

Official Rules for the Race:

1. All participants must wear helmets while cycling. You will not be permitted to compete without a helmet.
2. Your race package includes one T-shirt, one bathing cap, one pair of numbers and safety pins.
 - A. Cyclists must attach the number to the cross-bar on the bike.
 - B. Runners must wear number on the front.
 - C. Numbers must be visible at all times.
3. Traffic laws must be followed (i.e., stop signs, lights, law enforcement). Public roads being used for the course are being shared with automobile traffic. Violators will immediately be disqualified and removed from the race. Any competitor who violates the law or disregards the instructions of any race official will be disqualified and immediately removed from the race.
4. Assistance from people other than race officials is prohibited. Please instruct family and friends not to escort you or follow you around the course. **It is the responsibility of each competitor to know the race course. We highly recommend familiarizing yourself with the course prior to race day.**
5. Race officials are posted throughout the course to provide directions and monitor compliance with traffic laws. **THE COURSE WILL CLOSE DOWN 3 HOURS AFTER THE START OF THE RACE.**
6. **DRAFTING IS NOT ALLOWED. Violation of this rule will result in penalties or immediate disqualification.**
7. Runners, bikers and swimmers must maintain their position in the finish chutes after crossing the finish lines.
8. All swimmers must wear swimsuits, biking shorts, or tri-suits and bathing caps. Swimmers will be numbered on both shoulders as they enter the beach.
9. Swimmers may not wear snorkels, fins or flotation devices. Goggles and wet suits are permitted.
10. For your safety, swimmers will start in waves according to your age group. Swimmers must maintain adequate separation to prevent contact with another swimmer. Willfully or intentionally delaying another swimmer could result in disqualification. Finish times will be adjusted. **(Each wave is assigned a unique bathing cap color. Please do not change caps as it would interfere with the timing).**
11. Swimmers wishing to change clothes must use the facilities provided after passing through the chute. Public nudity is prohibited.
12. Athletes only are permitted in the bike corrals.
13. Cyclists must keep to the right (with normal traffic flow) and runners must keep to the left (facing normal traffic flow). Wide turns are prohibited.
14. Upon completion of the bike course, cyclists must dismount and walk into the transition area. Assistance will not be available for securing your bike. You must park your bike in the assigned space.
15. You are advised to arrive early and walk through the transition areas. **RACE STARTS PROMPTLY AT 6:45 AM. Course will be closed at 9:30 AM.**
16. Park in designated areas only. Do not park on roads or in shopping center lot.
17. **NO ALCOHOLIC BEVERAGES, COOKING GRILLS, OR PETS PERMITTED IN RACE AREA OR PARKING LOT.**
18. **NO UNAUTHORIZED BANNERS, POSTERS, OR ADVERTISEMENTS.**
19. **Timing chip needs to be picked up on race day no later than 6:15 AM, and returned upon completion of the race.**
20. **MINIMUM AGE TO COMPETE AS AN INDIVIDUAL OR TEAM MEMBER IN THE TRIATHLON IS 14. Must be 14 on race day.**
21. **Registrations are NOT transferable. If I transfer my race number to a third party, I acknowledge that it is my responsibility to make certain that this person signs a liability waiver form and I assume full legal responsibility if he or she does not.**

<p>Swimming Course—1/2 Mile Swim left turn pattern around both buoys. Exit through chutes.</p>	<p>Running Course—5 Miles Run against traffic—Left side</p>
<p>Biking Course—17 Miles Bike with traffic—Right side</p>	<p>RIGHT out of transition area to Wyandote RIGHT on Scioto Drive RIGHT on Seminole TURN AROUND at cul-de-sac LEFT on Scioto Drive-follow around bend RIGHT on Navajo Trail RIGHT on Reservoir RIGHT onto Pawnee Lane TURN AROUND at cul-de-sac RIGHT on Reservoir RIGHT on Winding Hollow LEFT on Olentangy Road RIGHT on Mohawk Road RIGHT on Scioto Drive LEFT on Wyandotte RIGHT on Osage Lane TURN AROUND at cul-de-sac RIGHT on Wyandote</p> <p style="text-align: center;">FINISH</p>
<p>Proceed from lake to bike corral. Follow signs to exit bike corral. RIGHT—Wyandote LEFT—Scioto RIGHT—High Mountain Road LEFT—Ewing Avenue LEFT—Franklin Avenue RIGHT—Old Mill RIGHT—Pulis LEFT—Campgaw Road continue up to Campgaw Reservation LEFT—Into Campgaw to turn around at cul-de-sac BACK—to Campgaw Road RIGHT—Campgaw Road RIGHT—Pulis RIGHT—Franklin Avenue LEFT—Colonial LEFT—Franklin Lakes Road RIGHT—Wyandote and into Bike Corral **Dangerous curve! Must slow down!**</p>	<p>Free T-Shirt for Volunteers! If any family members or friends are willing to help out on race day, please have them contact the Y at 201-891-2081 no later than May 30th.</p>