



WIKI WIKI MAN TRI

2018 Racer Packet

From the Race Directors:

Triathletes - welcome to the Wiki Wiki Man Triathlon!

This packet covers race information for all three races distance (Wiki Sprint, Texas Size Sprint, and Olympic), so please read carefully.

We appreciate you racing with us and we will make every effort to ensure you have a safe and fun experience.

Our goal as Race Directors is to produce safe, well-organized, and fun events. As a business, our goal is to make every effort to reduce our company's environmental impact and carbon footprint by utilizing sustainable products and practices whenever possible. When you sign-up for a Big Earth Racing event you're signing up with a company who cares about the environment. Thank you for your support.

Our race could not be put on without the help of our great volunteers, so please be courteous to all of our volunteers in the park and on the race courses, and if you would like to thank them for their time and effort, we're sure they will appreciate it!

This year we have added a new race distance, the **Wiki Sprint** to the event. This is an ideal distance for those beginner Triathletes, who are doing their first open-water race, or even seasoned Triathletes looking to go all out. Now that the Wiki Wiki Man offers three race distances, we feel we have a race distance for every experience and fitness level.

We are also excited to announce that USA Triathlon has designated the Wiki Wiki Man Olympic Triathlon as the **2018 USAT Texas State Championship Race!** We are looking forward to hosting our third Championship race in eight years. Thank you USAT! 2018 will be the last Texas State Championship event moving forward, so thank you for racing with us and helping us make a little history.

As a small mom and pop race company, we greatly appreciate your support by choosing to race with us. The Wiki Wiki Man Triathlon is a labor of love for the Tri Community and our charities. Thank you for coming out to race with us this year. Be safe and have a great time out on the course!

Sincerely,
Big Earth Racing

Table of Contents

Important Information.....3-5

Most Commonly Violated Rules.....6-7

Medical Information.....8

Maps:

Map of the Park

Swim Course

Bike Course

Run Course

Important Information

PARK OPENS:

Park Gates and Transition Area will open at 5:30am.

WAVES*, CAP COLORS, START TIMES:

Ages for swim waves are based on your USAT race age which is your age as of December 31st. Swim start waves are as follows

Olympic:

Men Under 40 (neon yellow caps) – 7:30am

Men Over 40 (neon green caps) – 7:33am

All Women (neon pink caps) – 7:36am

Texas Size Sprint:

Men & Women under 40 (purple caps) – 7:41am

Men & Women over 40 (neon orange caps) – 7:44am

Wiki Sprint:

Men & Women under 40 (gold caps) – 7:50am

Men & Women over 40 (dark blue caps) – 7:53am

Athena & Clydesdale participants will start with their age groups.

*Waves may be subject to change, please check your email and the Big Earth Racing website for updates.

SWIM CAPS, RACE NUMBERS, AND BODY MARKING:

Your packet contains 2 race numbers and your assigned swim cap. You must wear your assigned swim cap and start with your designated swim wave – please check to make sure your swim cap color matches the list above. The paper Bib number with four pin holes is your run number. The bike number has 2 numbers on it. The adhesive bike number should be wrapped around the bar of your bike and be clearly legible. You are required to wear the proper number during each segment of the race and your number must be visible when you cross the finish line. **All racers MUST have their race number marked on their arms and legs by race staff.**

You will not be allowed entry to the Transition Area until you have received your body marking.

You will be Body Marked as you line up to enter to the transition area.

TIMING CHIPS:

The race will be timed by DoMore Race Services and will use chip timing. NO CHIP = NO TIME.

Timing chips must be picked up the morning of the race and returned at the finish of the race. The Timing Chip station will be located next to the transition area (see park map). Volunteers will be collecting timing chips at the finish area. Timing chips are to be worn around the ankle; if they are not worn around the ankle it is likely your time will not be recorded and you will not be scored.

WITHDRAWAL FROM THE RACE:

If you drop out or are pulled from the race at any time or decide not to start the race you **MUST NOTIFY** a Race Official and turn in your timing chip.

RICHARDSON BIKE MART SPRINT TEAM CUP CHALLENGE:

This is a free bonus category offered in the **Texas Size Sprint** only. You still get your normal time and age group results – we just combine your time with your teammates to get a total team time. You must have at least 3 members to have a team and no more than Five. **Each team must have at least one female** and the top female finishing time along with the next two fastest times from your team will be used to calculate your overall team time.

