



Sunday, October 26, 2014
7:30 am

The Freedom Aquatic and
Fitness Center
9100 Freedom Center Blvd.
Manassas, VA 20110
info@triiitnow.com

www.triiitnow.com

PRE-RACE INFO

- 1) There's a list of participants registered for Du It on the race webpage: http://triiitnow.com/DUIT/duit_reg.htm (click on the button marked ENTRY LIST, at the bottom of the page). Any **corrections** should be reported to the race director (info@triiitnow.com) as soon as possible.
- 2) **We still NEED MANY MORE VOLUNTEERS** to help make this a safe, fair, and fun event. If you can bring along a friend or family member (or two or three) who would be willing to help out during the race, we'll give them a t-shirt, a discount coupon for a future race entry, and much thanks! Please ask them to sign up online—there's a link for volunteer signup right on the race webpage at http://triiitnow.com/DUIT/duit_vols.htm. **THANK YOU!**
- 3) **Packet pickup** will be held from 1:00pm to 2:00pm on **Saturday 11/9/13** at the Freedom Center. Directions to the Freedom Center are available via a link on the Tri It Now website, www.triiitnow.com (go to the race page)

If you cannot make the Saturday packet pickup, you will be able to get your packet on **Sunday**. Be sure to allow extra time if you plan to pickup your packet on race morning. Please arrive at 6:15 or shortly thereafter if you plan on collecting your race packet on race morning!! Packet pickup will be available from **6:15 to 6:45 only**.

Each athlete MUST pick up their own packet. Everyone must show photo ID. Parents or legal guardians must pick up packets for those under age 18 (the parent who signs for those under 18 must show their ID instead). This is due to insurance requirements, part of the procedures for us to hold this race with USA Triathlon sanctioning. Please come prepared!

If you have received/purchased USAT annual membership SINCE registering for this race, please bring along your card or a printout from the USAT website showing your member number so that we can record it for the post-race reports we are required to file.

- 4) Tri It Now will be offering several products for triathletes including race number belts, elastic shoelaces, socks, cowbells to cheer with, and more. Items will be for sale at packet pickup Saturday, and by request on Sunday. Product list available [here](#). Check 'em out!

THE COURSE

1.4 mile run

7.5 mile bike ride (new course!!!)

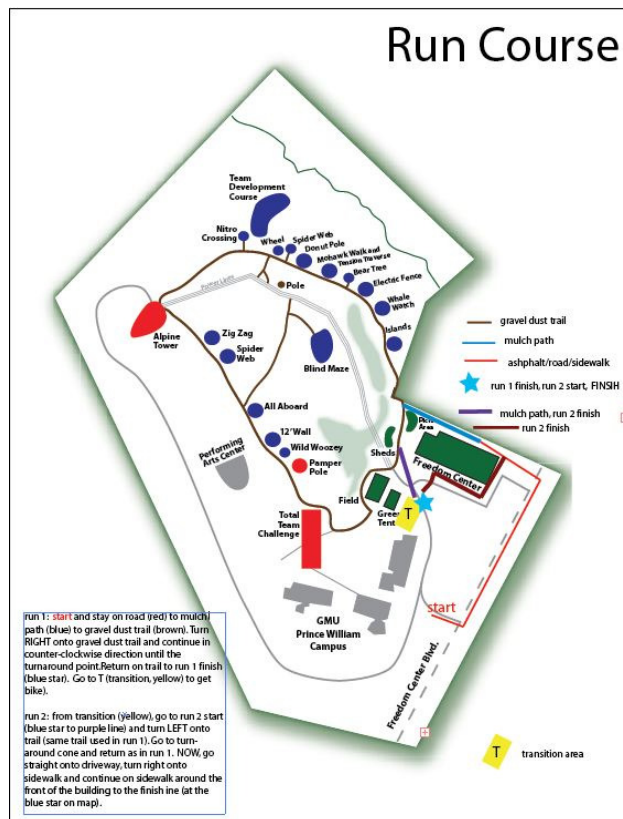
1.4 mile run

(distances are approximate)

Each leg of the race is described fully on the race webpage. Course description and maps are included there:

http://triiitnow.com/DUIT/duit_course.htm

The race will begin with a wave-start for the first run. The run begins on the road and continues on grass and dirt trail, ending at the transition area. This map shows the course used for both the first and second runs:



Following the first run, athletes will take their bike from the transition area and follow the **bike** route below. The numbers on this map indicate the mileage to that point IN THE FIRST LOOP. But remember: this is a **3 (THREE) LOOP BIKE COURSE**. Each loop is approximately 2.5 miles.

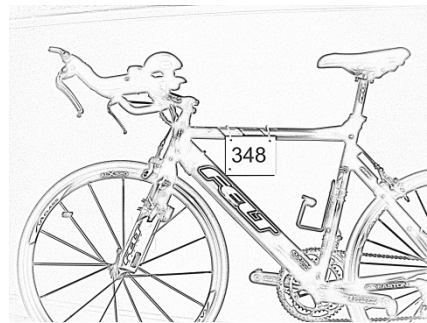
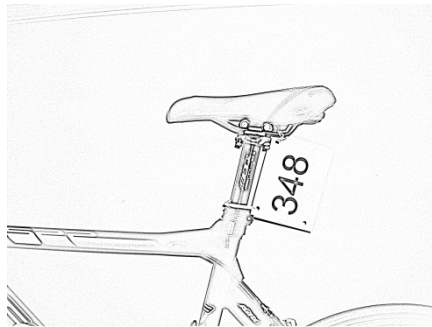
(these maps are also available on the website so you may see them larger!)



