

# ATHLETE INFORMATION GUIDE

# Mooseman<sup>TM</sup> Triathlon

The logo for the Mooseman Triathlon features the word "Mooseman" in a large, stylized, red and yellow font with a black outline. Below it, the word "Triathlon" is written in a smaller, red, cursive font. The entire logo is flanked by four black silhouettes of moose, two on each side.

**Newfound Lake, New Hampshire • June 4, 2011**



**SWIM • BIKE • RUN**

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## Message from the Race Director

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Dear Athletes,

We would like to extend a warm welcome to all of our participants, their families and friends. We thank you for attending the 2011 Mooseman International Triathlon, and hope that you have an amazing weekend here in beautiful Newfound Lake. With the tremendous support of local businesses, sponsors, volunteers from the community, local law enforcement and countless others, Mooseman International Triathlon continues to grow into a world-class event. Our sincere thanks to everyone involved.

Race weekend is dedicated, in part, to your families and friends who have supported your training and encouraged you along the way. We've worked hard to ensure race weekend has activities for the whole family to enjoy. We hope you have a fulfilling experience and take home some fantastic memories and great stories to share with those you love.

Have fun, be safe and keep on tri-ing!

Audra Tassone Indeck  
Race Director



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## Message from the Head Referee

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Welcome to the 2011 Mooseman International Triathlon. You are racing under the USAT Competitive Rules. Please take the time to read the following summary of position violations, also known as drafting rules:

I have reduced the position rules to the following concepts:

- **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 re-pass.**

You are racing in a USA Triathlon sanctioned event and there are USAT certified 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. The head referee will decide 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. The most common violations are:

- **Position**– riding on the left side of the lane without passing.
- **Blocking** – left side riding and impeding the forward progress of another competitor
- **Illegal Pass** – passing on the right.
- **Overtaken** - failing to drop back three bike lengths before re-passing
- **Drafting** – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Position violations carry a time penalty for the first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events. Your chinstrap must be securely fastened at all times when you are on your bike on race day. Violation of the chinstrap rule could result in a DQ. You must wear your bib number during the bike and run portions of the race. Do not throw anything outside of official aid stations. Absolutely no portable audio devices of any kind may be used.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is unsportsmanlike conduct and may result in disqualification.

I hope you have a great race, lots of fun, and achieve all your goals.

*Charles Melton  
Head Referee*



### Friday, June 3, 2011

Start	End	Event	Location
12:00 p.m.	7:00 p.m.	Athlete Check-In	Wellington State Park
12:00 p.m.	7:00 p.m.	The Official Ironman Store	Wellington State Park
12:00 p.m.	7:00 p.m.	Ironman Village	Wellington State Park
12:00 p.m.	7:00 p.m.	MC Cycle & Sport Bike Store and Tech Service	Wellington State Park
12:00 p.m.	7:00 p.m.	Information Booth	Wellington State Park
2:00 p.m.	7:00 p.m.	Bike Check-In	Wellington State Park
5:00 p.m.	7:30 p.m.	Carbo Load Dinner \$15 per person at door	Moose Village at Camp Wicosuta
7:30 p.m.		Bonfire	Moose Village at Camp Wicosuta

### Saturday, June 4, 2011

**\*Please note: There is NO race morning Athlete Check-In. If you do not check-in during the designated times, you will not be able to race.**

Start	End	Event	Location
4:30 a.m.	7:30 a.m.	Breakfast *Tickets (\$10) sold at the door	Moose Village at Camp Wicosuta
5:00 a.m.	7:15 a.m.	Transition Open	Transition Area
6:00 a.m.	7:00 p.m.	MC Cycle & Sport Bike Store and Tech Service	Wellington State Park
6:00 a.m.	7:00 p.m.	Information Booth	Wellington State Park
7:00 a.m.	5:00 p.m.	Ironman Village	Wellington State Park
7:00 a.m.	7:00 p.m.	The Official Ironman Store	Wellington State Park
7:00 a.m.		Pre-Race Meeting	Transition Area
7:30 a.m.		First Swim Wave	Swim Start
9:00 a.m.	2:00 p.m.	Athlete Food Area	Wellington State Park
10:30 a.m.	12:00 p.m.	Bike Check-out (pending last bike finisher)	Wellington State Park
12:00 p.m.	(approx)	International Distance Awards Ceremony	Wellington State Park
5:00 p.m.	7:30 p.m.	Carbo Load Dinner \$15 per person at door	Moose Village at Camp Wicosuta
7:30 p.m.		Bonfire	Moose Village at Camp Wicosuta

