

### ***What's the order of the events in a Reverse Triathlon?***

A typical triathlon (swim, bike, run) begins with the swim. With a reverse triathlon the run comes first. Your first transition will be run to bike and the second transition will be from bike to swim.

### ***If we run first, are we going off in waves or all at once?***

All participants in the race will set off all at once commencing with the run (10:30 am). The natural elongating effect of some athletes going faster and some going slower will provide an even flow of athletes into the pool for the final leg of the triathlon.

### ***Is the transition area close to the pool?***

The transition area is right next to the pool. Most athletes won't have to travel more **than 30 yards** from their bike to be on the pool deck? You may bring a pair of sandals to go from the transition area to the pool deck. There will be a sandal kick-off area just to your right before you enter the pool. Your sandals will be easily accessible after you exit the pool.

### ***What are the event rules?***

The Race on the Base Triathlon is a USA Triathlon **sanctioned** event. You will be expected to follow all USAT rules. You can find a full list of rules at [www.usatriathlon.org](http://www.usatriathlon.org). Though all rules are important the most common rules violations are:

- Glass in the transition area
- Helmet not bucked prior to mounting the bicycle
- Drafting (closer than 3 bike lengths behind another rider)
- Blocking (not riding to the right and preventing another rider from passing on the left)
- i-pod/headphone usage during the event

### ***Can I bring my dog to the event?***

The Joint Forces Training Base does not allow any dogs on the base. Please leave your four legged friends at home.

### ***Are bike racks assigned?***

In the transition area bike racks will be assigned by age group category and relay teams. Relay teams will have **their** own area to tag off each member. Transition area opens at 7:30 am for athletes only.

### ***Will there be fluid stations on the course?***

There will be 2 fluid stations on the run course. There are NO aid stations on the bike segment. Bicyclist will be responsible for their own fluid. (NO littering on the course). There will be ample post event food and fluid.

### ***What is the schedule of events?***

Friday, February 26

- 3 pm – 7 pm, Pre-event packet pick up and registration (Hangar #2)

Saturday, February 27

- 6:00 am, Registration Opens
- 7:30 am, 5K Race Start
- 7:35 am, 5K Walk, in cooperation with the **Cancer Support Foundation**
- 8:25 am, 10K Skate/Wheelchair Race Start
- 8:30 am, 10K Run Start
- 9:30 am, 1K Kids Fun Run Start, (10 years old and under)
- 10:00 am, Mandatory Triathlon Pre Race Meeting in the transition area
- 10:30 am, Triathlon Start (**on the airstrip**)

### ***Can I pick up my friend's bib number at packet pickup on Friday from 3 pm to 7 pm adjacent to Hangar #2 on the Joint Forces Training Base and what's the USAT process for that?***

ALL athletes are required to show photo ID. **NO ID, NO RACE, NO EXCEPTIONS.** Every single participant in your race must have a photo ID, this includes all relay participants. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to bring their membership card every time they compete in a USAT sanctioned event. If their card has been lost, they can download and print out a temporary one at <https://www.usatmembership.com/default.aspx>.

Important things to remember during packet pickup:

1. Below is a breakdown of all membership fees for 2010:
  - Adult Annual Membership - \$39
  - Adult One-day Membership - \$10
  - Youth (age 17 and under) Annual Membership - \$5 (this is an annual membership, one-day memberships are NOT available for youth)
2. Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Regarding relays, all relay members must be present to receive the packet, or split up the relay packet for each participant.
3. If an athlete does not bring a photo ID to packet pickup they have two options:
  - Go home to get it
  - Have someone fax them a copy of their photo ID (FAX not available at packet pickup)
4. If an athlete does not bring their USAT membership card to packet pickup they have three options:
  - Go home to get it
  - Find internet access where a temporary card can be printed
  - Purchase a one-day membership for \$10 which can later be applied to a membership renewal by submitting a receipt of purchase
5. Athletes that need to purchase a one-day license must sign the USAT waiver if it was not included on the event registration form or process. Annual members do not have to sign a waiver at packet pickup because they already signed it when they applied to become an annual member.