

Information for Athletes

December 6th, 2009
Start 9:00 AM

Welcome to Jingle Bell Triathlon 2009!

Just as last year, this year's race will take place at Rio Rancho Aquatic Center. In this information sheet you will find answers to most race related questions. If you can't find the answers you need, contact us at Info@TriSportCoaching.com.

Schedule

Dec 3 rd :	Triathlon Clinic	5:30-7:30PM	Sports & Wellness Del Norte
Dec 4 th :	Triathlon Clinic	5:30-7:30PM	Rio Rancho Aquatic Center
Dec 5 th :	Race Packet Pickup	12:00-6:00PM	
Dec 6 th :	Race Packet Pickup	6:30-8:30AM	
	Body Marking	7:30-8:30AM	
	Timing Chip Pickup (all racers)	7:00-8:30AM	
	Pre-race Information Meet	8:45AM	
	Race Starts	9:00AM	

Packet Pickup

You can pick up your race packet the day before the race, December 5th, from 12PM-6PM at High Desert Bicycle's west side location. The address is 909 36th Street SE, Rio Rancho, NM 87124 (just north off of Southern Blvd at the Phillips 66 station).

You can also pick up your race packet on race day morning, at the Rio Rancho Aquatic Center from 6:30AM-8:30AM. A lot of people will be picking up their packets on the morning of the race, so please arrive early.

During packet pickup you must:

- Bring a valid photo-ID.
- Bring your USAT license. If you don't have a license, you can purchase a 1-day license for \$10. This is a USAT sanctioned race, and for insurance reasons every athlete participating must have this license or you will not be allowed to race. *Please bring cash or check to pay for 1-day license.* Unfortunately, we cannot accept credit cards.
- Sign a USAT waiver (available at pickup desk).

Body Marking

Body marking is required for all participants. Body marking starts at 7:30 AM at the race location.

Timing Chip and Timing

The timing is done using a chip. The chip must be picked up on the morning of race day. Please allow some extra time to do this, since all athletes will have to pick it up at race day.

The chip is attached to a Velcro band that you put around your ankle. It is waterproof, and should be worn during the entire race, including the swim. If you are racing on a team the chip has to be passed on between the participants on your team during transitions.

In order for your time to be registered you **must** walk across the mats at all entry/exit locations to the transition area. Otherwise the system will not be able to read and register your time.

Rules

Since this is a USAT sanctioned event, we will follow the rules governed by USAT. The complete set of rules with details can be found at usatriathlon.org/pages/1684. Here is list of a few of the most important regulations to be aware of:

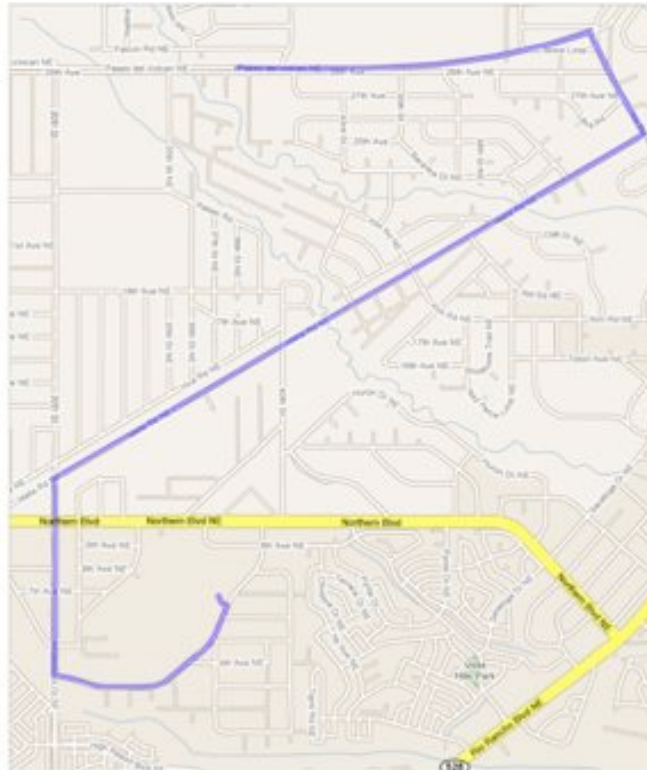
- Bike helmets are required at any time you are on your bike at the event location (this includes when bringing your bike back and forth to your car).
- Drafting is not allowed on the bike section.
- Race numbers must be carried during the run and bike sections.
- iPods and headphones are not allowed on the course.

