



Welcome to the Music City Triathlon in our NEW Downtown Nashville Location!

Thanks for joining us for this exciting venue change for this long-running triathlon tradition. This is actually the 31st time the Music City Triathlon will take place, but only the 4th year under the management of Team Magic. We are excited about our new location and look forward to your feedback. Inside you will find important event timing information, course maps and descriptions and some tips for following the rules. Have a great race – we will see you at the finish line.

SCHEDULE OF EVENTS

Saturday, Day Before Race

2:00 pm - 5:00 pm

Expo, late registration and packet pick up; LP Field - Adjacent to Lot R

3:00 pm

Race Overview conducted by Team Magic and USAT Officials

3:30 pm

Beginner Overview and Q&A with Coach Stephen Taylor and Team Magic

4:00 pm

Triathlon Bike Clinic with Coach Stephen Taylor and ACME Multisports

Sunday, Race Day

6:00 am-6:45am - Registration & packet pick-up & body marking

7:00 am - Bikes must be in the transition area. Race overview in transition area.

7:30 am- Swim Start begins with Intermediate Distance Racers in Time Trial Fashion; Sprint Racers immediately follow

11:00 am - Approximate time - listen for announcements

Coach Stephen Taylor Training Talk with emphasis on upcoming Team Magic Races and Team Magic Sponsor Fitnesswave Runner's BC Challenge

12:30 pm - All racers must be finished with the race. When you finish the bike, please be sure you can finish the run by 12:30 pm to have a supported race. We will no longer have police and volunteer support after this point.

~1:00 pm - Awards ceremony estimated time

RACE SITE LOGISTICS:

- Event parking is in Lot R adjacent to the race transition area
- A cycling event is taking place at the same time as our event in the parking area adjacent to S. 2nd Street. Please be aware of this situation but there should be no conflicts
- Please make use of trash and recycling containers – help us keep the area clean
- Portable toilets will be located around the main staging area
- Post-race food will be served from the Team Magic black tent where you pick up your race packet
- Post-race food is for volunteers and participants only, but there will be a food vendor on site for your family and friends to get lunch and drinks.
- Event awards will take place in the tent adjacent to the Team Magic black tent as soon as possible
- Event results will be online at team-magic.com later in the day on Sunday
- Event photographers will be on-site from brightroom.com – you will receive an email when photos are ready



MOST COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing.

Penalty: Disqualification

2. Chin Straps:

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

Penalty: Disqualification on the course; Variable time penalty in transition area only.

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.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. All participants must return their bicycles to an upright position in their designated bicycle corral. 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 (DQ!).

Penalty: Variable time penalty

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.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

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

Penalty: Variable time penalty

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 all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsman-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkman's, etc. are not to be worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc... shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>
Short/Intermediate	2:00 minutes	4:00 minutes	Disqualification
Cycle course less than 50k	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Cycle Course 50k-100k	4:00 minutes	8:00 minutes	Disqualification

For a complete list of rules, please refer to the current USA Triathlon Competitive Rules at: www.usatriathlon.org

IMPORTANT RACE NOTES: PLEASE READ THIS PAGE!

RACE NUMBER

You will get the following paper or adhesive race numbers with your packet. All of the numbers should be the same!

MUSIC CITY TRIATHLON

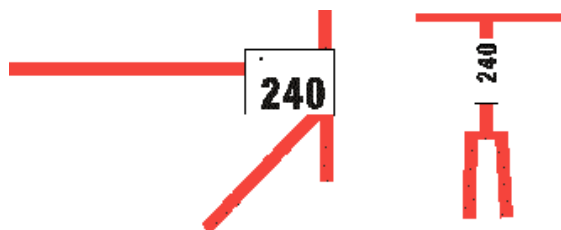
600



BIB NUMBER: The larger paper number is usually called your bib number. This number **MUST** be on your body during the entire run. It can be worn attaching it to your racing top or shorts with safety pens. The number **MUST** be on the front. You can also attach it to a race number belt, which can be worn with the number in the back or the front, and can easily be turned from back to front. We need your race number facing forward at the finish so the race announcer can identify you, as well as the race photographer.

