



Phone: (360) 221-6788 | E-mail: programs@whidbey.com | Web: www.whidbeytriathlon.com

Dear Triathlete,

Welcome to the Whidbey Island Triathlon! We look forward to having you as a participant in our 17th annual race on August 3, 2013. Below are updates and reminders about this year's event, Rules and Regulations, and a bicycle checklist. **We encourage early check-in to avoid any last minute problems or unnecessary stress.** Come out on Friday, make a weekend of it! We are looking forward to a terrific event this year, see you there!

Getting to Whidbey Island Via Ferry

Check the schedules and fares at www.wsdot.wa.gov. The ferries are crowded in the summer, resulting in long lines. Plan ahead, get to the ferry dock really early before your targeted ferry. You can also drive onto the island from the North end, via Oak Harbor and the Deception Pass Bridge.

Ferry from Mukilteo: In order to check-in at Community Park then travel to the Lake by 9:30 am, the very **LAST** boat you can catch from Mukilteo is 8:00 am. This ferry will fill up and leave cars behind.

Ferry from Port Townsend: You can and **must** make reservations well in advance and catch the first boat to make it on time.

Directions to Community Park (Packet Pick-Up)

Address: 5495 Maxwellton Road, Langley WA 98260. From Hwy 525, turn north on Maxwellton Road. Drive about .5 mi. Community Park is on your right, right after the High School. On Race Day, all parking will be at the South Whidbey High School, 5675 Maxwellton Road, Langley, which is just south and next to Community Park.

Directions to Goss Lake (The Start Line & Swim)

Address: 5235 Lakeside Drive, Langley WA 98260. From Hwy 525, turn north on Bayview Road. Drive 1.8 miles. Turn left on Andreason Rd. Drive .6 mile. Turn right onto Lone Lake Rd. Drive .6 mi. Turn left onto Goss Lake Rd. Drive .5 mi. Turn left onto Traverse Rd. Drive 1 block. Turn right onto E. Lakeside Dr. Drive .2 mi. Goss Lake is on your left.

Packet Pick-Up

Packet pick-up times: Friday, August 2nd, 2:00 – 6:00pm and Saturday, August 3rd, 7:00 – 9:15am, at *Community Park*. On Race Day, all parking will be at South Whidbey High School, 5675 Maxwellton Road, Langley, which is just south and next to Community Park. You will walk a very short distance into the park for packet pick-up and to set up your bike-to-run transition.

CAMPING AVAILABLE! Camping is now available at the Island County Fairgrounds located at 819 Camano Ave. Langley, 1.75 miles from Community Park and .5 mile from downtown Langley. You may camp on Friday before the race and/or Saturday after the race. You may camp with RV/Camper/Power (\$15/night) or Tent/No Power (\$10/night). There are no fire/BBQs, so bring your own BBQ or fire pit if desired. Call us for reservations: (360) 221-6788

WHAT'S IN THE RACE PACKET

CHIP TIMING BAND Racers must wear the chip-timing band on their left ankle. 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.

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. Your body will be marked at the lake.

BIKE NUMBER Place the self-adhesive bike number on the bike's crossbar prior to checking it in at the lake.

TRANSITION BAG 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 toward the end of the race (don't count on having its contents available during your bike-to-run transition). It is the entrant's responsibility to retrieve their bag from their designated area. It is important that all personal items be marked with your race number. We are not responsible for lost or stolen items.

SWIM CAP Swim caps will be provided and must be worn during the swim. Your cap color designates your start wave, but listen closely to verify that you are in the correct wave.

PARKING & GETTING TO THE START LINE

There is no parking at Goss Lake. This is a point-to-point race, and 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 OPTION #1 (Ride your bike to the lake)

This is a nice warm-up! 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 available at Community Park, and local athletes will also provide guided rides to the lake (scheduled for 8:15AM and 8:45AM).

