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## Dear Triathlete,

Welcome to the Whidbey Island Triathlon! We look forward to having you as a participant in our 14<sup>th</sup> annual race on August 7, 2010. At the time of this mailing we are only 15 participants away from a full race, yet again! Below are updates and reminders about this year's event, a copy of the Race Rules and Regulations, and a bicycle checklist. You will find maps on our website: [www.swparks.org](http://www.swparks.org). We are looking forward to a terrific event this year, see you there!

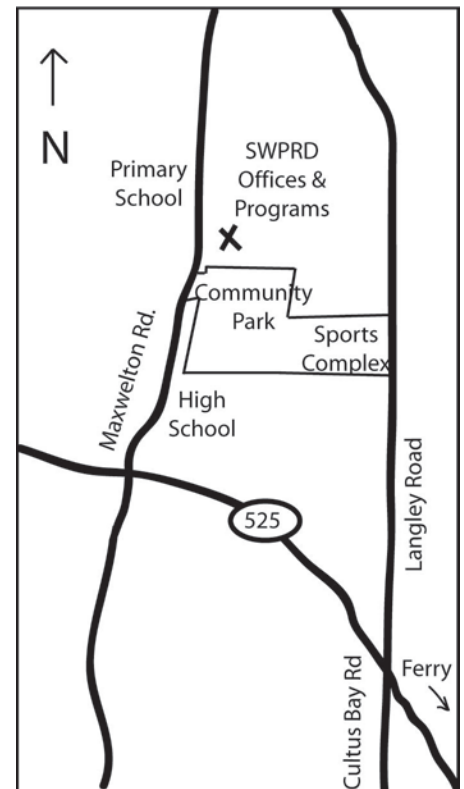
*-Whidbey Island Triathlon Race Committee*

## Getting to Community Park

Washington State Ferries may be crowded in the summer, resulting in long waiting lines. In order to check-in at Community Park and travel to Goss Lake by 8:30 am, the **LAST** ferry you can catch from Mukilteo is at 7:00 am. This ferry could fill up quickly and leave cars behind. From Port Townsend you **must** make reservations well in advance and catch the 6:30 am to make it on time. Check the schedules and fares at [www.wsdot.wa.gov](http://www.wsdot.wa.gov).

## Check-In & Packet Pick-Up

Check-in and packet pick-up times: Friday, August 6th, 2:00 - 6:00pm and Saturday, August 7, 6:45 - 8:00am, at Community Park, at 5495 Maxwellton Road in Langley. On Race Day, **all** parking will be at the South Whidbey High School, 5675 Maxwellton Road, Langley, which is just south and adjacent to Community Park. You will walk a very short distance into the park for check-in and packet pick-up. We encourage early check-in to avoid any last minute problems. **Race packets must be picked up by 7:45 am on race day.** Body numbers will be put on at Goss Lake. Team members should check-in together, as the participant bag is not given out until the last member of the team checks in.



**Volunteers Needed!** We depend upon volunteers to make this a safe and successful race. If you are bringing guests to watch this event, consider asking them to volunteer. We provide a T-shirt, training, and lots of good company. Volunteers get the best spots to watch the race from!!! Call, or email [programs@whidbey.com](mailto:programs@whidbey.com). It is a great way to get involved and have a fun and rewarding day!

## RACE PACKET

**CHIP TIMING BAND** Racers must wear the chip-timing band on one of their ankles at all times during the race. Racers must also cross all necessary timing pads at the lake, transition areas and finish line. Relay teams will be issued one band and will be required to pass it off in the transition areas. Chip timing bands must be turned in at the completion of the race. Racers will be charged a \$30 fee for unreturned bands.

**RACE BIB NUMBER** Place your bib number on the front of your clothing that will be worn during the run portion. Your bib number must be visible on the front when you come across the finish line. This number should be written on all personal items that will be used.

**BIKE NUMBER** Participants will receive a bike number that corresponds to their assigned race number. Please place the bike number on the bike's crossbar prior to checking it in at the lake.