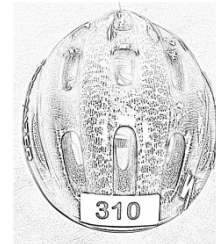
You'll return to transition to re-rack your bike and then go out on the second run.

RACE DAY

- 1) The race begins at 7:30, but plan on **arriving 45-60 minutes ahead of time** in order to set up your bike, helmet, shoes, etc. in the transition area. In addition you will have to collect your race timing chip. Please be sure to arrive around 6:15 if you need to do race morning packet pick-up (open from 6:15 to 6:45 sharp)!
- 2) The transition area will have rows of **bike racks**. You may rack on whichever rack you choose. Our racks are intended for 4 bikes each. PLEASE look at the race webpage to see pictures and videos of how to rack on them ([click here to see them now](#) or paste this URL into your web browser: <http://tritnow.com/BikeRacks.htm>).
- 3) You must attach the provided **bike number** to your bike (2 twist ties have been provided). Follow either of these pictures which show where to attach the bike number:



And you must stick the **helmet number on the FRONT** of the helmet (for id by referees and the photographer).



- 4) Timing chips will be distributed on race morning. Be sure to put it on your ankle (Velcro & neoprene band will be included) before going to the starting line. And keep track of it during the race; lost chips will incur a replacement fee assessed by the timing company.
- 5) **Helmets are required** during the bike portion of the race....**DON'T FORGET TO BRING YOUR HELMET ON RACE DAY**. And please remember that your helmet must be ON and FASTENED whenever you are on your bike (even before or after the race)....otherwise, it is a DQ. See the USAT rules on the [race webpage](#) or on their website, www.USATriathlon.org.
- 6) Be sure your **race number** is on for the race. It may be pinned to your shirt or shorts or on a race belt, but it **MUST** be displayed on the FRONT of you—especially as you approach the finish line. We do use these to help with recording your finish time for the race.
- 7) There will be a **mandatory pre-race meeting** outside near transition just prior to the start of the race (approximately 7:15) to go over race instructions. **AFTER 7:15, ONLY RACE PARTICIPANTS WILL BE ALLOWED IN THE TRANSITION AREA UNTIL THE BIKE PORTION OF THE RACE IS OVER FOR ALL.**
- 8) The race will begin with a group start of all runners (divided into waves, depending on number of participants).
- 9) From the run 1 finish, you should hurry to your bike in the transition area. Put on your **HELMET** (it must be fastened at all times while you are on your bike), shoes, etc. WALK/RUN your bike to the bike start outside of the transition area. The **mount line** will be clearly marked. There will be people directing traffic for you, but please be aware of traffic conditions for your own safety). Always stay to the right while biking—but be sure to pass only on the left.

- 10) The **BIKE COURSE** is marked with **arrows**. There will also be **signs, volunteers, and police officers** at critical points on the course. PLEASE NOTE: it is the athlete's responsibility to know the course. **Maps are posted on the website.** Important: **THIS IS A 3 LOOP BIKE COURSE.**
- 11) At the end of the bike portion of the race, dismount your bike when told (**dismount line** will be clearly marked) and WALK/RUN it into the transition area. You must replace your bike in the same spot where it was before the bike ride.
- 12) The second run course will begin by running from transition toward the wooded trail, retracing run 1 in reverse order (competing the out-and-back course through the woods. On exiting the woods, follow the mulch path to the service road behind the building. Continue to the far corner of the building and turn right onto the sidewalk that goes around the building. From the front of the building you will continue toward the transition area and the finish line.
- 13) Relay teams will hand off their bib and timing chip by their team bike rack in the transition area.
- 14) Please note: USAT rules prohibit the use of earphone music devices during the race.
- 15) Throughout the race, please remember: **SAFETY FIRST!** This race is for FUN and it is not fun to get hurt!
- 16) Please read over the list of **USA Triathlon rules** provided on the race website.

We would like to point out several serious infractions **that may lead to disqualification** from the triathlon:

- a) Unsportsmanlike conduct.
 - b) Being on the bike without a fastened helmet (even before/after the race).
 - c) Not completing the entire course as described on the maps provided on the website. Please note that, while every effort has been made to mark the course clearly, it is the responsibility of the competitor to be familiar with course as shown on the maps.
- 17) If you are unable to finish the race, please let the finish line crew know (and give them your timing chip). Until you show up, we'll be waiting for you!

POST RACE

1. After you finish, please stay and cheer for the others, and plan to attend the **awards ceremony**. We also have some great **door prizes** to give out. Please plan to stay and celebrate with us!.
2. **Results** will be provided by the Amazing Race Timing, and will be posted on our race webpage as soon as possible after the race is over: <http://triiitnow.com/RESULTS.htm>

As a final note, please be sure to hydrate well (drink plenty of water, juice, or sport drink) before the race (during the day Saturday and on Sunday morning)! **GOOD LUCK! Have a safe, fast, and fun race!**



*Be sure to show your appreciation to our **volunteers**
and to our **sponsors and supporters**:*