You need to present your bib number to pick up your timing chip and get body marked on race morning to be sure they give you the correct timing chip and mark your body with the correct race number. BODY MARKING WILL TAKE PLACE NEAR THE RACE TRANSITION AREA.

Please also have your bib number and keep your arm bracelet on after the race when you go to the transition area to retrieve your bike and gear.



Bike Frame Number:

This number will be a larger adhesive number with the number printed twice so it can be read from both sides of your bike. Again, This number helps race officials and the race photographer identify you. This is also a backup security measure for race officials to check when you retrieve your bike from transition.



HELMET NUMBER:

This number will be a small adhesive number to be placed on the **front of your biking helmet.**

This helps race officials and the race photographer identify you.



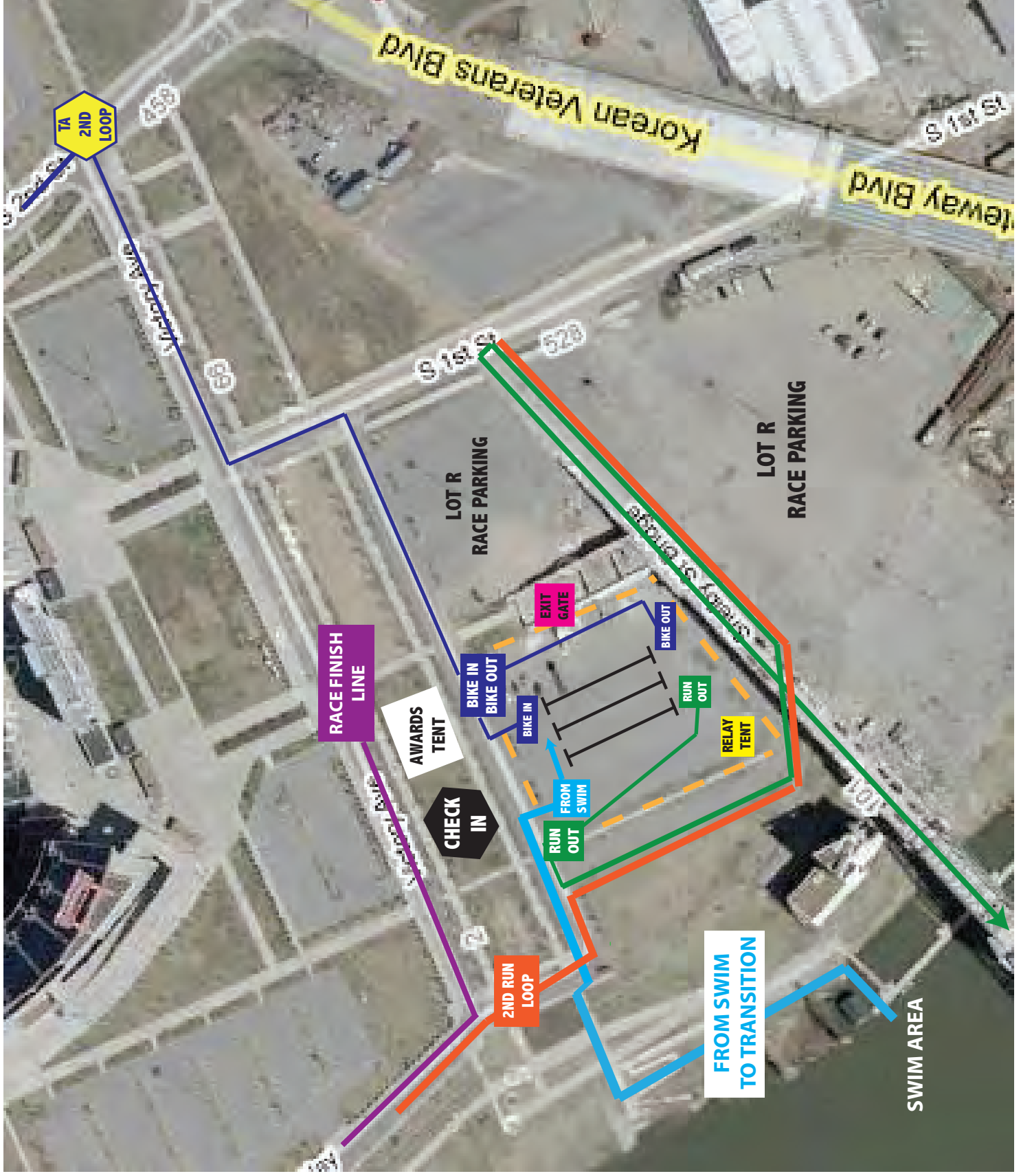
WRIST BAND

You will receive a wrist band at race packet pick up. This wrist band is to be worn before, during, and after the event so you can access racer only areas like the transition area, food tent, etc... As long as you are wearing your band, we know you are a racer! This is for your safety and to insure we reduce congestion for all of us.

