



13 Years of the Smile Train Tri!

What started as a little neighborhood fundraiser has become a premier event in the Triangle area drawing people from around the nation. We are honored to have Smile Train at our race again this year.

Over the last 12 years, thousands of athletes, volunteers, and sponsors have come together to donate over \$320, 000 to SmileTrain.org to give children the smiles they deserve.

Make sure to pick up any last minute race necessities at Run N Tri Outfitters during the packet pickup, come out to the pre-race meeting (great for 1st timers with us) Saturday night, and come ready for a wonderful time on Sunday!

PACKET PICKUP

Each racer **MUST PICKUP HIS OR HER OWN PACKET. A valid ID AND your current USAT annual membership card are REQUIRED.** (If you purchased a one-day USAT pass, we will have that on file.) We will not give your packet to anyone else.

- Friday, June 26, 2020: 4pm-7pm, **Run N Tri Outfitters**
- Saturday, June 27, 2020: 1pm-4pm, **Run N Tri Outfitters**
- Sunday, June 28, 2020: 6:30am-7:30am, Race Site @ 804 Heritage Lake Road, Wake Forest, NC

PRE-RACE MEETING

At 6pm on Saturday, June 27 there will be a Race Director's meeting at the race site. Come learn about the transition area, course logistics, race instructions, race rules, and more. This is not mandatory, but is recommended for first-time athletes. A pre-race briefing with last minute course updates will also be held at 7:45am on the pool deck on race morning.

ARRIVAL TIME

Arrive at the event site no later than 6:45am. EVENT START is at 8:00am, however, the packet pickup line closes at 7:30am and the transition area closes at 7:45am..

NON-USAT ANNUAL MEMBERS

If you have not paid the 1-day USAT fee and are not an annual USAT member, be prepared to do this at packet pickup. (This is available during on-line registration.) This is required by USA Triathlon and provides you with insurance should you become injured at the race. This is a one-time \$15 fee - cash or check only.

PARKING

Note that there is **NO BIKE DROP OFF** at this race. Park your vehicle then strap on your helmet and ride your bike into the race site.

You have two options for parking:

- Smith Creek Soccer Park: approximately 0.3miles north of the race site
- Along Heritage Lake Road near the venue: do not park where there are "NO PARKING SIGNS" as this is part of the race course.

There is NO PARKING in the lot surrounding the pool, on Heritage Club, at the Heritage Golf Club or on the residential streets.

BODY MARKING

All participants must be body marked before 7:30am. **DO NOT** apply sunscreen before you arrive – marker and sunscreen don't mix. You will be marked with your race number on your arms and legs, and your age (or division for Athena, Clydes, Master Clydes, and Relays) on your calf.

CHIP TIMING

Your timing chip will be available for pickup on race morning near the body marking area. Bring your bib for confirmation of number. If you are on a relay team, anyone can pick up the timing chip, but the swimmer will be the first to wear it.

All chips should be secured to your left ankle using either the strap provided or your own timing chip strap.

You are responsible for returning your chip to the timing officials at the finish line. Failure to return your chip for any reason will result in a \$50 replacement fee. We will have volunteers available to help remove them.

Do not cross any timing mats between 8:00am and 11:30am on race morning UNLESS you are racing.

TRANSITION AREA (TA)

Each individual or relay team will have a bike rack location. Find your race number and rack your bike anywhere on that rack. There will not be bike storage the evening before the race. On race morning, participants only (no family or spectators) are allowed in TA.

During the race, you must walk or run your bike to the Bike Out exit and will mount at the volunteer-supported mount/dismount line. You will dismount at the same place upon completing the biking portion of the race.

YOU MAY NOT REMOVE YOUR BIKE FROM TRANSITION UNTIL THE LAST ATHLETE HAS STARTED THEIR RUN. NO EXCEPTIONS.

POOL SWIM: 250 YARDS

Swimmers will begin the race in numerical order according to the swim time submitted during registration. Times will be posted at packet pickup and on race day and cannot be changed. Swimmers will begin in the water (no diving) and complete 10 lengths of the pool, changing lanes each time one length is completed. You will swim one direction only in each lane of the pool. Swim to the right, pass on the left.

A ladder is available at the end of the swim, if needed, to exit the pool. The pool area is closed after the swim so don't leave any belongings on the

pool deck, or they will be placed outside the pool gates to claim after the race.

BIKE COURSE: 12 MILES OUT-AND-BACK

The complete [Bike Course is posted on the website and mapped using MapMyRun.com](#). Printed maps will not be available, but we will have an aerial view map at packet pickup for your reference.

- Bike course will be marked with arrows and directional signs at each turn and every mile will be marked with a side-of-the-road sign.
- Hard-shell helmets must be worn.
- Helmets must be fastened before leaving the transition area.
- Stay to the right to allow faster cyclists to pass on the left.
- Helmet numbers, provided, must be worn on the front of your helmet
- No headphones, earphones, or radio-type devices are allowed on the bike course
- There are volunteers and police officers on the course, but it is ultimately your responsibility to know the course.
- No drafting – stay at least 3 bike lengths behind the rider in front of you. If someone begins to pass you, YOU must drop back and let them pass and get 3-bike lengths ahead before you try to pass them again.

RUN COURSE: 3.1 MILES OUT-AND-BACK

Complete [run course is posted on the website and mapped using MapMyRun.com](#). Printed maps will not be available, but we will have an aerial view map at packet pickup for your reference.

