

PIGMAN SPRINT & OLYMPIC TRIATHLON

Athlete Guide

32nd Annual

June 4, 2023



We are excited to see you all this coming Sunday for the 32nd edition of Pigman Triathlon!

Please read this guide completely as there are several changes from past years.

Schedule:

Saturday June 3, 2023

- 12 Noon to 4:30pm – Packet Pickup - Hampton Inn: 1130 Park Pl NE, Cedar Rapids, IA 52402
- Sunrise to Sunset - Swimming at the park – swimming within normal park swim buoys is required

Sunday June 4, 2023

- 6am – Packet Pickup and Transition opens
- 7am – Packet Pickup closes
- 7:10am – Transition closes
- 7:15am – Pre race briefing on the beach
- 7:30am – Super Sprint starts (200m swim)
- 7:35am (approx.) – Olympic swim starts (time trial format)
- 7:38am (approx.) - Para Triathlon Start
- 7:45am (approx.) – Sprint swim starts (time trial format)
- 10:30am (approx.) – Sprint awards ceremony starts

Packet Pickup

Saturday Packet Pickup: Packet pickup on Saturday is from 12 noon to 4:30pm at the Hampton Inn & Suites by Hilton (Cedar Rapids – North).

Address:
Hampton Inn
1130 Park Pl NE
Cedar Rapids, IA 52402

Race Morning Packet Pickup: Packets can be picked up on race morning at the race site (Pleasant Creek State Park) from 6:00am to 7:00am.

IMPORTANT: A photo I.D. and your USA Triathlon card (if you are an annual member) are required to verify your identification and membership status. All participants will be required to sign a waiver at packet pickup before they are able to receive their race packet, if they have not previously done so online. Only race participants can pick up their own race packet.

Relay teams will have a race packet for each member of the team. All members of a team are not required to come to packet pickup at the same time. However, each team member will be required to pick up their own packet.

Participants under the age of 18 will need to have a parent or legal guardian sign for them. Prior arrangements can be made if the parent or legal guardian is not able to be present with the minor at packet pickup.

PLEASE make every effort to pick up your packet Saturday. Race day pickup at the race site is limited from 6:00am to 7:00am.

