

HAMMER MAN Schedule of Events

Please read the following information thoroughly in order to ensure a safe, successful, and enjoyable experience for all. Should you have any questions please contact the race director, Shawn Loper, at shawn@eliteracemanagement.com or will@eliteracemanagement.com

Thursday September 23rd (Packet Pick Up)

- **5:00 PM – 8:00 PM @ Conte's Bicycles & Fitness located in the Festival at Bel Air**
 - Packet Pick Up
 - All non-USAT members **must** fill out and sign a USAT waiver before receiving a packet at this time or on race day
 - USAT members **must** present their USAT membership card and a valid photo ID
 - Voluntary Bicycle Safety Inspection – bring your bike if you would like a complimentary safety inspection (brakes, gearing, assessment of critical points)

Friday September 24th (Packet Pick Up)

- **4:00 PM – 8:00 PM @ Conte's Bicycles & Fitness located in the Festival at Bel Air**
 - Packet Pick Up
 - All non USAT members **must** fill out and sign a USAT waiver before receiving a packet at this time or on race day
 - USAT members **must** present their USAT membership card and a valid photo ID
 - Voluntary Bicycle Safety Inspection – bring your bike if you would like a complimentary safety inspection (brakes, gearing, assessment of critical points)

Saturday September 25th (Race Day)

- **5:30 AM** Park Gates open
- **6:00 AM - 7:40 AM**
 - Packet Pick Up (all non USAT members must sign a USAT waiver before receiving their packet)
 - USAT members **must** present their USAT membership card and a valid photo ID
 - Voluntary Bicycle Safety Inspection (brakes, gearing, assessment of critical points)
 - Chip Pick Up
 - All participants must pick up their timing chip at the table located near the start/finish line at this time
 - Participants must show their bib number in order to retrieve their chip
 - Bike Racking
 - Body marking **is required** and will be available at either end of the transition area
 - Bicycles will be marked with a sticker number (corresponding to bib #s) to attach before entering transition
 - Each competitor will have an assigned transition spot marked on the racks according to bib #s
 - ****only competitors & event staff are allowed in the transition area****
- **7:40 AM Mandatory Pre-Race Meeting in the transition area**

Race Information:

Each athlete will have a designated timing chip that will be used to time all parts of the race, including transition times. Chips will be collected immediately after each competitor crosses the finish line. Participants will be charged a \$100.00 fee for a lost chip. If a competitor is unable to complete the race, he or she is still responsible for returning their timing chip.

- **8:00 AM sharp - Swim starts**
 - Swimmers will start in knee deep water and head straight out from the shore line to the first buoy. Upon reaching the buoy, swimmers will turn left and swim parallel to the shoreline staying to the right hand side of the buoys. When reaching the final buoy at the far end of the jetties, a left turn will be made to go a short distance toward land where another left turn around a buoy will bring swimmers parallel to the shore. The course is completed after passing two Jetties (3 from the far end) and turning right to return to shore. Large inflatable sharks will serve as buoys, and kayak and boat supervision will ensure swimmer safety. Please consult the course map available on www.eliteracemanagement.com.
 - **8:00 AM** - 1st Wave will be Men in Orange Caps
 - **8:03 AM** - 2nd Wave will be Women in Yellow Caps

➤ **Transition #1 (T1)**

- Upon exiting the water and running a short distance toward the start/finish line, competitors will enter transition, proceed to their individual bike position, and then continue to the opposite corner of the TA to exit and cross the timing mat before bicycle mounting
- **Helmets must be on and properly fastened before mounting!** PLEASE NOTE: riding a bicycle at any point before, during, or after the race while not wearing a helmet could result in disqualification from the race.

➤ **Bicycle Ride (Helmets Required!)**

- All competitors must ride as far to the right hand side of the road as they are comfortable and is safely possible
- Passing by a rider is only allowed on the left of another competitor
- The yellow lines on the road will never be crossed dashed or solid except in the case of an unforeseen incident that requires such action.
- Course marshals will be present at all turns to direct competitors
- USAT Drafting Rules **ARE** in effect
 - Riders cannot ride side by side for any length of time
 - Riders should not be within 5 bike lengths of a competitor in front of them unless making a pass
 - Riders must move from 5 bike lengths behind to even with another competitor within 15 seconds
 - Riders must continue to establish a 5 bike lead on the passed rider within an additional 15 seconds
 - Any safety violations will be subject to a penalty of a 3:00 addition to the overall time of a competitor (there will be several officials at various points on the course)
- **Caution areas**
 - Slight right hand turn from Cunninghill Rd onto Gunpowder Rd. (through a stop sign – obey course marshals)
 - Sharp right hand turn from Eastern Ave. onto Earls (305 degree turn)
 - Right hand turn from Earls onto Ebenezer Rd Pay attention to course marshals
 - For approximately 1 mile Ebenezer has no shoulder. Cyclists should still ride as far right as they are comfortable.

➤ **Transition #2 (T2)**

- Athletes will dismount their bikes in the same area that they mounted and proceed on foot into the transition area to re-rack their bike and remove any unnecessary equipment, as well as retrieve their running equipment in the same position as previously used
- After re-racking, bike participants will proceed through the transition area toward the start/finish line to begin the run

➤ **5 Kilometer Run**

- Participants will finish the Hammer Man Triathlon by completing a run through the park that will be on asphalt as well as grass, entirely within the Hammerman area of Gunpowder State Park.

➤ **10:30AM Post-Race Refreshments**

- Water, HEED sports drink, bagels, and other snacks will be available to all competitors

➤ **11:30AM Post race awards ceremony and random prizes**