



*Children's Miracle Network Hospitals of Northern New York
at Samaritan Medical Center present*

The 9th Annual River Rat Triathlon/Duathlon
The Antique Boat Museum, 1000 Islands/Clayton, NY

RACE DAY PACKET

AUGUST 12, 2018

SPRINT DISTANCE TRIATHLON/DUATHLON

+ 750 METER SWIM or 1.86 MILE RUN

+ 12.4 MILE BIKE (40K)

+ 3.1 MILE RUN (5K)



THANKS TO OUR SPONSORS!

To become a sponsor for the 2019 River Rat Triathlon, please visit www.riverrattri.org for more information or call the CMN office at 315-785-4053.

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River Rat Triathlon – “Where triathletes become miracle makers...”

PACKET PICKUP & ATHLETE CHECK-IN

Packet pick up will be available from 7 – 8 a.m. on **RACE DAY**, August 12, 2018 at the Antique Boat Museum in Clayton.

- Please note: ALL athletes must pick up their timing chip and go to the body marking station the morning of the race between 7:00 – 8:00 a.m. on race day.
- You may not pick up packets or check-in for anyone other than yourself.
- If you have not pre-registered, the race waiver **MUST** be signed at packet pickup on August 12.

- All racers must provide photo ID. Accepted forms include a valid driver's license, passport, valid military ID card, or if none of these are available, a birth certificate. Student ID cards will NOT be accepted.
- **Participants must be at least 16 years of age to participate in the Triathlon; 14 years of age to participate in the Duathlon.**
- Racers under the age of 18 MUST be accompanied by a parent or legal guardian, who must also provide a photo ID, at the packet pickup and will be required to sign the waiver.
- The first 100 pre-registrants are guaranteed a race day t-shirt and swag bag. Late registrants are not guaranteed a t-shirt or swag bag.
- Day-of registration will only be available as space allows. There will be an additional fee. For more information, please visit www.riverrattri.org.
- Credit card payments will NOT be accepted at day-of registration. **Cash or check only.**

BODY MARKING

All athletes must be body-marked prior to the start of the race. Body marking occurs next to the registration table. Once you have registered/checked-in, volunteers will be on hand to assist you with your body marking. **Bib # must be written on the right arm and right leg (lower calf). *If you are participating in the Duathlon, you must also have a "D" written on the lower calf.**

CHIP TIMING SYSTEM

Ayer Race Timing is providing chip timing for the race. After registering/checking in, you will be shown to the body marking and chip timing stations. Split times will be recorded by the timing company at each leg of the race. Volunteers will be collecting the timing chip from you at the Finish Line.

***Non-returned chips result in a \$100 fee per timing unit.**

Race Day Schedule	
7:00 am	Transition Area Opens
7-8:00 am	Day-Of Registration, Packet Pickup, Body Marking, Timing Chips
8:00 am	Mandatory Pre Race Meeting (at Registration/Transition area) *There are changes to the course*
8:30 am	Race Start (Swim/Run)
Immediately following the race	Awards Ceremony & After Party at the Clayton Antique Boat Museum

Aid Stations

A First Aid Station will be located by Registration. Water stations will be available at two locations along the run route only.

Transition Area

Race participants and event staff are the ONLY people allowed in the transition area. Race participants MUST register/check-in and pick up their race packets with bib numbers to enter the transition area. There is one entrance and one exit in the transition area and they will be clearly marked. The transition area opens at 7:00 a.m. and closes at 8:00 a.m.—you MUST be registered/checked-in by 8:00 a.m.

Rules specific to the transition area:

1. Only athletes who are body-marked and have bib numbers are allowed in the transition area.
2. You must walk your bike into and out of the transition area. You are not allowed to ride your bike in the transition area.
3. Mounting and dismounting your bike must occur in the designated area outside of the transition area.
4. You are discouraged from removing your bike once it is in the transition area until the bike portion of the race.

You will be able to take your bike and gear from the transition area after the last racer has started the run portion of the race.

SWIM START

Warm-up: Warm-up swimming will be allowed near the swim area located in front of Skiff Livery and Gaffney Porch at the Antique Boat Museum.

All racers must be out of the water before the swim start. *Swim warm up will take place following the Mandatory Pre-Race Meeting (new route information will be shared).

Racers must be at the swim transition area before the swim start.

Swim course: The course is a clockwise loop beginning and ending at the dock located in front of Skiff Livery (Antique Boat Museum). This is an in water start. Keep all buoys to your right.

Experience trouble during the swim? It happens. If you cannot continue, wave your hands in the air or yell for one of the boats, jet skis and kayaks in the swim zone to help you. Safety is a primary concern. However, you will not be able to participate in the bike or run portion of the race if you do not complete the swim.

All swimmers MUST wear swim caps provided by the Triathlon while participating in the swim leg of the race.