## Personal Communication Plan

Prior to departing for Newfound Lake, New Hampshire, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Newfound Lake with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Race Day Emergency Contact  
Ironman Athlete Services  
813-832-3778; Mooseman70.3@ironman.com

## Athlete Check-In

Athlete check-in hours are on Friday, June 3 from 12 -7 p.m. If you do not check-in during the designated athlete check-in hours you will not be able to race. It is highly recommended that athletes check-in on Friday to ensure you have plenty of time on race morning to set up your bike and gear.

**Please bring the following items with you to athlete check-in:**

- Photo Identification
- USAT card to show proof of current USAT membership or \$10 USD to purchase a one day license. If you are a USAT member and forget your card, you will be required to sign the USAT waiver and purchase a \$10 USAT one day license.
- If you are a professional athlete, you are required to submit proof of professional status at check-in.

## Athlete Wristband

A wristband printed with your race number will be affixed to your wrist at athlete check-in. This band will identify you as an official participant and must be worn during race week. The wristband is required for medical identification purposes and allows you access to the transition area and post-race athlete recovery area. You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist.

## Competitor Responsibilities

- When you pick up your race packet and timing chip at athlete check-in, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
- You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the chip at the finish line.
- If you do not start the race, you are responsible for returning the chip to timing.
- If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future World Triathlon Corporation (WTC) events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.
- Your race chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to race management, or you will be billed for its replacement.
- If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your timing chip while on the run course, please notify timing official immediately after crossing the finish line.
- Failure to wear your timing chip on race day, return your chip after the event or pay the replacement cost of your lost chip may disqualify you from future WTC events.

## **NO CHIP = NO TIME**

### Personal Safety

Always train with at least one other person (especially in the open water). While swimming, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are. When training, please bike



and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is illegal.

As you are one of Newfound Lake's invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

### **Pre-Event Swim Advisement**

The majority of our events are held in locations where the swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. WTC wishes to caution all participants that it does not provide lifeguard services prior to the event, and that all participants who swim prior to race day will do so at their own risk.

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and use common sense if they elect to swim prior to the event and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

### **Race Morning & Bike Check-In Procedure**

The transition area opens at 5:00 a.m. on race morning. Body marking will begin at this time, just outside transition. You must be body marked before entering transition area to rack your bike. Be sure to arrive with plenty of time to rack your bike and set up your gear. Do not number yourself expecting to by-pass check-in. During the body marking process, athletes are responsible for ensuring that

the volunteers mark their age as of December 31 of that year, which corresponds with the age division in which the athlete will compete in on race day. You will not be permitted in the transition area on race day without your wristband, swim cap, timing chip and your body marked. Bike technicians and pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. Leave it with your gear and put on before you head out on the bike course. The number will not hold up for the duration of the race if it gets wet. The transition area closes at 7:15 a.m. All athletes must be out of transition and headed to the swim before this time. There will be a quick race day reminders meeting at 7 a.m.

### **Spectator Information**

**Parking:** Parking begins at 5:00 a.m. on Saturday and 5 a.m. on Sunday. There will be no Parking at Wellington State Park., all parking will be off site. There will be parking on Akerman Rd, West Shore Rd, 457 West Shore Rd, Wulamat Rd and Castle Lane. There will be police officer's the will be directing everyone to the parking areas. The lots along these roads are about a 7/10's of a mile east of Wellington State Park. Please be advised that if you choose to arrive after 8 a.m. on each day, it will be very difficult to get into the parking areas, as it is the main route for the bike and run.

