

# Athlete's Guide

Presented by FMWR and  
the CGSOC Class of 2019



**COMMAND AND GENERAL STAFF COLLEGE  
TRIATHLON**

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## I. PRE-RACE INFORMATION

### 1. Packet Pick Up.

1.1 Packet pick up will be Friday afternoon from 3:30-6pm at the *Frontier Conference Center* on Ft Leavenworth (350 Biddle Blvd). Packets can also be picked up Saturday morning in Harney Gym prior to the race.

1.2 You will receive your race number (aka “bib #”), timing chip, safety pins, T-shirt, paper copies of the course maps, and any necessary handouts and flyers. Those people registering Friday afternoon will pick up their packet Saturday morning. In order to be guaranteed a T-shirt, athletes must register by 26 April 2019. Please ensure you return your timing chip after the race. A \$50 fee will be assessed for any chips NOT returned.

1.3 A *Leavenworth Triathlon Club* member will be at packet pick up to answer any race specific questions. *Santa Fe Trails* Bike Shop will be on hand to adjust bikes as needed.

2. Getting thru the Front Gate. For those participants that DO NOT have a Military issued Identification Card (CAC or DD Form 2), and cannot make it to the Visitor Control Center prior to 4pm, you will be sent a form to fill out a couple days prior to the race. Email it back to the VCC Access Supervisor and they will create an access pass that you will receive at the Main Gate (far right hand lane) on race morning. For more information about the VCC Access requirements, call 913.684.3600. Visitors can receive a pass 7 days prior to the event date. The VCC is open 7 days a week. Please check the Ft Leavenworth gate information website below for any changes that may take place:

<https://home.army.mil/leavenworth/index.php/my-fort/all-services/gate-information>.

For those CCP holders, remember concealed carry is NOT allowed on Federal Property.

### 3. Parking.

3.1 Race participants are asked to park in the large parking lot west of the Bowling Alley, or at the Commissary, or PX parking lots and then walk their bikes over to the transition area. Please DO NOT attempt to park in the large parking lot just north of the transition area (aka the Post “Lemon Lot”). This is the volunteer parking lot and will close at 0600 and remain closed until AFTER the triathlon (@ 1100). If you park there, you will be stuck in there until after the triathlon is finished.

3.2 The parking lot just to the south of Harney (and north of the Bowling Alley) will be closed also.

3.3 Do not attempt to park in the lot at the entrance to the Bowling Alley. This is reserved for the Bowling Alley staff and customers. Even though a triathlon is going on, the Bowling Alley is open for normal business and will likely be hosting its regular Saturday morning league series.

#### 4. Transition Area Rules.

4.1 Transition area set-up is “first come-first serve.” Please rack bikes in alternating directions and be courteous about how much space you take up on the ground by your bike. Each bike rack should hold 6-8 bikes. Show respect to other racers by not taking up excessive space.

4.2 Upon arriving and placing your bike in the transition area, go into the gym to pick up your timing chip and get body marked.

4.3 Once you have completed your race, you are asked to STAY OUT of the transition area until all the bikers have returned. This is a courtesy to those still racing and not interfering with their transitions. Spectators are asked to stay out of the transition area so as to not interfere with other competitors.

4.4 After completing the bike leg please re-rack your bike in the same spot from where you started the race.

5. Warm up Swim. The pool will be open from 0700-0735 for warm up swimming.

6. Pre-Race Briefing. The mandatory pre-race briefing will take place inside Harney Gym at 0745 (15 min before race start). The purpose of this briefing will be to announce any last minute course or race changes. From here the Swim Coordinator will take over and line people up for the swim start.

## II. RACE INFORMATION

#### 7. Start Procedures.

7.1 The swim uses a “time –trial” starting sequence. Swimmers will line up in “bib #” order (starting with racer #1) and then move onto the pool deck in groups of 25. The first swimmer will enter at the deep end of Lane 1 at exactly 08:00:00 and begin the swim course, swimming a serpentine route and exiting out the deep end of Lane 8. Subsequent swimmers will start at 10 second intervals.

7.2 You must climb in and push off from the side for the start. **NO DIVING ALLOWED!** This is to prevent water from splashing onto the electronic starting computer board. You may enter the water as soon as the previous swimmer clears the start then push-off when the starter gives you the “go” signal.

