

JACKRABBIT JERSEYMAN

2011 ATHLETE GUIDE



SCHEDULE OF EVENTS

Saturday, May 21, 2011	
6:00 AM	Park opens
6:00 - 7:30 AM	Packet Pickup - South Lot - Bring a flashlight, it'll be dark!
6:15 AM	Body Marking and Transition Opens
7:15 AM	Water opens for swim warm-up
7:45 AM	Clear transition area
7:50 AM	MANDATORY pre-race meeting
8:00 AM	First wave starts
9:15 - 9:30 AM	First finisher expected
11:00 AM	Awards ceremony begins
11:30 AM	Awards ceremony ends
Sunday, May 22, 2011	
6:00 AM	Park Opens
6:00 - 7:30 AM	Packet Pickup - South Lot - Bring a flashlight, it'll be dark!
6:15 AM	Body Marking and Transition Opens
7:15 AM	Water opens for swim warm-up
7:45 AM	Clear Transition Area
7:50 AM	MANDATORY pre-race meeting
8:00 AM	First Wave: Half Iron
12:15 - 12:30 AM	First finisher expected
3:00 PM	Awards ceremony begins
3:30 PM	Awards ceremony ends
5:00 - 5:30 PM	Last Half finisher expected
Results will be posted on www.paceracing.org within 24 hours of the event	

LOGISTICS

The address of the race site is 68 Van Syckle's Road, Clinton, NJ 08809

Lodging

Host Hotel: Holiday Inn, Clinton 908-713-4800

Camping: Spruce Run State Park (event site) 908 -638-8572

Parking

Parking will be available race day starting at 6 AM. There will be no fee for parking or park entry. Please give yourself enough time race morning to arrive on time. Roads can be congested as athletes and spectators converge on the area in a short period of time.

Packet Pick up

All packet pickup will be race day between 6 AM and 7:30am. Please arrive early as packet pickup will close promptly at the specified times.

1. Confirm athlete bib number on the athlete list posted/ available at registration table.
2. Pick up registration packet, this contains the following:
 - a. Race Numbers- bike frame numbers and bib number
 - b. Swim cap

- c. Timing Chip
3. Pick up T- shirt
4. Be sure to visit body marking station near registration

After you have received your packet, label all of your gear with your name and with the numbers provided. Be sure that all of the numbers are applied properly to avoid penalties during the race.

Amenities

Indoor restrooms & portajohns will be onsite. As the park is not officially open, the snack bar will not be available. Please remind spectators to bring their own provisions for the day.

Transition Open

It will be DARK so bring a flashlight!

6 AM – 7:40 AM Prior to being allowed in the transition area you must be body marked and race number must be on your bike. Body marking will be taking place right outside the transition area.

Transition closes at 7:40AM for the Half Iron. All athletes must be out of the transition zone and headed to the swim before this time.

- Each row of bike racks will be assigned a group of numbers
- Drop/Check your personal race items in Transition .
- Follow the volunteers and signs to swim start.

SWIM COURSE AND RULES

Course Length: Sprint .5 miles / Half 1.2 miles

The Sprint/Half will be one loop clockwise around buoys in Spruce Run Reservoir. Sprint racers will turn right at the first red triangle buoy. Half racers will proceed around the entire marked course keeping left of the buoys. The swim will start on a well maintained sand beach that will allow plenty of room for all competitors.

1. Each athlete must wear a swim cap provided by the JerseyMan.
2. No fins, paddles, or pull buoys are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddleboards.
5. Wetsuits are mandatory for all athletes.
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN.

BIKE COURSE AND RULES

Sprint Course Length 16.4 miles The bike will be 16.4 miles through beautiful towns and farmlands of Hunterdon County. The bike will be one loop on rolling terrain. There is one decent climb that is relatively long but it will be rewarded with a nice downhill section! Racers will find this a nice course!

Half Course Length 56 miles

The bike will be a scenic one loop 56 mile race through beautiful farmlands and quaint towns. From there the course travels along the Delaware River providing a long flat section. The route will then take you along a gorgeous babbling creek and passes through NJ's only covered bridge. The bike course will promise to keep your interest throughout the entire 56 miles!

1. No tandems, recumbent, fairings, or any add -on device designed exclusively to reduce resistance

are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.

2. Position Rules:

- a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- b. Athletes must ride single file on the far right side of the road except when passing another athlete. Side-by-side riding is not allowed.
- c. Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.
- d. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing.
- e. An overtaken athlete must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
- f. Athletes committing rule violations will be notified "on the spot" by an official.

3. A CPSC- approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard -shell helmets, which affect its integrity, are not allowed.

4. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.

5. Each athlete must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each athlete should be prepared to handle any possible mechanical malfunction.

*NOTES: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACE MENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL BE ON THE COURSE THROUGHOUT THE DAY, BUT ARE LIMITED IN NUMBER. PLEASE BE SELF SUFFICIENT.

6. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.

7. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

8. Bike inspection is not mandatory and will not be provided at check -in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final determination as to the soundness of bikes.

9. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

10. MEDICAL SUPPORT: If you need minor medical assistance, there will be medical units available at the race site. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a problem, please go to an aid station for further assistance.

*NOTE: THERE WILL BE A HALFWAY BIKE AID STATION LOCATED AROUND MILE 28. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK -UP. THERE WILL BE WATER, IRONMAN PERFORM, AND POWERBAR GEL AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE.

RUN COURSE AND RULES

Sprint Triathlon Run

Course Length 3.1 miles/5 kilometers

The run will be a 5K (3.1 miles) of mostly flat terrain with some slight grades on well paved asphalt roads. The majority of the course takes place within the park. There will be two water/aid stations on the course with water and an assortment of POWERBAR gels.

Half Iron Run

Course Length 13.1 miles/21 kilometers

Cut Off Time 4:00PM

The run will be 13.1 mile course. There will be some gradual grades throughout the course but no major climbs. There will be three water/aid stations (2 of which will be hit twice) that are spaced around 2 miles apart with an assortment of IRONMAN PERFORM, POWERBAR gels, and water.

Run Rules

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their race number in front of them clearly visible at all times on the course. Folding or cutting the race number intentionally or failure to wear your race number is STRICTLY PROHIBITED and may result in disqualification. Race belts are allowed.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON -PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non -participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are also still competing.
4. Athletes are expected to follow directions and instructions of all race officials and public authorities.
5. The Jerseyman run course will officially close at 5:00PM. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

Half Iron Waves

WAVE #	START TIME	INCLUDES:
1	8:00AM	Male 39 & under
2	8:05 AM	Males 40 & over, Clydesdales
3	8:10 AM	All women, Athena and Relays

Sprint Waves

WAVE #	START TIME	INCLUDES:
1	8:00 AM	Male 39 & under
2	8:05 AM	Males 40 & over, Clydesdales
3	8:10 AM	All women, Athena and Relays

Wave assignment can vary. Race day instructions may override the above.
Cap color TBD race day