

GREATER EST. 2003 CLEVELAND TRIATHLON & DUATHLON

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

August 7 & 8, 2010

Headlands Beach State Park
9601 Headlands Road
Mentor, Ohio 44060

North Coast  Multisports

Introduction

Congratulations on being a participant in the 2010 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 New Location for Packet Pick Up & Expo

Packet pickup and final registration is on Saturday, August 8, from 11:00 AM to 6:00 PM at Progressive Insurance, 300 N. Commons, Mayfield Village, Ohio, 44143.

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 8, 2010

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. The duathlete's will meet at their start line

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 mount/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 *Sports* **NORTHFIELD**

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.

Please note that we work with a number of charities during the year.

We encourage you to help us support those that are doing this event For a charitable cause.

PROGRESSIVE[®]

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

2010 Greater Cleveland Triathlon

Sprint Triathlon/Duathlon Course - 2010

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

International Triathlon/Duathlon Course - 2010

<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 arrangement with you for any items that are found at the event site. Any useable items not claimed in 30 day 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 or call us at 330-686-0993

You also list medical condition on your www.imathlete.com profile



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.

2011 Greater Cleveland Triathlon

Make you plans for August 6 & 7, 2010 for the event next year.
Registration will be open on September 1st, 2011 at www.imathlete.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 21, June 18 and July 23,
2011

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
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
Progressive Insurance
Ritchie's Sporting Goods
Road ID
Scooters Dawg House
Snakebite Racing
St. Hubert's
Team in Training
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 2010/2011 North Coast Multisports Races

Sunglasses with an Attitude



RoadID.com



Optic Lingo

Design and Development

www.opticlingo.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***

***330-686-0993
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 8, 2010**

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

Greater Cleveland Triathlon & Duathlon

Schedule of Events

Wednesday - August 5 - Last Day to Register on line at 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

11:00 AM - Packet Pick up and final chance to register for adult races on August 8. (No day of race registration) Progressive Insurance, 300 N. Commons, Mayfield Village, Ohio 44143

Sports & Fitness Expo (1a:00 - 6:00 PM)

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

Sunday - August 8 - 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