## 8. Courses.

8.1 Course maps are included in this guide (see SECTION III). It is strongly recommended each participant ride (or at least drive) the bike course and run course to get an appreciation for the hills and surface conditions of the roads and sidewalks. **It is the Athlete's responsibility to know the course routes.**

8.2 The bike course route is approximately 12.6 miles. The route is two-way traffic for bike riders (you will have riders on the left side of the road going in the opposite direction during some of the course). Please exercise caution when passing another rider. Pass only to the left, all other times ride to the right side of the lane. The route is open to vehicle traffic so please exercise caution.

8.3 Each rider is responsible for any breakdown out on the bike course. If your bike becomes unrideable, a SAG vehicle will eventually be dispatched to return you to the transition area.

8.4 The run is single loop 5k route with a water point located on Organ Ave (just past the half way mark).

## 9. Risk Mitigation Measures (RMM).

9.1 As in any sporting event there is risk in this triathlon. This section lists those risks identified by the Race Safety Committee as the primary areas of risk and outlines appropriate risk mitigation measures (RMM).

9.2 In the Transition Area (TA):

- #1. The transition area is a very crowded and chaotic place. Athletes want to spend as little time in there as possible because it is a "timed event." RMM - Spectators are required to stay out of the TA from race start until the last biker has returned. Announcements will be made alerting people to the TA being closed and when it is reopened. If a spectator is in the TA during the closed time, a race official or volunteer will direct them to leave the TA immediately. Family members and friends in the TA and along the run route usually become more of an obstacle to others than anything else.
- #2. Those athletes with bike shoes (cleated bottoms) should realize that after crossing the outbound T1 timing mat you will need to cross the Mount Line to mount your bike. It can be very "slippery" when you try to slow down, wearing cleated bike shoes, in order to mount your bike. You will be running along a slight "downhill" when you come to the mount line and stand a good chance of losing traction and perhaps falling. RMM – Start slowing down a little earlier before mounting your bike. Try to avoid sprinting in your bike shoes and trying to "stop on a dime" in order to mount your bike. Rehearse this drill before the race.

### 9.3 On the Bike Course.

- #1 .Just after passing the Brunner Skeet Range (@2 mi mark) you will turn R onto McPHERSON Ave just before the radio tower. The steep downhill and winding turns heading down McPHERSON Ave combined with the downhill acceleration can catch riders off-guard. If the roads are wet they can be slick due to the foliage and deadfall from the trees along the downhill. Proceed with CAUTION!
- #2. After the turn around at the back gate you will reverse direction and head back towards the old USDB. Just after passing the old USDB (site of the new 12<sup>th</sup> Brick Grille), you will turn RIGHT and head down BLUNTVILLE Ave towards the airfield. Ensure you do not miss this turn!
- #3. The course is open to vehicular traffic. Be careful passing vehicles. DO NOT assume they see you. Though Caution signs will be posted, please ride 'defensively!'
- The best RMM for the bike course is to conduct a practice ride a couple of days prior to the event. The afternoon before the race, the Bike Course Team will sweep the course and mark hazards along the route as best possible.

### 9.4 Other Risks.

- #1. We suggest that spectators and supporters of athletes not "ride along" (on a separate bike) with their athlete during the bike course. Though we understand you want to support your athlete, you create an unnecessary obstacle to other riders.
- #2. The weather on the first Saturday in May can range from cold and rainy, to warm and windy. We recommend you dress accordingly and have a full bottle of cold water on your bike for the bike course. There are NO water points out on the bike course.
- #3. Be alert for other riders, and runners. This is generally the FIRST triathlon for about 50% of the competitors!

## 10. Relay Team Procedures.

10.1 Relay Team bike riders may position themselves and their bike by the curb at the south end of TA close to the swim exit sidewalk. Here they can execute a "chip handover" and proceed towards the exit lane and on to the timing mat.

10.2 Only the actual bike rider may pre-position with the bike at the handover site (no family members).

10.3 Relay Team runners can position themselves in the same location as the bike riders to execute the chip handover to the run phase. After chip handover, the rider will need to rack their bike in the bike corral spot. This is a courtesy to other athletes.

10.4 Relay Team riders and runners must stay clear of the exit lanes and timing mats when executing the chip handover. This is to ensure you do not impede the progress of other athletes.