THERE WILL BE NO CHANGES MADE TO TEAM ROSTERS ON RACE DAY. As much as we would like to accommodate all changes there is just too much happening on race day, so make sure you contact us with any changes by Thursday (5/3) before the race.

TRANSITION AREA:

The Transition Area will open at 5:30am and close at 7:15am. You will not be allowed into the transition area until you have received your body marking. No one will be allowed back into the Transition Area once it is officially closed at 7:15am. **The transition area is for participants only** - friends and spectators will not be allowed into the transition area at any time. Prior to the race you will be allowed to enter and exit the transition area only through the bike or swim entrance and exit.

Be sure your wheel touches the ground on the side designated for your number. You may not ride your bike inside the transition area – there will be a marked mount / dismount line – you must walk or run your bike to / from this line.

Athletes no longer competing will be allowed back into the transition area only after the last runner has departed for the run course. While racers are still on the course, the Transition Coordinator will allow a small number of Triathletes at a time back into the transition area to get their things. Athletes must exit the transition area with their equipment through the bike in/out opening only. You will not be allowed to leave the transition area if the numbers on your bike do not match your body markings.

SWIM COURSE:

The Swim Course for the Wiki Sprint and Texas Size Sprint are a counter clockwise swim beginning at the beach area and ending at the boat ramp. See the race start time section for wave start times based on age group. The Wiki Sprint Swim Course begins at the beach and end at the beach in the same location.

The two left hand turns for the Texas Size Sprint will be marked by 8 foot tall Orange Triangle style buoys, and the two left hand turns for the Olympic race will be marked by 8 foot tall Yellow Triangle style buoys. You must swim to the outside / right side of the buoy when making your left turn – counter clockwise. 5 foot tall neon orange tomato style buoys will be placed periodically on the course for guidance. The Wiki Sprint will be an out and back course to an 8 foot tall Yellow Triangle style buoy. Racer will swim to the outside / right side of the buoy when making your left turn – counter clockwise around the buoy to head back to the beach exist.

You may hang onto the side of the kayaks if you need to rest. If you require medical assistance or removal from the course raise your arm straight overhead and pump it up and down (you can use your swim cap while doing this to improve visibility).

BIKE COURSE:

The bike courses for the Texas Size Sprint and Olympic distance is a 24.8 mile out and back course that is mostly flat with only two major turns. The Wiki Sprint bike course is a 10 mile out and back course that turns around at the intersection of FM47 and FM2475. The bike course and run course share the same road inside and outside the Park for the majority of the run course. Please use **EXTREME CAUTION WHEN PASSING** especially while inside the park. Please use extra caution when turning at the intersection of FM 2475 & FM47 as the road is rough at the turn. The turnaround is a narrow turn – please use caution when turning. There will be Firefighters and Volunteers helping to guide you. Please listen carefully to what they are telling you.

Outside the Park: The bike course will be closed to non-resident traffic, however it will be open to resident traffic, so please be aware of vehicles on the road.

All participants will be responsible for water on the bike course. Please hydrate appropriately.

RUN COURSE:

The run course for the Wiki Sprint and Texas Size Sprint are a 3.1 mile out and back course, and the Olympic run course is a 6.2 mile out and back with one additional partial loop. The run course will be sunny so be sure to hydrate properly throughout the race. The run course has a ¼ mile trail run near the beginning of the course. Please watch your footing as the trail contains exposed roots and uneven terrain. There will be an aid station as you exit the trail and 2 aid stations on FM2475 once you exit the Park. They will have ice, water and gateraide. The run course shares the road with the bike course so please stay to the edge (to the right) of the road.

RESULTS:

Results will be available at www.bigearthtracing.com on the Monday following the event. Please look for the the “results” tab in the menu on our website.

FOOD:

Fresh grilled hamburgers with all the trimmings, chips, fruit, cold drinks, and our famous St Lucia Bread (<http://www.stluciabread.com>) will be available after the race for athletes at the food tent (see park map). **Lake Tawakoni State Park has a NO ALCOHOL policy.**

DIRECTIONS TO THE PARK:

FROM A RACE HOTEL:

Take Highway 34 north to Terrell. Turn right onto Highway 80. Take Highway 80 east to Wills Point. Turn left on North 4th Street and head north to Lake Drive / FM 47. Turn right onto Lake Drive / FM 47 and proceed north to FM 2475. Turn left onto FM 2475 and head north until you reach Lake Tawakoni State Park. You will also see signs for Lake Tawakoni State Park along the way.

