

CHERRISH

LIFE TIME
TRI

Minneapolis

PRESENTED BY

Just BARE
Chicken

2018 ATHLETE GUIDE

WELCOME

18 years of Racing the Lakes!

It's time, Minneapolis! The 18th Annual CHERiSH Life Time Tri Minneapolis presented by Just BARE Chicken is just around the corner. Since 2001, this classic summer event has welcomed more than 32,000 participants across the Finish Line — and you're next.

Whether you're a first-timer or a 17-year veteran, we aim to give you an unforgettable race experience. Following are a few ideas of what to expect during race weekend:

For starters, you may have noticed a new title sponsor atop our event. We are proud to welcome *CHERRiSH* to the family. This amazing product perfectly aligns with our Healthy Way of Life mantra, as a powerful, all-natural cherry juice beverage rich in anti-oxidants and a powerful anti-inflammatory. Be sure to try it this weekend. We're pretty sure you'll be hooked!

This year, Life Time Tri debuted a new Officiating Program. Race Rules have been updated and are designed to better educate all athletes, as well as move in line with the global standards across the sport. Please review the Rules Book in the Index, attend an Athlete Briefing and watch the rules video (click below) to ensure you're in the know.

2018 Life Time Tri Rules Video



Also new in 2018 is our Life Time Tri Championship race, with Minneapolis offering more than 200 qualifying slots into a spectacular NYC racing experience. Free bike shipping, \$60k in prizes and VIP experiences are just the beginning. Learn more on page 21.

Returning in 2018 is our quirky Team Challenge Competition – a fun, free, group racing concept for local teams to earn bragging rights, gift cards and (most importantly) beer! [Click here](#) for all the details, and to download a team roster.

With so much in store, please take time to read through this Athlete Guide for all the important weekend information. Don't forget to rest, eat well, hydrate, tune-up that bike and double-check that equipment pack list, too (page 26).

The City of Minneapolis, hundreds of dedicated volunteers, thousands of rowdy spectators and our entire staff look forward to making your event both safe and successful.

We'll see you at the Finish Line!

The Life Time Tri Team

Contact Us

Expo & Packet Pick-Up

Lake Nokomis | 4955 Lake Nokomis Parkway, Minneapolis

Race Venue

Lake Nokomis | 4955 Lake Nokomis Parkway, Minneapolis

Event Staff

Athlete Services: mnevents@lt.life

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2019 Championship Schedule



07.01.18
New York, NY



07.14.18
Minneapolis, MN



08.25.18
Chicago, IL



08.26.18
Chicago, IL



09.14.18
Tempe, AZ



09.30.18
Miami, FL



04.14.19
Miami Beach, FL



05.27.19
Austin, TX



07.21.19
New York, NY

Schedule of Events

FRIDAY, JULY 13, 2018

PACKET PICK-UP / EXPO

Lake Nokomis | 4955 Lake Nokomis Parkway

12:00 PM	Packet Pick-Up and Expo Open
12:15 PM	Optional Bike & Gear Check Opens
1:00 PM	Athlete Briefing
2:30 PM	Athlete Briefing
4:00 PM	Athlete Briefing
5:30 PM	Athlete Briefing
7:00 PM	Packet Pick-Up and Expo Closes
7:30 PM	Optional Bike & Gear Check Closes

SATURDAY, JULY 14, 2018

RACE DAY / FINISH FESTIVAL

Lake Nokomis | 4955 Lake Nokomis Parkway

RACE DAY!

5:45 AM	Transition Opens <i>(all distances)</i>
7:45 AM	Transition Closes <i>(all distances)</i>
8:00 AM	International Race Start
9:00 AM	Sprint Race Start*
10:00 AM	SuperSprint Race Start*
12:00 PM	Transition Reopens <i>(estimated)**</i>
12:30 PM	Awards Ceremony
	2018 Life Time Tri Championship On-Site Registration
1:30 PM	Bike Course Cut-Off
2:00 PM	Finish Festival Closes
	Mandatory Bike Check-Out

* Swim wave start times are tentative and subject to change.

** Transition access times are approximate, subject to Race Staff approval.

Athlete Tracking

Athlete Tracking is brought to you by presenting sponsor, Just BARE Chicken!



Spectators, families, and friends can sign up to get text message or social media alerts for all participants at the Life Time Tri Minneapolis. [Click Here](#) to sign up, and be sure to share this link with your sherpas and supporters!

Team Challenge

Grab your friends and enroll in the #MPLSTri Team Challenge - a free competition for all registered Sprint and International distance participants. Groups of 5-10 individuals form a team to compete for bragging rights, gift cards and BEER!



The rules are simple, and scoring is automatic. Team rosters must be submitted on-site at Packet Pick-Up. [Click here](#) to learn more.

Packet Pick-Up

All participants must pick up their own packet from the Expo on Friday, July 13 from 12:00 PM - 7:00 PM..