10.5 The Relay Team Runner is the only one that must wear the paper bib number.

10.6 Family members / spectators are NOT allowed to assist with any part of the handover sequence.

10.7 Visually impaired athletes are able to compete in this race with the assistance of a guide. The guide may escort them and assist them with instructions but cannot help “propel their forward movement” except for riding of a tandem bike.

## 11. Rules and Penalties

11.1 Basic *USA Triathlon*® rules (with some modifications) apply. Penalties range from a 2 minute addition to the overall time, to disqualification.

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

11.3 Do NOT mount your bike until crossing the MOUNT Line just outside of T1. Likewise you must DISMOUNT prior to the line returning to T2. Ensure you cross the timing mat exiting and reentering the transition area. (See the Transition Area diagram in SECTION III.)

11.4 No assistance other than that offered by race and medical officials may be used. You may NOT receive assistance from family members or spectators once the race begins. Triathlons are individual tests of fitness.

11.5 This IS a DRAFT LEGAL race however you CANNOT ride two abreast because of the limited road space. If passing a rider, you have 15 seconds to overtake the rider and move towards the right. Otherwise you can be penalized for “blocking.”

11.6 Headphones / earphones (to include OAKLEY® Thumps) are not allowed during the race for safety reasons!

11.7 When overtaking another cyclist, announce your intent to pass by stating “...*On your left!*” or “...*Coming left.*” This is to prevent the front rider from inadvertently moving in front of you (hence the reason for no earphones / headphones). Do not pass to the right of other riders.

11.8 You shall not discard trash or equipment along the bike route. Keep it with you until the ride is finished.

11.9 Race Numbers. The paper bib number is not required on the bike, just on the run.

11.10 Male athletes must wear a shirt during the bike and run portions of the course. No bare chests.

11.11 Unsportsmanlike Conduct. Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators, or fellow athletes is forbidden. Unsportsmanlike conduct will likely result in immediate disqualification (DQ).

12. Awards. Awards will be given for the top male and female overall. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places in age-groups, and 1<sup>st</sup> place in each of the Relay Team categories. The awards ceremony will be conducted as soon as the results are tabulated and verified (@ 1030hrs).

13. Final Results. Final results will be posted on the *Leavenworth TRI Club* website ([www.leavenworthtriclub.com](http://www.leavenworthtriclub.com)) by Monday afternoon. Click on the “CGSC TRI Info” tab.

14. Photos. Race photos will be posted on the Leavenworth triathlon Club website within a few days after the race.

#### 15. Spectator Policies.

15.1 Spectators are welcome and encouraged to attend and support their triathlete. The “*Spectator Golden Rule*” is to **NOT BECOME AN OBSTACLE TO ANY TRIATHLETE, VOLUNTEER, or OFFICIAL.**

15.2 Spectators ARE NOT allowed in the transition area once the race begins. The transition area will reopen after the last biker has returned (est around 0945 hrs).

15.3 Spectators cannot assist any athletes once the race begins. Assisting an athlete can result in a time penalty to the athlete.

15.4 Spectators are asked to NOT accompany their athlete during any portion of the course. This creates an unnecessary obstacle to other competitors.

15.5 Please “keep your head on a swivel” when crossing any of the pavement areas – especially around the Transition Area. A lot is going on in that area.

15.6 Even though you are not competing, please follow instructions from the race officials and volunteers.

15.7 There are bathrooms inside Harney Gym for spectators.

15.8 The post-race food and beverages are for the athletes and volunteers. Please help us in supporting this.



## 16. Frequently Asked Questions.

16.1 Q. I am new to the sport, how can I get smart on this sport and perhaps even get some training before the race?

A. If you live in the Leavenworth area, there is a local triathlon club that can help you get started. You can find out more about them at [www.leavenworthtriclub.com](http://www.leavenworthtriclub.com).

16.2 Q. Is there a rule about the type of bike I can use?

A. Triathlon, Road, Mountain, Hybrid, BMX, Comfort, and even “pedal pusher” bikes are all allowed. The only bikes NOT allowed are recumbent bikes and tandem bikes. (Tandem bikes ARE allowed for visually impaired riders only.) Aero wheels (including disc wheels ARE allowed.)