FROM THE WEST:

Take Highway 80 east through Terrell to Wills Point. **Be sure not to miss the 80 exit to Terrell. This is VERY important otherwise you will go 20 minutes out of your way.** Once you enter Wills Point, turn left on North 4th Street and head north to Lake Drive / FM 47. Turn right onto Lake Drive / FM 47 and proceed north to FM 2475. Turn left onto FM 2475 and head north until you reach Lake Tawakoni State Park. You will also see signs for Lake Tawakoni State Park along the way. If you miss the exit for Highway 80 you can exit Highway 34 and take that north to

Terrell and turn right / East on Highway 80.

FROM THE EAST:

Take State Highway 20 to FM 47 north through Wills Point to FM 2475. Turn left onto FM 2475 and head north until you reach Lake Tawakoni State Park. There are also signs for Lake Tawakoni State Park along the way.

AWARDS:

Award ceremony will begin at approximately 11am or as soon as results are available. Medals will be awarded for the categories listed below. Overall Winners and the Top 3 Winning teams will receive additional prize awards.

Overall Male & Female:	1 st -3 rd
Overall Masters Male & Female:	1 st -3 rd
Male & Female USAT Age Groups	1 st -3 rd
Athena & Clydesdale Under 40:	1 st -3 rd
Athena & Clydesdale Over 40:	1 st -3 rd
Overall Team:	1 st -3 rd

USAT AGE GROUP BREAKDOWN:

Under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

MOST COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All

bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

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

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. 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 such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

12. Variable Time Penalties:

	1st Offense	2nd Offense	3rd Offense
Distance Category			
Sprints	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

What Athletes Need to Know About Insurance Coverage

When an athlete purchases an annual USAT license or one-day permit, a portion of those fees goes to cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

1. Race Director completes an incident report form. The race director is obligated to report the incident to USA Triathlon. No medical claim can be filed with insurance until this report is completed. Please email sanction@usatriathlon.org for a copy of the form. The signed document should be returned to USAT immediately.

2. Athlete must file with their primary healthcare provider. Athletes must first file through ALL health insurance companies that may cover their medical expenses (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).

3. Athlete completes a medical claim form. For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly to the insurance company as indicated on the claim form. Please email sanction@usatriathlon.org for a copy of the form if the race director did not provide one.

4. Athlete will pay a deductible. All athletes using USA Triathlon insurance will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

5. Coverage limitations. Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event.

Please email questions to sanction@usatriathlon.org



Swim Start / Finish

Port-o-potties

Volunteer Parking

Info, Volunteer
Check in, Packet
Pickup Tent

Body Marking,
Timing Chips,
Bike Mechanical

Medical

Food
Tent

Finish Line

Main
Restroom

Awards
Area

Footbridge
Cut through

Secondary Camping Area
(White Deer Reach)

