



2009 RACE RULES AND GUIDELINES

General Information:

Transition area opens at 6:30am, no earlier! All athletes need to have their personal transition area set up and leave the transition area no later than 7:50am. We will be closing the transition area to **EVERYONE!** We need to get this area clear of all athletes prior to the beginning of the race to insure no false readings on the timing mats in the vicinity of the transition area.

Swim Course

The swim course is in Lake Millennium. You will line up according to your heat. We have TBD heats this year with 3-4 minutes between heats. Your cap color will determine your heat. **(The number of heats will not be determined until packet pickup on Friday 8/7/2009)**

Heat #1

Heat #2

Heat #3

Heat #4

Heat #5

Heat #6

Please note, you must go through the swim chute to be counted!

The course is a U-shape, and lined with a rope and buoys. Rescue boats are on the outside of the course with lifeguards and scuba divers on the inside of the course. The lifeguards and rescue boats are available if you are in trouble. You may hold on to an inner tube, kayak, or boat, if you need to rest. **Wet suits are allowed! No fins snorkel or other swimming aids are allowed.**

Swim Tips

- Make sure your chip is attached to your black Velcro strap and around your **ANKLE.**
- You will enter the swim coral when your heat is called, with approximately 100-150 people in each heat.
- Fast swimmers should line up to the front of the group and slow swimmers to the rear and or outside.
- Please do not swim over other swimmers!
- If you want less crowded areas, stay to the far right of the course. This will give you more room, as most swimmers want to stay close to the rope.

Bike Course

Exit the transition area on the right side of the road. You will leave the park and turn left (north onto Maynard). At the stop sign you will turn right onto Butterworth St. Follow Butterworth into town to the Garfield/Butterworth/Wealthy intersection where you will turn right onto Wealthy. Wealthy will immediately make a 90 degree curve to the left, continue on Wealthy over the River and make a sharp right turn onto Market Ave. Follow Market under the free-way overpass where Market will eventually become Indian Mounds Drive. Follow this along the River until you turn right onto 28th St. Cross over

the River and turn right onto Butterworth. Stay on Butterworth and turn right onto Maynard, you are now heading south on Maynard toward the park). Turn right into the park heading towards transition. **Be sure to stay on the right hand side of the road at all times, however, upon re-entry to Millennium Park, bike course attendants will direct you over to the left side of the road for entry to transition.** Other than this one exception, please make sure you always stay to the right on the course, always riding in the same direction as traffic. The yellow line rule is in effect and violators will be disqualified. Stay in the right lane and to the right of the center line at all times!

Bike Tips

- You must have your bike helmet on and buckled anytime you are on your bike from the start of the race until the end of the race.
- Carry your own water bottles on your bike. Do not try and grab water from aid stations.
- A maximum of 8 bikes per bike rack.
- **Bike racks will be assigned by your race number.**
- **No headphones allowed during the event, violators will be disqualified!**
- Athletes are allowed only 1 bike in the transition area and you must have your bike number attached to your bike.
- Remember to stay on the right side of the road – however, once you are back into Millennium Park on your return, bike course attendants will direct you to the left hand side of the road for the last couple hundred yards of the bike leg for entry into the transition area.
- **Have your inside pedal in the upright position when making turns.**
- There is open traffic on the course. Obey all police personnel and volunteers.
- Cyclists on the course who are over the time limit will be picked up and returned to the finish line.
- **Understand drafting: (See below)**

Drafting

1. DRAFTING is riding in the PROHIBITED ZONE while not in a passing maneuver.
2. The PROHIBITED ZONE is a 5-bike length distance (25') from all other riders. Enter the PROHIBITED ZONE ONLY TO PASS/OVERTAKE another cyclist.

Passing

1. A PASS OCCURS when the front edge of the front wheel, of the overtaking cyclist, draws in front of the front wheel of the cyclist being overtaken.
2. An overtaken cyclist MUST IMMEDIATELY DROP BACK CLEAR OF THE PROHIBITED ZONE. Continuous SIDE-BY-SIDE RIDING IS NOT PERMITTED regardless of the lateral separation.
3. A MAXIMUM 20 SECONDS IN THE PROHIBITED ZONE is allowed to execute and complete the pass of another cyclist. After 20 SECONDS IN THE PROHIBITED ZONE riders are AT RISK OF PENALTY FOR DRAFTING. All attempts to pass must be initiated from outside the PROHIBITED ZONE.

4. DO NOT CROSS THE ROADWAY CENTERLINE. (YELLOW LINE) All passing maneuvers must be executed to the right of the road centerline. **Violation will result in Immediate DISQUALIFICATION WITHOUT WARNING.**

Penalty

1. Drafting violators will be penalized with a 30-second STOP-AND-GO penalty, to be taken at the time of infraction. That is, upon being penalized by a drafting marshal, riders must immediately pull off the road, stop and PLACE BOTH FEET IN CONTACT WITH THE GROUND. Once both feet are on the ground the 30 second penalty begins.
2. If groups/packs of riders form, ALL MEMBERS OF THE GROUP WILL BE PENALIZED REGARDLESS OF THEIR POSITION IN THE GROUP (leading or following). Group members will be notified and directed to stop. After a 30-second penalty, riders of GROUPS will be RESTARTED INDIVIDUALLY AT 15 SECOND INTERVALS.
3. Race numbers will be recorded.
4. Riders may REENTER THE RACE ONLY UPON RESTART BY THE COURSE MARSHAL.