16.3 Q. Can I wear headphones / earphones (for my *iPod*®) during the race?

A. No, this is for safety reasons.

16.4 Q. Are people allowed to “pass” during the swim?

A. Yes. If you are a slow swimmer, please stay towards the side of the lane in order to allow other swimmers to pass you.

16.5 Q. What happens if I have a flat tire or other bicycle malfunction during the bike course?

A. Each rider is responsible for their own bike maintenance and repairs. If your bike becomes unrideable during the race, a SAG vehicle will eventually be dispatched to return you to the transition area. *Santa Fe Trails Bicycle Shop* normally sets up near the transition area to assist bicycle issues BEFORE the start of the race.

16.6 Q. Is there a place to change after the swim?

A. It is recommended that you wear an outfit that you can swim, bike, and run in. It is impractical to change outfits during the race. If this is your first ever triathlon and you don't want to buy “triathlon” clothing, you can complete this race in a bathing suit. If needed, you can slip on a pair of gym shorts / shirt over your bathing suit during the transition to the bike. Nylon (or other synthetic fabric) clothing will shed water much better than cotton, so nylon gym shorts and a nylon T-shirt will work fine.

16.7. Q. Do I have to wear my bib # for the bike AND run legs?

A. No, just on the run.

16.8 Q. What roads will be closed for the race?

A. The course is an “open” course that means no roads will be closed to vehicular traffic so bikers and runners must exercise caution. There will be road guards at crossing points to hold up traffic in order to let athletes negotiate intersections and difficult turns. The only sections of roadway that will be closed is FOURTH St between CODY Ave and IOWA Ave (the road in between Harney Sports Complex and Hoge Barracks), and a section of CODY Ave between the *Trails West Golf Course* entrance and the construction site entrance 400m to the west on CODY Ave (hilltop-to-hilltop).

16.9 Where is a good place to take photos?

A. Several places PROVIDED YOU DO NOT INTERFERE WITH ANY OF THE ATHLETES.

- Swim: Inside on the pool deck at the end of any lane opposite from the start, or outside the pool deck exit door out on the grass.
- Bike: At the corner of 4<sup>th</sup> St and IOWA Ave just down from the Bowling Alley.
- Run: On the grass just north of the Finish line.

Q.16.10 Will there be water points on the bike and run routes?