Aid Station 1

Turnaround
for Olympic
Run 2nd Loop

Race
Participant
Entrance

General Parking

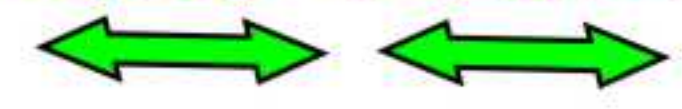
Parking Entrance

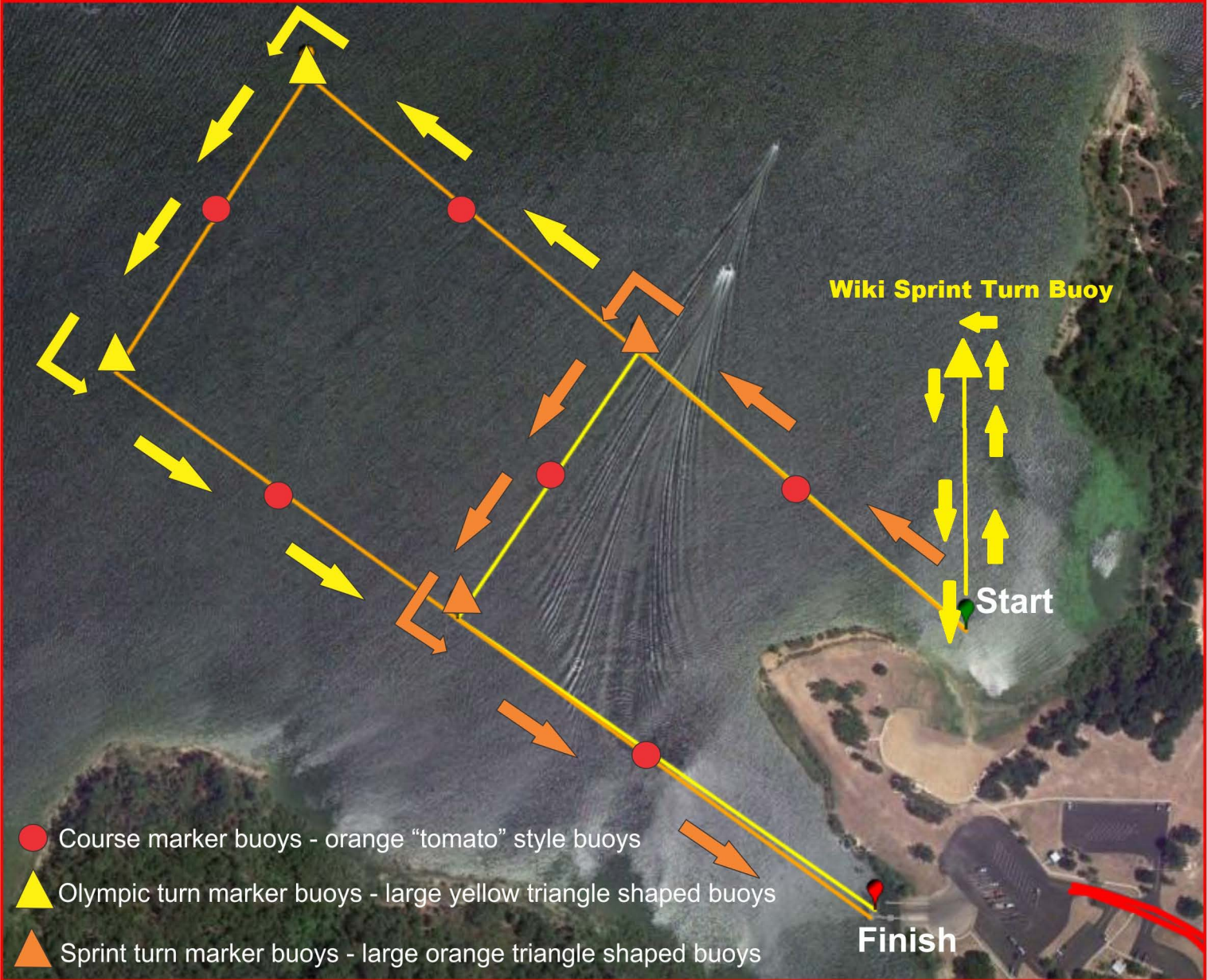
Main Park
Entrance

Run Course



Bike Course





The swim course is a point to point swim starting at the beach entrance, moving counter clockwise to the finish at the boat ramp.

The Wiki Sprint will be an out and back swim starting and ending at the beach

The Sprint Course (Orange arrows) will make two left hand turns at points marked by large Orange triangle shaped buoys.

The Olympic Course (Yellow arrows) will go straight past the first Yellow triangle buoy and make two left hand turns at points marked by large Yellow triangle shaped buoys.

The course will also be marked by large orange round or "tomato" style buoys to help you sight and stay on course.

You must swim on the right hand side of the buoys when making your turns, keeping the buoys on your left.

