



2010 RACE INFORMATION BOOKLET

Brought to you by Team Magic and the Chattanooga Track Club
In honor of race founders Calder and Betsy Willingham

Presented by Outdoor Chattanooga

1.5k swim / 42k bike / 10k run



Team Magic and the Chattanooga Track Club welcome you on behalf of our presenting sponsors, the City of Chattanooga and Outdoor Chattanooga. Please know this event would not be possible without their support.

Thank you for taking the time to review the race timeline and the material inside this booklet carefully to insure the safest, most enjoyable event possible for all of us!



You will receive a post-race email from us with a link to an event survey – we really appreciate you taking the survey so we can continuously improve this event!

A Special Thank You From Your Event Directors:

Faye Yates & Therese Bynum of Team Magic, Inc.
Bill Brock & Sherilyn Johnson of the Chattanooga Track Club

(Pictured from left: Sherilyn Johnson, Philip Grymes of Outdoor Chattanooga, Therese Bynum, Faye Yates, Jenni Berz of CTC, Bill Brock)

CHATTANOOGA WATERFRONT TRIATHLON NAMED SOUTHEAST REGIONAL CHAMPIONSHIP

The top 33% or top 5 finishers (whichever is greater) in each age group at this event will qualify for the 2010

Age Group National Championships being held in Tuscaloosa, AL on September 25th. Please visit www.usatriathlon.org for complete information on qualifying for Nationals.



SUPPORT FOR THE BIKE:

You are allowed assistance on the bike course and at the race transition area only by official bike shops or race coordinators. You are not allowed to get assistance from other racers or anyone not associated with the race staff or official course support. Thanks to the shops below for supporting this event!



SCHEDULE OF EVENTS

Saturday, Day Before Race

12:00 pm - 7:00pm - Registration & packet pick-up; Team Magic Black Tent*

3:30 pm - Beginner Q & A session; Athlete Main Tent – Large White Tent

4:15 pm - Race Overview; Athlete Main Tent

4:30 pm - USAT rules overview by USAT Head Official in Athlete Main Tent

5:00 pm – Pro & Elite Athlete Mandatory Meeting; Athlete Main Tent

*Relay Teams, Waitlist Racers, and USAT Pending Membership report to Athlete Main Tent

Sunday, Race Day

5:30 am-6:45 am - Registration & packet pick-up & body marking; Shuttles to swim start

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

7:15 am - Brief Race Overview at Swim Start

7:30 am - Interval swim starts begin by participant race number.

12:00 pm - 1:00 pm - Awards ceremony in Athlete Main Tent. This is an approximate time, please plan to be present during this time if you want to attend the awards ceremony. We will begin & end with great door prizes, including a bike from sponsor QR!

Shuttle Schedule to the Swim Start

(Buses will be on “run out” side of transition area on Chestnut Street)

***Please note** – it is very possible for you to make your own way to the swim start – it is located around a mile from the staging area, actually just off of your run course. Check it out if you want to skip the bus ride and get a warm up.

Please remember to do the following before you board the bus:

1. Get Body Marked, 2. Be sure to bring your swim cap and timing chip to swim start

(Bags will be available for personal items taken to swim start. Markers and bags will be at the PENSKE Truck – label your bag with your race #, zip tie at top, hand to volunteers at PENSKE truck. Please remember to pick up your things at the PENSKE truck near the transition exit near Cold Stone Creamery.)

6:00 am	Load Bus #1: Racer # 1-84	Bus departs 6:15 am
6:00 am	Load Bus #2: Racer # 85-168	Bus departs 6:20 am
6:00 am	Load Bus #3: Racer # 169-252	Bus departs 6:25 am
6:00 am	Load Bus #4: Racer # 253-336	Bus departs 6:30 am
6:00 am	Load Bus #5: Racer # 337-420	Bus departs 6:35 am
6:40 am	Load Bus #1: Racer # 421-504	Bus departs 6:45 am
6:40 am	Load Bus #2: Racer # 505-588	Bus departs 6:50 am
6:40 am	Load Bus #3: Racer # 589-672	Bus departs 6:55 am
6:40 am	Load Bus #4: Racer # 673-756	Bus departs 7:00 am
6:40 am	Load Bus #5: Racer # 757-840	Bus departs 7:05 am
7:20 am	Load Bus #1: Racer # 841-924	Bus departs 7:25 am
7:20 am	Load Bus #2: Racer # 925-1008	Bus departs 7:30 am
7:20 am	Load Bus #3: Racer # 1009-1092	Bus departs 7:35 am
7:20 am	Load Bus #4: Racer # 1093-1176	Bus departs 7:40 am
7:20 am	Load Bus #5: Racer # 1177+	Bus departs 7:45 am



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.

