



Athlete Information

Greater Cleveland Triathlon

August 9 & 10, 2008

Headlands Beach State Park
9601 Headlands Road
Mentor, Ohio 44060

Introduction

Congratulations on being a participant in the 2008 Greater Cleveland Triathlon.

For 2008 we will once again return to Mentor Headland State Beach Park.

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

Please note that packet pickup and final registration is on Saturday, August 9, from 10:00 AM to 6:00 PM at Mentor Headlands State Beach Park. 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 packet pickup or registration.

No Refunds – No Transfers



FINAL INSTRUCTIONS — August 10, 2008

The Transition area will open at 5:15 AM and will close at 6:45 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.

Timing splits will be taken at the end of the swim, start of the bike, the bike finish and the start of the run. Please assist us by making sure your number is visible as you pass.

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 black 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 13 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 and also on Heisley Road.

The Bike Aid Station on Heisley Road will be manned by Snakebite Racing.



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 Can 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 in the Half Ultra Race.

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

Course Maps

You will be provided a copy of the course that you will be racing at packet pickup Saturday, August 9, from 10:00 AM to 6:00PM

Listed below are the locations for the interactive maps

2008 Greater Cleveland Triathlon

Sprint Course - 2008

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

International Course - 2008

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

Half Ultra & Aquabike – 2008

<http://onemillionrevolutions.org/maps/map.php?ID=250>

The Sprint Bike Course is marked with **YELLOW** arrows.

The Half Ultra, Aquabike, and International bike course are marked in **GREEN** arrows

The run course is marked with **ORANGE** arrows.

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.

Orthopaedic 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 orthopaedics 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



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.

2009 Greater Cleveland Triathlon

Make your plans for August 8 & 9, 2009 for the event next year. Registration will be open on November 1st, 2008 at www.Active.com

We will also plan to have three on course training sessions.

The dates for the training session are May 23, June 20 and July 18, 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
Design Sports
Erie Triathlon Club
Euphoria Health & Fitness
Fleet Feet Sports—Northfield
Florida Race Place Magazine
Fotojack – Official Photographer
Gatorade
JLS Fitness
National Alliance for Thrombosis & Thermophilia
North Coast Multisports, Inc.
Ohio Department of Natural Resources
Ritchie's Sporting Goods

Road ID
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 North Coast Multisport Races

Sunglasses with an Attitude



***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
GCTriathlon@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
Wave Starts
August 10, 2008

All Participants are Required to Start in their Assigned Wave using Assigned Swim Cap

Time	Group	Cap Color
	Half Ultra	
7:00 AM	Open Wave	Silver
7:03 AM	15 – 29 Male & Female	Green
7:06 AM	30-39 Male & Female	Orange
7:09 AM	40 -49 Male & Female	Pink
7:12 AM	50+ Relay Male & Female	Yellow
	Aquabike	
7:15 AM	39 + Under Male & Female	Yellow
	40+ Over Male & Female	Yellow
	Relay	Yellow
7:30 AM	International	
7:33 AM	15 -29 Male & Female	Green
7:36 AM	30-39 Male & Female	Orange
7:39 AM	40-49 Male & Female	Pink
	50+ Relays	Yellow
	Sprint	
7:45 AM	15 – 29 Male & Female	Green
7:48 AM	30 – 39 Male & Female	Orange
7:51 AM	40 – 49 Male & Female	Pink
7:54 AM	50+ Relays	Yellow

GREATER CLEVELAND TRIATHLON

EST. 2003

Sunday, August 10, 2008

Bib Number Assignment

Half Ultra & Aquabike 1 – 199

(Half - 1 mile Swim - 56 Mile Bike - 13.1 Mile Run)
(Aqua - 1 Mile Swim - 56 Mile Bike)

International 200 - 399
(.75 Swim - 23 Mile bike - 6.2 Mile Run)

Sprint 400- 599
(.50 Mile Swim - 12 Mile Bike - 3.1 Mile run)

Bib Number 179 has been assigned to Mary Miller of Medina, Ohio who will be racing to honor John Blais. A well known triathlete who lost his life to ALS.

Bib number 45 has been assigned to Greg Christopher of Twinsburg, Ohio in honor of Twinsburg Police Officer Joshua Miktarian who recently lost his life in the line of service