Run bibs should be worn in FRONT during the duration of the run course. They are not necessary during the bike, only the run.

There will be 2 aid stations on the run course. One at approximately 0.75 miles, one at the turn around (1.5 miles). You will pass the first one again on your way back in. Water and Gatorade will be available.

RELAY TEAMS

Relay teams can be 2 or 3 person teams – all compete in the same division regardless of age, gender, or number of teammates.

Each relay team member must come to body marking. Your team race number will be written on your arms and legs, and an “R” will be written on your right calf to indicate to others you are part of a relay team.

The swimmer will line up in numerical order, complete the swim, and then exit the pool and go into the Transition Area.

The biker will be waiting at the bike rack with the bike ON the rack. The biker should have their shoes and helmet on and be ready to go when the swimmer arrives. Once the timing chip is TRANSFERRED from the swimmer to the biker's ankle, the biker can walk/run the bike to the Bike Out TA exit.

Bikers will complete the bike leg of the race, dismount at the appropriate place, then run/walk the bike back to the same place where you met your swimmer. Rack your bike and transfer the timing chip to the runner.

The runner should have the bib number pinned to the FRONT of his/her shirt already, and can then proceed to the Run Out exit.

VOLUNTEERS

We could not have this race without volunteers. EVERY volunteer you see at the race is unpaid – they are here because they love the sport and want to support you.

If you have any issues, questions, or concerns with the race – find anyone in an FS Series shirt and we will do everything we can to help you.

RESULTS & AWARDS

Awards will be presented shortly after the last athlete crosses the finish line, around 11:00. Medals and awards are not mailed out so if you know you can't stay and you expect to win an award, have a friend collect it for you. ***You must be present to claim any award.***

SPECTATORS

We encourage you to invite your friends and family to come out to the event to cheer you on.

Spectators may enter the pool deck through the north entrance of the pool near the Clubhouse. They will not be permitted in and out of the athlete entrance during the race.

During the race, they may not ride or run with you. That is considered 'outside assistance' and is against USAT policy.

Please remind your friends and family that they are not allowed inside TA at any time on race morning.

SPONSOR VILLAGE

During the race we will have the followings sponsors set up at our post-race party. Be sure to send your cheering committee to the finish line to shop, eat, and mingle with our sponsors. It's because of them that we are able to donate a portion of the proceeds to charity. Tell them thank you!

- Run-n-Tri Outfitters
- Primrose School of Heritage Wake Forest
- Porter & Rabinowitz Chiropractic
- NutriShop
- Sole Dimensions
- Camp Gladiator
- BreakThrough Physical Therapy
- CW Coffee Company: *coffee and tea for purchase*
- Kona Ice: *snow cones for purchase*
- Bounce House: PLEASE MONITOR YOUR CHILDREN

FREQUENTLY VIOLATED USAT RULES & REGULATIONS

- **Helmets:** Helmets must be worn and the chinstrap must be buckled at all times while on your bike – before – during –and after the event. *Penalty: disqualification*
- **Outside Assistance:** No assistance other than that offered by the race and medical officials may be used. This includes pacers, additional aid from spectators. *Penalty: variable time penalty*
- **Transition Area:** All equipment must be placed in the space to one side of your bike. TA items may not extend beyond the end of the bike rack. Bike must have one wheel touching the ground when racked. Participants must return their bike to an upright position on the rack when completing the bike. You may not interfere with another racer's equipment or impede the progress of another participant. *Penalty: variable time penalty*
- **Drafting:** Keep at least 4 bike lengths of clear space between you and the cyclist in front of you. If you move into this zone, you must pass within 15-seconds. *Penalty: variable time penalties*
 - **Position:** Keep to the right side of the lane when riding, unless passing.
 - **Blocking:** Do not ride on the left side of the lane unless you are passing.
 - **Overtaken:** Once passed, you must immediately exit the draft zone from the rear (let them pass) before attempting to pass again
- **Course:** all racers are required to follow the course and stay within all coned lanes. Cutting the course is a violation and safety issue. Cyclists shall not cross a solid yellow centerline for ANY reason and must follow all applicable traffic laws unless instructed otherwise by an officer on the course.
- **Unsportsman-like Conduct:** Foul, harsh, or abusive language or other unsportsman-like conduct directed to a racer, race official, volunteer, or spectator is forbidden. *Penalty: disqualification*
- **Headphones:** You may not wear headphones during any part of the race. *Penalty: variable time penalty*
- **Race Numbers:** All athletes are required to wear race numbers in front (on helmet front or on front of body) during the race.
- **Race Number Transfers:** DO NOT transfer your number to any other athlete, as this is *punishable with disqualification and suspension from membership in USAT.*

THANK YOU TO OUR SPONSORS!

Title Sponsor: Rho, Inc.

Presenting Sponsor:

12 Year Sponsor: Carolina Pediatric Dentistry

Rho Smile Train Triathlon Sponsors:

- Run N Tri Outfitters
- YMCA - Kerr
- Warren Shackelford Thomas Attorneys
- Primrose School of Heritage Wake Forest
- Porter & Rabinowitz Chiropractic
- NutriShop Wake Forest
- Sole Dimensions
- Camp Gladiator
- BreakThrough Physical Therapy
- Heritage Swim& Tennis

FS Series Sponsors:

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