

**Building Bodeez Keystone State
Park
Annual Sprint Triathlon
July 17 2011**



**DAY OF RACE
INFORMATIONAL
PACKET**

RACE START TIME: 9am

Week of Race Triathlon Contact:

www.buildingbodeez.com

724.739.0105 (Facility)

724.544.4935 (Cell-Sponsor) - #1



Building Bodeez Fitness Center
154 Pandora Road
Derry, PA 15627

Email: buildingbodeez@gmail.com

PARKING:

Parking is available near the entry of the park at the raised parking lot across from a brown pavilion (Pavilion #1, i.e. PICNIC GROVE), and “drop offs” are permitted at the parking lot nearest to the transition spot/boat launch (a difference of approx. 0.1 mile). Your equipment must be picked up at the transition area following the race.

REGISTRATION:

“EARLY Registration” is a participant/team that has placed or received emails/phone calls prior to the day of the race re: confirmed registration. Day of Race registration is registration received after Friday at 5pm. Fees are increased by \$10 the day of the race. *Participants that have sent registration forms, but are paying the day of at the discounted rate will only be permitted to do so by speaking directly to race director.

Participants are required to present to the registration booth located off of Keystone State Park’s boat launch at least **one hour** prior to the start of the race (suggested time **730am**). Athletes will be split into heats upon presentation at the park for sign-in. Teams and <21 year olds will be in the LAST heat, men and women will be divided into heats as best possible. Timing devices will differentiate start times (heats are irrelevant in regards to overall timing). Heats will be delayed approx. 1 ½ minutes.

Participants are responsible for placing personal items (towel, shoes, bikes, etc.) at appropriate transition station before beginning the race. **ALL PARTICIPANTS, despite heat #, will NOT BE PERMITTED in transition area once race has begun.** Staff members will be available to watch personal items during the race, however Building Bodeez **will NOT be held responsible for lost or stolen items.** “**HELPERS**” are not permitted in the transition zone. Relay team members must transition together in the zone (change timing chip amongst members) prior to starting next leg of the race.

Registration will take place at the boat house, where participants or team representative will receive the following:

- REQUIRED swim cap (1 per team/participant)
- REQUIRED registration number and race day info (1 per team/participant)
- event t-shirt (1 per team member or participant)
- REQUIRED timing device (1 per team/participant)

Registration numbers must be written on **all** participants/team members’ arm(s) AND leg(s) prior to the start of the race using provided ink pens. Registration numbers must be pinned to participant(s) during **biking and run/walk.**

Bicycle safety checks are COMPLIMENTARY at the registration area. All participants are STRONGLY encouraged to have their bicycle checked prior to the start of the race. See below re: bike course repairs. **NOTE: Bicycle damage on the course is NOT the liability of the event sponsor.**

Timer devices will be provided during registration, and become the responsibility of the participant(s) to return to the organizing body at the end of the race (finish line). Timing devices shall not be tampered with and shall be transferred amongst team members



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appropriately at transition station. The timing device is typically worn on the racer's ankle throughout all portions of the race.

POST RACE:

First place awards/trophies as well as top three overall finishers will be announced at 12pm at the finish line area. Timing results are at the sole discretion of The Runners' High timing company.

All participants shall receive one medal for their efforts during the triathlon. Greeters will remain at the finish line until ALL participants have completed the race. Light beverages/snacks will be provided at race end. The finish line is located approx. 0.25 miles from the transition area.

FIRST AID:

Mutual Aide Ambulance Co. is on-site for the race; any first aid needs shall be immediately communicated to the ambulance service via event volunteers. If you are feeling faint or ill in any way, please abort the race and alert fellow tri-athletes or event volunteers you are in need of first aid.

TRAFFIC CONTROL and BIKE TRAIL ACCIDENTS:

Volunteer fire departments are on-site for the race; any immediate needs shall be immediately reported to the departments as able.

IN THE EVENT OF INCLEMENT WEATHER (lightning, profound wind, excessive rain):

The event may be cancelled prior to or **during** the race! Racers will be alerted during the race via volunteers and transported to the registration area as the weather permits. As with any outdoor race, sponsors are not liable for injury related to weather or nature's unpredictability. Refunds will NOT be granted in any circumstance; the race will NOT be rescheduled.

"CHEERING SECTIONS":

Family, friends, coaches, etc. are permitted at the race and are *encouraged* to attend. Volunteers will assist these individuals in moving about the race course appropriately.



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TRIATHLON 101

Heats on race day will be determined by registration sign-in (i.e. first 15 participants in heat 1, next 15 in heat 2, etc. – team participants will be grouped into LAST heat).