CATEGORIES

USAT AGE UP RULE

All USAT races will use the "AGE UP RULE" for award distribution and ranking. It is important that you begin in the proper wave start with respect to this rule. The age up rule means you are racing based on your age as of 12/31/10. Our computer timing program will automatically calculate your age based on your birth date and the age up rule criteria.

Be sure to check your category on your entry form. **ONLY ONE CATEGORY APPLIES.** Your category **CANNOT change** once the race starts. If a category is not marked on the entry form, you will be entered as an individual. If you choose to race beginner, you will fall back in your age group if you do not win an award in your chosen category.

IMPORTANT NOTES ABOUT GETTING YOUR AWARD!

Our 2010 event policy is to NOT ship awards after the race. Preliminary race results will be posted as soon as possible. If you think you will receive an award, please plan to stay to get your award or ask a friend to get your award for you. Awards will definitely not be shipped after leaving the race site.

AWARDS AND PRIZES

Cash Awards: A \$4,990 cash purse will be divided as follows for elites and masters:

Top 5 Overall Elite Men & Women = \$750, \$600, \$450, \$210, \$110 (must start in Elite Start)

*Only Elites are eligible for overall cash and placement; Age group racers cannot win race overall awards.

Top 3 Masters Men & Women (40+) = \$200, \$100, \$75 (start in age groups, NOT elite start)

3 deep males & females for:

- Age groups in 5-year intervals from 15-19 up to 85+ (not eligible for overall awards or cash)
- Beginner
- Clydesdale in categories 39& under and 40+
- Athena
- Relay teams (Family, Corporate, Male, Female, Co-ed (mixed male/female))

SPECIAL DOOR PRIZES FROM SPONSOR QR

QR is donating a QR Cd0.1 Ultegra Build Bike – Don't miss your chance for this sweet ride!

RELAY TEAMS:

There will be a RELAY EXCHANGE TENT in the race transition area (see map.) All relay members are to stay under this tent while waiting for your team member to bring you the timing chip. Your exchange point will be AT THE TENT, not at the bike rack. The biker will place the bike frame number on the bike, and the helmet number on the helmet. The runner will wear the paper bib number. The swimmer only needs the swim cap. All relay members need to be body marked. You will pass the timing chip from swimmer, to biker, to runner. The relay teams will have a separate bike rack adjacent to the Relay Tent, not part of the main transition area.

AQUA BIKE RACERS

Your race will end when you cross the "bike in" timing mat. Please take your timing chip to the race finish line and turn in to staff handling the timing chips. Let them know you are an Aqua Bike Competitor.

COURSE INFORMATION

MAIN STAGING AREA - TRANSITION FLOW AND FINISH LINE

The main staging area is on the two lawns at the corner of Chestnut Street and Riverfront Parkway. The finish line is on Riverfront Parkway between the river and the transition area.

1. Please see the map in this booklet for transition flow.
2. You will mount and dismount on Riverfront Parkway, NOT at the entrance/exit from the transition area. There is NO riding in the transition area or the sidewalk leading to Riverfront Parkway.
3. The race transition area is organized based on your assigned race number. Since you will be starting the swim based on your race number assigned by age group per USAT rules for championship and qualifier racers, you will be traveling the same distance through transition as those you are competing against in your age group.
4. The bike racks are marked by ranges of "7" numbers, beginning with 1 through 7 and so on. You do not have to rack in numerical order ON the rack, but your bike must be racked on the rack designated for your race number range.

SWIM COURSE

The swim course is 1.5k point-to-point in the Tennessee River. The swim will go with the current. **Shuttles will take athletes from the main staging area to the University of Tennessee Chattanooga Rowing Center.** The shuttles will leave from the corner of Chestnut and Riverfront Parkway, adjacent to the race transition area. The swim exit will be at the North Terrace on the waterfront, before the City Pier. You will run up some stairs from the waterfront to the transition area. The race transition will be on the waterfront side of the Chattanooga Aquarium on Riverfront Parkway on the "South Green." **SHOULD YOU REQUIRE ASSISTANCE ON THE SWIM AND TAKE A LIFE PRESERVER FROM THE WATER VOLUNTEERS, PLEASE RETURN IT TO THE FOOD TENT IN THE POST RACE AREA.** If you DO use a flotation device to MOVE FORWARD, you will be disqualified from the race.