TRANSPORT OPTION #2 (Ride a shuttle to the lake)

Park at South Whidbey High School, next to Community Park. Shuttle bus runs will transport people from Community Park to Goss Lake. The buses will depart from approximately 7:15am until 9:00am. NO BIKES WILL BE PERMITTED ON THE BUS.

TRANSPORT OPTION #3 (Park at nearby parking lot and ride/walk to Goss Lake)

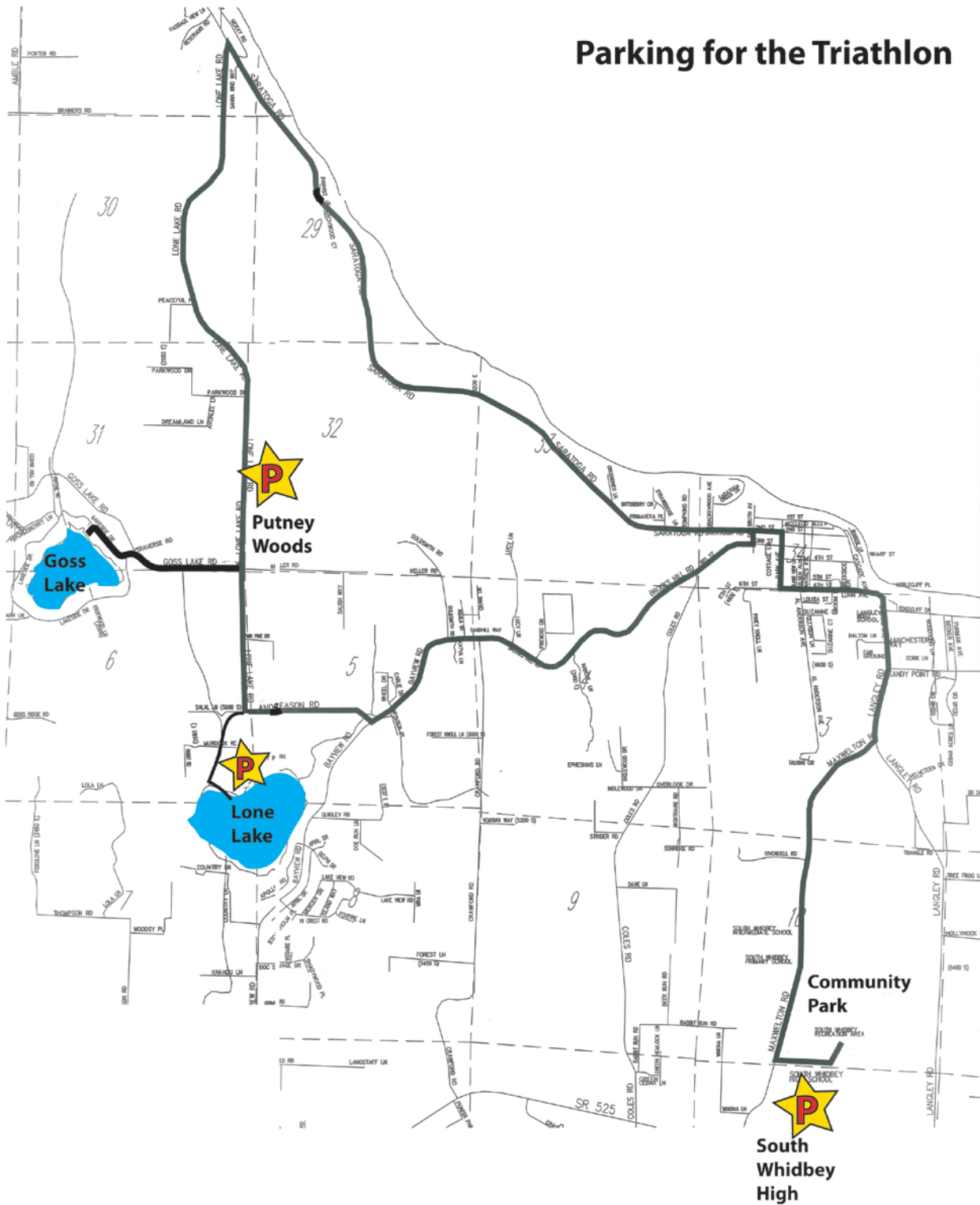
Park at nearby Putney Woods (Lone Lake is also a parking option). Park there, then can ride your bike/walk 1.2 mi to Goss Lake. If you use this option you will need to ride your bike or catch a shuttle after the race back to your vehicle in the Putney Woods parking area.