**Cheering:** There are many good places to watch your favorite athlete. The best spot to see the most action is near the transition area and finish line.

**Kids Zone:** A Kid's Zone will be located near the finish line. There will coloring and games, bean bag toss, arts & crafts and more.

**Information:** There is a Race Information Booth at the volunteer tent in Ironman Village.

### **Aid Stations**

There will be 1 aid station along the bike course offering:  
Gatorade Endurance Formula - Orange  
Water

There will be aid stations every mile on the run course offering:  
Gatorade Endurance Formula - Lemon Lime



Water  
PowerBars  
PowerBar Gels

## **Race Timing & Cut-Offs**

The race will officially end 5 hours after the final wave start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. ChampionChip electronic tags will capture your splits (swim, T1, bike, T2, run and each loop of the run) and overall finish time.

## **Bicycle & Gear Recovery**

Athletes are required to reclaim your bicycle and gear at the transition area after the race. Athletes will not be allowed in the transition area to claim their gear until the last cyclist has finished the bike course and started the run. You must have your athlete wristband on for entry into the transition area. If you are unable to personally claim your bike and gear, a family member or friend may use your bike check-out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself. Bike check-out begins approximately at 10:30 a.m.

## **Athlete Food Area**

The athlete food area is open to athletes only and your athlete wristband provides you with access to this area. The athlete food tent is open from 9 a.m. - 2 p.m.

## **Medical Tent**

The medical tent is for athletes only and family members are not allowed. Overcrowding in the medical tent prevents the medical staff from doing their job. For information on an athlete receiving medical treatment at the tent, please wait at the Medical Information Booth located near the medical tent.

## **Awards Ceremony**

The awards ceremony is scheduled for 12 p.m. (pending final finisher) in Wellington State Park.

## **Race Photography**

ASI is proud to have been selected as the official photographers for the 2011 Mooseman International Triathlon. ASI will photograph all athletes and make these photos available to view and order online after the race.

So what do you need to do?

1. Be sure to have your race/bib number visible at all times.
2. Smile when you cross the finish line!
3. Visit [www.asiorders.com](http://www.asiorders.com) to view and order your photos.

Best of luck and we'll see you at the finish line!

## **Dinner & Breakfast Tickets**

Athletes, family and friends must purchase tickets to attend the dinners on Friday and Saturday evening and the pancake breakfasts on Saturday and Sunday morning. The dinners are being held on Friday, June 3 and Saturday, June 4 from 5 - 7:30 p.m. at Camp Wicosuta. Tickets are \$15 per person. The pancake breakfasts are set for Saturday, June 4 and Sunday, June 5 from 4:30 - 7:30 a.m. at Camp Wicosuta. Tickets are \$10 per person. Tickets are available for purchase on-site at Camp Wicosuta.