- All relay team members must be present to pick-up their packet.
- Unless purchased in advance, there is no Race Day Packet Pick-Up option.
- Athletes are highly encouraged to attend one of the Athlete Briefings, emphasizing timelines, a variety of new rules and a great deal of details and last-minute tips to ensure a successful race.
- All bags brought into the Expo are subject to search. We strongly encourage attendees to leave their bags at home or in the car.

Required for Check-In

In order to successfully complete the Packet Pick-Up process, each participant will need to provide:

- A current Driver's License or Photo ID. Remember that participating athletes may pick up ONLY their own packet. NO EXCEPTIONS. This applies to all relay team members as well.
- Athlete Bib Number: Participants will be emailed their bib number prior to race week. They may also reference their bib number at the Packet Pick-Up kiosk.

Registration Packet Items

The following items are customized for each individual participant. Please ensure you receive each of the following at the Packet Pick-Up area:

- Swim Cap
- Bib Number
- Athlete wristband
- Tattoo (one for each arm)
- Timing Chip and Strap
- Bike/Helmet/Gear Bag number
- Safety Pins
- Clear Transition Bag
- T-Shirt
- Goodie Bag

Timing Chips

Timing chips and straps will also be provided to you at the Packet Pick-Up desk.

- Please make sure that timing chips are affixed tightly and correctly to avoid any timing issues.
- IT IS YOUR RESPONSIBILITY TO BRING YOUR CHIP ON RACE DAY IN ORDER TO COMPETE!
- The chip should be affixed to your left ankle prior to the swim start and must be worn during the entire event.
- RELAY MEMBERS: You will pass the chip to your teammate after completing your race segment at the respective Relay Pen area.
- Should your chip fall-off during the race, please notify a member of the Life Time Race Staff.
- All timing chips must be returned to volunteers at the finish line! Missing chips/velcro straps will incur a \$30.00 fee.



Bike, Helmet & Bag Stickers

The athlete packets will include a series of stickers, each used to identify the individual athletes and/or athlete gear. Please note:

- The adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. Simply join both ends of the adhesive around the center frame (the top tube) of the bike.
- Do not affix the number to your bike frame until you are prepared to enter Transition. Lost bike numbers cannot be replaced!
- The small adhesive helmet number must be affixed to the front of the helmet. A helmet is mandatory for the bike course.
- The bike frame number will match the athlete wristband, mandatory for bike check-out.



Run Bib Number

The race issued bib must be worn on the Run Course (not required for the Swim or Bike), and must be visible at all times.

- Safety pins will be provided at Packet Pick-Up for those not using a triathlon race belt.
- Please wear on the front of your running shirt or shorts (facing forward). For safety and security, the number **MUST** be visible while you run.
- Do not cut, fold, or alter your race number in any way apart from removing the bottom tear tags.
- Please fill out the emergency contact information on the back of the bib with a pen (not a marker).



Swim Caps

An official swim cap will be provided at Packet Pick-Up:

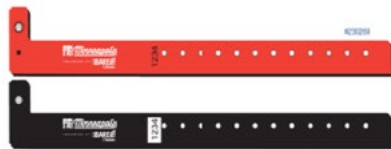
- This cap is provided for your safety during the swim and must be worn during the entire swim.
- Athletes will not be allowed in the swim staging area without it.
- Multiple waves will utilize the same cap color. Be alert to ensure you locate the correct start wave.
- Participants must start in their designated swim wave. Please follow race signage. **NO EXCEPTIONS.**



Participant Wristband

An athlete wristband will be affixed to all participants at Packet Pick-Up. Please note:

- All wristbands **MUST BE WORN THROUGH THE DURATION OF RACE WEEKEND.**
- Athlete wristbands must be presented in order to check-in your bike on Sunday, to enter/exit Transition and to claim your bike following the race.
- Do not remove your wristband until you have removed all gear from Transition and left the event site following the event.
- Relay Team swimmers and runners will wear a special wristband denoting "Relay Team."



Body Marking Tattoos

All participants will receive a temporary tattoo sheet complete with their race number – one for each shoulder. Follow instructions accordingly. Please apply the tattoos prior to leaving your home or hotel on race morning. Body Marking volunteers will be available on race morning to assist using permanent markers – applying race age to the left calf.



Clear Transition Bag

A clear bag will be issued during Packet Pick-Up. All items entering Transition must be placed within this bag. No backpacks or other personal bags will be permitted to enter Transition. All items entering Transition are subject to security checks.

Remember, if you see something suspicious, please alert race staff or security personnel immediately.

Beer Wristband

As an added convenience this year, you will be able to obtain your beer wristband during Packet Pick-Up if you so desire. Your age will be validated and a volunteer will put your wristband on at that time. Beer wristbands may not be removed prior to obtaining beer at the Finish Festival. If you would rather not wear this wristband throughout the race or if you lose this wristband at any time, please remember to bring your ID to the Finish Festival for age validation.