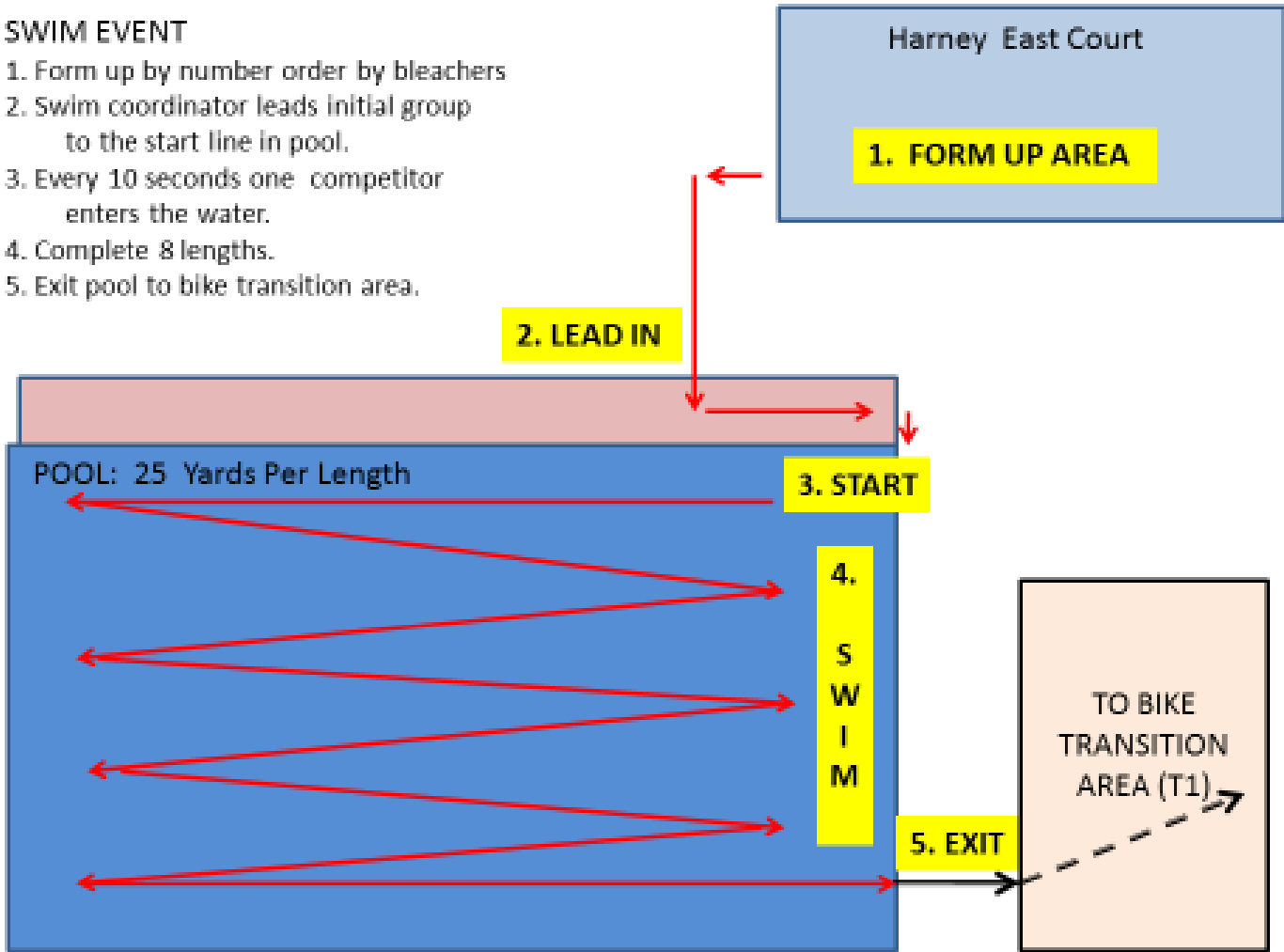
A. There will be one water point on the run route over by the old TROLLEY Station. There will NOT be any water points on the bike route. It is strongly recommended you carry one bottle of water / sports drink on your bike.

### III. COURSE MAPS

## Swim Course

#### SWIM EVENT

1. Form up by number order by bleachers
2. Swim coordinator leads initial group to the start line in pool.
3. Every 10 seconds one competitor enters the water.
4. Complete 8 lengths.
5. Exit pool to bike transition area.



#### SWIM EVENT

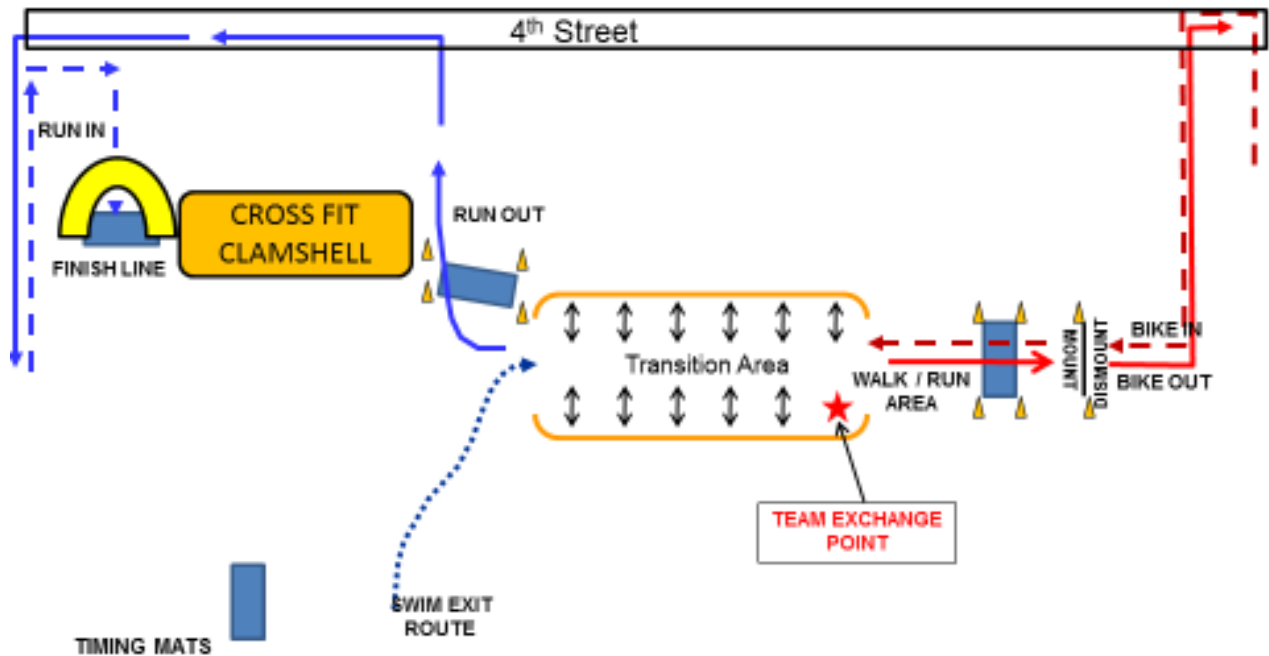
- Form up in number order by bleachers
- Swim coordinator leads initial group to the start line in pool.
- Every 10 seconds one competitor enters the water.
- Complete 8 lengths.
- Exit pool to bike transition area.