## **Lost & Found**

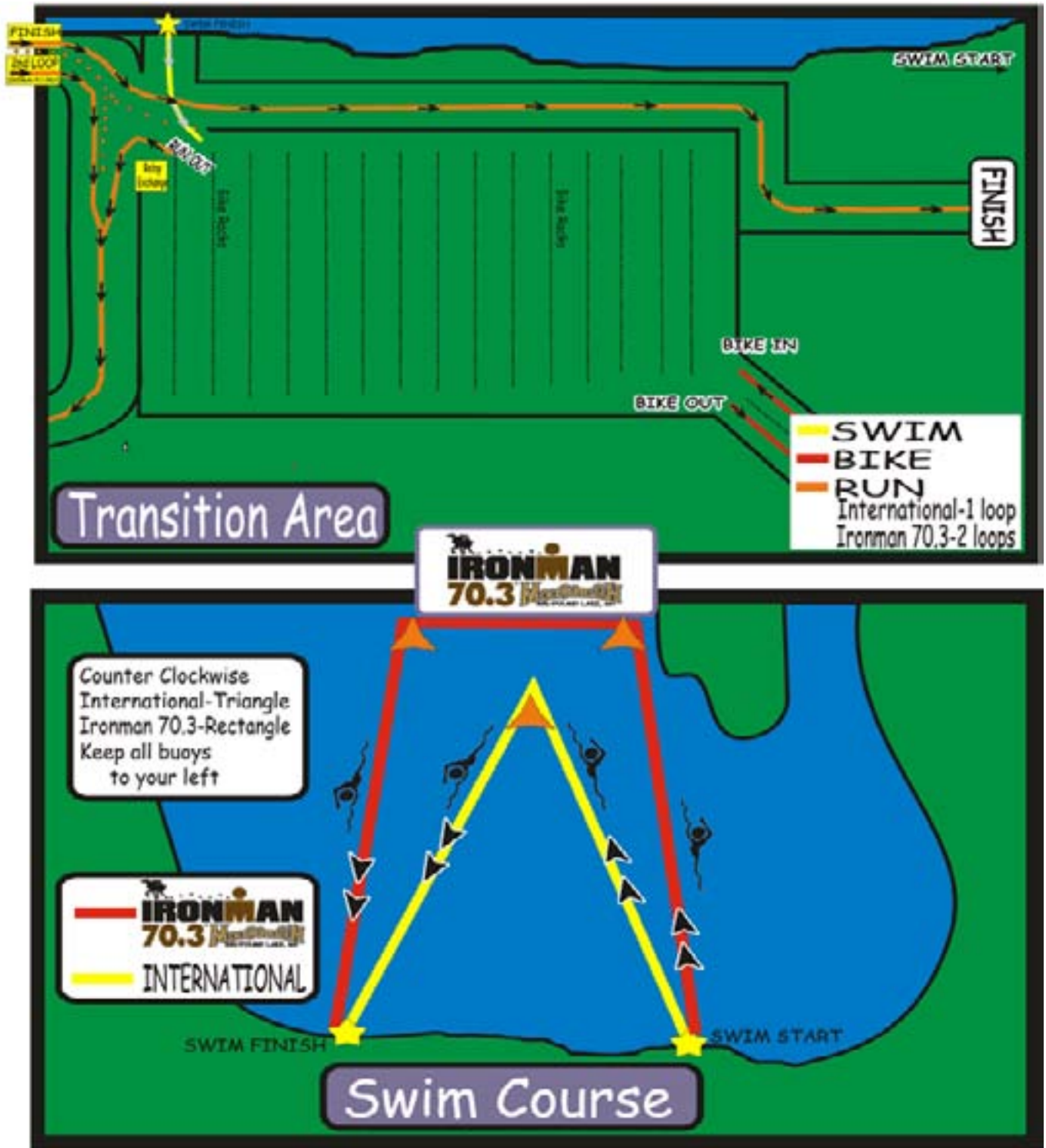
Lost and Found will be at the Race Information Booth, located at the volunteer tent, during race week. Please check the schedule of events for the Race Information Booth hours.

# Swim Course - 1.5 km (.93 mile)

## Course Summary

The first swim wave will start at 7:30 a.m. The swim course is a counter-clockwise, 1.5 km freshwater swim in Newfound Lake. The average water temperature is 62 degrees and wetsuits are strongly recommended.

## Swim Course Map



# Bike Course - 44 km (27.25 miles)

## Course Summary

The 44 km bike course is a one-loop, out and back course along the shores of Newfound Lake. The course is mostly on classic New England back roads with rolling hills and limited traffic. There are several challenging hills.

## Bike Course Map



# Run Course - 10 km (6.2 miles)

## Course Summary

After the bike, you will transition to the 10 km, one-loop, out and back run course along the shores of Newfound Lake. Please remember to wear your race number bib on the front at all times. There will be aid stations every mile. All timing chips will be collected by volunteers at the finish line.

## Run Course Map



USA Triathlon (USAT) has sanctioned the 2011 Mooseman International Triathlon. Please visit [usatriathlon.org](http://usatriathlon.org) for a complete set of the competitive rules. Please note that athletes are required to wear shirts/racing top on the bike and run segments. The ten most commonly violated rules are below. It is the athlete's responsibility to be familiar with the race rules and procedures.

