



Race Rules and Instructions

CAUTION: IF YOU HAVE NOT PREVIOUSLY COMPLETED A HALF MILE CONTINUOUS OPEN WATER SWIM, YOU SHOULD NOT ATTEMPT THIS EVENT.

GENERAL

1. *This race is intended to be completed in two hours or less.*
2. Refunds will not be given within 30 days of race day.
3. Check-In starts at 5:30am at Walter & Mary Burke Park: 36300 Front St., New Baltimore, MI, 48047.
4. Participants must be at least 15 years of age. Racers under the age of 18 must have a parent or guardian sign a waiver and be present at the race.
5. Participants will have their race shirt, racing bib, and chip timer included in their race bag.
6. Order of events: Swim .5miles, Bike 11 miles, Run 3 miles.
7. Timing is completed in real time and results will be posted near the finish line.
8. An awards ceremony will follow the race once all positions have been filled.
9. At registration, athletes must have their bib number written on their left forearm and left calf.
10. Bibs must be worn on the front of the athlete's shirt for the bike & run legs of the race.
11. Water depth varies from 3 feet to 15 feet throughout the swim course.

SWIM

1. The swim must be completed in **40 minutes or less**. *Those who cannot finish the swim in 40 minutes will be disqualified from the 2nd and 3rd leg of the race and may not continue.* You must finish the swim portion of the race before beginning the bicycle portion.
2. The swim will be divided into five different waves. Participants should be aware of their wave and only start during their designated waves.
3. Floating orange markers will mark the swim course. Keep the buoys on your right at all times. Drifting off course will subject you to disqualification.
4. Swim fins, swim aids, or artificial breathing apparatus may **NOT** be worn. Swim goggles, masks and wet suits are permitted.
5. Racers must wear the colored cap provided in their race bag to indicate your wave and for your safety.

6. Should you be in need of assistance while in the water, call to one of the boats or lifeguards, which will be nearby to assist.
7. Float assists will be given by lifeguards in the event they are needed, however, participants should not use them as a means to complete the swim course.
8. If lifeguards or safety personnel determine that a participant cannot complete the swim course safely, they will be pulled from the water and disqualified.
9. Swim waves will be broken up into 5 sections:
 - a. Wave 1: Elite Wave
 - b. Wave 2: Age 1-39 with swim time under 22 minutes (7:02am)
 - c. Wave 3: Age 40+ with swim time under 22 minutes (7:04am)
 - d. Wave 4: Age 1-39 with swim time over 22 minutes (7:06am)
 - e. Wave 5: Age 40+ with swim time over 22 minutes (7:08am)

BICYCLING

1. The bike must be completed in **55 minutes or less**. *Those who cannot finish the bike in 55 minutes will be disqualified from the 3rd leg of the race and may not continue.* You must finish the bike portion of the race before beginning the swim portion.
2. Only conventional two-wheel, non-motorized bicycles are permitted.
3. Bicycles must be in good working condition with functional front and rear brakes.
4. All participants **MUST** wear Helmet.
5. Ride your bike on the right side of the right traffic lane and no more than two abreast.
6. The bike course runs along state highways and other roads that are not permitted to be closed. Participants should ride with caution and always obey traffic laws.
7. Absolutely no drafting.
8. **No headphones allowed on the course.**
9. You must finish the bicycle portion of the race before beginning the run.

RUNNING

1. The run will be through the northern residential area of Downtown New Baltimore.
2. **Traffic will be present on roadways – use sidewalks where available.**
3. Water stations will be set-up approximately every mile.
4. Only registered competitors who have finished the bike will be allowed on the run course.
5. Mile markers are at every mile.
6. No headphones allowed on the course.

Transition Area

1. Do not cross the timing mat on your bike at any point.
2. Do not mount bike until you are cross the timing mat on foot.
3. You must dismount bike before crossing the timing mat.
4. You may not be on your bike in the transition area.