The **water temperature** is expected to be somewhere close to 28 degrees C / 82 degrees F, which means NOT wetsuit legal. Feel free to bring a wetsuit just in case we dip below 78 F!

The swim will be conducted in a time-trial fashion with individuals starting the race at approximately 3 second intervals based on race number, with racer number 1 being first. Since this race is a USA Triathlon National Championship Special Qualifier, we will organize racers by age group per USA Triathlon rules for championship and qualifier races. Any USAT PRO CARD CARRYING RACER will be allowed to begin at the front in an ELITE interval start. This is not allowed for any amateur racers due to USAT rules.

- There will be portable toilets and water and Powerade at the swim start area
- There is NO DIVING into the water from the UTC Rowing Dock.
- You will jump in FEET FIRST
- There is no warming up, due to current in the river
- You will start based on your race number, beginning with Number 1.
- The numbers have been assigned based on your age group below and your estimated swim time within your age group.

RACE NUMBER ASSIGNMENT ORDER FOR SWIM START

ELITE RACERS

AGE 60+

AGE 40-49

AGE 29&UNDER

AGE 50-59

AGE 30-39

RELAY TEAMS and any Individual Racer that is also part of a Relay Team

SWIM TO BIKE TRANSITION

Run directly across Riverfront Parkway from the swim and enter the transition area on the "Chestnut Street" side in the same location where racers will exit transition for the run course start. Please see map of the main staging / transition area for the flow.

BIKE COURSE (42k)

The bike course leaves the transition left onto Riverfront Parkway from the Power Alley side of transition, left onto ML King, onto Hwy 27 North, turnaround just before Hwy 153, exit Hwy 27 onto ML King, right on ML King, right on Riverside/Riverfront, end at Transition at Ross Landing Park. You will have a mount / dismount line on Riverfront Parkway.

RUN COURSE (10k)

The 10k run course is an out-and-back course through part of downtown and on the Riverwalk. Water stations will be located approximately every mile and in the transition area. Runners exit the transition lawn on the east side, onto Chestnut Street. The course goes North on Chestnut, taking a quick right onto Riverfront Parkway. At the top of the hill, angle left onto the Veterans Bridge exit ramp. Cross under the High Street overpass. Immediately after crossing under the Riverwalk Bridge, turn left, up the steps. Continue bending to the left onto the Riverwalk and across the bridge that you just passed under. After crossing Veterans Bridge / Georgia Avenue, turn left onto the first access sidewalk on your left, then a quick right onto Battery Place. Stay on Battery Place until the bottom of the hill (at Mabel) where you get back on the Riverwalk proper. From this point, the course follows the Riverwalk. The 5k turn around is located roughly 3/10 mile past the Curtain Pole parking area and bathroom.

Post-Race Activities

Stay around for great food and drink, sport expo, and the awards ceremony with lots of cool prize drawings. All activities will be nearby the race transition and finish area, on the beautiful Chattanooga Waterfront! **PLEASE NOTE THAT THE PARTICIPANT FOOD IS COMPLIMENTARY BUT YOUR FRIENDS AND FAMILY WILL NEED TO PURCHASE FOOD FROM VENDORS IN THE EXPO AREA OR BRING YOUR OWN FOR NON-RACERS.** Thank you for your cooperation with this! **We want to make sure ALL racers get a chance for the complimentary food and drink.**

Getting Your Things From The Transition Area After You Finish The Race

A gate will be located near the Cold Stone Creamery area of the Transition Area. You can remove your things by entering and departing at this gate only. Please follow staff instructions on retrieving your items and be cautious of racers still racing. You must collect your own items and have proof on your person to match your bike to exit. Your items from the swim area will be on the PENSKE Truck near the EXIT GATE.