**BODY NUMBER** Your body will be marked at the lake check-in.

**TRANSITION BAGS** Participants will receive a bag with their race number on it. All participants are responsible for placing their personal items into their bag prior to leaving Transition Area 1. These numbered bags will be transported back to Community Park and it is the entrant's responsibility to retrieve their bag from their designated area at Transition Area 2. It is important that all personal items be marked with your race number. Any items left out of your numbered bag will NOT be transported and will be left at the lake. We are not responsible for lost or stolen items.

**SWIM CAPS** Swim caps will be provided and must be worn during the swim.

## GETTING TO THE START LINE

**There is no parking permitted at Goss Lake / the Start Line!!**

The course has two transition areas, T1 (swim to bike transition) at Goss Lake, and T2 (bike to run transition) at Community Park. These transition areas are 7 miles apart.

### TRANSPORT PLAN #1 (Ride your bike to the lake)

Park at South Whidbey High School, next to Community Park. Put your swim/bike gear in a backpack and ride your bike through Langley to Goss Lake. Maps of this route will be posted at Community Park, and local athletes will periodically announce departures for a guided ride to the lake (scheduled for 7:15AM, 7:30AM, and 7:45AM).

### TRANSPORT PLAN #2 (Have a friend drop you off near Goss Lake)

There is no parking at Goss Lake, but you may have someone *quickly* drop you off near there. Make sure that you obey all traffic laws and don't clog traffic whatsoever.

### TRANSPORT OPTION #3 (Ride a shuttle to the lake – no bikes on shuttle however)

Shuttle bus runs will transport people from Community Park to Goss Lake. The buses are capable of transporting *passengers only* (no bikes), and will depart Community Park at 7:15am, 7:30am, 7:45am, and 8:00am.

### TRANSPORT OPTION #4 (Park at nearby parking lots and ride to Goss Lake)

Park at nearby Lone Lake or Putney Woods. If you park there, you can ride your bike/walk ~ 2 miles to Goss Lake. A shuttle van will also do pick-ups periodically at Lone Lake. If you use this option you will need to ride your bike or catch a ride back to your vehicle in the Lone Lake parking area.

## SPECTATORS

Please notify your support team that there are many spots to cheer you on from, but limitations on parking. There is no parking at Goss Lake or Community Park (but you can easily park next door at the High School. See above for alternate options.

## TRANSITION AREAS

The course has two transition areas: T1 (swim to bike transition) at Goss Lake, and T2 (bike to run transition) at Community Park.

**T-1** All bicycles must be in the transition zone before 8:30am. When you get to Goss Lake, find the rack with your race number on it, and rack your bike by the seat. Do NOT leave your shoes or helmet on the bike. Stow your bike gear in your numbered bag, and give this bag to the handlers in the transition area. These volunteers will show you where your bag will be when you exit the swim.

After you exit the swim during the race, pick up your gear bag, change, and get ready to bike. Make sure you put all your swim gear into that SAME numbered gear bag. Hand it off to the volunteers on the way to your bike. We will deliver the bag with your gear in it to your assigned spot in T2 (adjacent to the finish line) where you can pick it up *after* the race.

**T-2** Be sure to leave your running shoes at your designated space in T2 if you will be running in different shoes than you bike in. During the race, as you approach T2, you will be told to dismount and walk your bike into the transition area. Leave your bike at your designated space before beginning the run.

## THE RACE COURSE

**SWIMMING - ½ mile** - The first leg of the Whidbey Island Triathlon is at Goss Lake on South Whidbey Island, just outside the City of Langley. In the month of August, the water temperature is normally in the low 70's. Swimmers will be started from the water in four waves spaced four minutes apart. The swimming course will take the participant on a circular, counter clock-wise course **one-half mile** in length. Wetsuits are allowed. Swimmers will exit where they started. The transition zone for the bicycle will be several yards from the water's edge and competitors will be running on a dirt/gravel parking lot. You will have a numbered spot for your bike and transition gear.