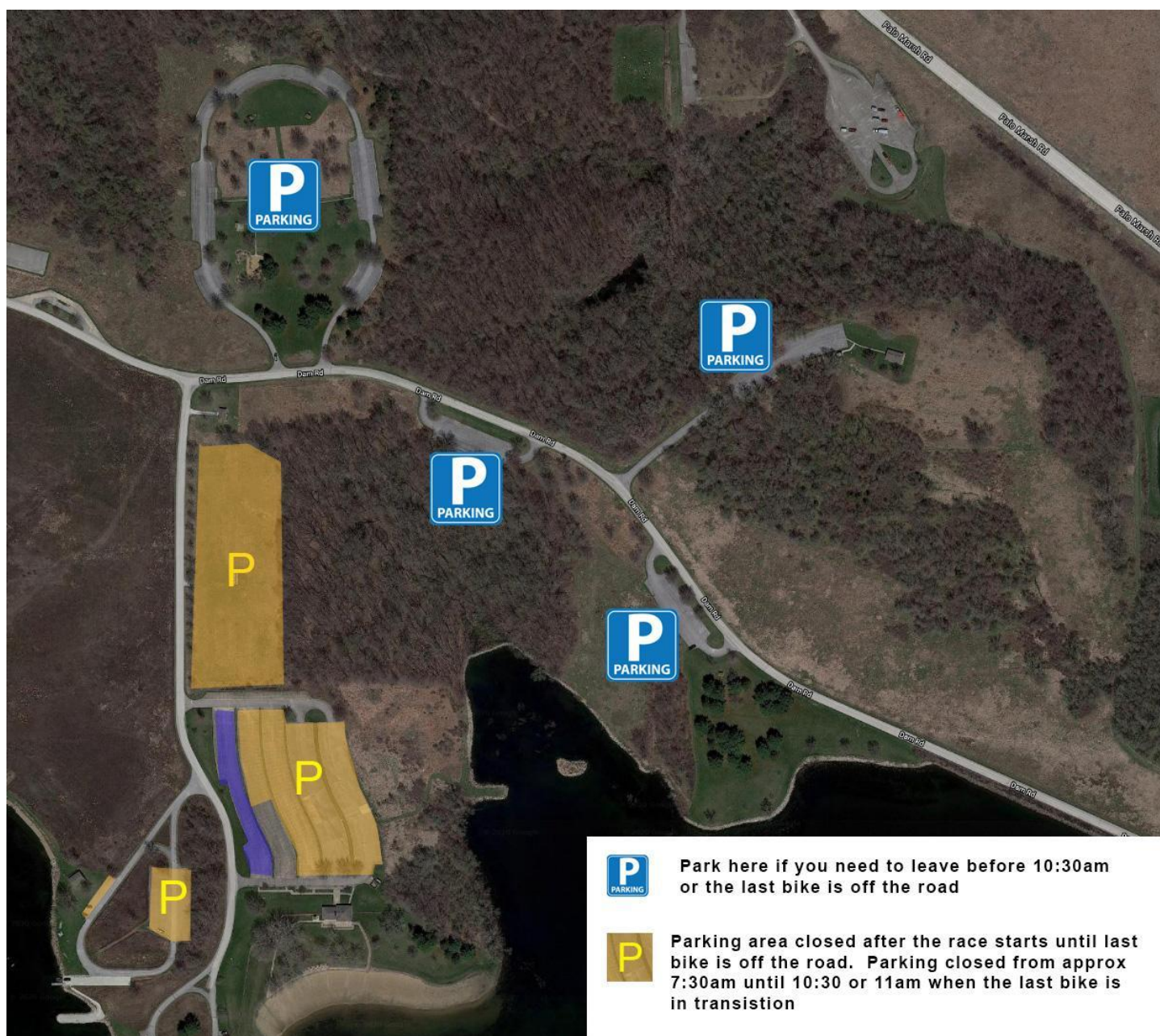
Body Marking: You can body mark yourself prior to arriving at the race OR get help with it from a volunteer on race morning. Each athlete should have their race number written on both arms and their age at the end of the year on their right calf. Your race number is available at this link: <https://runsignup.com/Race/RegistrationLookup/?raceid=14601>

Spectators:

It is strongly recommended that spectators be in the park by 7:15am. Park rangers and sheriff deputies will be limiting vehicle traffic on the Dam Rd and the beach road will be closed entirely after 7:30am. Please ask your cheer squad to come early and pay attention to the parking map below. Certain lots will be closed from 7:30am until the last biker is off the road around 10:30am or 11am. **Parked cars (spectators and athletes) will not be able to leave the orange parking lots on the map until the last biker is off the road.**

Parking on Race morning:

Please pay attention to where you park on race morning. **Some parking areas are closed until the last biker is off the road.** If you need to leave prior to approx. 10:30am or 11am when the last biker is off the road then you need to park in the areas with a blue parking symbol on the map below. The orange areas will be closed once the race starts and until the last bike is back to transition.