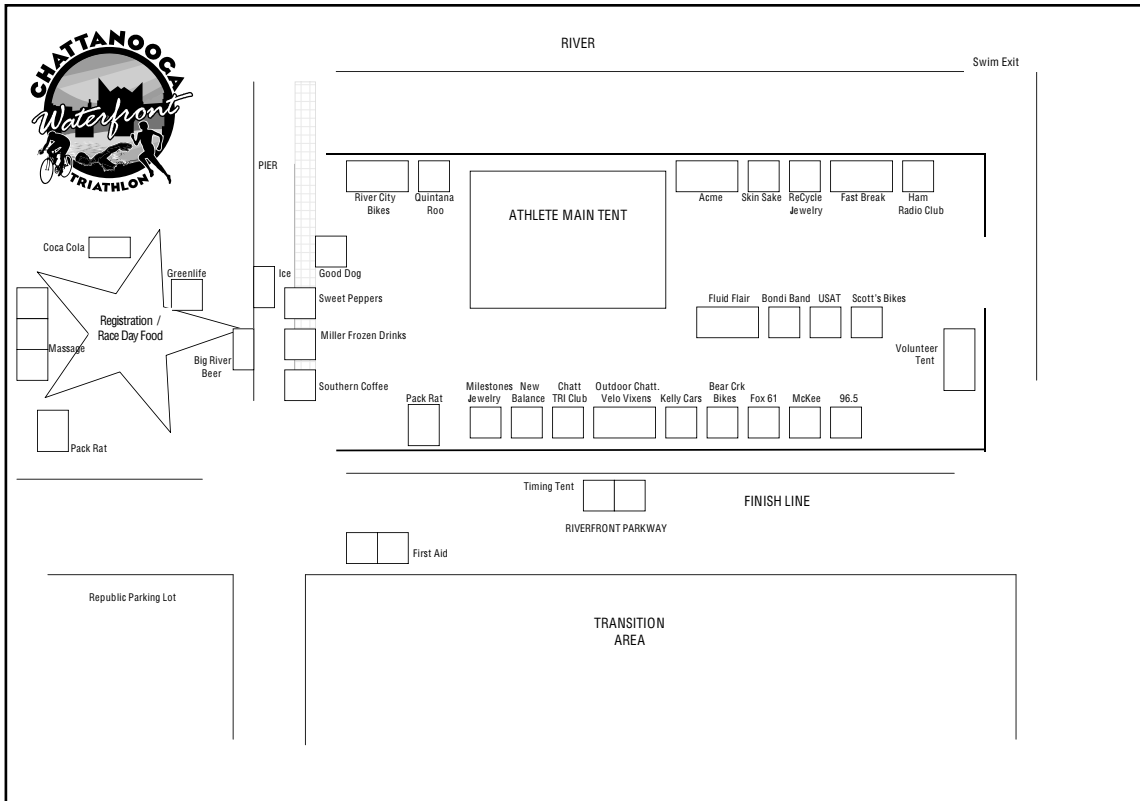
Plan on bringing tents, chairs and your family to enjoy the waterfront! We have moved our event tents to be on the "road level" adjacent to the new finish line location so the lower grassy level by the river is available for racers to hang out after your race is over while you wait for the awards. If you do bring a tent, please note you cannot use stakes in the ground due to electrical and water lines.

Big River Grille is donating beer. Different color wristbands will be given to racers under 21 so they can be identified. Racers and volunteers 21 and older will be limited to 2 beers for safety and liability reasons.

RACE PHOTOS BY BRIGHTROOM

Brightroom.com will be on site grabbing great photos from your race experience. Don't forget to ask them to take candid shots of you and your friends! They will email you when your race photos are ready for ordering.

CWT RACE EXPO AREA



BODY MARKING:

You will be marked as shown below on race morning. To confirm you are marked with the correct number, show your race bib number or your timing chip/ankle band to get body marked. Body marking will take place in the expo area at the main athlete tent across the street from the transition area. Body Marking is important as a back up for race officials, race timing and the race photographer, so accuracy and readability is important.

