

SPECTATOR GUIDELINES:

A triathlon Race course uses open areas public roads. As a result, it is important that spectators be conscious of their surroundings and be careful not to interfere with the athletes during the Race.

- First and Foremost – Never distract an athlete
- Follow instructions from all Racing staff, volunteers and public safety
- Do not at any time, enter the Race course
- Pacing athletes is not permitted
- Be aware of areas Off Limits to spectators: fencing, flagging, cones
- Do NOT lean or push on fencing
- Use designated crosswalks only when instructed by volunteers
- Always look both ways and behind you before crossing or changing direction
- Keep moving in a orderly fashion
- Do not stop abruptly, keep up with the crowd
- Racers have the right of way. Spectators MUST yield to racers in progress
- SPECTATORS and/or FAMILY MEMBERS are NOT permitted in the Transition Area
- If you are in the front zone, be considerate of others, and allow them to view Race as well
- Know your athlete's race number, swim cap color, wave number, wave start time and estimated finish time
- View course map posted on www.trekwomenstriathlonseries.com so you can familiarize yourself with course
- Have a plan to meet up with your athlete at conclusion of Race
- Leave plenty of travel time. Expect heavy traffic into Race site and/or Parking area
- Don't litter. Use garbage cans.

THANK YOU!