## Transition Area (T1)



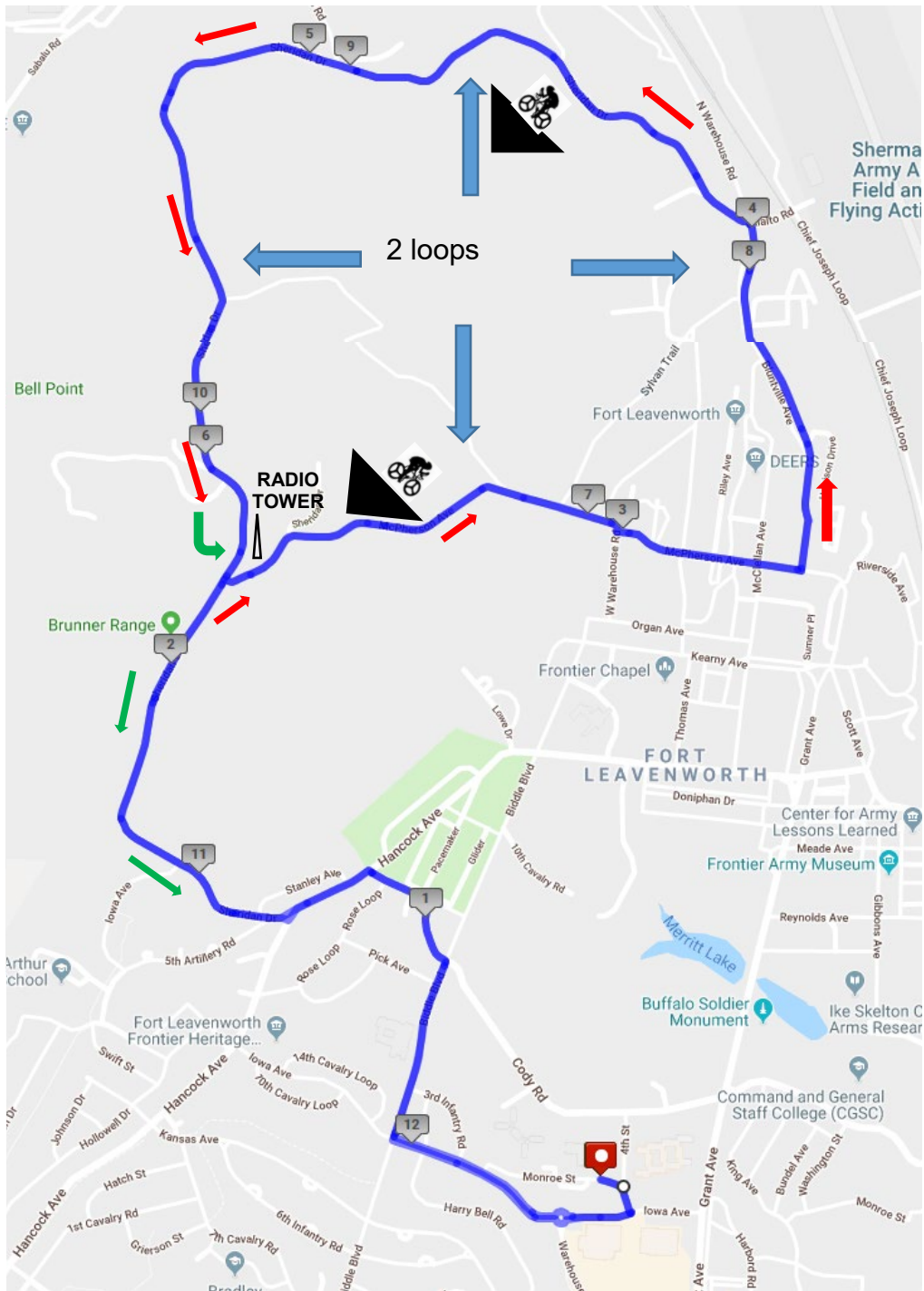
- Transition area setup is “first come-first serve.”
- See detailed diagram on next page.
- Do not attempt to park in the Harney Complex parking lots or the Bowling Alley. Park in the Participant Parking Lot, Commissary, or PX lots.