What equipment to bring:

- Swim
 - Swimsuit
 - Goggles
 - Towel (wipe your feet, sit on in transition area, dry off)
 - Sunscreen
 - OPTIONAL: bucket to rinse your feet off, wetsuit, petroleum jelly (nipples, underarms, crotch (to prevent chaffing))
- Bike
 - Helmet
 - Bike shoes and socks
 - Jersey/singlet and shorts
 - Eye protection
 - Plastic water bottle
 - Spare tire/tubes, tool kit, and a pump
- Run
 - Running shoes and socks
 - Sunglasses
 - Shirt and shorts
 - Plastic water bottle
 - Hat/visor
- Miscellaneous (optional)
 - Watch
 - Writing instrument
 - Camera
 - Support Person
 - Identification and money
 - First aid kit (though EMT at event)
 - Fluid replacement drink and energy food (though provided at end of race)
 - Warm clothes (for finish of race)
- PROVIDED: race number, race information (course map), swim cap

As far as what to do during an actual race, experience is the best factor. Ask questions of triathlon participants, train with experienced personal trainers or fellow triathlon gurus (Building Bodeez Fitness Center offers a complete training guide/program on site or through email signups).

Here are some helpful suggestions:

- Plan and pack what you are going to wear and use during the race the night before. Create a checklist to make sure you haven't forgotten anything.
- Arrive early enough to the race site so you can look around the course and the transition area. Leave more time than you think you will need for setting up in the transition area and warming up.
- Swim starts can be scary, especially if you are not used to swimming in crowds. Be prepared to be pushed, shoved even kicked or swam over. If you feel nervous about the close body contact, start off the side or the back of the pack. Buoy's can be difficult to see when you are in the water, not like looking at them from the shore line, so look up every once in a while to make sure you are swimming straight.
- There is usually no place to change your clothes during the Triathlon, so be prepared to bike and run in your swimsuit. If you are self conscious, bring a shirt to put on over your suit. Some women are uncomfortable if chesty. Wear a sports bra under your swimsuit.
- During the bike transition, know what order you will put your gear on as you are exiting the water. Remember to buckle your helmet before you get on your bike.
- For the first mile or so on the bike, spin an easier gear. This is to get your legs used to going in circles instead of up and down like the swim. Get aerodynamic as soon as possible.
- Concentrate on the one person ahead of you. After you pass them, start going after the next person ahead of you. Avoid riding along side of someone at their speed – either pass or back off, as people have a tendency to group up and form packs. This is called drafting and is illegal in most races.
- During the final transition, know what order you will change your gear as you are exiting your bicycle.
- Triathlons are only as hard as you make them. If you train properly, you'll stay healthy, be competitive, and probably end up finding training is just as fun as racing.



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SWIMMING (#1):

Swimming will take place in Keystone State Park's lake, beginning on the boat launch near the 'rental' boathouse. Buoys will be placed in the water and swimmers shall swim on the left hand side of the markers. Total swimming length will be *approximately* 500 yards. Life guards are immediately available in the lake water. A swimmer may utilize any stroke to propel through the water, and may tread water and float. Swimmers are required to wear the swim cap provided by the organizing body, and are *not permitted* to utilize floatation devices, fins, paddles, or any other propelling device. Goggles, face masks, and/or wet suits are optional and must be provided by the participant.

Water temperature and pH will be tested by Keystone State Park's Rangers the week of and day of the race for appropriate measurements. Wetsuits may be utilized in water temperatures of LESS THAN 78 degrees. Use of a wetsuit in temperatures >78 degrees deems the participant non-competitive. Boat shoes are encouraged as the entry and exit to the water may be bumpy or muddy.

***IN THE EVENT OF INCLEMENT WEATHER, pH WATER ISSUES, ETC. the race may be adapted to a Run-Bike-Run AT THE DISCRETION OF THE ORGANIZING BODIES.**

Upon finishing the swim, participants will exit towards the transition zone. Helmets and chin straps must be fastened. Cyclists will **push bicycle** towards Slag Road (mounting zone). Mounting will occur on the road, and the bike route will commence.

BIKING (#2):

Participant must have their assigned race number fixated to front of their shirt and bicycle when on cycling course which is composed of mostly rural roads. All race courses are **open to traffic**. Please think **safety first**. "Cars always win" ... but volunteers will be positioned at necessary intersections and corners, roads will be marked (as able) to warn cyclists of upcoming sharp turns or intersections, and 'sweep' vehicles will be utilized to travel the course frequently to investigate emergencies, cyclist needs, traffic issues. A rough map and written interpretation of the cycling course have been enclosed. **The sole responsibility of knowing and following the prescribed cycling course rests with each participant.** Time adjustments will not be granted to those that veer off of the bike course due to personal error. The course is marked on the RIGHT HAND SIDE OF THE ROAD. Please be aware of road signs throughout the race.

In the event of bicycle repair issues, a contracted bicycle specialist will be immediately available for repairs on a **CASH FOR SERVICE** basis; cyclists must be aware that repair issues are independent of the race sponsors' liability.

All bicycles shall be propelled only by human force and human power (pushing). Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants.

Type of Helmet. All participants are **required** to wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission.



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Chin Strap Violations. The helmet must be fastened before the participant first mounts the bicycle, remain in place at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted.

Position Fouls. In accordance with the Rules as set forth in this Section, a participant is not permitted to position his bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance. While on the cycling course, participants shall not work together to improve performance, efficiency, or position by teamwork or other joint conduct.

