

THE HARTMAN GROUP
HAPPY VALLEY
SPRINT TRIATHLON



STATE COLLEGE, PENNSYLVANIA
JULY 5, 2009

Thank you for your participation in the 2009 Edition of the Hartman Group Happy Valley Sprint Triathlon!

We look forward to seeing you on Sunday, July 5th and we hope the following information will help you know what to expect on race morning so you can be relaxed and focused on enjoying the event!

Check-in details:

1. The check-in table will be located at the entrance to the outdoor Natatorium.
2. Check-in times are as follows:
 - 5:30-6:30 for heats 1-3,
 - 7:15-8:00am for heats 4-7
 - **Heat assignments and other details will be posted at www.HappyValleySprintTri.com on July 1st.*
3. ALL athletes are required to show photo ID. **USA Triathlon requires us to enforce their policy: NO ID, NO RACE, NO EXCEPTIONS.** Every single participant in your race must have a photo ID, this includes all relay participants. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to bring their membership card every time they compete in a USAT sanctioned event.
4. If you already paid the USAT one-day license fee when you registered for the race and you signed the waiver (either on paper or electronically through registration), then you can simply show us your ID and pick up your race number, timing chip, swim cap, event T-shirt, and goody bag. We will have waivers on hand for those who need them.
5. Athletes must pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. For relays, all relay members must be present to receive the packet.
6. At check-in, our race number will be written on your arms and legs and you must wear your timing chip on your ankle for the entire event (using the included Velcro strap). You will receive a specific color swim cap to ensure the lap counters can accurately track your progress – do NOT trade your cap with anyone else. Relay members will share one timing chip – transferring the chip will be the “baton hand-off” to the next relay member.

Other useful information:

1. Please read through the attached USA Triathlon summary of the rules you will need to follow for our event. Wetsuits will NOT be allowed during the swim, and drafting is prohibited while biking.
2. After checking-in, you may rack your bike on the racks along Curtin Rd (on the opposite side of the Natatorium building from the outdoor pool). At check-in, you will also receive a sticker with your race number written on it. Affix that sticker to your bike frame before racking it to identify it as your bike when you reclaim it after the race is over.
3. You may use the indoor natatorium for the changing area, restrooms, showers, and swim warm-ups.
4. New this year, we are excited to have computerized chip timing for our race! Tentative results will be posted near the registration area as they become available, but they are not “final” until after the race is over.
5. Please stick around after the race for the awards ceremony and the picnic. Food will be available for you and your family in the picnic area just inside the entrance to the outdoor natatorium and the awards will be given in that general area around 11am.
6. Our event would not be possible without volunteers. Please thank a volunteer when you get a chance, and if you have any friends or family members who might be interested in lending us a hand on race day, please have them find Megan at the check-in table so she can assign them to a specific role.

We greatly appreciate the support of our sponsors:

The Hartman Group	Senior and Associates Dentistry
Central PA Endodontics	Miller, Kistler, and Campbell Attorneys at Law
Centre Oral and Facial Surgery	PowerBar
The Bicycle Shop	Clem’s Barbeque
Rapid Transit Sportswear	TriMyBest Triathlon Coaching

See you on Sunday!



2009 MOST COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

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, 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 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:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

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

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org/content/index/1684>