## TRANSITION AREA DIAGRAM



- Once the race begins ONLY ATHLETES are allowed in the transition area.
- After completing the swim; run / walk your bike thru the transition area, over the timing mat, and then mount your bike AFTER crossing the "MOUNT LINE." Likewise returning riders must dismount prior to the DISMOUNT LINE and recrossing the timing mat.
- Relay Team Bike riders can wait by the curb at the south end of the transition area to execute a "chip handover" (exchange) from their swimmer, then move across the timing mat, cross the MOUNT Line and then proceed out on the bike course.

# Bike Course 12.6 mi



### **Turn by turn directions: (2019 Bike Route)**

START: Turn R out of Harney Sports Parking Lot onto Monroe St.

R on to Iowa Ave, R on to Biddle Blvd.

L on to Cody Rd (just before the Fire Station). (Cody Rd turns into 9<sup>th</sup> Cavalry Rd.)

L on to Hancock Ave.

Angle R on to Sheridan Dr (uphill climb).

R on McPherson Ave (just before the radio tower).

Top of the next hill you will make a dog leg (R then L) by the horse stables (staying on McPherson Ave).

L on Bluntville Ave before the 12<sup>th</sup> Brick Grille (head down towards the airfield).

L on Sheridan Dr (begin a long 1.2 mi uphill climb)

L on McPherson Ave at the radio tower. Repeat the previous loop.

After completing the second hill climb, continue past the Skeet Range and return to Harney Gym via the same route as the initial outbound leg.

