FawnLakeTriathlon2018

Course Description and Race Rules

Sprint Race: This race is open to all ages. The race consists of a 700 meter swim in Fawn Lake, a 12.332 mile bike-ride through the Fawn Lake subdivision, and a 5K run on asphalt trails and streets.

The swim begins and ends on Fawn Lake beach, located adjacent to the Community Clubhouse at the end of Longstreet. *You may bring your own swim cap; they are not provided.* Wetsuits are permitted. Other types of flotation devices are prohibited. The transition area will be set up in the Fawn Lake Country Club parking lot. Each participant is allocated one-half of a parking space as their personal transition area. Location of individual spaces is on a first come, first serve basis. **Participants may bring their own bike stands/racks, as these are not provided. Bike helmets are required for all participants.** For the bike portion, racers enter the parking lot from the lake and walk their bikes to the mounting area. The bike course turns right out of the parking lot, proceeds to the intersection of Fawn Lake Parkway and Longstreet, where the bikers will turn right, following Fawn Lake Parkway to the Marina where the route loops back to Longstreet, then turn right onto Longstreet, make a U turn at the Honor Bridge Drive intersection returning on Longstreet to the starting point where the second and final loop begins. **Caution: the U turn to begin the second loop is very sharp; adjust your speed accordingly and follow the directions of the flaggers.** All riders must dismount and walk their bikes to the personal transition area. To begin the 5K run on Longstreet, exit the parking lot at the opposite end from which you entered after the bike ride. Runners will turn left onto Sheridan Drive, make a U turn at the designated area, returning to Longstreet where you will turn left onto the walking/running path continuing to the Sports Center where you will loop back on Longstreet to the finish line. There will be one water stop on the 5K course. Headphones/ipods are not allowed during the race.

A COURSE MAP WILL BE ON DISPLAY AT THE CHECK IN. PLEASE REVIEW IT.

YOUTH SUPER SPRINT: This event is open to all kids ages 6-15. The race will have two different distances based on age. The race for children 12 to 15 years old will begin with a 225-meter pool swim (9 lengths), followed by an 6 Mile bike ride and 2km run. The race for children 6-11 years old will begin with a 75-meter pool swim (3 lengths), followed by a 3 mile bike ride and 1km run. *Water wings are NOT allowed.*

For children 12 to 15, the bike route will start going North on Longstreet and proceed 1.5 miles to a U-turn at the Honor Bridge Drive intersection. Proceed South on Longstreet back towards the Community Center. Make a U-turn at the intersection with Sheridan Drive (just before the Start-Finish) to start the second lap on Longstreet Drive. **Caution: the U-turn to begin the second loop is very sharp; adjust your speed accordingly and follow the directions of the flaggers.** At the end of the second lap, continue on Longstreet back to the Start-Finish at the Community Center.

For children 6 to 11, the bike route is the same as the 12-15 group, except that it is only one lap. The route will start going North on Longstreet Drive. Proceed 1.5 miles to a U-turn at the Honor Bridge Drive intersection, and return South on Longstreet back to the Start-Finish at the Community Center.

Training wheels on bikes are NOT allowed. **Biking helmets are required.** Headphones/ipods are prohibited. Parents are not allowed to help their children in the race, but can ride or run along side of them.

For children 12-15, the run will start at the Community Center and continue along the walking path beside Longstreet to the cone marking the turnaround at the 1 km point, and return to the finish line at the Community Center.

For children, 6-11, the run course will start at the Community Center, will turn left onto Sheridan to the cone marking the turnaround at the 0.5 km point, and return to the finish line at the Community Center.

Payment: Registration and payment must be made online with a credit card through Race Timing Unlimited. Until August 5, 2017, race fees are $75 for the Adult Sprint Triathlon, $125 per relay team for the Adult Sprint Triathlon, and $30 for the Youth Super Sprint. After August 5, 2017, fess increase to $85, $135 and $35. Technical shirts will be provided for the Adult Race and cotton tee shirts for the Youth Race. Shirts and sizes will be guaranteed only for those registering on or before August 13, 2017. Shirts are not guaranteed after that date. **Online Registration will close at 11:59 PM on August 21.** There will be no refunds.

You must print a copy of the waiver and bring a signed copy to Packet Pickup to receive your race number and packet. Youth must have a waiver signed by their parent or guardian.

All participants must show proof of USAT membership at packet pickup. Adult participants can purchase a one-day membership for $15. An annual youth membership is $10.

Packet Pickup: You may pick up your packet at the Fawn Lake Real Estate Office, adjacent to the Security Entrance, on Friday, August 24th from 4:00-6:00 PM, and on Saturday, August 25th, from 10:00 AM-12:00 Noon. You may also pick up your packet on race day from 7:00 to 7:30 AM at the Community Center at the end of Longstreet.

Event Schedule: The Adult Sprint will begin at 8:00 am sharp. Starts may be staggered with men going first, followed by the women and relay team members at 5 minute intervals. The Youth Super Sprint will begin at 10:30 am pending completion of the Adult Sprint. The course will close at 11:30 am. Both adult and youth awards will be presented immediately upon the completion of their respective races. Awards will be presented for overall male and female winners, and for the top one performer in each age group by gender. Adult Sprint age groups are 19 and under then 5 year age groups from 20-24 to the oldest finishers. Adult ages will be as of December 31, 2018. Youth age groups are 6-7, 8-9, 10-11, 12-13, and 14-15, and are awarded to the age designated race distance only. Youth ages

will be as of the day of the race. Light race food will be provided for all participants following the each race. The Fawn Lake Country Club also will be open to non-members following the races.

Parking: Parking will be in the Country Club parking lot with overflow parking on the old soccer fields opposite the Sports Center on the left side of Longstreet. Racers should plan to arrive in the parking area prior to 7:30 am. Those required to park in the overflow area will need to get to the transition area on their own.