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Welcome to the 23rd Anniversary Tiger-Tri! July 18, 2009

Please read carefully as the start has changed significantly

For safety reasons, organizers have moved the start from Beaver Lodge (west side of Gillette Lake) to the USFS Gillette Lake Campground, (east side of Gillette Lake). Parking will be the in the same lot as in previous years, a privately owned, fenced lot. Follow the attendant's directions carefully.

New this year, all participants and spectators must park in the lot and walk to the start, about .5 miles along Pend Oreille Lake Rd. Plan accordingly and allow plenty of time.



Friday, July 17

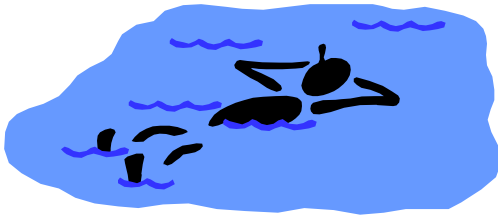
<Fire Hall (Stevens County District #9)>
 2396 Lake Sherry Homes Rd, just off of SR 20

Registration & Check-In	6:00 pm – 8:00 pm	at Fire Hall
Pasta Feed	6:00 pm – 8:00 pm	at Fire Hall

Saturday, July 18

Pre-registered check-in	6:00 AM – 7:30 AM ONLY	at Gillette Lake Campground
Relay swimmers & bikers check-in	6:00 AM – 7:30 AM	at Gillette Lake Campground
Relay runners check-in	7:00 AM – 9:00 AM	at Colville H.S.
Mandatory Pre-Race meeting (excluding team runners)	7:45 AM	at the start
Race begins (first wave, 2 nd wave + 10 mins)	8:00 AM	
First biker expected to T2	9:10 AM	at Colville H.S.
First finisher expected	9:45 AM	at Colville H.S. track
Awards	12:15 PM	at Colville H.S. track
Shuttle Busses to Lake	12:30 PM	at Colville H.S.

Because this is a point-to-point race, race volunteers will transport athletes' run gear from the start to the bike-to-run transition area (T2). Each participant will receive a pre-marked bag for this purpose. Each athlete **MUST** put run gear into the bag and leave it with registration at the time of check-in.



Swim Course: *The swim will start in two waves.* The first wave will be for individual men, the second for women and all team swimmers. Swim caps will be provided and color-coded accordingly.

The swim takes place in Gillette Lake at USFS Gillette Lake Campground. Wetsuits are not required but are recommended. The water temperature is typically in the low 70s on race day. Water temp will be posted at the pasta dinner and at race start. The course distance is 6/10 of a mile and is triangular in design. No swim aids will be permitted except goggles and wetsuits. Swim caps will be provided and must be worn by all participants. Buoys will be placed at each turn and at the halfway mark of each leg of the course. Participants must swim around the outside corners of all buoys. There will be boats at each turn, feel free to use them if you need to stop and rest. Lifeguards and kayakers will patrol the course on rescue boards. If you experience difficulty and are in need of assistance at any time during the swim, raise an arm overhead, and pump it up and down and call or seek assistance. Our volunteers want to be sure that your safety comes first.

Make sure you exit the water under the finish arch. You must run over the mats under the banner so that the timing system accurately records your splits. (More on ChampionChip timing on the next page.)

Swim to Bike Transition (T1): After the swim, follow the carpeted path from the lake to T1. *Athletes are responsible for getting out of their wetsuits and onto their bikes. Support crews will not be allowed in T1 until all bikers are on the road.* Leave your wetsuit and any other swim gear in the numbered bag (provided to you at registration) in T1. A volunteer will bring the bags to T2 where they can be picked up (along with bicycles) after the race. *You must exit the transition area before mounting your bike.* The transition area will be closed to all individuals who are not race participants until all cyclists have departed.



Bike Course: The bicycle leg of the race is 40K (25 miles) long. The bike course begins at USFS Gillette Lake Campground on Pend Oreille Lake Rd for .5 miles, and makes a left turn east on Highway 20 towards Colville. The entirety of the course from that point will be on SR 20.