Run Course

All participants in the adult event should follow the green arrows marking the run course. You will leave your transition spot and exit the transition area on the south end of transition area, head over the pedestrian bridge and continue to follow the green arrows for the remainder of the course. This will take you around the perimeter of the lake in Millennium Park. Once around the lake, the green arrows will take you onto the main drive near the main entrance to Millennium Park. You will continue to follow the green arrows which will take you on a right turn and head back towards transition. You will see a line of orange cones placed down the center line of the drive. Stay to the right side of these cones, which will lead you around the right side of the round about and to the finish line.

There will be 3 aid/water stations. One will be located at the exit of the transition area on the start of the run, one at/near the 1 mile mark, and another at/near the 2 mile marker. There will also be water and other refreshments available at the finish line.

Cut-off Times

There will be time limits imposed on each leg of the main event. **All swimmers will need to be out of the water no later than 8:40 a.m.** This cut-off is necessary to allow adequate time for event staff to set-up for the kids event that follows the main event. Any participant not making it out of the water by 8:40 will not be allowed to continue on with the event. Also, **all bikes need to be off the course by 10:10 a.m.** Any participant not returning back to the transition area prior to 10:10am will not be allowed to continue with the event. This is necessary for two reasons, first, to allow for police officers to re-open lane closures in heavy traffic areas and secondly, to minimize potential conflicts between the main event and the kids event. **All Runners will need to be off the course by 10:55** to allow time to move timing mats for the start of the kids events at 11:00.

Day Check List:

From Registration

Race #
Bike #
Swim cap
Safety pins
Velcro chip band
Champion chip

Transition

Gear bag
Large towel for ground
Water bottle for transition
Small towel for drying off

General

Watch
Heart Rate Monitor
Sun screen

Swim

Swimsuit or Tri-suit
Wet suit (optional)
Swim goggles
Velcro chip band and chip attached to ankle

Bike

Bike (only 1 bike allowed in transition area)
Bike Helmet
Sunglasses
Bike shorts/jersey
Water Bottle
Bike shoes
Socks
Spare Tire
Bike pump
Energy bars/gels

Run

Run shorts/shirt with race number
Running shoes
Socks
Hat/sweat band
Energy bars/gels
Water bottle & carrier

Lay out all your gear the night before. Double check everything against your list. Pack everything needed for the transition into your gear bag. Leave what you need for the morning out and ready to put on. Check your tires Friday night to make sure they are inflated with no nicks or cuts. Pump the tires to the recommended pressure. Take a floor

pump & pressure gage with you in the car, so you can reinflate them if necessary before going into the transition. Check to make sure your brakes and brake pads are working properly.

Remember no head phones or ipods are allowed on the course. You will be disqualified!

Day of the Race

- Get to the transition area early. Transition area opens at 6:30am, **NO EARLIER!**
- Please remove your gear from transition as soon as transition reopens! We need to start dismantling the transition area ASAP after the completion of the race so that the park can resume normal business. The time is yet to be determined.
- Get your body marked with your race number as you enter transition.
- Check the pressure of your bike tires before going into the transition area.
- Place your bike in a rack and remember the rack position.
- Put on sunscreen early.
- Have your race numbers attached to your bike.
- Have your Velcro band with chip attached to your ankle.
- Don't put your wetsuit on until your heat starts lining up, as you might get overheated.

Transition Tips and Tricks

First Transition (Bike mount)

- When you come out of the water, unzip your wetsuit and pull it down to your waist, this prevents overheating.
- Take off your swim goggles and swim cap immediately on exit.
- Pull your wetsuit off inside out. Put it down on your towel out of the way.
- Put on shorts, shirts, socks, shoes. Put on sunglasses, bike gloves and helmet.
- Grab your bike off the rack and head toward the exit, staying to the right hand side of the road.
- **Do not mount your bike until you exit the transition area.**

Second Transition (Bike Dismount)

- When you are coming towards the end of the bike course, shift to a lower gear and pedal faster. This helps prepare your legs for the run.
- **You must dismount your bike before entering the transition area. Slow down before the dismount sign.**
- You may not ride your bike in or out of the transition area.
- Jog easily with your bike to your rack. (your bike must go on the same rack, in the same position where it was staged at the beginning of the event) Your legs will probably feel like they're made of stone. It will get better when you get out onto the run.
- Put your running shoes on first. This way you can grab the other stuff (hat, gels, etc.) and put them on as you head toward the exit.

Good Luck!