Right-of-Way. A participant is generally entitled to assume any proper location on the cycling course provided that the participant arrives in the position first without contacting another participant. When taking a position near another participant, however, a cyclist shall not crowd the other participant and shall allow reasonable space for the other participant to make normal movement without making contact.

Blocking. Cyclists who have established the right of way must not block or obstruct the progress of another participant.

Passing. A participant who approaches another cyclist from the rear or from another unfavorable position bears primary responsibility for avoiding a position foul even if the cyclist being approached decreases speed. A participant must not attempt to pass another cyclist unless adequate space is available and the athlete is confident of his/her ability to pass the other cyclist. All passing is to be done to the **left** of the cyclist being overtaken unless otherwise specified.

Position. Except for reasons of safety and when no advantage is gained, all cyclists shall keep to the **right** of the prescribed course unless passing.

Being Overtaken. When the leading edge of the front wheel of one cyclist passes beyond the front wheel of another cyclist, the second cyclist has been "overtaken" within the meaning of these Rules. A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist shall first move completely out of the drafting zone of the other cyclist before attempting to re-pass the other cyclist. In no case, however, shall a participant move into the path of another participant possessing the right of way.

***A "pit stop" was worked into the bike path and is located at the intersection of Uschak road and Pandora road at the sponsor's place of business, Building Bodeez Fitness Center. Please feel free to stop for emergencies, water, or restrooms.**

Dismounting the cycle will occur in the 'mounting zone' on Slag Road. Bicycles will then **be pushed across the timing mat and into the transition zone.**



RUNNING/WALK (#3):

A participant must run or walk the entire portion of the run course. **The responsibility of knowing and following the prescribed course rests with each participant, a map of the area is provided.**

A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Three watering stations will be set up at mile markers throughout course.

Following the race, all participants are encouraged to attend the after-race celebration at the pavilion (finish line). Beverages/light refreshments will be provided, press present, and awards given at 12pm. All finishers will be greeted upon finishing the race, despite end time.

Bike Route- Approx 13.4 Miles

***As submitted for state approval. Race route may change up until the day BEFORE the race (July 16th) and will be communicated via email and race postings.**

From transition area:

The road race is as follows:

Boat launch onto Slag Road (500ft)

Straight at intersection onto Keystone State Park Rd (St Rte 1033) (.9 mi)

Right onto Mt Carmel (St Rte 1044) (1.5mi)

Road becomes a Y, turn Right onto "Barchesky/Strawcutter" Road (St Rte 1031) (1 mi)

Road comes to another Y, turn Right to stay on hard top surface

Left on Mccullough (1 mi)

Road comes to a Y, Right to stay on Mccullough

Right on Johnson Springs (.2mi)

Left on T 881 at Road Y (1.6mi)

Right at the Y (becomes Atlantic Rd)

Right on PA 982 South (.9mi)

Right on Malone Rd (across from Derry School District) (.7mi)

Right on Pandora (St Rte 1043) (.6mi)

Left on Pittsburgh St (St Rte 1018) (4.3mi)

Left onto Slag Rd into park entrance and continue until transition area for run (500ft return transition)

Run at Keystone Approx 3.1 Miles

From Transition Area:

Turn left onto SLAG ROAD, proceed down hill

Pass the ball diamond on your left

Make first left towards registration kiosk (STONE ROAD)

Follow through 2 separate camping sites, run along the lake into Lakeside Trail until reach

E PITTSBURGH ST/Keystone State Park Road

Turn left onto trail, over bridge separating bodies of water

Turn left BEFORE beach parking lot

Run towards path through grassy area beside beach house

Return along trail with pavilion on right

Run towards transition spot, up through woods

Turn right, Return down paved path into finish line



**ALL ASSIGNED RACE ROADWAYS/RUN ARE SUBJECT TO CHANGE. Registrants will be notified as able. Changes will be communicated if necessary on race day.

Thank you to our sponsors for your support
during our event this year.
BUILDING BODEEZ FITNESS CENTER could not hold
events such as the Building Bodeez Keystone Triathlon
without your **unwavering** support.

BUILDING BODEEZ FITNESS CENTER
JIOIO'S PIZZERIA (Latrobe and New Kensington, PA)
The Medicine Shoppe (Latrobe, PA)
JOE PETRARCA, State Representative
RKL PHOTOGRAPHY.org (Latrobe, PA)
BRADENVILLE VOLUNTEER FIRE DEPT.
MUTUAL AIDE AMBULANCE
BOB KROHLIK and CYCLE SPORT AND SKI (Greensburg, PA)
MASTROCCO's GROCERY STORE (Derry, PA)
BILLY'S SILKSCREEN (Latrobe, PA)
DINO's RESTAURANT (Latrobe and Greensburg, PA)
The RoadHouse (New Alexandria, PA)

Additional Sponsors will be listed on Race Day.
Please patronize these sponsors for their dedication and donations towards our efforts.



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