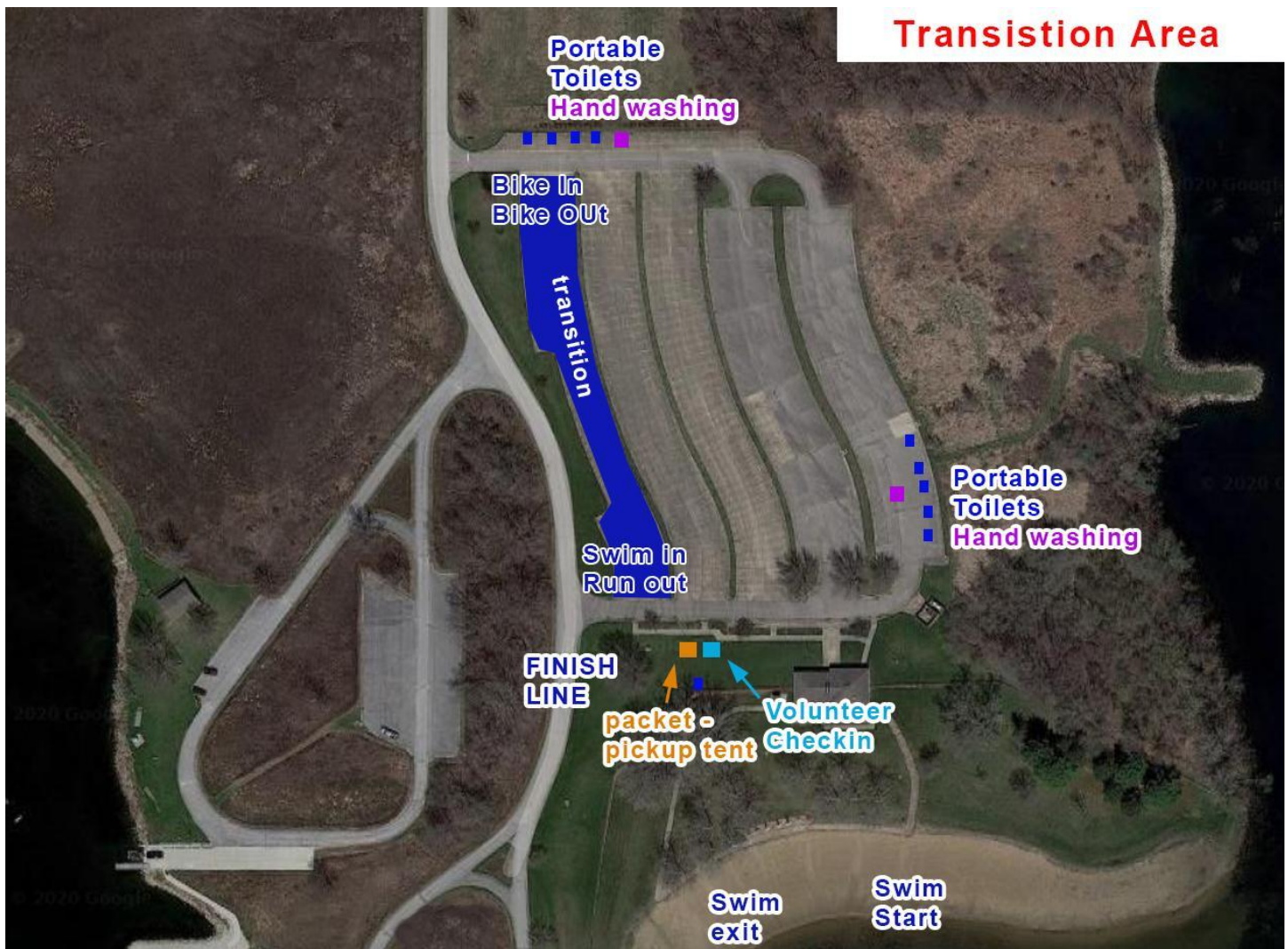


Transition Area:

For the protection of you and your equipment, only participants and race officials will be permitted in the transition area. Participants must be body marked and have their timing chip on prior to entering the transition area. The transition will open at 6:00 a.m. on race day. All bike rack spots are assigned. You must rack your bike by the saddle on top of the bike rack sticker that corresponds to your race number.

Team Information: Team members and equipment are to be located in the designated relay exchange zone in the transition area. The timing chip is to be passed on to the next team member in this area to signify the pass of the baton. Team members **MUST** stay in their designated area and not obstruct other participants throughout the race.

NOTE: Riding in the transition area is NOT allowed. You must wait to mount your bike until you reach the mount/dismount line outside of the transition area. Volunteers will be here to help you. Helmets must be on and strapped when riding your bike. When returning to transition it is downhill; make sure you slow down in order to dismount your bike prior to the dismount line. Riding across the dismount line is a rule infraction and a penalty can be assigned to you.



