



LAKE GEODE CHALLENGE TRIATHLON

www.lakegeodechallenge.com

1.5K Swim – 40K Bike – 10K Run

**Saturday July 17, 2010 – 7:30 am
Geode State Park – Danville, Iowa**

Race Guide

Race Venue

Geode State Park is located approximately 13 miles West of Burlington, Iowa. From Burlington, take westbound Highway 34 exit 255 and follow signs to the Park, or take Mt. Pleasant Street west out of Burlington and stay left on Iowa 79 in Middletown toward Geode State Park. From the west take eastbound Highway 34 exit 244, turn right on X23/New London Road, follow X23 to Lowell & turn left on J20/Salem Road, follow into park – once you have crossed the dam follow the run course directions/signs to get to the beach. Parking, transition, and the race start and finish are located at Lake Geode beach.

Swim

The event starts with a 1.5 kilometer, clockwise, out & back swim from the sandy beaches of Lake Geode. Buoys mark the entire course and boats and safety personnel will be on the lake during the swim. Wetsuits are allowed per USAT rules and regulations. Swim caps are mandatory and will be included in your race packet. The first swim wave starts at 7:30 am. There will be multiple swim wave starts. Your wave start time will be posted at the packet pick up area and at the race site.

Bike

The 40 kilometer bike course will take participants on a scenic loop outside Geode State Park. The course features flat roads and rolling hills through a quiet, rural countryside and features a water bottle exchange just past the turnoff onto New London Road/Hwy X23. The course is extremely well marked with mile markers every 5 miles and signs depicting turns and potential road hazards. You must wear an ANSI-approved helmet any time you are on your bike. You must visibly display your bike number on your bike. Drafting is not allowed and USAT Marshals will patrol the entire bike course to ensure everyone follows the rules. The course will be open to traffic.

Run

The race concludes with a 10 kilometer out & back run on good asphalt roads within beautiful Geode State Park. The course includes rolling to challenging hills. Water and sports drink will be available at the exit from transition, approximately every mile on the course, and at the finish line. Mile markers will be located at every mile. Runners must wear their race bib number on front when crossing the finish line.

Sanctioning Information

The Lake Geode Challenge is a USA Triathlon sanctioned event. Race participants who are not members of USA Triathlon are required to purchase a 1-day permit at a cost of \$10. More details can be found at www.usatriathlon.org.

Chip timing

The race will be timed by Accu-Split Timing Company using the ChampionChip® timing system. Chip distribution will be race morning at the race site.

A ChampionChip® timing device must be attached to each participant's ankle with a strap (provided). The chip interacts with sensor mats placed at key race areas, to record each individual's exact time and place, at those intervals.

Volunteers will be on hand at the finish line to collect chips. However, each participant is responsible for the return of his or her chip.

An \$80 charge will be assessed if the ChampionChip® is not returned.

Registration and Entry fees

Entry fees do not include \$10 fee for USAT 1 day permit (required for participants who are not USA Triathlon members)

	By June 20th	After June 20th
Individual	\$ 60	\$ 80
Team	\$108	\$120

Youth participants (ages 15-17) must be USAT members (annual dues are \$5) to race.

Register at www.getmeregistered.com (see link under registration on www.lakegeodechallenge.com)

Cutoff for registration – Wednesday July 14th
No refunds – No exceptions

Awards

Cash awards will be given to the overall top three male and top three female finishers. Awards are \$500 – 1st, \$175 – 2nd, \$75 3rd.

Lake Geode Challenge trophies will be given to the top three male and female finishers overall, the top three male and female finishers in each age group category, and the top three in the Clydesdale and Athena divisions. Team trophies are given to all members of the top three teams in the male, female and co-ed categories.

Elite Division

This category is for those who believe they have a realistic chance of winning the Lake Geode Challenge Triathlon. These individuals will comprise the first swim wave and are not eligible for age group prizes. You must indicate this preference on your entry form.

Clydesdale and Athena Divisions

Men weighing 200 pounds or more and women weighing 150 pounds or more qualify to race in the Clydesdale or Athena division. To enter the Clydesdale/Athena division you must indicate your preference on either the Online or Mail-in registration form. A pre-race weigh in may be required. Entrants in this division are not eligible for age-group category awards.