## **1. Helmets:**

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

## **2. Chin Straps:**

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

## **3. Outside Assistance:**

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

## **4. Transition Area:**

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

## **5. Drafting:**

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

## **6. Course:**

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

## **7. Unsportsmanlike-Like Conduct:**

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, staff, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

## **8. Headphones:**

Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

## **9. Race numbers:**

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and



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be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

#### **10. Wetsuits:**

- Wetsuits cannot measure more than 5 mm thick.
- Wetsuits may be worn in water temperatures up to and including 24.5 degrees Celsius/76.1 degrees Fahrenheit. Athletes who choose to wear a wetsuit in water temperatures between 24.5 degrees Celsius/76.1 degrees Fahrenheit and 28.8 degrees Celsius/ 83.8 degrees Fahrenheit will not be eligible for awards, including World Championship slots. Wetsuits will be prohibited in water temperature greater than 28.8 degrees Celsius/ 83.8 degrees Fahrenheit.
- Full wetsuits are permitted (arms and legs covered).
- Prohibited Wetsuit: De Soto Water Rover

#### **11. Abandonment:**

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

### **Finish Line Policy**

Friends and/or family members are **not** permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

### **Event Sanction and Rules**

USA Triathlon (USAT) has sanctioned the 2011 Mooseman International Triathlon. Please visit [usatriathlon.org](http://usatriathlon.org) for a complete set of the competitive rules. Ironman has been granted certain rule dispensations so please read the following information carefully as the rules may differ slightly from other USAT-sanctioned events.

Athletes should be aware of the serious consequences of violating **USAT Competitive Rule 3.5 - Unregistered participants**, which states:

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this may be banned for life from any Ironman event. Violating this rule puts insurance coverage for this event at risk.

\*NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

Ironman reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with USAT procedures.



## Rules Applying To All Segments of the Race

It is the athlete's responsibility to know all aspects of the swim, bike and run.

1. According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an amateur/age group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events.
2. Participants are expected to follow directions and instructions of all course marshals and public authorities.
3. Race officials shall have authority to disqualify any contestant.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any WTC event in the future.
6. No participant can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance with [Ironman Anti Doping Rules](http://ironmanpromembership.com/anti-doping/). A list of rules and banned substances, also known as the WADA Prohibited List, is available at: <http://ironmanpromembership.com/anti-doping/>. Participants may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.
7. The Medical Control Rules set forth by USAT, in harmony with WTC Anti-Doping regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by the WTC Anti-Doping, may be instituted, which if such occurs, you agree to abide by.
8. Should any participant have an Adverse Analytical Finding according to the WTC Anti-Doping code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with WTC rules.
9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any WTC event in the future.
10. WTC reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings meetings.
11. As a USAT-sanctioned race, the 2011 Mooseman International Triathlon will subscribe to USAT rules, including the disbursement of prizes. Specifically, professional triathletes may not win age group awards and age group athletes are not eligible for prize money.
12. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.
13. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
14. WTC does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any WTC event.



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## **Physically Challenged (PC) Division Rules**

Supplemental rules and regulations pertaining to the PC division are consistent with USAT rules.

### **Swim**

1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).
2. Athlete may use wetsuit during competition. Each athlete must obtain approval from WTC prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by WTC.

### **Bike**

1. Cycling conduct and specifications are consistent with USAT rules.
2. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the Ironman competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.
4. Participant is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire handcycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.
6. **DRAFTING IS PROHIBITED.**

### **Run**

1. Running conduct and specifications are consistent with USAT rules.
2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be used.
3. A CPSC-approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.

### **General Information**

1. Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the PC Coordinator. The expected conduct of all handlers is consistent with USAT rules.
2. Race management will select qualified individuals to assist athletes in the transition area. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by WTC.
3. All athletes must attend a pre-race briefing. Failure to attend a scheduled briefing may result in forfeiture of a start spot. Check the Schedule of Events for briefing times and location.
4. WTC reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athlete in writing or at a pre-race briefing.
5. Any rule interpretation or enforcement made by WTC shall be final.