Timing Chips

We are utilizing disposable timing chips again this year. Instructions on how to wear your timing chip on your ankle are below. Make sure you don't have sunscreen or body glide on your fingers when putting your timing band on. After finishing the race you do not need to return your timing band.

Directions For Putting On The Timing Band



1. Place the band on the ankle with foam facing towards the leg.
2. Place the gap between the foam tags at the center of the ankle. Make sure one foam spacer is located on the right side of the ankle and the second is located on the left side of the ankle - **Per photo #1**.
3. Adjust and attach the band by inserting two fingers to create spacing between the ankle and the band, per **Photo #2**. Do not adjust the band too tight or chafing may occur.

Note 1: Be sure your hands are wiped completely clean so as not to compromise the adhesive with Sunscreen, Vaseline, etc. If the adhesive is compromised, the band will need to be replaced or reattached with tape. Use a good grade of tape wrapped around the band only where the adhesive is located. The tape should not go around the ankle. Just around the inch section of band where the adhesive is located.

Note 2: To work properly, the timing tag must be on the outside of all clothing. Do not cover the timing tag with items like a wetsuit, neoprene boots, tape, etc.

Note 3: Relay team bands will have a Velcro strip on each end so it can be easily removed and put on each team member when needed.

Course information

NEW Course details for all distances: This will be the third year we have three distances going at the same time. It is important to familiarize yourself with your course before you arrive on race day. The directional signs on course will be labeled “Sprint”, “Olympic”, or “High School”. Course maps can be found later in this guide and online at this link: <https://pigmantri.com/course-map/>

Swim Course:

Super Sprint – 200 meters – starts at 7:30am

Olympic – 1500 meters – starts after the Super Sprint at approx. 7:35am

Sprint – 500 meters – starts after the Olympic at approx. 7:45am

Swim starts and finishes on the Pleasant Creek State Park Beach. All distances will start in time trial format. Approximately 1-3 athletes will start every 5 seconds depending on the distance and conditions. The swim course captain will direct you on when and how to start the race at the swim start. Faster swimmers will line up towards the front and new or less confident swimmers towards the back. Swim buoys should always be on your right side.

We expect the race to be wetsuit legal but here are the -> USAT WETSUIT RULES:

Wetsuits. Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wetsuits if the water temperature is equal to or greater than 84 degrees Fahrenheit.

Bike Course:

Super Sprint – 10km

Sprint – 25km

Olympic – 40km

There are several race distances occurring this year and it is important to pay attention to the directional signs. Course markings will be labeled “Olympic”, “Sprint”, or “High School” for the various courses. Signs without one of these labels apply to all courses. All athletes should understand their course map prior to arriving at the race. Course maps are available towards the end of this athlete guide and on the website.

Major intersections at the park entrance, south turn around, and north turn around will have sheriff deputies at them. The course is open to vehicular traffic and you must obey all local traffic laws while on the course unless specifically directed by race officials or law enforcement. All bikers must wear helmets which meets or exceeds the safety standards as written in the USA Triathlon Competitive Rule Book. Please note your helmet must also be on and strapped any time you're riding your bike including before and after the race to avoid a penalty from race officials.

There are no water stations on the bike course. There will be a support vehicle roaming the bike course with limited supplies if you have a mechanical issue on race day or need a ride back to transition.



Ryan from Rynovelo will be on site race morning for any last-minute bike tweaks.

Run Course:

Super Sprint – 2km (1km out and back)

Sprint – 5km (2 small loops)

Olympic – 10km (3 big loops)

All run courses are totally within the confines of the park and are different than past years. Stay to your right during the run and be advised that the run course could have vehicular traffic. Race numbers are to be worn and clearly visible at all times during the run. There will be two water stations on the run course you will pass multiple times giving you 4-6 opportunities to get water depending which distance you are running. Water and Gatorade will be available.