EVENT TIMING This event is timed with the IPICO electronic timing system. **You will receive your chip and ankle band at race packet pick up.** This chip is programmed to coincide with your individual race number. During the event, you will cross mats that will record your time from your chip. **YOU MUST CROSS** the mats to be scored! It is imperative that you wear **YOUR** assigned chip until you cross the finish line. Someone will take your chip from you after you finish. If you do not turn in your chip, you will be billed for \$35 + an additional \$1 a day for chips not returned within 7 days of the event date. Please also remember to return the velcro strap – there is a \$5 additional charge for missing straps.



MUSIC CITY TRIATHLON: EVENT STAGING OVERVIEW



MUSIC CITY SWIM COURSE:

RED LINE DENOTES APPROXIMATE COURSE FOR 1500-meter course
Swim Caps: Intermediate Distance Racers will wear LIME GREEN swim caps

LIGHT BLUE LINE DENOTES APPROXIMATE COURSE FOR 400-meter course
Swim Caps: Sprint Distance Racers will wear WHITE swim caps

Course Description:

In the photo below, the river current flows north – the swim start finish is on the east bank METRO PARKS BOAT DOCK, so they start heading south toward the Korean Veterans Bridge/Blvd which is upstream against current, go about 350 meters **for 1500 meter course**, head downstream to beyond Riverfront Park area, cross the river then turn right upstream / against current to finish.

The 400 meter course goes out about 75 meters – a buoy of distinct color will be placed at this location – they swim across the river and to another turn buoy that will be a distinct color then proceed to another buoy that will be a distinct color to turn into the finish.

The finish steps/ladder is north of the swim start on the METRO PARKS BOAT DOCK.

Swim Start Info:

This will be a time trial start swim by assigned race numbers.

The intermediate racers will start at 7:30 am, with a racer number 1 starting approximately every 3 seconds.

