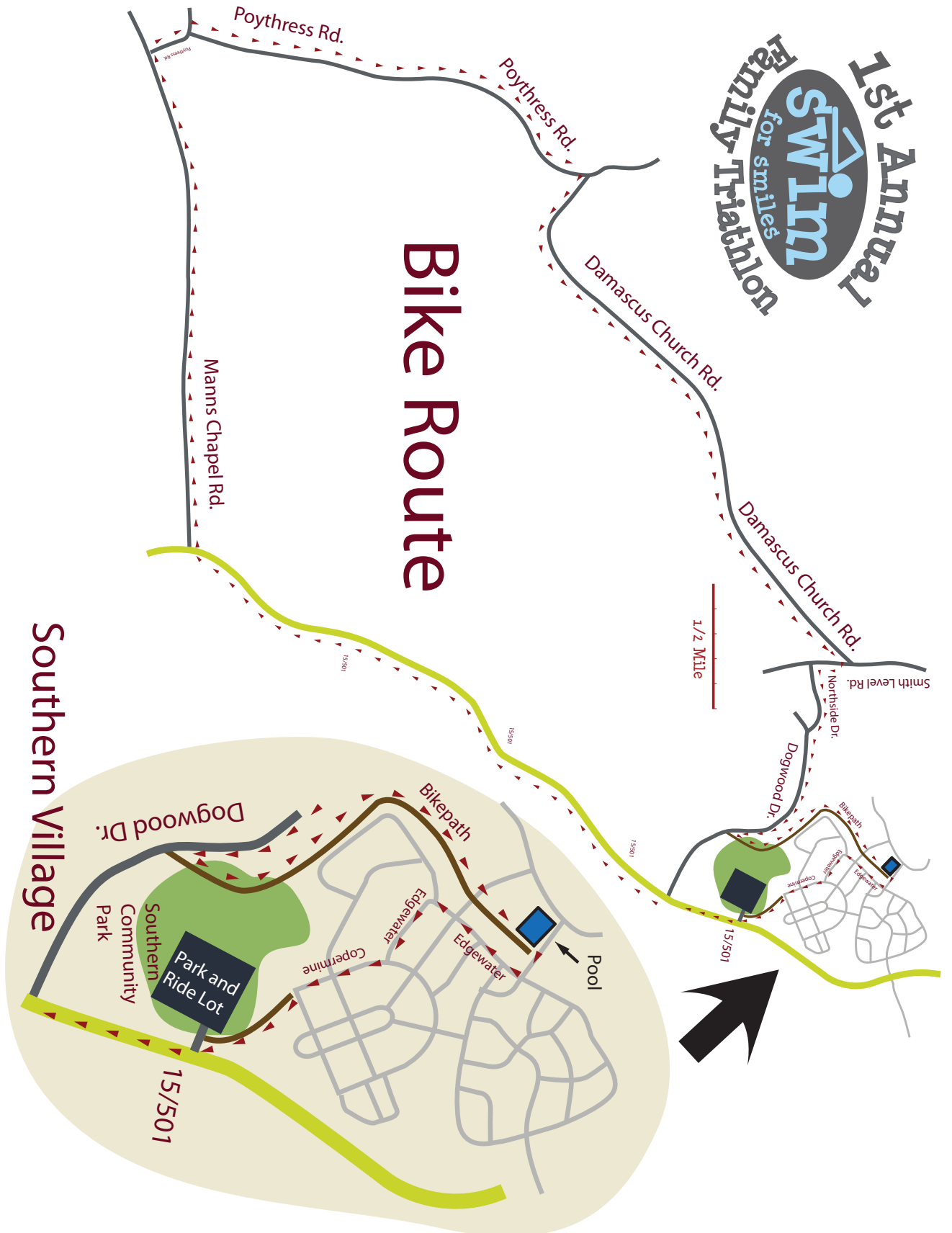
Have a great race and, most importantly, have FUN!

Swim Map





Bike Route



Southern Village



Running Route