TEAM MAGIC BODY MARKING INSTRUCTIONS

Categories:

- I* = Individual
- P* = Professional
- B* = Beginner
- A* = Athena
- C* = Clydesdale
- MR* = Male Relay
- FR* = Female Relay
- XR* = Coed Relay
- YR* = Family Relay
- CR* = Corporate Relay



Front
Race Number on Front of
Right Arm and Leg



Side
Race Number on Side of
Left Arm and Leg



Rear / Back
Age on Left Calf
Category on Right Calf

FROM: USAT Head Referee

RE: USAT Competitive Rules

Most multisport athletes come to events with only a basic understanding of the competitive rules established by USA Triathlon (USAT) the national organizing body of the sport. Further, few participants have ever completely read through the Competitive Rules in their entirety. The Rules can be found within the USA Triathlon's web site (www.usatriathlon.org). I wish to minimize some misunderstandings of rules as you prepare for the Chattanooga Waterfront Triathlon (CWT). It is my hope you will take time prior to your race to review this briefing of Position Violations, which otherwise are known as Drafting Rules, that officials will look for while you are cycling and more so all if the USAT Competitive Rules online at: http://www.usatriathlon.org/Rules_Officials/rules.htm. Officials are available prior to race starts to answer any questions you might have concerning the USAT rules. To assist in remembering the Position Rules, they are summarized as:

- ✓ Ride on the right side of the road.
- ✓ Always keep three (3) bike lengths between you and the cyclist in front of you.
- ✓ When passing another cyclist, always pass on the left, never on the right.
- ✓ Complete your pass within fifteen (15) seconds.
- ✓ If you are passed, you must **immediately initiate action to drop completely out of the drafting zone** (three bike lengths back from the cyclist in front of you **BEFORE** attempting to re-pass another cyclist).

Please be mindful when you are racing in a USAT sanctioned event there are trained officials present to ensure fairness throughout the competition. **There will be NO WARNINGS given to you should the officials determine you have committed an infraction during the competition.** Duathlon and triathlon are individual sports... so race as an individual and take responsibility to understand and practice the rules and thereby avoid penalties. At the end of the race all citations presented will be reviewed by the Head Official who will make final ruling if the penalty should be assessed. For Position Violations the Head Official's ruling is final. No protests or appeals will be allowed for Position Violations. Some of the commonly cited Position Violations are:

Drafting - following a leading cyclist closer than three (3) bike lengths and failing to pass or exit the draft zone within fifteen (15) seconds.

Illegal Position or Blocking - riding on the left side of the lane without passing another cyclist.

Overtaken - When passed, failing to drop back three (3) bike lengths before re-passing another cyclist.

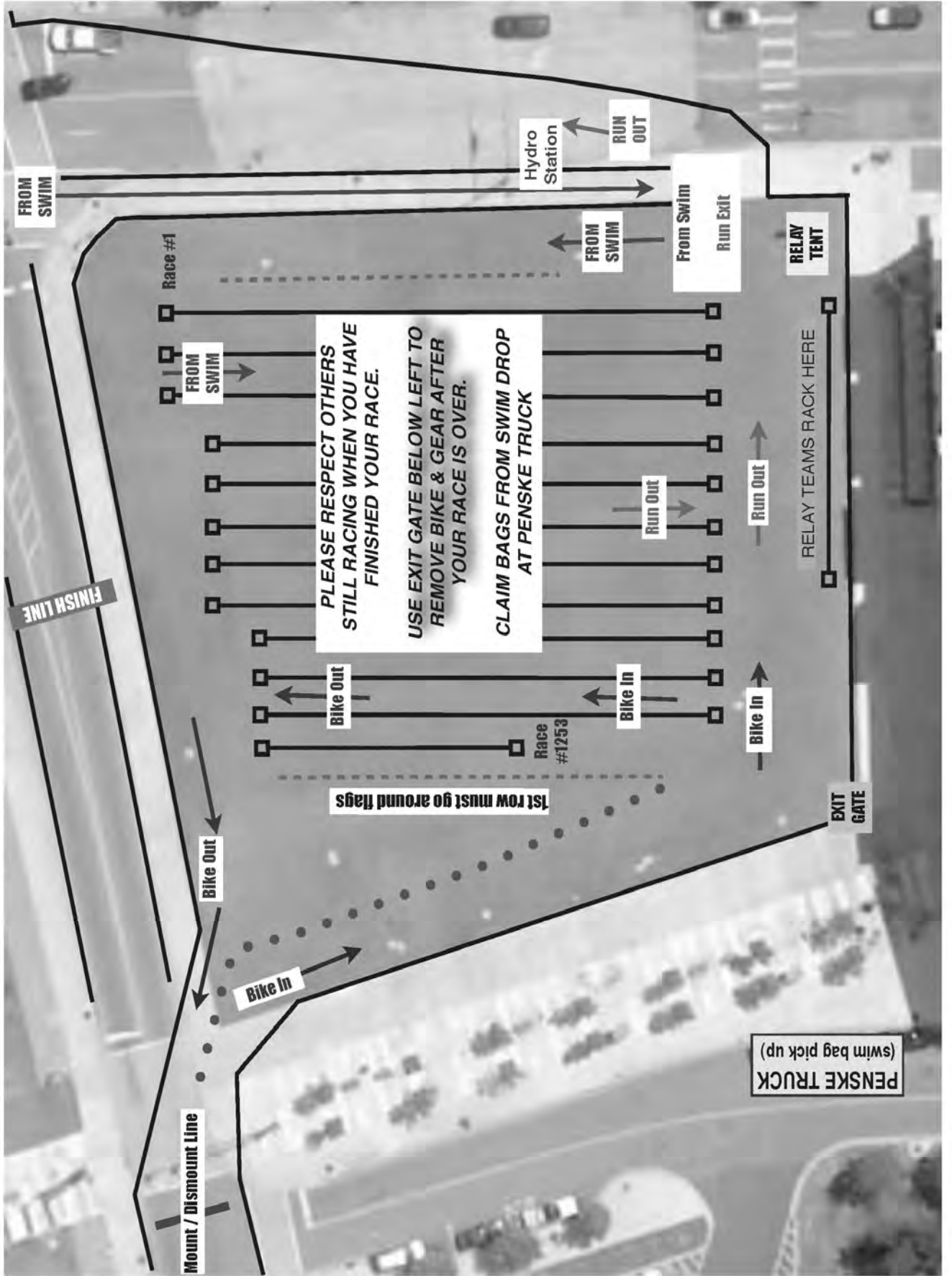
Illegal Pass - Passing other cyclists from the right.