Note: You are not required to enter as a Clydesdale or Athena if you meet the weight requirements.

Teams

Each team member must pick up their own race packet. Teams will be assigned a specific rack in transition. The swim team member will hand the timing chip off to the biker in the marked hand-off area, who may then unrack their bike and proceed. Bikers returning to transition must first rack their bike before handing the timing chip to the runner within the marked hand-off area.

Transition Area

There will be a single, paved transition area that will open at 6 a.m. race day. Entry to transition area is limited to race participants only. Body marking and chip distribution will be in the beach house. Placement in the transition area will assigned based on race number (a range will be assigned to each bike rack). You must return your bike to the correct place on your rack before beginning the run – don't infringe upon another racer's space. Race participants are not allowed to ride their bikes in the transition area. No glass containers are allowed in transition.

Parking

Parking is in a designated area near transition. There is no parking allowed in any other area or along the park roads.

Bike Helmets

All participants must wear a USAT approved helmet (as per USAT competitive rules) any time they are on their bike. All participants must have their helmet chinstrap fastened before getting onto their bike – this includes warm up! You will not be allowed to leave transition until your helmet strap is fastened.

Wetsuits

Wetsuits will be allowed per USA Triathlon rules. Race participants may wear a wetsuit without penalty in water temperature up to 78 degrees Fahrenheit. Participants may wear a wetsuit at their own discretion in water temperature greater than 78 degrees but less than 84 degrees, but the participant will not be eligible for awards. Participants will not be allowed to wear a wetsuit in water temperature equal to or greater than 84 degrees Fahrenheit.

Volunteers

If you have family or friends coming with you who might be interested in volunteering, please have them contact our volunteer coordinator at volunteer@lakegeodechallenge.com.

Camping

Camping facilities are available at Geode State Park. Spots can be reserved in advance through the parks reservation system. For more information, check www.iowadnr.com.

Lodging

For information on all Burlington, Iowa hotels check www.visitburlingtoniowa.com.

Sponsors

Great River Medical Center
Burlington Endurance Athlete Sports Team
Greater Burlington Iowa Convention & Visitors Bureau
Bickel's Cycling & Fitness
Two Rivers – Banking – Investments – Insurance
Rick Buller Financial Services LLC – Berthel Fisher & Company
F&M Bank & Trust
Hammer Nutrition
Burlington Area Community YMCA/YWCA
CERT
Clear Falls Water
Coca Cola
Comfort Suites
CPA Associates PC
Doran & Ward Printing Company
Electronic Applications Inc
Pat & Sue Genereux
Hy Vee
Lance
La Veine Sanitation
The Drake on the Riverfront
The Hawkeye
Northwestern Mutual – Jerry Courtney
Road ID
Running Wild
Titan Broadcasting
Winegard Company
Xterra Wetsuits