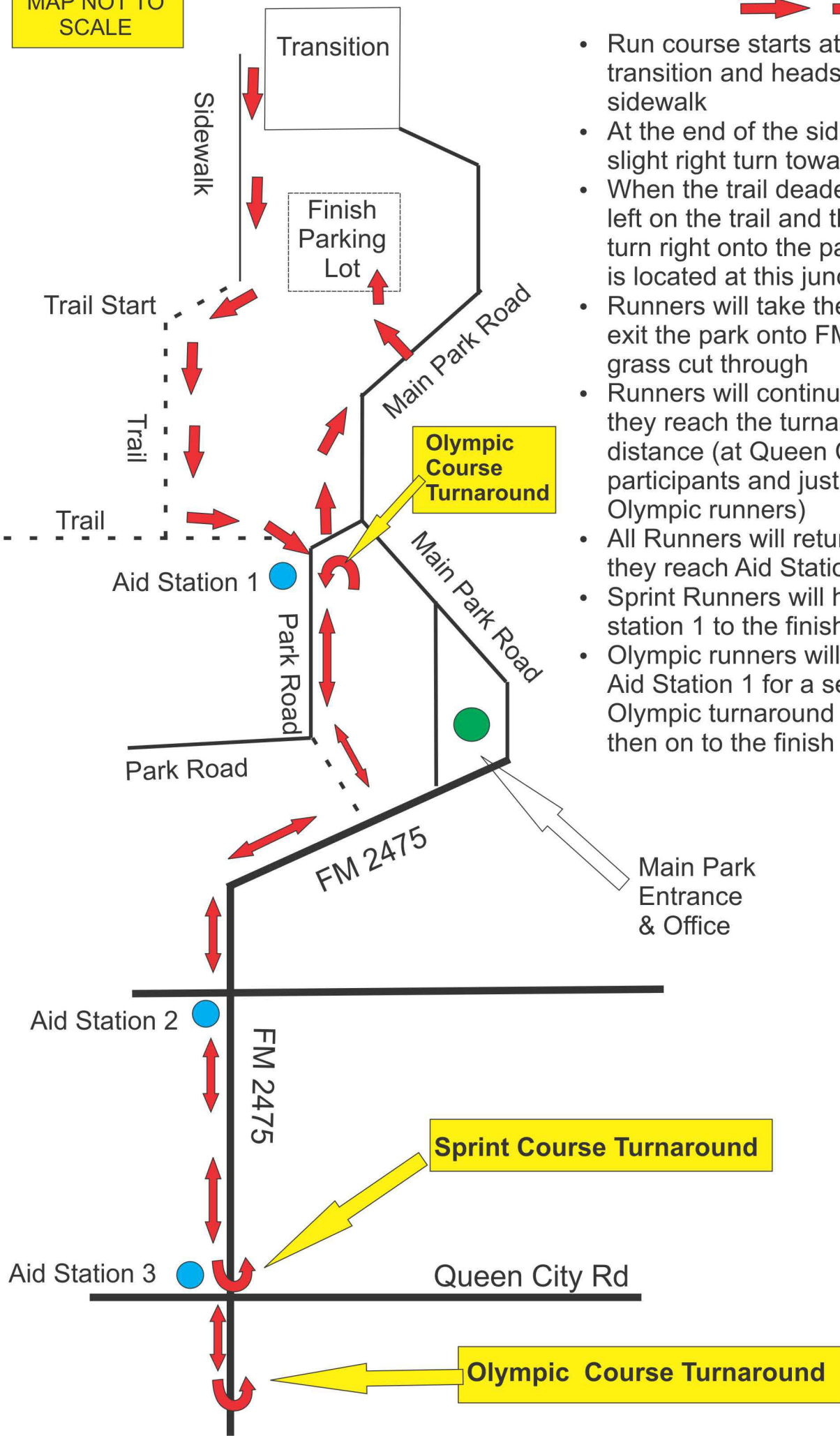


Bike Course (24.8 miles)

Exit Transition and head south on main Park road
Exit Park at main entrance and turn right onto FM2475
Continue on FM2475 until it dead ends into FM47 ★ Wiki Sprint Turnaround at 2475 / 47 intersection
Turn Left & head northeast on FM47
Proceed on FM47 until turnaround located just before intersection of FM47 & County Road 2324
Head south on FM47 until you reach FM2475
Turn right onto FM2475 & head north
Continue on FM2475 to the main Park entrance
Turn Left into Park and continue on main Park road to the transition area

MAP NOT TO
SCALE

Run Course (NOT TO SCALE):



- Run course starts at the west side of transition and heads south on the park sidewalk
- At the end of the sidewalk runners take a slight right turn toward the trail start
- When the trail deadends runners will turn left on the trail and then exit the trail and turn right onto the park road (Aid station 1 is located at this junction)
- Runners will take the park road south and exit the park onto FM2475 via a short grass cut through
- Runners will continue on FM 2475 until they reach the turnaround for their race distance (at Queen City for Sprint participants and just past Queen City rd for Olympic runners)
- All Runners will return the same way until they reach Aid Station 1
- Sprint Runners will head straight past Aid station 1 to the finish
- Olympic runners will have a turnaround at Aid Station 1 for a second loop out to the Olympic turnaround on FM2475 and back then on to the finish