**BIKE - 19.5 miles** - Leaving Goss Lake, the bicyclists will have paved roads throughout the course. The bike course is lined with trees and views of Saratoga Passage and the North Cascades. Riders will enter Langley and head back towards Goss Lake for the second leg of the bike course. Riders will enter Community Park at South Whidbey High School's north driveway. The bike/run transition zone is located on the baseball outfield at Community Park. You will have a numbered fence section for your bike and transition gear. Please note that the bike course is open to 2-way vehicle traffic. Rules of the road must be followed. For your safety, Puget Sound Energy has donated certified flaggers along the course!

**RUN - 3.8 miles** - Runners begin with a 1 mile trail run before hitting pavement, where they head north on Langley Rd. and then south on Maxwellton Rd to the park entrance. The finish line is located on the interior of the park and will be well marked. Like the bike leg, parts of this route are on roads, which are not closed to vehicle traffic.

## RACE RULES & INFORMATION

**RACE CATEGORIES** Relay Team, Individual, Orca, Male & Female, Age Groups.

**AGE REQUIREMENT** Participants must be 16 years of age or older on race day, or have permission from the Race Director to participate.

**MANDATORY MEETING** You must attend the mandatory meeting at Goss Lake at 8:30am on race day.

**IN-WATER WAVE START** The first wave start will be at 9:00 am sharp. There will be four wave starts spaced four minutes apart. Wave placement is determined by category, age & gender. You will have a brief opportunity to warm up in the water.

**CHIP TIMING BANDS** Racers must wear the bands on one of their ankles at all times during the race, with the exception of relay teams. Teams will be issued one chip timing band and will pass it off in the transition areas. Racers must cross all necessary timing pads at the lake, transition areas and finish line.

**SWIM AIDS** No swimming aids are allowed. Swimmers must wear the swim cap provided.

**WETSUITS** Wetsuits are permitted and optional. Expected water temperature is in the low 70's. You can rent a triathlon-specific wetsuit for your open-water swim without emptying your pocketbook. Wetsuitrental.com's wetsuit rental provides you with a name brand suit chosen for you by their expert fitting crew. If you're looking for a longer-term rental, they have that as well. And don't forget to check out the other useful tri-gear they have available! Call Rammona at 360-297-1818 or email [kristina@wetsuitrental.com](mailto:kristina@wetsuitrental.com). They're happy to help any way they can.



**SWIM COURSE** The swim leg is a triangular, clockwise course marked with orange inflated buoys. Swimmers must stay *outside* these buoys.

**BIKES** No fixed gear bikes are permitted. Single speed bikes are allowed if they are freewheeled. Recumbent bikes are permitted on a case-by-case basis, and as space allows; please call to get permission.

**HELMETS** Cyclists must wear helmets that meet ANSI-SNELL standards.

**DRAFTING & BLOCKING** No drafting or blocking will be allowed.

**RULES OF THE ROAD** Roads will be open to 2-way traffic. Cyclists must yield right-of-way at all intersections. Cyclists **MUST** ride on side of road; cyclists crossing the centerline will be disqualified. Police, flaggers, and volunteers will provide support at road intersections. **Participants are responsible for knowing the course and following the rules of the road.**

**APPROACHING TRANSITION AREA** Cyclists must dismount in the marked dismount area and proceed by foot into the transition area.

**WATER AVAILABILITY** There is water at the Finish and on the run course; there is no water on the bike course, and only limited water at the Start.

**RACE BIBS** Pin your bib number on the front of your garment/race belt you will be wearing during the run. The bib must be clearly visible as you cross the finish line. Your biking number should be placed over the crossbar of your bike.

**TRANSITION AREAS** The transition areas have very limited space. Only competitors and event staff are allowed in transition areas - no exceptions!

**END OF RACE** Runners must not pass other racers in the final chute after crossing the finish line. The race course will be officially closed at 1 pm. Those completing the race after that time do so at their own risk and are considered disqualified after 1 pm. A follow-up vehicle will sweep the bike route, and a person will sweep the run route.