TRANSPORT OPTION #4 The last and least desirable option from our end, is to have someone drop you off near the lake early in the morning, before 8:15am. You would need to safely and efficiently exit your vehicle with all your gear in 20 seconds or less, obeying all traffic laws and not holding up traffic, near the intersection of Goss Lake Road and Traverse, then the car must leave and go park elsewhere (see next page).

Volunteers Needed

We depend upon 100+ volunteers to make this a successful race. If you are bringing guests to watch this event, consider asking them to volunteer. We provide a cool event gift, training, and lots of good company. Volunteers get the best spots to watch the race from!!! Email programs@whidbey.com. It's a great way to get involved and have a fun and rewarding day!

Parking for the Triathlon



SR 525

THE RACE COURSE

SWIM ½ Mile – The first leg of the Whidbey Island Triathlon is at Goss Lake on South Whidbey. 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 triangular, clock-wise course. Wetsuits are allowed. Swimmers will exit next to where they started. The transition zone for the bicycle will be several yards from the water's edge and competitors will be running on dirt and Astroturf. 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 toward 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 outfields 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. Again, this is an open course. Rules of the road must be followed, and although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection.

RUN 3.8 Miles – Runners begin with a trail run before hitting pavement, heading 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 is well marked. Parts of this route are on roads, which are not closed to vehicle traffic.

TRANSITION AREAS

The course is a point-to point race and has two transition areas: "T1" (swim to bike) at Goss Lake, and "T2" (bike to run) at Community Park.

T-1 All bicycles must be in the transition zone before 9:30am. When you get to Goss Lake, find the rack with your race number on it, and rack your bike by the seat. Stow your bike gear, including your shoes and helmet, 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 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) **at the end of** the race. Don't count on having its contents available for your bike-to-run transition.

T-2 Before the race, 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. Be careful to not slip on the pavement as you dismount and walk your bike into T2.

SPECTATOR ETIQUETTE 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. For safety: please tell your supporters to NOT follow you on the bike route, and avoid driving Goss Lake, Lone Lake and Saratoga roads during the race. The roads will be totally congested, and every car just adds to the problem. We recommend that your team cheer you on from Community Park, where they will be able to see you transition from bike to run, and then as you come across the finish line. Also,

Detailed & interactive maps of the course are available online at www.whidbeytriathlon.com.



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 3 weeks in advance from the Race Director to participate.

MANDATORY MEETING You must attend the mandatory meeting at Goss Lake at 9:30am on race day.

IN-WATER WAVE START The first wave start will be at 10:00 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

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.

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. Stop at stop signs. Although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection.

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. Careful not to slip!

WATER AVAILABILITY There is water at the Finish and 2 stations on the run course; there is no water on the bike course, and limited water at the Start. Make sure to carry enough water on your bike to get you through.

BODY MARKING Body numbers will be done at the lake. Look for the tall blue & white "Info" sign.

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.

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

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 2 pm. Those completing the race after that time do so at their own risk and are considered disqualified after 2 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 1:00 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 of the event will be taken by Adrenaline Event Photography and posted by Sunday at Hovde Productions: www.hovdephoto.com.

RACE RESULTS Race results will be posted after the race at www.buduracing.com.

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.

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.

COME EARLY FOR A FREE CONCERT! Our Summer Concerts in the Park series will feature ***The Cranberry Bog Bluegrass Band*** at Community Park, from 6:30 – 8pm on Thursday, August 1. Bring a picnic, enjoy our concessions, and join us for a summer night of bluegrass music.