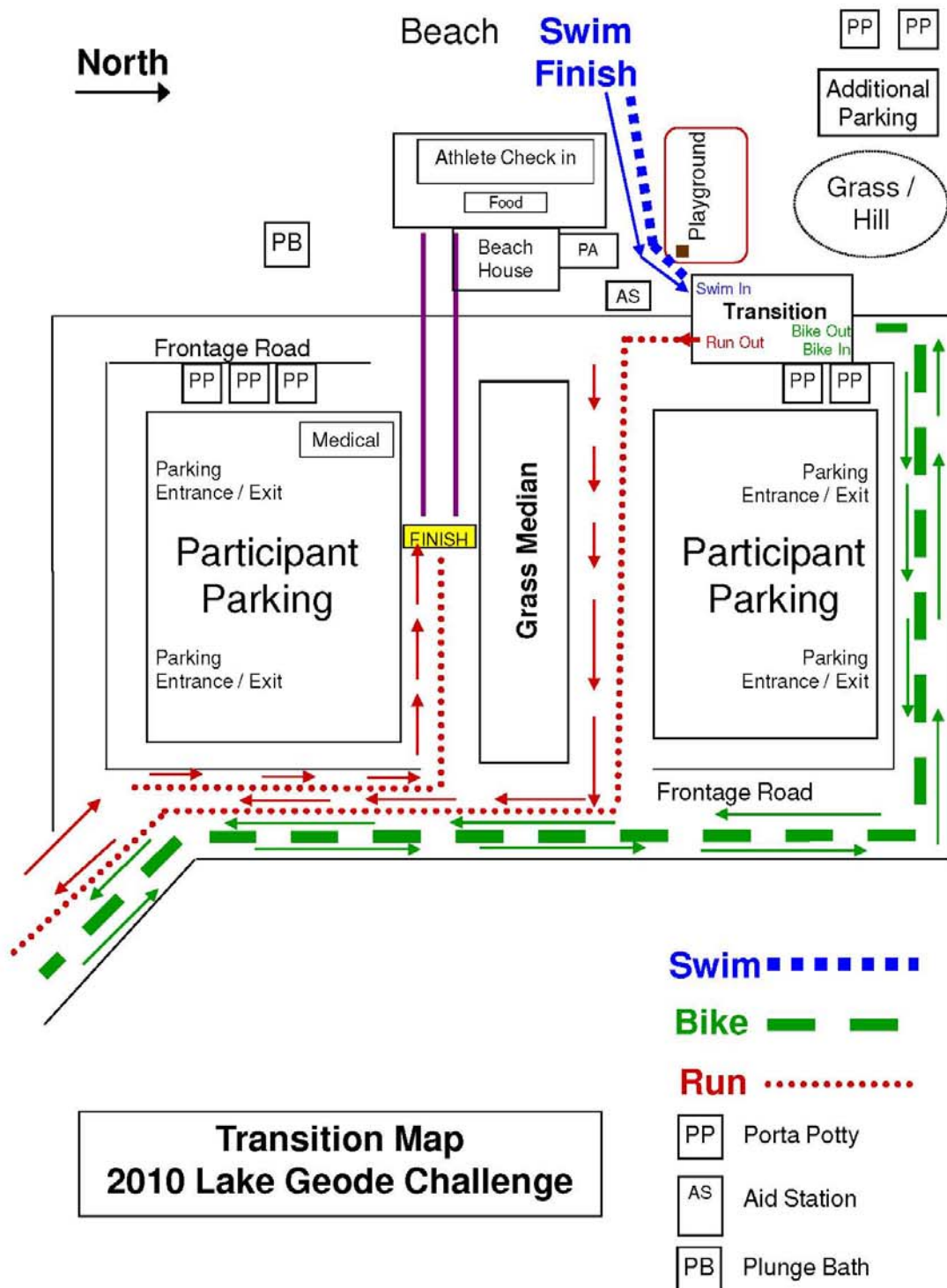
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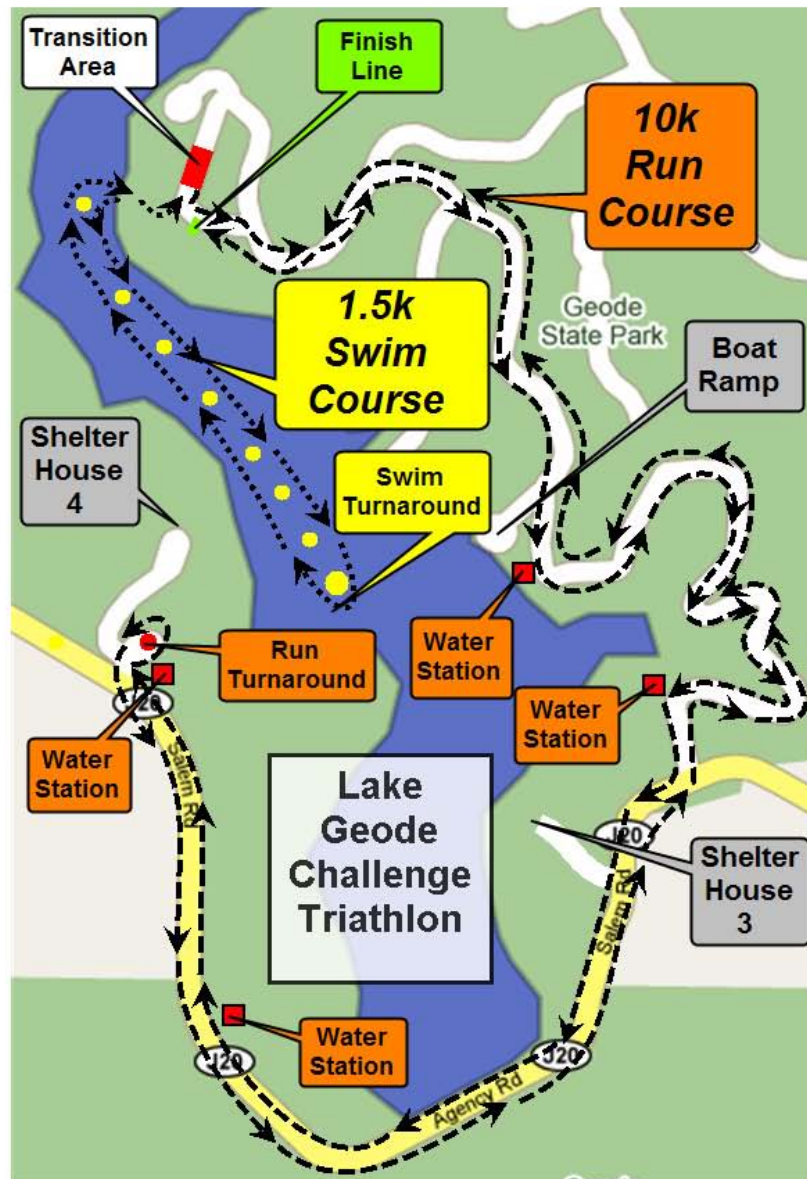
Geode State Park, Great River Medical Center Emergency Department, Des Moines County Sheriff, Lee County Sheriff, Henry County Sheriff, Iowa Highway Patrol, Superior Ambulance, Denmark Fire and Rescue, Burlington Fire Ambulance, Med Force Air Ambulance, Muscatine County Search & Rescue, and Bike Burlington