Position Violations carry a cumulative two minute time penalty (2:00) for **EACH OCCURANCE**. If you are cited for three (3) violations you will be disqualified. **NEVER** cross over the center yellow line. Always stay in your lane.

Please treat volunteers, other competitors and race officials with courtesy and consideration. Failure to do so will get you disqualified through Unsportsmanlike Conduct. Always have your chinstrap securely fastened at all times when on your bicycle. Participants sometimes forget this, **DON'T!** An infraction is an automatic disqualification.

Have a great race on Sunday and remember to enjoy yourself during the experience.

CHATTANOOGA WATERFRONT TRANSITION AREA: STAGING OVERVIEW & FLOW



BIKE COURSE OVERVIEW

The bike course leaves the transition:

- left onto Riverfront Parkway from mount / dismount line adjacent to Power Alley side of TA
- left onto ML King
- curve right onto ramp for Hwy 27 North
- turnaround just before Hwy 153
- exit right off of Hwy 27 onto ML King, right on ML King
- right on Riverside/Riverfront
- end at Transition Area – dismount at line adjacent to Power Alley side of TA

The bike course is controlled by Chattanooga Police and Hamilton County. Vehicular traffic will be contained to the right hand lanes and bikers will be using the “inside” left hand lanes – closest to the highway median. This allows for no bike/vehicle crossover on the course. Bikers will cut across a newly paved median for the bike turnaround point.

Please show caution on the downhill sections of the bike course. The road is plenty wide for you to see, but the downhill sections are long so you can build up some serious speed quickly.

Please note that you are to consider YOUR BIKE LANE the lane closest to the median while on Hwy 27 and follow USAT rules for your lane. All rules are the same – stay to the right of YOUR LANE, etc...

In order to merge bikers into the “left hand lane” on Hwy 27, officials will be directing all vehicular traffic on and off a different entrance/exit to accommodate a safe environment for our racers. Please just follow direction of volunteers and course police and all will be smooth.

There will be one portable toilet on the bike course near the turnaround if needed. **There will NOT be a bike course feed station.** Please carry your own bike bottles.