**FIRST AID** First Aid stations will be located at both the Start and Finish lines. There will be an ambulance on the course. Ham radio operators will be placed along the route, wearing volunteer shirts. Let them know if there is need of assistance.

**AWARDS** You must be present to receive awards. Awards will not be mailed. Awards will be presented at around 12:00 p.m. at Community Park, near the finish line. Awards are presented to the top three male and female finishers. We also award medals three deep in each division, except relays.

**ACTION PHOTOS** Adrenaline Event Photography will be on the course documenting your race-day achievements. Photos will be available to purchase online at [www.aep.exposuremanager.com](http://www.aep.exposuremanager.com). Watch for them and strike a pose.



**RACE RESULTS** Race results will be posted after the race at the park and on our web page at [www.swparks.org](http://www.swparks.org).

**RAFFLE PRIZES** There will be a random drawing (by bib number) at the awards ceremony for awesome door prizes. You must be present to win raffle prizes. Prizes include: (1) MP3 player, 4 bottles of local wines (for participants 21+), a DVD/CD player, 8 gift certificates for Road ID, *and a wetsuit from wetsuitrental.com (value \$250), and more!*

**POINT-TO-POINT RACE** Just a reminder: while check-in and packet pick-up is at Community Park, the race begins at Goss Lake, which is about 7 miles from Community Park. The Bike/Run transition and Finish are both at Community Park.

**BIKE SUPPORT** Bike support will be available at the lake, thanks to *Half Link Bicycle Shop*, one of our excellent sponsors.

**COME EARLY FOR A FREE CONCERT!** Our Summer Concerts in the Park series begins Thursday, July 30<sup>th</sup> at Community Park, from 6:30 – 8pm. Bring a picnic and enjoy the summer night in the Park. One Eyed Jack will be performing on July 30<sup>th</sup>.

**VOLUNTEERS** We depend upon volunteers to make this a safe and successful race. If you are bringing guests to the Island to watch this event, consider asking them to volunteer. We provide an event T-shirt, training, snacks at the finish line, and lots of good company. Volunteers get the best spots to watch the race from!!! Please call or email our office in advance of the race to make arrangements, [programs@whidbey.com](mailto:programs@whidbey.com) or (360) 221-5484. It is a great way to get involved and have a fun and rewarding day!

## FUN STUFF TO DO WHILE YOU'RE HERE

Whidbey Island is a unique area, known for its exceptional quality of life. Residents and tourists marvel at the views of the mountains, lakes and towns as they relax in this pastoral setting.

**ROCK OUT** Come early for a FREE concert! Our Concerts in the Park series will star The Camano Cadillac Band on Thursday, August 5<sup>th</sup>. begins Thursday, July 29<sup>th</sup> at Community Park, from 6:30 – 8pm. Bring a picnic and enjoy the summer night in the Park. Or, stay after the triathlon and enjoy local artists at the Langley Summer Concert series at Useless Bay Coffee Company on 2nd street, between 11am and 2pm. Details at [islandartscouncil.org](http://islandartscouncil.org).

**HIKE** Goose Rock Trail in Deception Pass State Park to the summit, the island's highest point or on trails in three state parks on Whidbey.

**BIKE** the country roads of Whidbey. *Island County Bicycle Touring Maps* are available, thanks to *Island County Public Works*.

**FISH** the freshwater lakes of the island or try saltwater fishing, crabbing, or clam digging.

**KAYAK** rentals in Langley and Clinton offer opportunities to see sea lions and whales in Penn Cove and Possession Sound. Go to [visitlangley.com](http://visitlangley.com) for information.

**PICK** berries, herbs and flowers at Whidbey's Greenbank Loganberry Farm (Call 360-678-7700 for information), Dugualla Bay Farms near Oak Harbor (Call 360-679-2192 for information), and Bell's Farm in Coupeville (Call 360-678-4808 for information.)