There are several ways you can promote this event including prize donations, product donations, financial sponsorship and supplying volunteers. For more information on event sponsorship, contact the race director at racedirector@lakegeodechallenge.com.

Additional Questions

Contact Kim Hunsaker at racedirector@lakegeodechallenge.com or 319-753-5200







Bicycle Safety Criteria

Each bike should conform with the following bike safety criteria:

Handlebars - tightened properly, grips in good repair, bar end plugs are mandatory

Brakes - clamp rims when engaged and release properly, and have quick release

Seat – tight seat post so seat does not move side-to-side nor up and down

Pedals - firmly attached and spin freely

Cables - not frayed between levers and derailleurs and brakes

Wheels - spokes, when applicable, in place and tight, and tires in good condition and properly inflated, and quick release hubs (if applicable) must be snug

Helmet - USAT and ANSI-approved

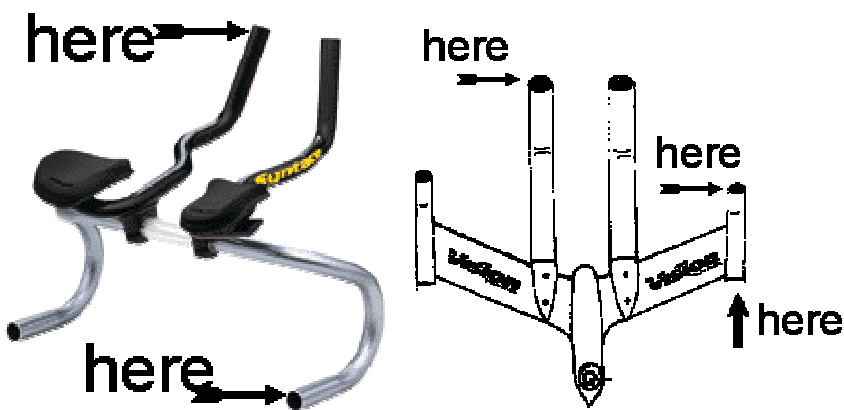
Bickel's Cycling and Fitness will provide bike support near the transition area on race morning should any of the items listed under Bicycle Safety Criteria need repair.



WARNING



ALL HANDLEBAR ENDS MUST BE SOLIDLY PLUGGED IN THE RACE. TAPE ALONE IS INSUFFICIENT.



YOU WILL BE **DISQUALIFIED** FROM THE RACE IF YOUR BAR ENDS ARE NOT SOLIDLY PLUGGED!

USAT Competitive Rules, 5.11i

A Message from the Head Referee to all age-group competitors...

Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the Competitive Rules in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

Ride on the right side of your lane.

Keep three bike lengths between you and the cyclist in front of you.

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the officials are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Officials commonly cite the following violations:

Illegal Position or Blocking – riding on the left side of the lane without passing.

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths after being passed and before re-passing.

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

Always have your chinstrap securely fastened! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ!

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

Schedule of Events

Friday July 16, 2010

Packet pick-up

4:00 – 8:00 pm – The Drake Restaurant, on the Riverfront
106 Washington Street (corner of Washington and Front Streets, across from the Port of Burlington) - Burlington, Iowa

Please make every effort to pick up your packet on Friday night. Those arriving after 8:00 pm will not be allowed to pick up packets. If you cannot arrive by 8:00 pm Friday, contact the race director to make other arrangements. **USA Triathlon mandates that only race participants can pick up their packet. Photo ID required.**

Pasta Dinner

In addition to their regular menu items, The Drake Restaurant will offer a pasta buffet special for racers & their friends/families from 5:00 to 7:00 pm Friday night. Details (and dinner) will be available at packet pick-up.

Course Talk

6:00 pm – The Drake Restaurant

Saturday July 17, 2010

Transition opens

6:00 am – Lake Geode Beach parking lot

Begin at body marking station in the beach house near transition – with numbered bike and race bib

Proceed to race chip pickup area

Proceed to transition – must have body number, and race number to enter transition.

Team meeting

7:00 am in the team area of transition

Transition closes

7:05 am

Mandatory pre-race briefing

7:15 am – near the announcer's area

THE RACE STARTS AT 7:30 AM SHARP

Rules of Participation

- You must attend the 7:15 am pre-race briefing
- You must produce a photo ID and current USA Triathlon membership or purchase a 1-day permit
- You must sign the Event Waiver and Disclaimer Form
- You must wear a USAT approved helmet and have it fastened before getting on your bike
- Only participants are allowed in the transition area. No extra equipment (additional wheels, helmets etc.) will be allowed in the transition area
- Use the portable toilets provided by the race. Anyone caught failing to do so may be disqualified and will not receive a refund
- No radios/MP3 players are allowed to be used at any time during the race

- There will be a race number in each competitor's packet. This number must be on the FRONT of each competitor during the run. A second number will be attached to your bike frame. We will check your number in the transition area
- IF YOU DROP OUT OF THE RACE DURING ANY STAGE, YOU MUST CONTACT A DESIGNATED RACE OFFICIAL BEFORE YOU LEAVE!
- USAT competitive rules must be followed. Racers are responsible for knowing the rules and the course.
- Both the bike and run courses have an out-and-back portion. There is a check point at the turnaround for each course – yell your number to the officials at the turnaround points and have your number visible
- Always bike on the right side of the road (with traffic) and run on the side of the road directed by volunteers (out & back on the same side of the road, stay LEFT after the turnaround point)
- DRAFTING WILL RESULT IN TIME PENALTIES/DISQUALIFICATION. ALWAYS STAY TO THE RIGHT OF THE CENTER LINE. IT IS THE TRIATHLETE'S RESPONSIBILITY TO KNOW THE RULES AND ADHERE TO THEM. INFRACTIONS MUST BE REPORTED IN WRITING TO THE RACE DIRECTOR.

Post-race refreshments

Complimentary post-race fruit & snacks, bottled water, sports drink and various soft drinks will be available in the post-race food area near the finish line for athletes.

Awards Ceremony

Approximately 11:30 a.m. We will not hold the awards ceremony until we are confident that results are correct. Our awards are worth waiting for, so you may want to request late checkout from your hotel or plan to make use of the shower facilities we've set up.

Cash awards will be given to the top three male and female finishers.

Additional awards will be given to the top three male and female finishers in each age group category (15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and 85+) as well as the top three in the Clydesdale and Athena divisions. Team awards are given to all members of the top three teams in the male, female and co-ed categories.

Showers

Shower facilities are available at the Burlington Community Area YMCA/YWCA – 2410 Mt. Pleasant Street in Burlington – just east of Highway 61.

Door Prizes

We have many quality door prizes.

Results

Race results will be printed & posted at the finish area as soon as reasonably possible. Additionally, results will be available on www.lakegeodechallenge.com.