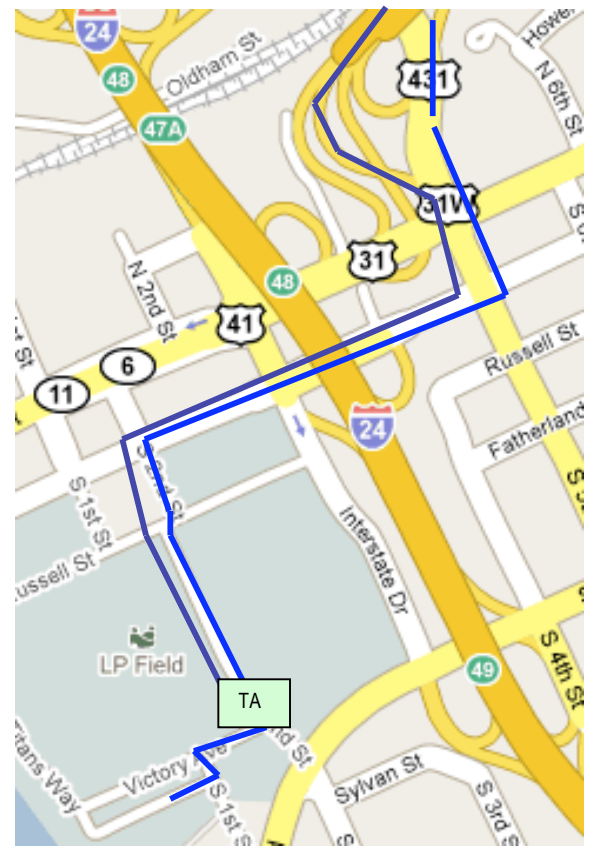
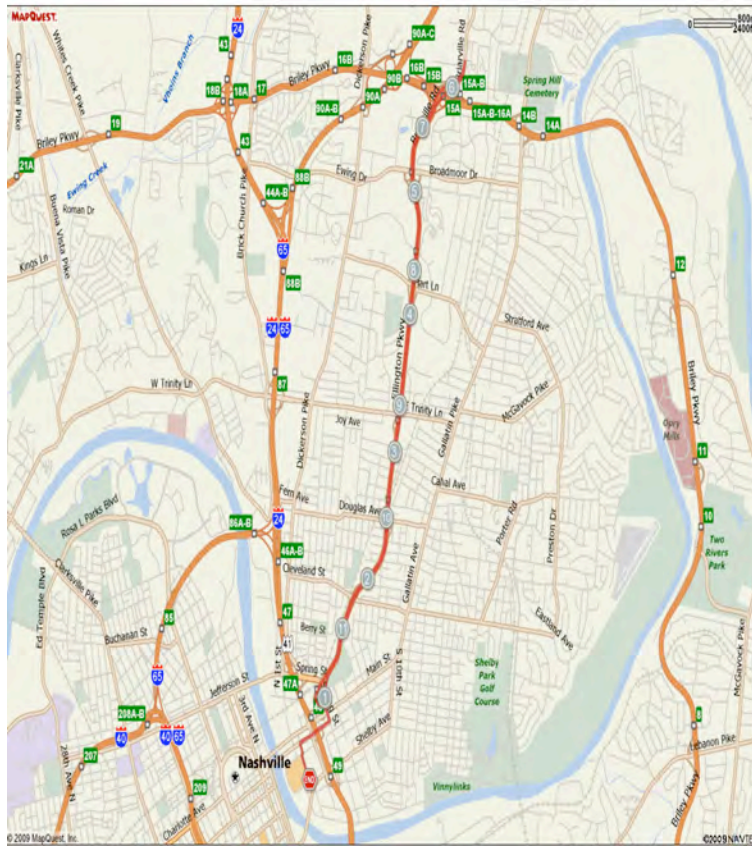
The sprint distance race numbers will start at approximately 8:00 am with race number 600. The process will be the same as the above for the intermediate distance race. The first sprint distance swimmer will enter the water approximately 5 minutes after the final intermediate racer starts.



MUSIC CITY TRIATHLON: BIKE COURSE

Main Staging at LOT R of LP Field / Titan's Stadium

Distance = 20k loop out and back on Ellington Parkway; Intermediate Course completes 2 loops



ROUTE DESCRIPTION:

- Leave the LP Field area on South 2nd Street
- Right onto Woodland
- Left onto South 5th Street
- Cross Main Street then onto Ellington Parkway
- Continue on Ellington Parkway to point where Ellington becomes 2 lanes (Briarville Road)
- Turnaround then back on Ellington to downtown exit for Main Street
- Right Onto Woodland
- Left onto South 2nd Street back to LOT R / Transition Area

Intermediate Course – 2 loops of above course for a total of 40k

For the intermediate course, complete 2 loops of the indicated course. A turnaround will be positioned on 2nd Street before arriving back at Lot R – NOTED ABOVE AS “TA” in box.