Parking

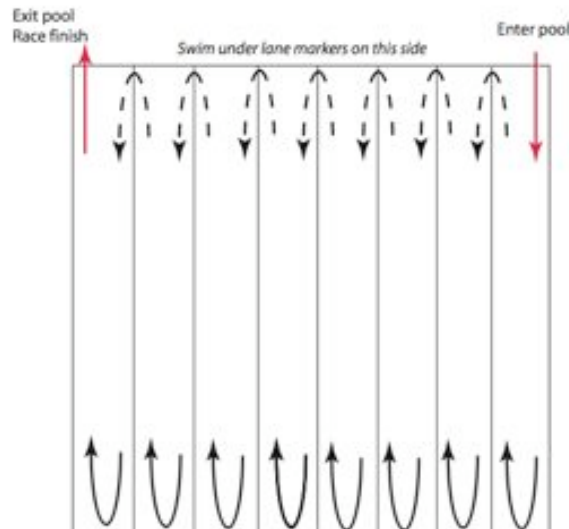
A limited amount of parking places are available just outside of the Aquatic Center. Because we have the transition area setup at part of the parking area, this lot will be closed during the race and no cars will be allowed in or out. Additional parking spots are available just south of the Aquatic center in relation to the soccer fields. If needed, the lot just to the north outside the library can also be used when the library is closed.



The bike course is moderately hilly, and is an out-and-back course. In contrast to the run course, you will exit the transition area and take a right onto Loma Colorado. There will be a police car at the turnaround point. **The bike course is not closed to traffic, so please be careful!** Police and volunteers are available to help at intersections but ultimately you are responsible for your own safety.



As you enter the pool from the transition area, the swim starts in the northeast corner of the pool immediately when you enter the building. The swim is a serpentine swim, meaning you swim up and down once in each lane, and then swim under the lane marker into the next lane for your next up-and-down swim. You share the pool with other athletes, so please be courteous. If a faster swimmer catches up with you, stop at the end of the lane and let them pass. When exiting the pool, volunteers will collect your timing chip.



Food

No food services are provided. Bagels and fruits will be served to the athletes after the race.

Restrooms & Showers

Restrooms, showers and changing rooms are available inside the Aquatic Center.

Hotel

The official race hotel is Day's Inn Rio Rancho. A limited number of rooms have been blocked at the hotel for race participants. Call 505-892-8800 to get the discounted race rate for \$55.95 per night plus tax.

Awards Ceremony & Raffles

The awards ceremony will be held as soon as possible after the last athlete has finished the race. Medals will be awarded to the top three finishers in each age group. Plaques will be awarded to the top overall female, male and team.

During the award ceremony we also raffle gifts out – t-shirts and gym memberships are amongst the raffle prizes!

Pre-race Clinics

Are you new to triathlons? Do you want to learn a bit more about triathlon transitions, race day nutrition and get hints for a successful race? Join one of our Triathlon Mini Clinics:

Thursday Dec 3 rd	5:30-7:30PM	Sports & Wellness Del Norte
Friday Dec 4 th	5:30-7:30PM	Rio Rancho Aquatic Center.

The cost for a clinic is \$29. Sign up at Active.com.
For more info see www.TriSportCoaching.com!

Happy Racing and Merry Christmas!

TriSportCoaching
Triathlon Training and Racing

