

# GREATER EST. 2003 CLEVELAND TRIATHLON & DUATHLON

***Athlete Information Guide  
Greater Cleveland  
Triathlon & Duathlon***

***August 8 & 9, 2009***

Headlands Beach State Park  
9601 Headlands Road  
Mentor, Ohio 44060

North Coast  Multisports

## Introduction

Congratulations on being a participant in the 2009 Greater Cleveland Triathlon & Duathlon.

We would ask that you take the time to review all the items in this Athlete Instructions e-booklet so that you can be more efficient as a race participant.

Please note that packet pickup and final registration is on Saturday, August 8, from 10:00 AM to 6:00 PM at Mentor Headlands State Beach Park. We will also have packet pickup on Sunday, August 9 starting at 5:30 AM.

You must show a photo ID to pickup your packet. Each person is required to pick up their packet in person.

You must also have a yearly or one day USA Triathlon membership to participate in any USAT Sanctioned Event.

**There is no day of race registration.**

No Refunds – No Transfers



## FINAL INSTRUCTIONS — August 9, 2009

The Transition area will open at 5:30 AM and will close at 7:15 AM.

There will be a pre-race meeting at the swim start of each event on the beach.

Athletes must wear the official swim cap provided and must start in their designated wave.

**Wetsuits** on race day will follow all **USAT** rules! The official temperature will be taken on race morning and will be posted at the body marking area. You should plan to arrive early enough to be at your assigned wave start. You will be required to walk to the swim start on the beach.

**Transition: - Your ONLY access to transition area & post race food is your color coded wrist band!!** Only registered triathlete's will be allowed in transition, all others will be removed. Cyclist must rack their bike on the rack and have end plugs in their bike or you may be **penalized**.

Relay members must remain in the proper bike rack location and all members must wear the official race number and each member must transfer the timing chip to other team members.

All Bicycles must display the official bike number provided. This number should be secured to your bike on the left hand side of the frame and must be clearly visible. **All bikes without numbers will be removed from the transition area during the swim.**

You must mount and dismount your bike at the pavement dismount line.

**YOU MUST WALK YOUR BIKE IN AND OUT  
OF THE TRANSITION AREA!**

**There are no road closures for the race.**



Bike Authority will provide day of race bike support and will be located near the transition area.

Cyclist must stay to the right of the centerline and pass to the left.

**Approved helmets are required and must remain fastened at all times  
If you are the bike before, during or after the event you must have a  
Secure helmet on.**

Please do not discard empty bottles, wrappers and leftover food items on the course.

You must wear your race number visible on your **front**, in order to start the run.

Your race number must be visible to be scored at the finish. Athletes without race number will be considered unofficial participants and may be subject to disqualification .If you have a Champion Chip ankle bracelet, please remove it and have the bracelet ready to hand to the race official at the end of the finish chute. **Athletes who do not return their ChampionChip ankle bracelet will be assessed a \$35 replacement fee through the mail and be recorded as delinquent of their chip to USAT.**

**Bikes may not** be removed from the transition area until all bikes have returned from the course.

***You must not advance your position on the bike while in the park  
No bike racing in the park!***

Please respect the environment by helping keep Headlands State Beach Park clean. Do not discard your energy bar wrappers, cups, and water bottles along the course. Used items should be discarded at the designated water stops or assigned recycle areas.

Good Sportsmanship is expected of all participants.

### **Awards**

***No awards will be given out until official results are posted at the race site***

If you are not able to attend the awards ceremony you can:  
have someone pick up your award at the awards ceremony  
Those awards not picked up at the awards ceremony will be available on  
Wednesday, August 12 at:



Fleet Feet – Northfield  
114 E. Aurora Rd. (Route 82)  
Northfield Center, Ohio 44067  
330-908-3234

You can have your awards sent to you for \$8.95 (Paid in advance).

### **Aid Stations**

Lemon Lime Endurance Formula Gatorade will be served on the Course.



On the bike course you will be served the EF Gatorade in a bike Bottle. On the run course you be receive the Gatorade EF in a paper cup.

Water will also be available at all aid stations.

There will be hydration aid station at the Swim exit

On the bike there will be no aid station on the Sprint distance course. There will be an aid station at St. Hubert's Church in Kirtland Hills.

On the run course there will be aid stations at

Transition Area Exit

5k Turn Around – Manned by Fleet Feet Sports Northfield

3.5 mile on the International Run Course – Manned by Achilles Running

We would like to thank Snakebite Racing for their support!



### **Body Marking**

Body marking will be available the morning of the race near the entrance to the transition area. Please note that you will need to have your security bracelet on in order to enter the transition area.

### **Charities**

The official charity for the youth race is Aluminum Cans for Burned Children (ACBC). We will be collecting cans on both days.

The Official Charity of our adult races will be the National Alliance for Thrombosis and Thermophilia (NATT). Roland Varga, known as the Clot Buster Guy will be racing once again this year.

NATT will be hosting a raffle in an attempt to raise funds for NATT.

## **Course Maps**

Course maps will be available at packet pick up. The run courses are marked with orange arrows. The Sprint bike course is marked with YELLOW arrows. The International bike course is marked with GREEN arrows.

**We highly recommend that you drive or ride the course prior to the race**

**Listed below are the locations for the interactive maps**

### **2009 Greater Cleveland Triathlon**

Sprint Triathlon/Duathlon Course - 2009

<http://onemillionrevolutions.org/maps/map.php?ID=248>

International Triathlon/Duathlon Course - 2009

<http://onemillionrevolutions.org/maps/map.php?ID=249>

## **Fotojack.com**

The Official Photographer of the triathlon will provide race photos for purchase. You will be notified by email when the photos have been processed and are available at Fotojack.com.