The course will be monitored by the Panoramaland Amateur Radio Club. They will be in their vehicles along the bike course, approximately every four miles. In case of an emergency, ride to the nearest ham radio operator and tell him/her the nature of the emergency. They will be able to radio for help.

Please refer to the enclosed "Message from the Head Referee" for details on the competitive rules. Athletes must wear the bike and helmet numbers provided by the race. **There will be officials on the bike course and they will assess penalties.** Each participant must wear a helmet, drafting is not allowed and participants must ride to the right unless passing. There will be no aid stations on the bicycle course; participants are encouraged to carry their own fluids and tool kits.

Bike-to-Run Transition Area (T2): The bike-to-run transition area is at Colville High School, 154 E. Hwy 20 in Colville. All participants must dismount *before entering the transition area.* A volunteer will rack your bike for you and another will hand your run bag to you. Your run number must be affixed to the front of your shirt or on a number belt before you leave T2. The transition area will be closed to all individuals who are not race participants until all runners are on the course. Bicycle race numbers will be provided and bikes may only be picked up by race participants or support crews with matching race numbers or a claim check provided in the athlete's packet.



Run Course: The course distance is 8K (5 miles) and begins at Colville High School. The two-loop course utilizes the Rotary Dominion Meadows Trail and is asphalt, gravel, and some grass. Shortening the distance has allowed the run course director to remove much of the problematic, sometimes severely cambered grassy surfaces of previous years. Water and Gatorade will be available at aid stations approximately every 1-1.5 miles. Accurate mile markers will also be provided. Athletes must wear the bib number provided by the race *on the front of your body*.

Finish Line: At the finish, a volunteer will remove your ChampionChip. It is imperative that all chips are returned at the end of the race. Any participant who fails to do so will be charged \$30 for the chip. (More information on ChampionChip timing appears below). There will be food and drinks at the finish line.

ChampionChip Timing Information: Timing of the Tiger-Tri will be done using the ChampionChip timing system. A Chip (transponder) will be worn on an ankle strap that provides 100% accuracy for swim, bike, run, and transition splits as well as overall times. All competitors will be required to wear a Chip. Competitors not wearing the Chip on race day will not be timed or scored in the results. If you own your own Chip, make sure you have provided us with your ChampionChip number.



Post-Race Shuttle Bus: A shuttle bus will leave from the finish line for the parking lot at approximately 12:30 PM, after the completion of the awards ceremony. Athletes may take bicycles on the shuttle bus. Bicycles can be retrieved by support crews or left in the secured bike transition area at Colville High School. The bicycle transition area will be monitored and secure until 2:00 PM.



Relay Team Info

Check In (race day): Swimmer and Biker need to check in at the start (USFS Gillette Lake Campground). Runner checks in at T2 (Colville High School.) You will each receive a separate timing chip, which *must be turned in to a volunteer in a red or white shirt at the end of your segment*.

Transition (during the race): There will be a “relay team tag” area marked in each transition. For the swim to bike transition (T1), the biker will be standing with his/her bike and the swimmer will tag the biker’s hand. The biker must walk the bike through the transition area and over the timing mats before mounting it. For the bike to run (T2) a volunteer will take the bike from the biker and then the biker will tag his/her team runner.



A message from the head referee...

In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of position violations, which you probably know as the drafting rules. Though the Tiger-Tri is not an officially sanctioned USAT event we will be enforcing the competitive rules.

Please keep the following position rules in mind:

- Ride on the right side of your lane
- Keep three bike lengths between your bike and the bike in front of you
- Pass on the left of the cyclist in front, never on the right
- Complete your pass within 15 seconds
- If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass
- Never cross the center yellow line

There will be referees on the course to ensure fairness in the competition. There will be NO WARNING if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed and time penalties may be assigned. The following are the most common violations cited.

- Position– riding on the left side of the lane without passing.
- Blocking – left side riding and impeding the forward progress of another competitor
- Illegal Pass – passing on the right.
- Overtaken - failing to drop back three bike lengths before re-passing
- Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Remember to always have your chinstrap securely fastened. Please treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so is called unsportsmanlike conduct and could result in disqualification.

All this being said, I hope you have a great race, lots of fun and achieve all your goals.