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 gift, 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 or (360) 221-6788. It is a great way to get involved and have a fun and rewarding day!

CAMPING NOW AVAILABLE! Camping is now available at the Island County Fairgrounds located at 819 Camano Ave. Langley, 1.75 miles from Community Park and ½ mile from downtown Langley. You may camp on Friday before the race and/or Saturday after the race. You may camp with RV/Camper/Power (\$15/night) or Tent/No Power (\$10/night). There are no fire/BBQs, so bring your own BBQ or fire pit if desired. Reserve a spot now!

SWIM AT YOUR OWN RISK While we provide volunteers as support for swimmers on kayaks, barges, and paddleboards, they are not certified lifeguards. Over the years our “flotilla” has provided assistance to many swimmers, so please ask any of them for help as soon as you need it.

SPECTATOR ETIQUETTE & YOUR SUPPORT TEAM Please make sure your family and friends know how to be a respectful spectator. The main thing they need to do is stay off the roads we’ll be cycling on, keep out of transition areas, and keep on the “right” side of any flagged off areas. Under no circumstances should they follow you along the road! The best place for them to watch and cheer is at Community Park, where they can watch your bike-to-run transition and see you cross the finish line.

WHAT SHOULD I HAVE AT TRANSITION AREA 1? Your bike and transition bag. Place into your transition bag: helmet, biking shoes, Whatever you want to change into after the swim, water, and

whatever you'll want to have for the bike ride.

WHAT SHOULD I HAVE AT TRANSITION AREA 2? Your running shoes (unless you're biking in them too) and whatever you'll want to run with. You may also want to leave some kind of power gel or something and extra water.

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.

BRAKES	Front and rear working well. Also check levers to handlebar tightness.
PEDALS/CRANK	Check for tightness.
HANDLEBARS	Check for tightness and verify the ends of bars are covered.
HEADSET	Check for tightness.
SADDLE (SEATPOST)	Check for saddle and seat post tightness.
WHEELS	Check spokes and hub tightness.
CABLES	Check for frayed cables: brake and shifter/derailleur cables.
TIRES	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



FUN STUFF TO DO WHILE YOU'RE HERE

Whidbey Island is a unique area, known for its exceptional quality of life.

ROCK THE PARK Come early for a FREE concert! Our Concerts in the Park series will feature *The Cranberry Bog Bluegrass Band*, bringing bluegrass/country blues/Americana sound to Community Park Thursday, August 1 at Community Park, from 6:30 – 8pm. Bring a picnic and enjoy the summer night in the Park.

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 and bike trails of Whidbey. *Island County Bicycle Touring Maps* are available, thanks to *Island County Public Works*. Your support crew can rent bicycles at Half Link Bikes at 5603

BAYVIEW RD, LANGLEY WA, 98260.

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 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 or call 360-221-2040 for information.

BEACH COMB the 148 miles of shoreline of Whidbey Island.

CATCH A FLICK at one of our local theaters. Visit The Clyde, a 1937 Movie House, at www.theclyde.net or call 221-5525 for information. Or visit one of the last Drive-In theaters, The Blue Fox. Visit 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, book stores, 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. Camp at the Island County Fairgrounds or at South Whidbey State Park, with its saltwater shoreline on Admiralty Inlet. The State Park features includes old-growth forest, tidelands for crabbing and clamming, campsites secluded by lush, forest undergrowth and views of the Puget Sound and Olympic Mountains.

CRUISE THE ISLAND Rent a scooter from Whidbey Island Moped and tour the island at a slower (and quieter) pace. Visit www.whidbeyislandmoped.com

RETURN FOR THE CHUM RUN 2014 Come back next spring for our popular Chum Run 5K and run through beautiful Community Park trails. This event supports South Whidbey Parks & Rec and local youth running programs. Sunday, June 1st, 2014. Visit swparks.org in April for info.