RUN START (DUATHLON)

Racers must be at the Auyer Timing location in front of the Antique Boat Museum on Mary Street before the start of the race.

BIKE ASSISTANCE

Staff from **Black River Adventurers' Shop** will be on site to assist athletes with bike issues. Please consider seeing them if you need assistance with your bike. They will only be able to assist with minor issues. All bike assistance should be completed prior to entering the transition area.

RELAY TEAMS

All relay team members have access to the transition area. Relay team members must wait for their teammate in the transition area at their bike rack location. **The timing chip exchange has to occur at the bike rack location in the transition area.**

COURSE MAPS

Course maps are available for interactive viewing at www.riverrattri.org.

***Please note: Although the description for the routes read "Gananoque, Canada" they are the correct routes for Clayton, NY. The app we use for the routes does not allow us to change the description. We apologize for any confusion.**

Alternate Run Course

In the event of inclement weather, the first leg of the Duathlon will substitute the water leg of the race. This map can also be viewed at www.riverrattri.org.

RACE RULES

MANDATORY PRE-RACE MEETING

All participants must attend the mandatory pre-race meeting scheduled for 8:00 a.m. at Registration. **This meeting will review the latest updates with the course and rules. All participants are strongly encouraged to be checked-in and have their gear set up in the transition area before this time. DO NOT arrive to the race site at 8:00 a.m. as it will be too late!**

THE SWIM START – RUN START (1.86 MILE)

We will send participants off from the dock located in front of Skiff Livery on the Antique Boat Museum Campus. All swimmers will be sent off at the same time. This is an in water start. We will not send groups out in waves; only one swim start. Be prepared!

BASIC SWIM RULES

1. Each swimmer must wear a swim cap provided by the race organizers.
2. Wet suits may be worn.
3. No fins, paddles, floatation devices or buoyancy suits of any kind allowed.
4. No individual paddlers or escorts allowed. Course is adequately patrolled by safety vessels.
5. ***Safety is our first concern; please get help if you need it.**
If official assistance is rendered during the swim, the swimmer will be disqualified. Water safety personnel have the authority to disqualify individuals if they hang onto water vessels or are moving too slowly.

BASIC BIKE RULES

Remember – If you are warming up before the event, you must have your helmet on and buckled at all times!

1. Bicycle helmets are required for all cyclists.
2. CPSC, ANSI or Snell approved helmets are required at all times while on the bike. Helmets must be worn and chin straps must be fastened before a competitor mounts the bike. It must remain on and fastened until you dismount from the bike. DO NOT unbuckle your chin strap unless you are off your bicycle. ***Penalty: Disqualification on the course; Variable time penalty in transition area only. Helmets must be worn at all times while on your bike. This means any time that you are mounted on your bike before, during, and after the event.***
3. The end of your handle bars must have plugs in them.
4. Bikes must be positioned in the correct bike racks before and after the bike section.

5. Bicycles must be walked or run to, from, and in the transition zone. Bicycles must be mounted and dismounted only at the "Mount - Dismount Line" (off of the gravel onto the road) outside the transition zone under the direction of a race official.
6. Absolutely no drafting off another bike or vehicle is allowed. This is an individual endurance event. The draft zone is 2 meters wide by 7 meters long. Once you enter this zone you have 15 seconds to pass through or back out. 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. No blocking, riding on the left side of the lane without passing, or interfering with other cyclists attempting to pass. Once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Variable time penalty.
7. 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.
8. All participants must follow directions of course officials and public authorities. **Do not cross the double center line of the road or you will be disqualified.**
9. You must stay to the right side of the road at all times unless to pass.
10. No outside help is allowed. No assistance other than that offered by race and medical officials may be used. Triathlons are individual tests of fitness. Penalty: Variable time penalty
11. Each participant will be individually responsible for repair and maintenance of their own bike. Black River Adventurers' Shop will be on site prior to the start of the race to assist with minor maintenance issues.
12. **No headphones may be worn in the ear during the bike course.** Penalty: Variable time penalty.
13. No glass containers are allowed in the transition area.

BASIC RUN RULES

1. Each participant must wear their race number.
2. **No headphones may be worn during the run.** Penalty: Variable time penalty
3. Runners must obey course safety workers, run with traffic and remain to the right side of the road throughout the course, except for where indicated otherwise by course markings.

GENERAL RULES

TRANSITION AREA:

The transition area will be the area so designated at the Antique Boat Museum. The transition area will be fenced off and only participants and race officials will be allowed inside this area. Bike racks will be set up with participants allowed to select their position on the rack on a first come, first serve basis on the morning of the race.

All equipment must be placed in the properly designated 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.

