



## TRANSITION AREA

### Tasks

Accompanying this document is a draft of the tasks that you may be asked to undertake in TA.

During the day on Saturday, athletes will bring their bikes to "rack" them (prepare for race day)

On Sunday, the athletes transition from swim to bike and later, bike to run. You will be busy directing athletes to make sure they know where they are going and that TA remains secure at all times (no-one, other than officials and athletes)

Please read the accompanying instructions. They contain "Frequently Asked Questions, (FAQ)

## LOCATION AND TIMINGS

The TA is located in the middle of the park.

Shift 1: 4:45 am to 9:00 am

Shift 1: 8:45 am to 1:30 pm

### T-Shirts

Group captains can collect shirts from Sailwinds as follows:

Thursday evening 5 - 7 pm

All day Friday & Saturday

The remainder will be at the TA on Sunday.

### Parking

If you live locally and can walk to the Park. We will email everyone a map of the park just before the race. There is a shuttle service to and from MACE'S LANE MIDDLE SCHOOL. There is NO PARKING in or adjacent to the Park. If you want to get somewhat close to the park find a spot several blocks away and walk. Better still, if you are local, have someone drop you off and call to have them pick you up when your day is over. This is especially true if you are coming in early. Alternatively - CAR POOL! Or RIDE A BIKE

### Feeding and other things

We will feast on pizza at some point during the day. It will be delivered to TA. Hang on to it because the athletes will want it too! Race staff will make sure there is an ample supply of cold bottled water in TA for volunteers.

Bring some sunscreen. For many people this will be the first time out in the sun and it might be hot. Wear a hat, be comfortable. Above all - HAVE FUN. Amazingly enough, the athletes will be and they will appreciate you being there.

## TRANSITION AREA - DUTIES AND FAQ'S

Rules 1 - 7 apply from 10:00 am on Saturday until Transition (TA) closes around 5:00 pm on Sunday

1. The TA is **RESTRICTED TO ATHLETES ONLY**. Athletes must be wearing the security wristband they received at registration to enter TA. If an athlete is unable to pick up their bike after the race, they can have a relative substitute for them. That friend, relative or bike technician must have the "Bike Check Out" ticket that would have been in the athlete's registration packet.
2. Except in the circumstance described above no parent, child, friend or relative will be allowed in TA **AT ANY TIME**.
3. Once racked, bikes **cannot** be removed unless proper ID and reason for removal are provided and approved by TA captain.
4. **NO Glass Containers** allowed in TA.
5. **NO Loose Plastic, Trash Bags or Grocery Bags** are allowed to cover bikes in TA. These will be removed and discarded by staff. We do allow custom covers specifically made to cover bikes or saddles. If in doubt, the athlete should ask an official.
6. **NO Riding Bikes** in TA
7. **NO exceptions** to the above rules. These are fully explain in the IRONMAN Competition Rules 2015 that is every athlete's responsibility to have read.

If you volunteer for Saturday's pre-event Bike Racking (10 am to 6:00 pm)

8. **Remember Rules 1 - 7 above.**
9. Your primary role is checking to make sure that unauthorized persons are not entering or wandering through TA. Athletes will find their own bike racking spot but you are encouraged to help rack their bike correctly (by the seat).
10. Bib number (sticker) to be affixed to the bike before they enter transition
11. TA volunteers will observe and take the appropriate action to ensure plastic is not used as covers, balloons tied to racks or bikes and that bikes are correctly racked.

If you volunteer for Sunday - Race Day

12. **Remember Rules 1 - 7 above**
13. Our first priority is to check all athletes as they enter. Only those wearing the appropriate wrist band are allowed access. Remember **NO unauthorized people**.
14. When you arrive in TA, we will point where the following are so that you can tell athletes:
  - a. Porta-pots - they are located outside TA
  - b. Water bottle filling station (inside TA)
  - c. Bike mechanics - inside TA
  - d. Medical tent
  - e. Spare timing chips and swim caps - at swim start
15. During the race, we will be responsible for managing the flow of athlete traffic through TA, ensuring they are headed for the correct exit and that they are not blocking the entrance or exit lanes.
16. Remind racers to take their helmet, with bib number on the front of the helmet, for the bike.
17. Remind runners that they wear their bib number in the front for the run.
18. They are not allowed to take or wear IPod's or other listening devices at **any time** while biking or running.
19. Be on constant lookout for racers under duress.
20. Maintain security of TA at all times.
21. When athletes begin to remove bikes, volunteers **MUST** verify athlete matches bike and gear. Check body markings or bib number.
22. As they arrive to collect their bikes, remind athletes to remove **ALL** their trash. Take away everything they brought. Save a volunteer from doing it.

## FAQ's

1. You will be asked if a non-participant can enter TA. *The answer is NO. Only Race Participants with wrist band, Transition Volunteers, Credentialed Media, IRONMAN Staff and USAT Officials.*
2. How to properly "rack" a bike. *We will have a rack set up near the entrance and demonstrate the correct method.*
3. Where is Swim Finish, Bike IN and Out and Run Out? *Please ensure you ask your captain to explain the TA layout. It is essential you know where each of these areas are.*
4. Will my bike be safe overnight? *Yes, there will be security on-site all night provided by local police.*
5. Do you have or are we allowed to use plastic bags to cover my bike? *We do not allow any plastic materials to be used to cover bikes. Only approved, custom made bike covers allowed.*
6. What is the water temperature? *There will be updates over the public address system keeping athletes informed.*
7. Is it "wetsuit legal"? *There will be an official announcement to that affect over the public address system at approximately 6:00 am. Athletes should listen for this announcement. If the water temperature is 76.2 or greater it will be "no wetsuit". Athletes can choose to still wear one but will be in the last swim wave and not eligible for awards.*
8. Where do Relay Teams exchange their chip? *The chip can ONLY be exchanged at the bike racking area in the Relay Team Area.*
9. When does TA close on Sunday morning? *It closes when Wave 1 enters the water at 6:40 am. All athletes MUST be clear of TA by then.*
10. Are Relay teams allowed in TA? *Only the next member to race is allowed in TA and that person must remain in the area of the bike rack.*
11. Where are the Porta-Pots? *TA captain will go over location of porta-pots and explain the procedure for those located inside TA.*
12. Where is the water bottle filling station? *Staff to identify to volunteers.*
13. Is there water/fluid to drink before we swim? *Yes, there will be a water station on the parking lot during the wait for swim waves.*
14. What time can we remove our bikes? *Not before 1:40 pm and only by an athlete with wrist band or friend/relative with "bike check ticket".*
15. What do I do if an athlete hands me their timing chip and says they are not continuing? *Take the athletes number, find a transition official with a radio who will then tell command that athlete # is DNF.*