Downtown Segment

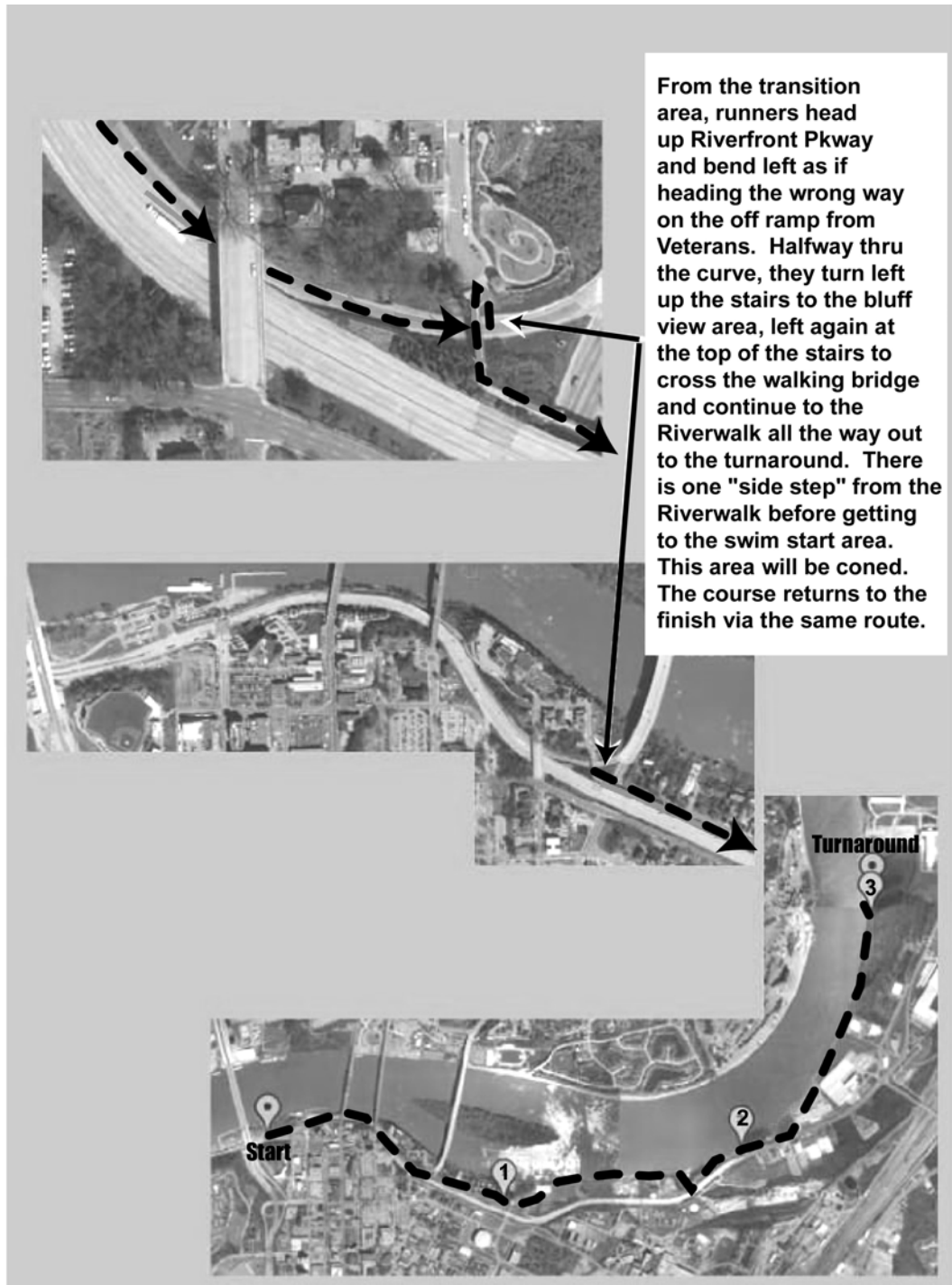


Highway 27



RUN COURSE OVERVIEW

See previous page for run course description. There will be course volunteers, police, safety guards, cones and barricades used to insure you follow the course. Do not let the above description confuse you – you will get plenty of direction for course support. The Veterans exit ramp mentioned is CLOSED to traffic, so no worries! Water and Powerade will be available on the course near each course mile and as you exit the race transition area. Hammergel will be offered in a couple of locations on the course also. You will receive E-Caps in your race packets.



ABOUT YOUR RACE NUMBERS....



RACE NUMBER

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

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 for the run segment. 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.

BODY MARKING: please go to the large athlete tent in the expo area for body marking on race morning. **Present your bib number or timing chip/band to get body marked on race morning to be sure they mark your body with the correct race number.**

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 wristband that looks like this at race packet pick up.



This wristband 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.