The run course goes through the campground and it is not ok to discard your trash in someone's campsite. There will be several trash cans on the run course. Please only dispose of used water cups in a trash can. If there is not a trash can immediately available, please carry it to the next trash can or water station.

Please make sure you review the course map for your distance which can be found later in this athlete guide and on the race website.

Post Race:

The post race food tent will be located near the finish line and will include Pasta catered by Tim the Salsa Guy, Kona Ice, fruit, granola bars, and cookies. Beverages include water, pop, Gatorade, and beer for those 21 and older.

Awards: Sponsored by Linn Area Credit Union

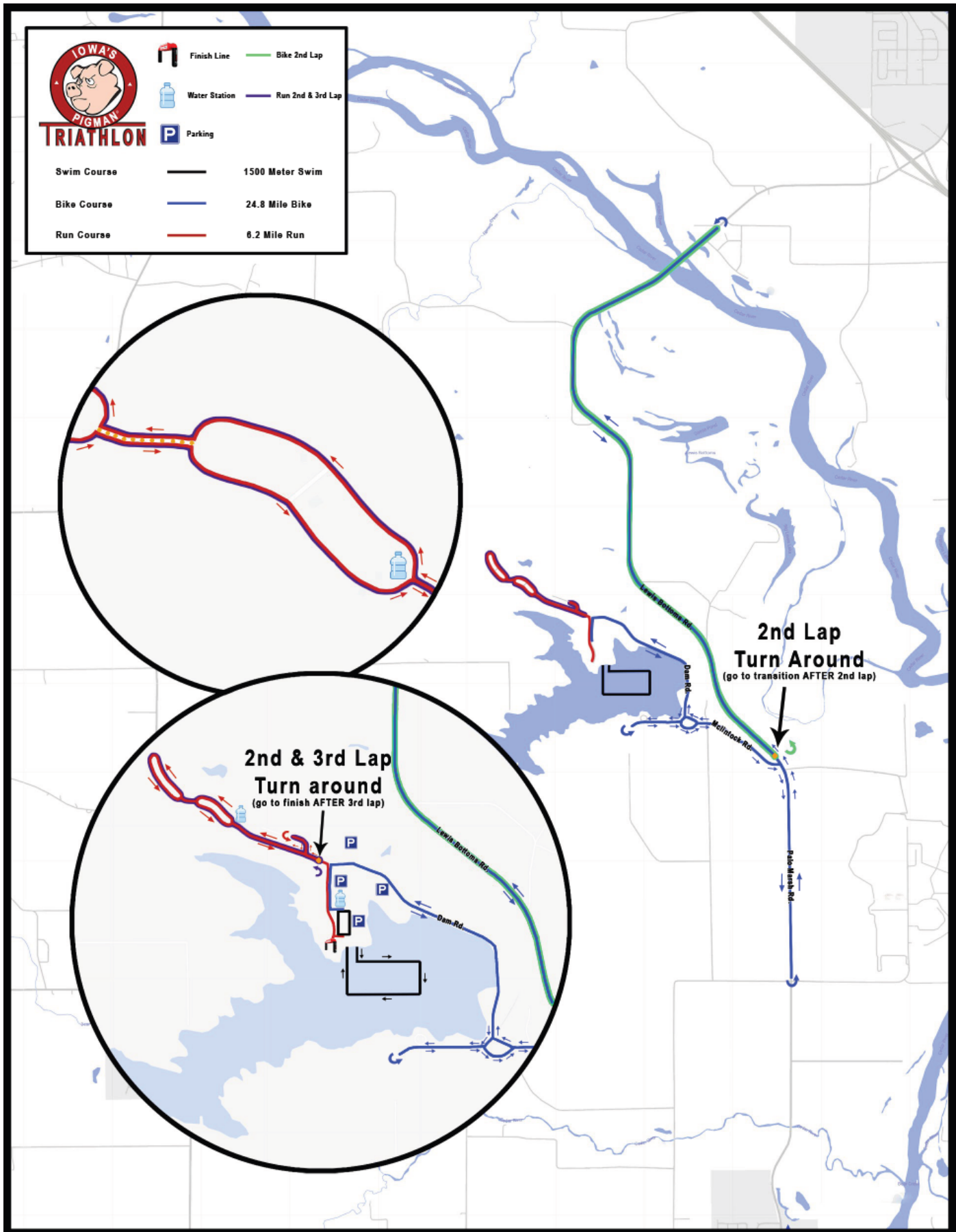


The classic and coveted Pigman piggy banks are back this year!