**Please have your bin number in front at the finish!**

## **Green Event**

We would ask that you use the principles of Recycle - Reduce - Reuse when participating in this event. We will have assigned containers for recycling purposes.



## **Lost & Found**

We would ask that you mark all your equipment with your contact information. We will have an assigned Lost & Found table where any items we find during the event will be displayed.

We will attempt to make arrangements with you for any items that are found at the event site. Any useable items not claimed in 30 days will be donated.

## **Medical Support**

Cleveland Clinic Sports Health has been selected as the Preferred Medical Provider.

Orthopedic Surgeon Paul Saluan, MD, will serve as the event's Medical Director. Dr. Saluan has been involved with the event in the past and is a member of the top-ranked orthopedics and sports medicine staff at Cleveland Clinic.

Cleveland Clinic Sports Health treats athletes of all sports, ages and skill levels. Cleveland Clinic Sports Health will be onsite to respond to athletic and sport injury questions as well as to assist in the emergency care of the participants at the event.

We would ask that if you have any special medical conditions or needs that you notify us in advance by email to [GCTriathlon@aol.com](mailto:GCTriathlon@aol.com) or call us at 330-686-0993



# **Cleveland Clinic**

## **Sports Health**

### **Railroad Crossing Procedure**

All the bike routes will cross railroad tracks. In the event that you are stopped by a train, you will need to stay in line in the order that you were stopped. You will be assigned a time by the on-site volunteer. Your time will be adjusted based on the time you were stopped relative to the other athletes.

## **2010 Greater Cleveland Triathlon**

Make your plans for August 7 & 8, 2009 for the event next year.  
Registration will be open on September 1st, 2009 at [www.Active.com](http://www.Active.com)

We will also plan to have three on course training sessions in addition to  
A clinic at each session

The dates for the training session are May 22, June 19 and July 17,  
2009

### **Sponsors & Partners**

Thanks to all of those who have helped to put this event together.

Achilles Running Shop  
Bike Authority  
Boston Bill Sunglasses  
Baker's Breakfast Cookies  
California Pizza Kitchen  
Cleveland Clinic Sports Health  
Cleveland Triathlon Club  
Daisy Brand Cottage Cheese  
Design Sports  
Euphoria Health & Fitness  
Fleet Feet Sports—Northfield  
Florida Race Place Magazine  
Fotojack – Official Photographer  
Gatorade  
National Alliance for Thrombosis & Thermophilia  
NEOMRC  
North Coast Multisports, Inc.  
Ohio Department of Natural Resources  
Ritchie's Sporting Goods  
Road ID  
Scooters Dawg House  
Snakebite Racing  
St. Hubert's  
USA Triathlon  
U.S. Coast Guard  
U.S. Multisport Publications

***Please contact us if you like to become involved as a sponsor for any of  
the 2009/2010 North Coast Multisports Races***

Sunglasses with an Attitude



RoadID.com



***Thanks to all of you for making this a  
World class event!***

***North Coast Multisports, Inc.  
P.O. Box 2512  
Stow, Ohio 44224  
[www.NCMultisports.com](http://www.NCMultisports.com)***

***330-686-0993  
[NCMultisports@aol.com](mailto:NCMultisports@aol.com)***

***To be added to our email list please send  
us your contact information via email or  
call us and leave your information***

**Greater Cleveland Triathlon & Duathlon – Wave Starts  
August 9, 2009**

Time	Group	Cap Color
	International	1200 Yard Swim/23 Mile Bike/10K Run
7:30 AM	15-29	Pink
7:33 AM	30-39	Green
7:36 AM	40-49	Yellow
7:39 AM	50+ Relays	Orange
7:30 AM	International Duathlon	5K Run/23 Mile Bike/5K Run
	Sprint	600 Yard Swim/12 Mile Bike/5K Run
7:45 AM	15 – 29	Pink
7:48 AM	30 – 39	Green
7:51 AM	40 – 49	Yellow
7:54 AM	50+ Relays	Orange
7:45 AM	Sprint Duathlon	2.0 Mile Run/12 Mile Bike/2.0 Mile Run

**You must start in your assigned wave and with the correct color swim cap**



# ***Greater Cleveland Triathlon & Duathlon***

## **Schedule of Events**

**Wednesday - August 5 - Last Day to Register on line at [www.Active.com](http://www.Active.com)**

**Saturday - August 8 - Greater Cleveland Youth Triathlon**

**06:30 AM - 7:45 AM - Day of race registration (if not sold out) and packet pickup (Lot #18) for youth triathlon**

**7:45 AM - 08:00 AM - Youth Tri Instructions (Required of all participants)**

**08:00 AM- First Youth Waves (7-8 year olds)**

**9:45 AM - 10:00 AM Youth Awards Celebration**

**10:00 AM - Packet Pick up and final chance to register for adult races on August 9. (No day of race registration )**

**Sports & Fitness Expo (10:00 - 6:00 PM)**

**6:00 PM - Packet Pickup, Registration, & Expo Ends**

**Sunday - August 9 - Greater Cleveland Triathlon & Duathlon**

**05:30 AM - Packet Pick Up and Body Marking - Bike Check in**

**07:15 AM - Transition Area Closes**

**7:30 AM - First Wave Start**