### **Anti-Doping Regulations**

**By registering to compete at this event, all athletes have acknowledged that they are subject to doping control consistent with the World Triathlon Corporation Anti-Doping Rules (WTC Anti-Doping Rules).**

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**The WTC testing program is not limited and can occur anytime, anywhere. All athletes participating in this and other WTC events are encouraged to carefully review the information pertaining to anti-doping included below.**

### **Important Resources and Information:**

The WTC encourages all athletes to know and understand their rights and responsibilities with regard to anti-doping policy and procedure. As part of the [www.ironmanpromembership.com](http://www.ironmanpromembership.com) website, the WTC has included an Anti-Doping section. Downloads of rules, policies, and forms, as well as educational resources and links, are available to you through this site. Notice of important changes and updates regarding the WTC Anti-Doping Program will be posted on this site.

The following on-line resources are available to all athletes and all athletes are encouraged to review these and other anti-doping resources and information available through your National Anti-Doping Organization.

- The WTC Anti-Doping Rules are in full compliance with the World Anti-Doping Code (Code) and apply to each participant's application for entry and/or participation in WTC events. The WTC Anti-Doping Rules may be reviewed at: <http://ironmanpromembership.com/anti-doping/rules-2/>.
- The Code is the documentation that harmonizes regulations regarding anti-doping in sport across all sports and countries of the world. The Code provides a framework for anti-doping policies, rules and regulations for sport organizations and public authorities. The Code may be reviewed at: [http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_En.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf).
- The 2011 World Anti-Doping Agency (WADA) Prohibited List will be in effect for all WTC testing. A link to the WADA Prohibited List is available at: <http://ironmanpromembership.com/anti-doping/tue/>. You are encouraged to review this information carefully.
- Extreme caution is recommended regarding supplement use. Even an 'all-natural' supplement could contain a prohibited substance.
- If you need to check any medications an available resource is the Global Drug Reference Online: <http://www.globaldro.com>.
- Athletes who may be required to take a prohibited substance to treat a medical condition should consult with their National Anti-Doping Agency and/or National Federation to confirm if, under their rules and policies, you are required to have a Therapeutic Use Exemption.

### **Information Regarding Anti-Doping Control Procedures:**

- Testing will be conducted in accordance with the WADA approved WTC Anti-Doping Rules.
- By registering to compete at this event you have consented to be subject to drug testing both in and out of competition, and adhere to the penalties associated with an Anti-Doping Rules Violation. All registered competitors are subject to testing which may include the collection of both urine and blood for analysis.
- If chosen for drug testing, you are required to comply with the WTC Anti-Doping Rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. **"Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection" is an anti-doping rules violation.**

It is important that athletes know their rights and responsibilities during the doping control process. An informational video may be found at : [www.ironmanpromemberhip.com/anti-doping/guide](http://www.ironmanpromemberhip.com/anti-doping/guide). This resource provides step-by-step descriptions of the doping control process.



### USAT Athlete Excess Medical Policy

The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email [sanction@usatriathlon.org](mailto:sanction@usatriathlon.org) for a copy of the form.
- Athletes will pay a deductible. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event. Please email questions to [sanction@usatriathlon.org](mailto:sanction@usatriathlon.org)

### Medical Information

All medical expenses incurred are the sole responsibility of the athlete and not WTC. USAT provides secondary coverage in qualified circumstances. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at WTC events until accounts are settled.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. **You will not be penalized for receiving a medical evaluation.** You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a climate cooler than New Hampshire, we suggest you consider an acclimation period before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to



the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. **At athlete check-in, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed.** Failure to do so will result in suspension of participation in future WTC events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WTC Anti-Doping.

Feedback from previous WTC contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. Ironman's Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

**PLEASE NOTE: Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the Ironman medical director.**