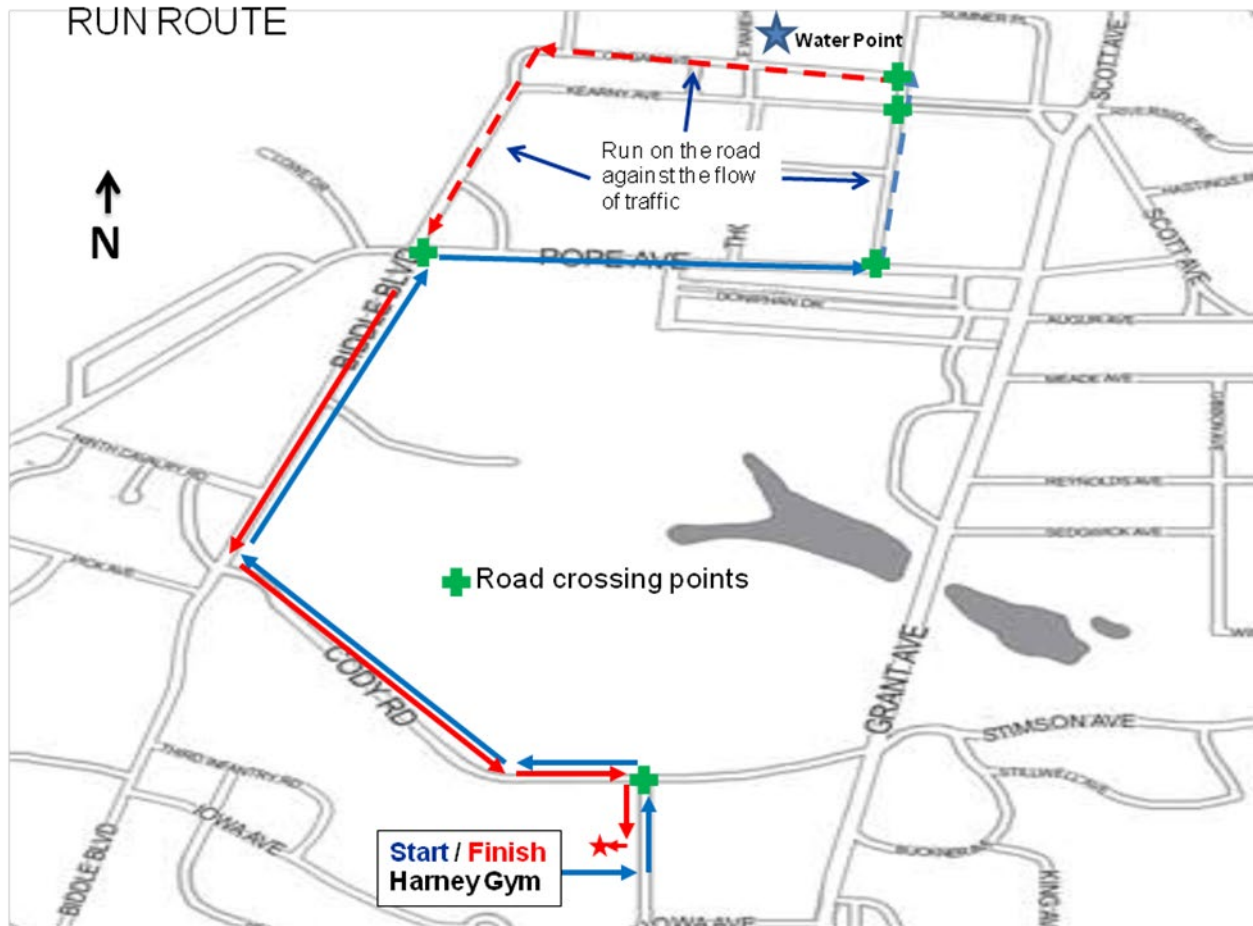
## Transition Area T2



- Dismount your bike prior to the “DISMOUNT LINE”, ensure you cross over the timing map and then rerack your bike in T2 and transition to the run course.
- Please re-rack your bike in the exact spot after you return from the bike leg.
- You will cross another timing mat on the way out of T2.



## Run Course 5k



- Run on the sidewalk except on McCLELLAN, ORGAN, and the northern part of BIDDLE (all indicated by broken lines). Run *FACING* traffic (L side of the roadway surface) on those streets.
- Water Point located on ORGAN Ave.

## Swim Start Times

<u>Chalk #</u>	<u>Sequence</u>	<u>Start Time</u>
1.	1-25	0800:00
2.	26-50	0804:10
3.	51-75	0808:20
4.	76-100	0812:30
5.	101-125	0816:40
6.	126-150	0820:50

- This is a “Time trial” start sequence. Swimmers go in 10 second intervals.
- First athlete starts at 08:00:00, next one 10 seconds later, and so on...
- Climb in and push off. Do NOT jump or dive in.

- **Sample Checklist for First Time Triathletes**

- ✓ Drive / Ride / Run the routes ahead of time
- ✓ Bring a small towel to dry off your feet after the swim (prior to the bike).
- ✓ A small (plastic / nylon) belt to clip on your bib number instead of safety pinning it to your shirt. (You do not swim wearing your paper bib number)
- ✓ Don't forget to bring your Timing Chip!
- ✓ Come to the CGSC Triathlon race practice session held at Harney gym 10 days prior to the event. (Find out more about it at [www.leavenworthtriclub.com](http://www.leavenworthtriclub.com))

Saturday morning check-in:

- ✓ Rack bike / make sure bike is in correct gear / water bottle on bike / reset bike computer
- ✓ Set up transition area: towel, shoes, shirt, helmet, bib # laid out
- ✓ Timing Chip
- ✓ Body Marking
- ✓ Locate timing mats and MOUNT / DISMOUNT Line
- ✓ Rehearse entry and exit of transition area
- ✓ Attend Pre-race brief at 0745
- ✓ Make a new friend
- ✓ Thank a volunteer!