

A MESSAGE FROM THE HEAD REFEREE

Dear Athletes,

For this 70.3 event, we will be using a **slightly modified version** of the 2009 USAT Competitive Rules. In summary, we will operate under the “3 strikes and you are out” principle. Even though *DRAFTING* is the only violation to incur a 4-minute time penalty (to be served in the nearest penalty tent, located at various spots on the bike course), any type of violation counts toward your 3 strikes.

Example: 1. *DRAFTING* violation (4 minutes, served in penalty tent on the bike course)
2. *HELMET CHINSTRAP* violation (stop-and-go, served in penalty tent on the bike course)
3. *LITTERING* violation—this is the 3rd violation and results in disqualification (DQ)

Again, **any** combination of 3 rule violations will result in a DQ. To minimize your misunderstanding of the rules on race day, please take the time to read and understand the following summary of Position Violations and review the 2009 USAT Competitive Rules.

- **ALWAYS RIDE ON THE RIGHT SIDE OF YOUR LANE** to avoid an *ILLEGAL POSITION* or *BLOCKING* call
- **KEEP FOUR BIKE LENGTHS (7 METERS) BETWEEN YOUR BIKE’S FRONT WHEEL AND THE REAR WHEEL OF THE CYCLIST IN FRONT OF YOU** to avoid a *DRAFTING* call
- **ALWAYS PASS ON THE LEFT OF THE CYCLIST IN FRONT OF YOU, NEVER ON THE RIGHT** to avoid an *ILLEGAL PASS* call
- **COMPLETE YOUR PASS WITHIN 20 SECONDS** to avoid a *DRAFTING* call
- **IF PASSED, DROP BACK FOUR BIKE LENGTHS BEFORE ATTEMPTING TO RE-PASS** to avoid an *OVERTAKEN* or *DRAFTING* call

You will see a large number of trained referees on the course who will ensure safety and fairness. Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referees’ ruling is final in the case of Position Violations, and there are no protests or appeals. The following are several other common rules violations:

- *HELMET CHINSTRAP*—the chinstrap of your helmet must be securely fastened whenever you are on your bike on race day!
- *RACE NUMBER*—you must display your race number during the bike and run portions of the race, and your bike number must be properly attached to your bike and be visible from the left!
- *LITTERING*—do not throw away ANYTHING outside of official aid stations!
- *UNAUTHORIZED EQUIPMENT*—sorry, absolutely NO MP3 players or other audio devices (yes, that means NO Oakley Thumps™ or Apple iPods®)! No cell phones either!
- *OUTSIDE ASSISTANCE*—do NOT accept any assistance from anyone other than a race official, and do NOT allow non-racers to ride or run alongside you!

Please remember that even though *DRAFTING* is the only violation that incurs a 4-minute time penalty, **you must go to a penalty tent for any violation to have your number marked, and all violations count toward your 3 strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.**

FAILURE TO STOP AT THE PENALTY TENT IS GROUNDS FOR DISQUALIFICATION (DQ)!

Please remember to treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is *UNSPORTSMANLIKE CONDUCT* and may result in disqualification.

I sincerely hope you run a perfect race, have lots of fun, and achieve all your goals.

Jürgen Heise
Head Referee, Ironman 70.3 Buffalo Springs Lake