Awards are given 3 deep in all age groups and categories. Reminder that USAT considers your race age to be your age on December 31st of the current year.

Pigman age groups are: 13-14, 15-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and 85+.

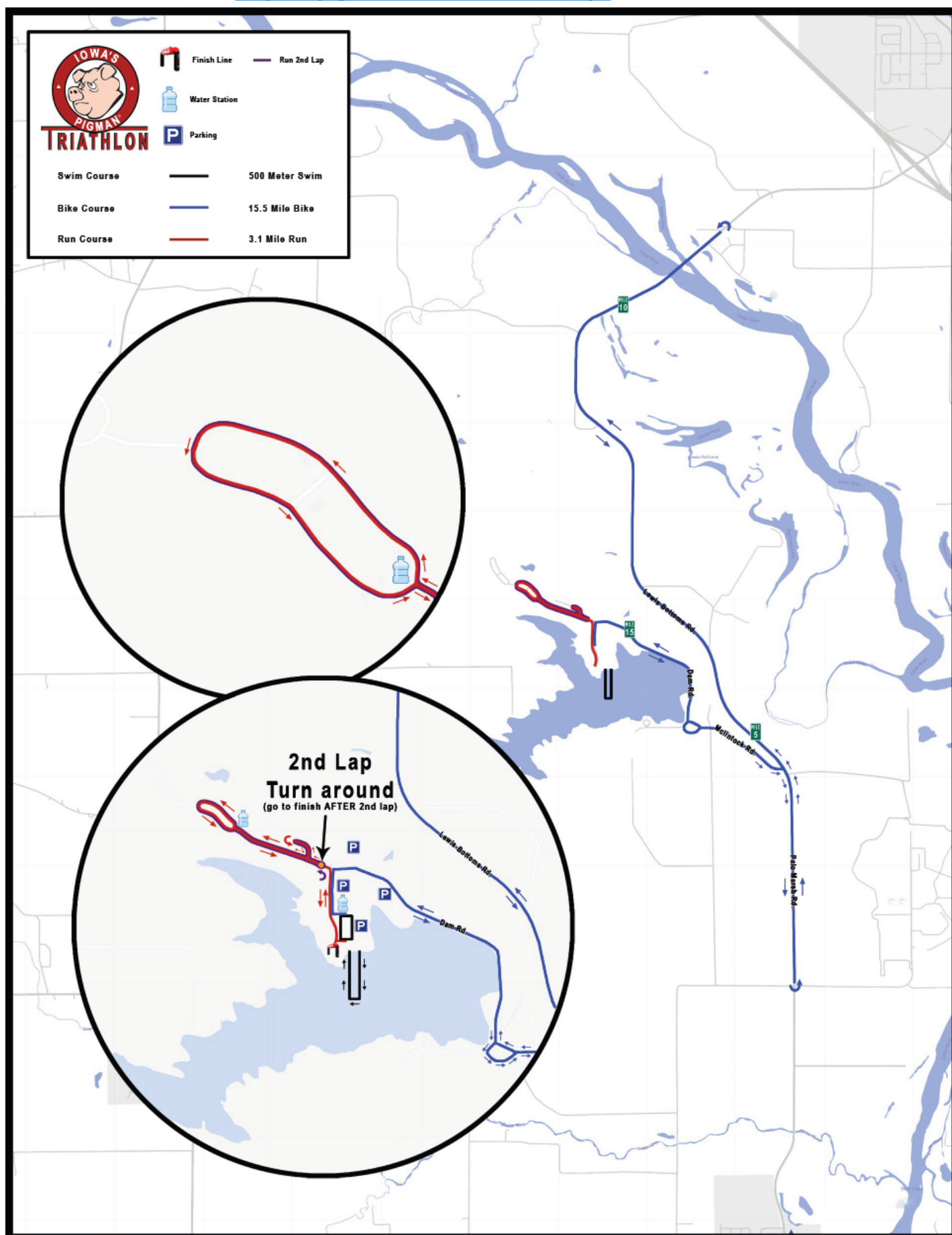
Special categories for: Collegiate, High School, Athena/Clydesdale, and Masters Ath/Cly



