



# LAKE LANIER ISLANDS

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## TRIATHLON FESTIVAL

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### Event Instructions

#### Number Placements

Athletes are provided with three numbers and timing chip:

1. Bike Frame Number – This number goes on the frame of your bike secured with twist straps
2. Helmet Tag Number – This number goes on the front of your helmet for photographs
3. Run number- This number goes on the front of your running shirt and must be facing front at all times
4. Timing chip picked up race morning

#### Morning Instructions

- Arrive early and check in at Grand Hall.
- Obtain race numbers and place according to the above 1-3
- Place bike in transition zone
- Pick up your timing chip and get body marked
- Make sure you are in the correct age category and race
- Walk down to the start of the swim

#### Safety Rules / Regulations

Swim close to shore if you are nervous about the swim route

Do not wave at your friends on shore otherwise you will be mistaken for someone needing to be rescued

Walk your bike in the transition zone

Ride single file on the bike, do not ride side by side

Keep at least three bike lengths between you and the next rider

Listen implicitly to the instructions of the Race Officials and Police Officers en route

Use of portable listening devices is strictly prohibited