**STROLL** through Meerkerk Rhododendron Gardens or Hummingbird Farm in Coupeville.

**TASTE** the local fruit of the vine. **Whidbey Island Vineyard and Winery** offers you an extensive selection of limited production premium wines including estate grown varieties, representing the diversity of Washington's vineyards. Estate vines were planted in '86 and the tasting room opened its doors in 1992 making it the oldest bonded winery on Whidbey Island. The tasting room is open 11 – 5. Visit [www.whidbeyislandwinery.com](http://www.whidbeyislandwinery.com) or call 360-221-2040 for information.

**BEACH COMB** the 148 miles of shoreline of Whidbey Island.

**CAMP** at South Whidbey State Park, with its saltwater shoreline on Admiralty Inlet. Park features include old-growth forest, tidelands for crabbing and clamming, campsites secluded by lush, forest undergrowth and views of the Puget Sound and Olympic Mountains.

**CATCH A FLICK** at one of our local theaters. The Clyde, a 1937 Movie House, is showing *Toy Story 3* starring Tom Hanks and Tim Allen. Visit [www.theclayde.net](http://www.theclayde.net) or call 221-5525 for information. Or visit one of the last Drive-In theaters, The Blue Fox. Visit [bluefoxdrivein.com](http://bluefoxdrivein.com) or call 360-675-5667 for information.

**VISIT LANGLEY** Not only is Langley known as an artists' mecca with galleries filled with local and regional talent, we're also known for our eclectic mix of jewelers, antiques and book stores. Our beloved thrift store is a popular hangout, as well as the many boutique clothing stores where you'll find one-of-a-kind collections.

**STAY** Lodging information is available on chamber of commerce websites for the cities of Langley, Clinton and Freeland.

**CRUISE THE ISLAND** Rent a scooter from Whidbey Island Moped and tour the island at a slower (and quieter) pace. Visit [www.whidbeyislandmoped.com](http://www.whidbeyislandmoped.com) or call 360-221-5484 for information.

**RETURN FOR THE CHUM RUN 2011** Come back next spring for our very popular Chum Run 5K and run two laps through beautiful Community Park trails. This event supports South Whidbey Parks & Rec and local youth running organizations. Sunday, June 5<sup>th</sup>, 2011. Visit [swparks.org](http://swparks.org) for more info.

## BICYCLE CHECKLIST

This is our recommendation for a bicycle check to be done for the Whidbey Island Triathlon. Bicycles must be freewheeled; i.e. no fixed gear bicycles allowed. This list is meant only as a guideline. We highly recommend that a professional check your bike before the race.

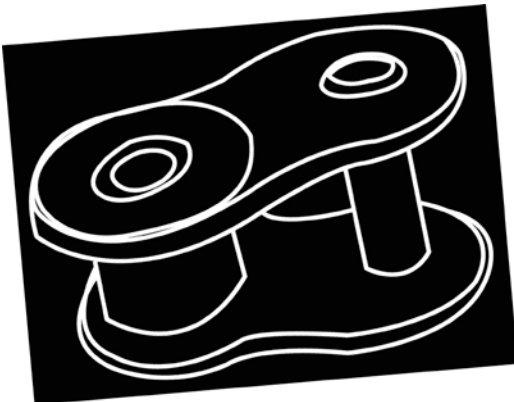
<b>BRAKES</b>	Front and rear working well. Also check levers to handlebar tightness.
<b>PEDALS/CRANK</b>	Check for tightness.
<b>HANDLEBARS</b>	Check for tightness and verify the ends of bars are covered.
<b>HEADSET</b>	Check for tightness.
<b>SADDLE (SEATPOST)</b>	Check for saddle and seat post tightness.
<b>WHEELS</b>	Check spokes and hub tightness.
<b>CABLES</b>	Check for frayed cables: brake and shifter/derailleur cables.
<b>TIRES</b>	Should be in good shape (no bald tires) and at proper pressure. (If using sew-ups, make sure they are glued on well.)

## THANKS TO OUR SPONSORS



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