****The transition area is secured at 7:00 a.m. and will be disbanded at 11:00 a.m. The race organization is not responsible for bikes and equipment left in the transition area after 11:00 a.m.***

UNSPORTSMAN LIKE CONDUCT:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification.

TEAMS:

Teams may consist of 2 or 3 members. Teams will compete in a relay format. **Teams will transfer the ankle strap with the Timing Chip on it within the Transition Area.** Awards will be presented to the top team ONLY in each division: All Male, all Female, and Co-ed.

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. **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.

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

APPAREL:

- a) Bib numbers must be visible at all times.
- b) Competitors must wear a swim cap during the swim. It will be provided by the River Rat Tri.
- c) Competitors must ensure that their bodies are marked with their bib number.

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. The race organization is not responsible for bikes and equipment left in the transition area after 11:00 a.m.

After Party & Awards Ceremony:

There will be a post-race party at the Antique Boat Museum immediately following the race, featuring the Awards Ceremony, which will begin as soon as final race results are available after the last racer finishes.

All athletes will have free admission to the after party. Spectators are encouraged to attend and the cost is \$10/adult or \$5/child (*12 and under) at the door.

REFUND/TRANSFER POLICY:

NO REFUNDS can be given, without exception. Registrations may not be transferred from one individual to another.

EVENT CANCELLATION OR MODIFICATION POLICY:

If Natural Disaster or Community Disaster occurs, our action steps are as follows:

1. Children's Miracle Network (CMN), in conjunction with local officials, will make final decisions, safety being our primary concern.
2. Courses and/or race segments will be altered as agreed to between CMN and local officials.

3. Financial: It is not financially feasible for CMN to accept the risk of a disaster for everyone. Each registered participant needs to accept the risk of his or her entry fee. There will be **NO REFUNDS or free entries to future races.**

RACE RESULTS: Race results will be based on your start time and finish time using the chip timing system. Race results will also be posted at auyertiming.com within 48 hours after the race is completed.

AWARDS: Awards will be determined per division as follows:

Divisions

1. **Iron Person (Overall finisher per class – male and female)**

Swim/Run (Duathlon):

Overall Male

Overall Female

2. **Age Division (Top 3 finishers per class for each age category – male and female)**

Triathlon:

	<u>Male</u>	
	16-19	20-29
30-39	40-49	50-59
60-64	65+	

	<u>Female</u>	
	16-19	20-29
30-39	40-49	50-59
60-64	65+	

Duathlon:

	<u>Male</u>	
	14-19	20-29
30-39	40-49	50-59
60-64	65+	

	<u>Female</u>	
	14-19	20-29
30-39	40-49	50-59
60-64	65+	

3. **Team: Overall Co-ed, Male, Female Team**

*The award ceremony will begin as soon as all times are tabulated, or 11:00 a.m., whichever comes first. Since the event is chip timed, we expect unofficial results to be available starting at 11:00 a.m.
Awards and t-shirts cannot be mailed, no exceptions.

WEATHER POLICY REMINDER

We really, really, really hope that the weather is not an issue, however, if you have been with us since the beginning—you know that we lived through Hurricane Irene for River Rat 2.0. Whether we want to race or not, weather is the ultimate verdict. The waiver states that if the race is cancelled due to weather, there are no refunds. Unfortunately, we have to pay for everything whether or not there is a race. We all have to share the risk of dangerous weather. In the event of inclement weather, the first leg of the Duathlon will substitute the water leg of the race. You will find an alternate run course in your course maps just in case.

****Weather Cancellation will not be announced until 8:00 am on race day.***

SPECTATOR INFORMATION

Come cheer on the athletes and share in the after party as well! Take pictures of your favorite participant and share it with us on social media – **Facebook:** Children’s Miracle Network of NNY; **Instagram:** #RRT4thekids

Spectators should arrive with athletes to get the best parking, as parking spots will be limited during the race. There are a number of great spots to watch the race. Join us as the race begins along the docks inside the campus of the Antique Boat Museum! As racers come out of the water, line the sidewalks along Mary Street and Alexandria Street to get the best view of the transition area and the run portion of the race.

Please remember that spectators are not allowed to provide any assistance to athletes since it may result in disqualification. Spectators are also not allowed in the transition area. There may be times when volunteers will need you to move so that there is a clear path for the athletes. Please be aware of areas marked for racers only.



Safety is our primary concern, so please know the rules and abide by them.

We appreciate your support of this race and the athletes who are here today!

*Don’t forget the family-friendly After Party that takes place immediately following the race at the Antique Boat Museum. All athletes will have FREE admission to the after party. Spectators are encouraged to attend and the cost is \$10/adult or \$5/child (*12 and under) at the door.

We look forward to seeing you on August 12th!

Please call 315-785-4053 or e-mail klaclair@shsny.com if you have any other questions.

GOOD LUCK AND SAFE RACING!!