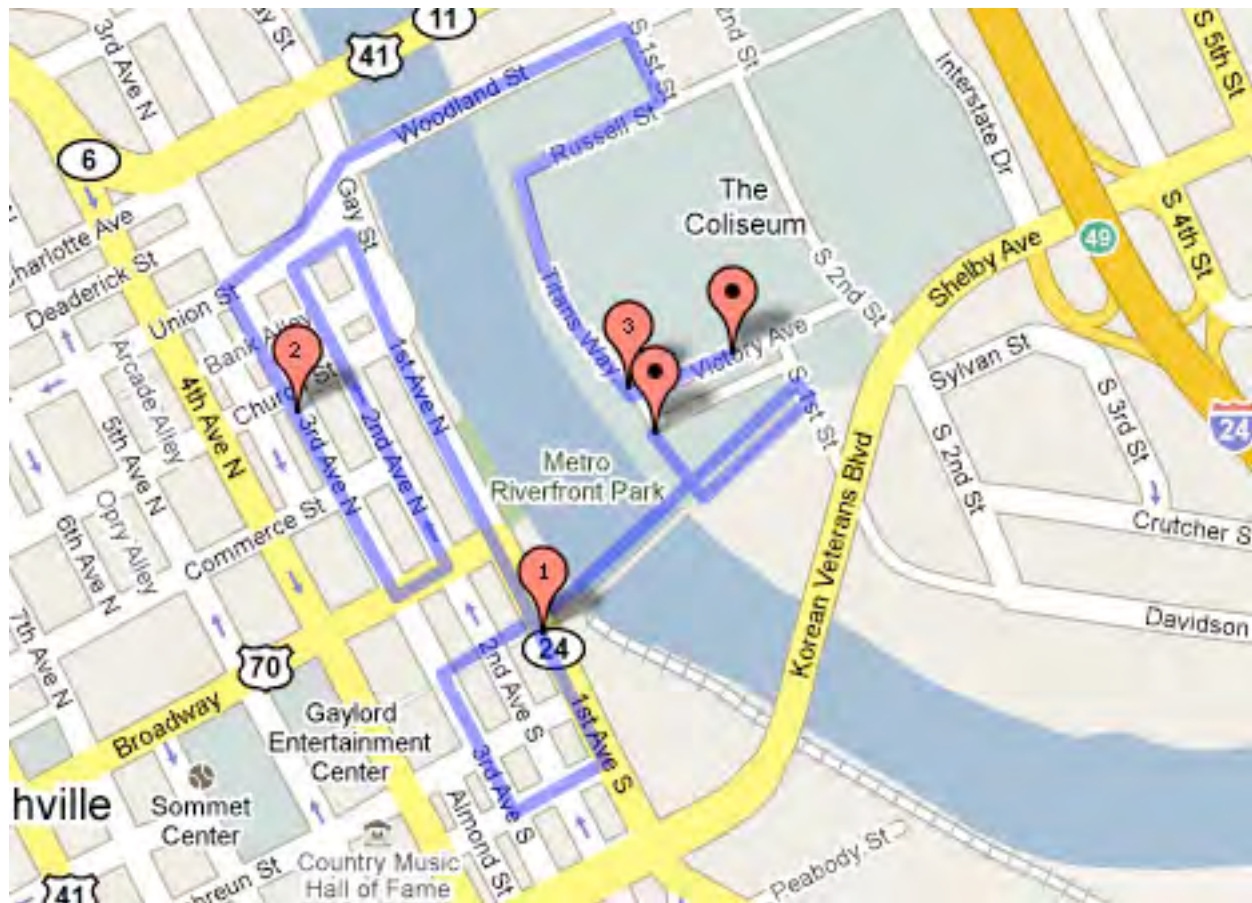
NOTE ABOUT COURSE CLOSURES:

TDOT has given permission to completely close Ellington Parkway to motorized traffic during race hours. There will be security-controlled traffic before entering Ellington Parkway and upon exiting Ellington Parkway. Security officers and volunteers will direct racers throughout the course.

MUSIC CITY TRIATHLON: DOWNTOWN RUN COURSE OVERVIEW

Course Distance = 5k total

Race Distance for Short Course is 5k; Race Distance for Intermediate Course is 10k (two loops of 5k)



Detailed Description:

(The run is the final discipline of the triathlon. Racers will complete a swim and bike then complete the race finishing with the run course)

1. Runners leave LOT R of LP Field under Shelby Street Pedestrian Bridge and enter the pedestrian bridge from the North Side of LOT R.
2. Proceed across the Shelby Street Pedestrian Bridge
3. Bridge ends on 3rd Ave South
4. Left on 3rd Ave South
5. Left on Malloy
6. Left on 1st Ave South
7. Left on Union Street (staying hard left)
8. Left on 2nd Ave North
9. Right on Broadway
10. Right on 3rd Ave North
11. Right on Union Street
12. Proceed across Woodland Street Bridge
13. Right on South 1st Street
14. Right on Russell Street
15. Left on Titan's Way
16. For short course finish and long course finish, runners will turn left onto Victory Ave or road adjacent to Lot R for main race finish line
17. For long course, runners will be directed along river side of bike staging area and back onto the Shelby Pedestrian Bridge to complete a 2nd loop, then upon return from 2nd loop, turn left to race finish as described above.