

Thanks for registering for the 2010 Kewpee, I hope that you have a great experience this year. If you have any questions please contact me at 419-233-5487.

You may pick up your race packet at the Ottawa Metro Park on Saturday, July 24th from 5:00 – 6:00 pm.

We will be located at the Erie shelter house close to the Swimming Beach.

We plan to start the race at 8:00am sharp. We will begin to give out the door prizes at 7:15, when the last door prize is given out we will begin the pre-race meeting to review the course and any other pertinent information.

- Body marking on the calf only, for swimmers and those biking without a bib

- The swim course will be in the Ottawa Park Swimming Beach and may still start in waves: Male Triathlon and Duathlon at 8:00, Female Triathlon at 8:01 and Teams at 8:02.

- We will only provide a final times this year, please wear your bib in front so we can take your picture at the finish as a back up to our timer.

- We will have a chute set up for each race division(duathlon, triathlon, or team). We will tear the bib at the finish line. You must stay in line in the chute and get a card with your place if you receive an award. The awards can be picked up at the food table. We will have volunteers to help with water and cover for any athletes that are physically unable to go through the line.

Best of luck with your training, if you have any questions please either email me or call me on my cell phone.

Sincerely,
Daniel Grime
Director

2010 Kewpee/Lima YMCA Triathlon and Duathlon

Procedures and Helpful Hints:

- • Please try to pick up your packet and be marked on Saturday, July 24th from 5:00 – 6:00pm at Ottawa Metro Park. We will have volunteers on hand to distribute packets and mark on Sunday morning between 6:30 – 7:00am.
- • Parking will be prohibited in the transition area.

Swim

- • Swim caps will be provided in your packet and must be worn. As you exit the water following the swim, you must shout your number to the swim transition volunteers in order to be accounted for (checkpoint #1).
- • Flotation and propulsion devices are prohibited.
- • Swim goggles or facemasks are permitted.
- • Wet suits will only be permitted if the water temperature is below 75 degrees F.
- • You may hold onto a boat or rope if needed and tread water. If you get into the boat you will be disqualified.
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Bike

- • Helmets are required and must be a hard shell helmet. **All cyclists must wear a helmet or they will be disqualified from the race.**
- • Helmet must be on and secured before leaving the transition area.
- • Helmet must be secured until dismounting from bike.
- • You must obey traffic laws on the bike course; except where otherwise directed or indicated by course officials.
- • Traffic will be light but not controlled on a majority of the course. We expect moderate traffic on State Route 81.
- • Course will be marked with white arrows on road.
- • Checkpoint #2 will be at Sugar Creek and Swaney – again, you must shout out your number to the volunteer.
- • You must dismount from your bike prior to entering the transition area.
- • For your safety, headphones are not permitted.
- • Please remember to stay clear of the transition area when you are not in transition. Spectators and participants as well will be told to stay out of this area.
- • Team members must tag teammate and are not allowed to hold bikes.
- • Drafting is not permitted. The drafting zone is a rectangular area 8 yards long and 3 yards surrounding each bike. For motor vehicles, the drafting zone is 15 yards to the side and 30 yards behind a vehicle.
- • We are working on getting marshals for the course. If we are able to secure marshals they may penalize you for 3 minutes while biking for violations.
- • **Remember this is a family event**