

## 2019 St. Elizabeth Triathlon Event Information:



### Packet Pick Up

We encourage everyone to pick up your packet Friday evening prior to race day to avoid long lines and delays on race day, especially with the 2-transition area setup we have which is detailed below. There will be an athlete briefing and a yoga session on Friday night, which is even more reason to come out early to get your packet!

Friday July 19<sup>th</sup>

Time: 4-7pm

Location: Grant County Clerk building, 107 North Main Street, Williamstown, KY 41097

\*there will be an Athlete Briefing from 6-6:30pm this night ONLY

\*yoga class begins at 5:30pm

Saturday July 20<sup>th</sup> (Race Day!)

Time: 5-6:45am

Location: Grant County Clerk building, 107 North Main Street, Williamstown, KY 41097

**\*Please Note:** YOU MUST PICK UP YOUR OWN PACKETS. Friends, family will not be allowed to pick up your packets on your behalf. You must also show a photo ID when picking up your packet. No ID, no race, no exceptions.

**\*\*ATTN RELAYS:** All relay team members must be present together to pick up your team packet at packet pickup. Each team has one packet and all members have to be present to get it. There are a few reasons for this, but the main reason is because in most all cases, only the individual that registered the team has signed a waiver. All other team members will have to sign a waiver before the packets are given out. We will have paper copies of the waivers for you to sign at packet pickup.

### Race Day Schedule:

Transition (T2 – downtown Williamstown – Williamstown Baptist Church parking lot)

Time: 5-6:45am (everyone has to be out of T2 by 6:45am)

Transition (T1 – lake – Williamstown Marina)

Time: 5-7:15am (everyone has to be out of T1 by 7:15am)

Shuttles Operating from T2 (downtown Williamstown) to T1 (Williamstown Lake)

*\*Bikes not allowed on shuttles. See "Parking, Shuttles, Bike DROP OFF" info below*

Time: 5-9:15am

Intermediate Start Time: 7:30am

Sprint Start Time: 8:00am

Awards Time: approx 11:00am

**Parking, Shuttles, Bike Drop Off (PLEASE READ CAREFULLY):**

This is a unique race in the sense that there will be two transition areas. T1 (swim to bike) is located at Williamstown Marina. T2 (bike to run) is located in downtown Williamstown at the parking lot of the Williamstown Baptist Church.

Before parking your cars in the lots around downtown Williamstown, you'll will be asked to drive out to the Fairview Christian Church ([495 Fairview Road, Williamstown KY 41097](#)) which is approx. 0.8 miles past the Marina and T1 where you'll unload your bikes, and ride them down to T1 to rack them (headlamps are recommended for this commute). We ask that you not spend too much time unloading your bikes as we'll need to cycle cars in and out of the parking area fairly quickly as it is not large enough to hold all participant vehicles at one time.

There will be a 12-passenger van shuttling participants back to the Fairview Christian Church from T1 to retrieve their cars. This will help avoid having to walk back to the Church (approx 0.8 mi away) and causing delays.

[Click here](#) to view a map of the Fairview Christian Church and T1 logistics and layout.

After setting up your bikes and returning to your car at the Fairview Christian Church, you'll then drive your cars back to downtown Williamstown and park. If you didn't pick up your packet on Friday, you will get your packet and then set up T2 (bike to run). After setting up T2, we will have shuttles taking participants AND spectators to the swim start of the race. Shuttles will be picking up and dropping off next to T2 in downtown Williamstown. Spectators can take the shuttle back downtown after watching the swim portion of the race. Bikes will not be allowed on the bus.

[Click here](#) to view a map of the downtown Williamstown, Parking and T2 logistics and layout.

[Click here](#) to view a map for perspective of where each of these areas are located relative to one another.

**IMPORTANT NOTES Regarding Parking, Shuttles, Bike Drop Off**

- If you have NOT already picked up your packet before Race morning, you are NOT required to pick it up before driving out to set up your bike in T1. You can wait and get your packet after you return back to downtown Williamstown and park.

- You CANNOT leave your car parked at Fairview Christian Church. All cars must return back to downtown Williamstown to park.
- There is NO PARKING (spectators or participants) at the Marina and T1. Everyone MUST go to the Fairview Christian Church to unload bikes.

### **Timing Chips**

Timing chips will be picked up on race morning at T2 (Williamstown Baptist Church) after you collect your packets. You'll show your race number to the volunteer and they'll hand you the corresponding timing chip.

\*Relay Teams: you will receive one timing chip which you will pass off to one another in transition before heading out for bike/run.

### **Transition Area**

Rack assignments are by race category (sprint, intermediate) and it will be open racking in those categories. Relay teams do not have a separate rack. Relays rack in their respective race category.

### **Gear Bags**

Each of you will receive a plastic drawstring gear bag at packet pickup, along with a sticker that has your race number on it. You will place the sticker on your bag and bring the bag with you to the swim start and T1. All items that you leave behind when you head out on the bike course (i.e. goggles, swim cap, shoes, etc) need to be placed inside your gear bag. The race crew and volunteers are NOT responsible for packing your T1 gear after your swim. Once all participants have headed out for the bike portion of the race, our volunteers will load up all the gear bags and deliver them to T2 in downtown Williamstown. At the conclusion of the race you will retrieve your gear bags from T2. [Click here](#) to see what the gear bags look like and other instructions.

### **Swim Start**

Participants will self-seed themselves in the time they believe it will take them to complete the swim. Intermediate racers start first at 7:30am. Sprint starts at 8:00am. There will be signs with estimated swim finish times helping you to organize yourself at the start on where/when to begin. It will be a "time trial" style of start with participants jumping off the dock approximately every 3 seconds. Men and women will be mixed in together and not separated. Race staff will be telling participants when to jump in to avoid participants jumping on one another.

### **Swim Exit**

Upon exiting the swim there is a very steep hill heading up to the transition area. [Click here](#) to watch a video showing the hill. If you're ambitious, you can run up the hill, but for most of you I

would suggest you take your time and walk up. You are welcome to leave flip flops, sandals, shoes at the bottom of the hill that you can put on once you get done with your swim as you head up the road to the transition area.

### **Water Conditions**

This will NOT be a wetsuit legal race.

### **Bike Course**

The bike course is open to traffic so use rules of the road when riding. Ride with traffic, keep right, be aware of your surroundings. The community has been notified of the race, signage is posted along the route and police and volunteers are positioned at major intersections, but always be aware of your surroundings. Safety is our number one concern for ALL participants so we ask you to please use good judgement while on the course.

### **USAT Common Rule Violations**

[Click here](#) to see the most commonly violated USA Triathlon rules.