Olympic Bike course Turn by Turn instructions:

1. From transition go north on Beach Road
2. Turn right (East) on the Dam Road
3. Turn right (West) on McClintock Rd (for short out and back)
4. U-Turn on McClintock Rd. follow out of park
5. Turn right (South) on Palo Marsh Rd. (County Rd W36) towards Palo
6. U-Turn on Palo Marsh Rd. (County Rd W36) @ Power Plant Rd. heading North now
7. Continue north past the park entrance (road changes names from Palo Marsh Rd to Lewis Access Rd. (County Rd W36)
8. U-Turn on Lewis Access Rd. (County Rd W36) @ Bayou Ln. and head South
9. As you approach the park entrance pay attention to signs directing you to turnaround for your 2nd loop – Do a U-Turn and back to the north.
10. Continue North and turn around at the same spot you previously turned around on your 1st lap @ Bayou Ln. – now heading south.
11. As you approach the park entrance at McClintock Road this time you will stay right and turn right (west) on McClintock Road.
12. Turn right (north) on the Dam Rd.
13. Turn left (south) on the Beach Rd.
14. Slow down for the dismount line

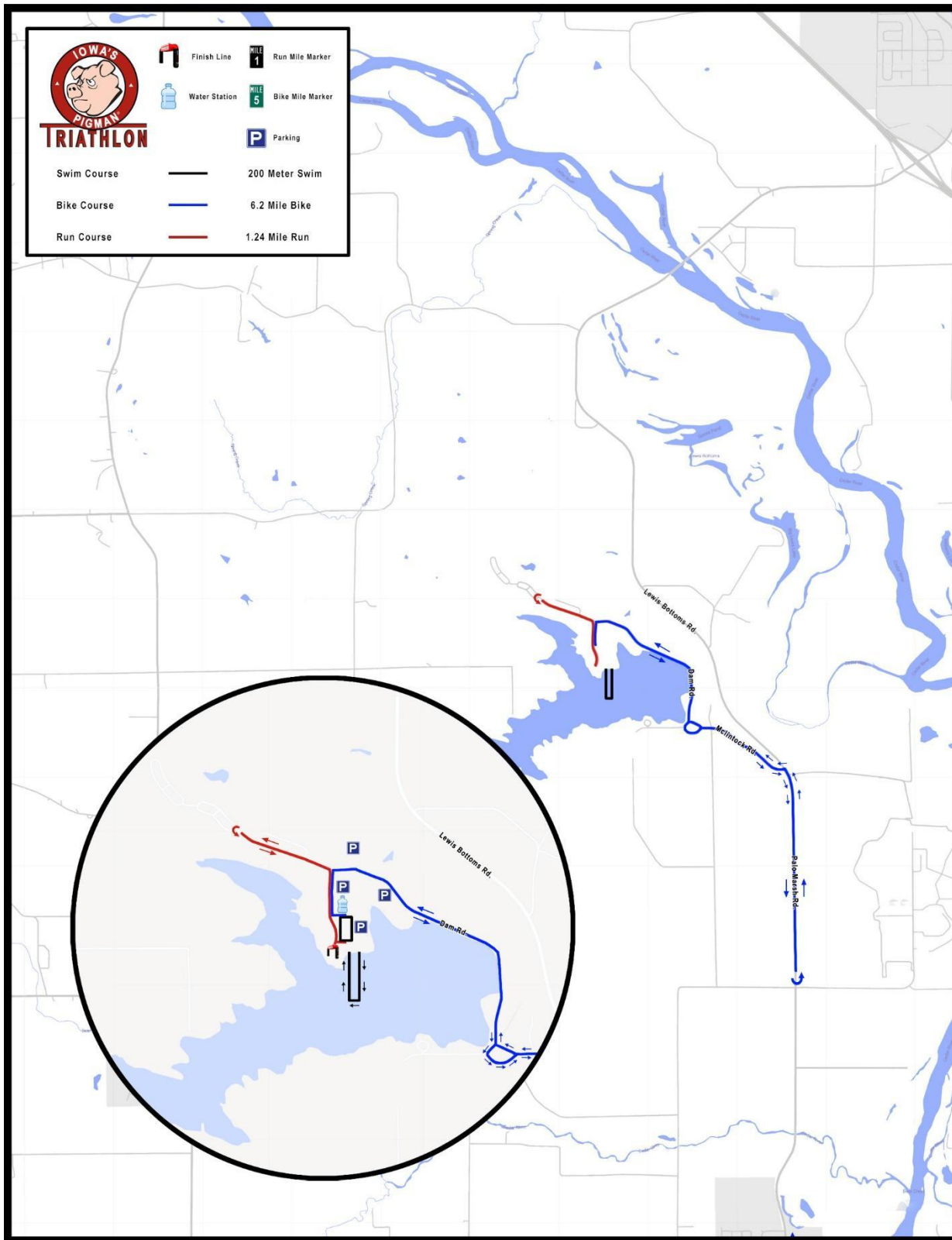
SPRINT COURSE MAP <https://pigmantri.com/course-map/>



