



FINAL RACE INSTRUCTIONS

Start Time: **7:30 a.m., May 23, 2010**

Location: Glastonbury High School, Hubbard Street, Glastonbury, CT

Best Route: Rte. 2, Exit 8 Exact Directions: www.mapquest.com

Packet Pickup -

USA Triathlon insurance policy requires that athletes pick up their own packet and only their own packet. **Photo I.D. and USA Triathlon membership card must be shown at pickup.** If you are on a team, you may only pick up your portion of the packet.

Hours of Packet Pickup and Late Registration

Late registrations will be accepted if space allows. Event will close out at 400 athletes. Don't be left out! Register before race day!

Friday, May 21 4pm – 6pm

Farmington Bank, Hebron Ave., Glastonbury

Saturday, May 22 3pm – 5pm

At Cycling Concepts, 2277 Main St. Glastonbury

Sunday, May 23 6:30am – 7:30am

Glastonbury High School

Race Day Logistics – see Shamrock Logistics on website

Parking:

Plenty of parking is available at Glastonbury High School.

Transition Area

- ◆ Located on front paved lot of Glastonbury High School.
- ◆ Transition opens at 6:30am. Volunteers will be on site to direct and answer questions.
- ◆ No one except registered athletes are allowed in transition.
- ◆ Volunteers will staff the Transition Area until 45 minutes after last finisher. Participants will be required to show bib number in order to retrieve their bike.
- ◆ No body marking will be done at this event.

Bike Course

The bike course is a beautiful loop course along back roads and wide shouldered main roads. The course begins with a long, not-so-gradual climb and then travels through some rolling hills and quick turns on Glastonbury's country roads. The bike course measures 16.5 miles. Monitors and police will be posted at major intersections and turns **but you are responsible for your own safety and for knowing the course.** Course maps are available at hartfordmarathon.com (click on the Shamrock Duathlon). Roads are open to traffic. Do not cross the center line! *Use Caution!* Bike Course Limit: one hour and 45 minutes

Run Course

Both runs are in the same neighborhood. If you have participated in the Santa's Run in Glastonbury, the course will be similar. The run course measures 3.1 miles. There are several streets that will have bikes and runners on the course at the same time. Be aware! Monitors and police will be posted at intersections. Roads are open to vehicular traffic. You are responsible for your own safety. *Use Caution!*
2nd Run Course Limit: 50 minutes

Course Support

Water will be available in following locations:

- 🚰 PreRace at race staging area (Gatorade also available)
- 🚰 Run Course – at ½ mile and again at 2.5 miles.

Emergency medical technicians will be at the start/finish and on the bike course. If you need emergency assistance or see an injured athlete, dial 911.

Do not call 911 for a mechanical problem with your bike. If you cannot complete the course, we will find you in our sweep vehicle.

Rules

We try not to have a lot of rules. The few rules we do have are to make sure competitors have a safe course and a good time! But we do have some basic guidelines that you'll need to know before race day.

1. Enjoy the competitive spirit, the great people and the beautiful venue in Glastonbury!
2. Be fully trained and prepared for the strenuous physical activity you are about to partake in. Do not take the undertaking lightly. Be ready and be healthy!
2. Gear requirements: Approved bike helmet, official bike number on frame and official run number on the front of your body, Winning Time Chip on Velcro strap on your ankle.
5. Transition cutoff time is strictly enforced. You have 2 hours to complete the first run and bike. Competitors not making the cutoff may continue on the run, however, they will not receive an official time.
6. Bar ends must be plugged. (See I Gotta Guy if needed)
7. Competitors are responsible for setting up their own gear in transition areas. No spectators are allowed in the transition area at any time. Registered participants only.
8. Competitors must walk - not ride - their bike out of the transition area. Helmet chin straps must be strapped before exiting transition.

Remember ... Be Safe Out There!

Bike Mechanic Thanks to Cycling Concepts

Our bike mechanic from Cycling Concepts will be at Transition before the race to help you with last minute emergencies, relieve stress and even give you a hug, if you need one.

NOW FOR THE FUN STUFF!

BLARNEY N' BEER PARTY

Stick around after the race for the best Irish post race party this side of Dublin. The menu includes Potato Burritos (traditional Irish fare), 100% organic fresh fruit, Dunkin Donuts bagels and muffins, and ice cold Ten Penny Ale from Burnside Brewing Company (one beer, compliments of HMF, for all participants over 21 years of age. Tickets for beer will be included in your registration packet). Erin go brah! You must have a photo I.D. with you to obtain beer, regardless of your age.

The CT Center for Massage Therapy will be waiting under the shade of the big oak trees to ease your aching bodies. Thank you CCMT!

AMENITIES * TIMING

USAT sanctioned race, custom designed technical shirt (made of bamboo/charcoal and 100% recycled poly), cool, gigantic finisher medals, custom awards, delicious, healthy post-race buffet, complimentary post-race massage from American Massage Therapy Association/Sports Massage Team, motorcycle and medical support, USAT Officials and Marshals, the best volunteers and staff anywhere, accurate and safe race course. Timing provided with Winning Time chips – 5 splits and finish time recorded.

CUSTOM AWARDS

Custom awards straight from the Old Sod (oh alright, Wisconsin) presented to Top three overall male and female finishers, Top three male and female finishers in each age group (5 - year age groups from 10-80+), Top team in each category (Male, Female, Mixed), Top three Clydesdale (men 200 lbs+) and Athena (women 150 lbs+). No "double dipping".



The Shamrock Duathlon is a USA Triathlon sanctioned race and all athletes are required to know the rules. Below are some key rules to remember but it is to your benefit to review all the rules of your sport at www.usatriathlon.org.

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: (5.10)

- RIDE ON THE RIGHT SIDE OF YOUR LANE
- KEEP THREE BIKE LENGTHS BETWEEN YOURSELF 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 REPASS

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 marshals 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.

Marshals commonly cite the following violations:

- Illegal Position or Blocking- riding on the left side of the lane without passing [5.10 (F & D)]
- Illegal Pass- passing on the right [5.10 (e)]
- Overtaken- failing to drop back three bike lengths before repassing [5.10 (g)]
- Drafting- following a leading cyclist closer than three bike lengths and failing to pass or exit the draft zone within 15 seconds. [5.10 (a & b)]

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 chinstrap rule is easiest to follow, but some folks always seem to forget-that's a DQ! (In the transition area it is a variable time penalty. Anywhere else on the course a DQ) [5.9 (b)].

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. [3.4 (b)]

All handlebar ends must be solidly plugged in the race. Tape alone is insufficient. You will be disqualified if your bar ends are not solidly plugged [5.1

