



Final Instructions

Please find enclosed in this packet

- 1 paper racer "bib" number
- 1 self-adhesive numbered helmet sticker
- 1 fold-over bike frame number & twist ties
- 1 timing chip
- 1 timing chip ankle strap
- Spectator and final instruction sheet

As a Trek Women Series participant you are responsible for:

- Ensuring that all of the information on file about you (name spelling, age, race category) is correct
- Wearing the large bib number clearly on the front of your body during the Run portion of the du- or triathlon; use the safety pins provided or your own race belt
- Affixing the self-adhesive sticker to the front of your bicycle helmet
- Affixing the bike frame number to the top tube of your bicycle frame with the twist ties provided
- Positioning the timing chip on the ankle strap and **wearing it around your ankle at all times during the Race.**

Additional Race requirements and guidelines include:

- The chip **MUST** be worn around the ankle. Any other placement will make it impossible to time and score your race.
- An ankle strap is provided to individual racers. Be sure to position it around your ankle and snap it securely. It should be one finger-width away from your ankle to ensure a good fit without chafe. Your leg will swell as you race. You can use Vaseline or a similar

product on your ankle for additional protection.

- A black Velcro/elastic band is provided for use by Relay Teams. The Chip on this strap is the hand-off "baton" that each team member will pass off to the next team racer.
- You must travel over all timing mat locations on the course to be timed for your Race. Be aware and stay away from the mats if you are warming up or waiting to race, because mats are "live."
- You are responsible for the rental timing chip provided at registration. If you don't race or don't complete the race you **MUST** return the chip to **Timberline Timing Systems, PO Box 609, Fort Collins, CO 80522.** You **MUST** wrap the chip in padding before you slide it in an envelope or use a padded envelope. Failure to do so will result in the chip tearing a hole in the envelope and getting lost in transit. You will be assessed a \$30 fee for a non-returned chip.
- If you own your own custom ChampionChip and intend to race with it, be sure you have told the registration staff your 7-digit chip ID and turned in your rental chip.
- Timing Chips have been programmed specifically with data related to your entry and are not transferable. Be careful not to switch chips with friends by accident!
- Timing chips are turned in at the finish line after the race: volunteers will help you by clipping your ankle strap or retrieving the Velcro band and returning your rental chip.
- **All Age Group, Elite, Athena, Uniform and Relay category athletes MUST start in the swim wave that was assigned to you by WAVE START NUMBER – not cap color. Often cap colors are used for more than one wave. Starting with the incorrect wave will result in your disqualification, because doing so has an impact on both safety and awards scoring of other participants.**
- **All MIXED AGE category athletes will receive a separate wave start instruction sheet.**
- **All RELAY teams will receive a separate instruction sheet.**
- Read and share the Spectator Etiquette guidelines found on the reverse of this page with your fans and supporters.

Most of all: Enjoy the Race!