Sprint Bike course Turn by Turn instructions:

1. From transition go north on Beach Road
2. Turn right (East) on the Dam Road
3. Follow the signs directing you East out of the park on McClintock Rd.
4. Turn right (South) on Palo Marsh Rd. (County Rd W36) towards Palo
5. U-Turn on Palo Marsh Rd. (County Rd W36) @ Power Plant Rd. heading North now
6. Continue north past the park entrance (road changes names from Palo Marsh Rd to Lewis Access Rd. (County Rd W36)
7. U-Turn on Lewis Access Rd. (County Rd W36) @ Bayou Ln. and head South
8. As you approach the park entrance pay attention to signs directing the sprint course athletes to turn right (west) towards park on McClintock Rd.
9. Turn right (north) on the Dam Rd.
10. Turn left (south) on the Beach Rd.
11. Slow down for the dismount line

HIGH SCHOOL – SUPER SPRINT COURSE MAP <https://pigmantri.com/course-map/>



MOST COMMONLY VIOLATED USAT RULES

Helmets must be worn while on the bike. Always have your chinstrap securely fastened (before, during and after the event).

No assistance other than that offered by race and medical officials may be used.

Equipment must be placed in the properly designated and assigned transition area.

Handlebar ends must be solidly plugged in. Tape alone is not sufficient. Violation is a disqualification.

Drafting is following a leading cyclist closer than 3 bike lengths and failing to pass or exit the draft zone within 15 seconds.

Illegal Position is riding on the left side of the lane without passing.

Illegal Blocking is riding on the left side of the lane without passing and interfering with other cyclists attempting to pass.

Overtaken is failing to drop back 5 bike lengths after being passed and before re-passing.

It is the responsibility of the competitor to know and follow the prescribed course.

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct is forbidden.

Earphones and headsets are not to be worn at any time during the race.

Make sure your race number is visible at all times throughout the run.

Wetsuits shall be permitted without penalty in water temperature of 78 and under for age group athletes

Abandonment: Belongings taken on the course must stay with athlete. No garbage, clothing, etc. shall be thrown on the course.