Race Venue & Logistics

Race Day requires all athletes, spectators, volunteers and staff to abide by a variety of special timelines, access points and security processes. Please review the following race venue details and map:

Transition Information

Participants are welcome to rack their bike on either Friday afternoon (between 12:15 and 7:30 P.M.) or Saturday morning within Transition (between 5:45 and 7:45 P.M.). Once Transition closes, athletes will no longer be allowed to rack their bikes. Please note:

- Bike frame stickers must be applied prior to entering Transition.
- Overnight security will be provided.
- Check signs at the ends of each bike rack to locate your specific rack and setup space. Transition racks will be designated with individually numbered stickers.
- Once a bike has been checked into the Transition Area, it cannot be removed until after the start of the race (for the bike course).
- Athletes must wear wristband in order to enter Transition, as well as to remove bikes after the event.
- Bike number stickers will be checked against bib numbers and wristbands before bikes are permitted to exit Transition.
- Race Staff, Security and Volunteers will close and secure Transition during the race to ensure security.
- Please do not ask to retrieve bike or gear prior to 12:00 P.M.
- Bike tech support will be provided by Endurance House in Transition on Saturday, as well as along the race course.
- Be courteous to fellow Athletes, event Volunteers and Staff. Harassment will lead to disqualification.

Transition Race Day Access

- 5:45 A.M. - Transition area opens for all athletes.
- 7:45 A.M. - Transition closes for all athletes.

Transition Security Measures

In order to enter the secured Transition area, all athlete items must be visible in the clear plastic bag provided at Packet Pick Up. Please exercise common sense and maintain possession of your bag while outside Transition at all times. Never leave bags unattended. No glass containers are allowed in the Transition area.

Transition Area Conduct

For safety reasons, you are not permitted to ride your bike inside the Transition area - you must walk or run your bike to the mount line to start the bike portion, and be off of your bike before crossing the dismount line. There will be clearly marked "Mount" and "Dismount" lines; please obey them for your safety and for the safety of spectators and other participants. Watch for other athletes as you move through the Transition Area and follow the instructions of race officials and volunteers.

Relay Team Details

Athletes participating in a Relay Team have a very specific set of instructions, differing from the individual athletes:

- ALL RELAY TEAM MEMBERS MUST BE PRESENT TO PICK UP YOUR PACKET. There will be one packet for the entire team, with contents to be shared among the team (swim cap, tattoos and race bib). Each athlete will receive a wristband, a goodie bag and a clear plastic bag.
- Only the biker of each relay team will be allowed to access the actual bike rack portion of the Transition Area (the Relay Pen is setup at the Run Out corner of Transition). Like all other athletes, the biker must rack their bike prior to the race start.
- On race morning, following the swim portion, the swimmer will pass their timing chip to their biker in the Relay Pen, located just inside the Transition area (see map on page 9). The biker will then proceed to their bike rack, grab their bike and exit onto the Bike Course.
- Upon completing the Bike Course, the biker will enter Transition, rack their bike, then proceed to the Relay Pen inside Transition where they will pass their timing chip to their runner.
- All timing chip switches must be done at the respective Relay Pen area only, NOT at the bike rack.
- If the swimmer and runner have bags or other items which won't be used during their race, they can be handed-off to/from the Biker inside the Relay Pen. There is no need to use the Transition area for storage – especially since all Sprint and International athletes must wait to re-enter Transition until the end of the race.
- Only the runner will cross the finish line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent to receive their medals.

Race Day Pre-Swim Gear Check

Once leaving the Transition area, athletes are able to utilize a special pre-swim Gear Check area near the Finish Festival for t-shirts, sandals and other items needed between exiting Transition and starting their race. Please note:

- Swim Gear check will be setup just north and east of the beach.
- Swim Gear Check will be available from 7:00 AM – 1:00 PM.
- Clear plastic bags will be provided for any items you would like to drop-off before you line up for the swim start. Custom “Swim Gear Check” stickers are provided in the race packets, and markers will be available should they be needed.
- Do not leave any valuables in the Swim gear check bag.
- Items must be retrieved before Swim gear check area closes at 1:00 PM.

Bike Check-Out Instructions

All bikes and personal equipment MUST be picked-up from Transition between 12:00 PM and 2:00 PM on Saturday. Athletes must present their numbered wristband to remove their bike from Transition. No one will be allowed back into Transition prior to 12:00 PM.

Parking Information

Public parking is available in the surrounding public streets. Please be respectful in the surround neighborhoods when parking. Do not park in local business parking lots. All listed road closures will have no parking available. For public transportation details, visit [MetroTransit](#).

Road Closures

The following roads will be closed between 6:30 AM and 12:30 PM:

- Godfrey Pkwy, from Minnehaha Pkwy to W River Pkwy
- W. River Pkwy from Godfrey Pkwy to Franklin Bridge
- All of Minnehaha Pkwy from W River Pkwy to Lake Harriet Pkwy
- All of Lake Harriet Pkwy
- All of Lake Nokomis Pkwy including Cedar Ave
- Cedar Ave, from Minnehaha Pkwy to the south side of Nokomis Pkwy

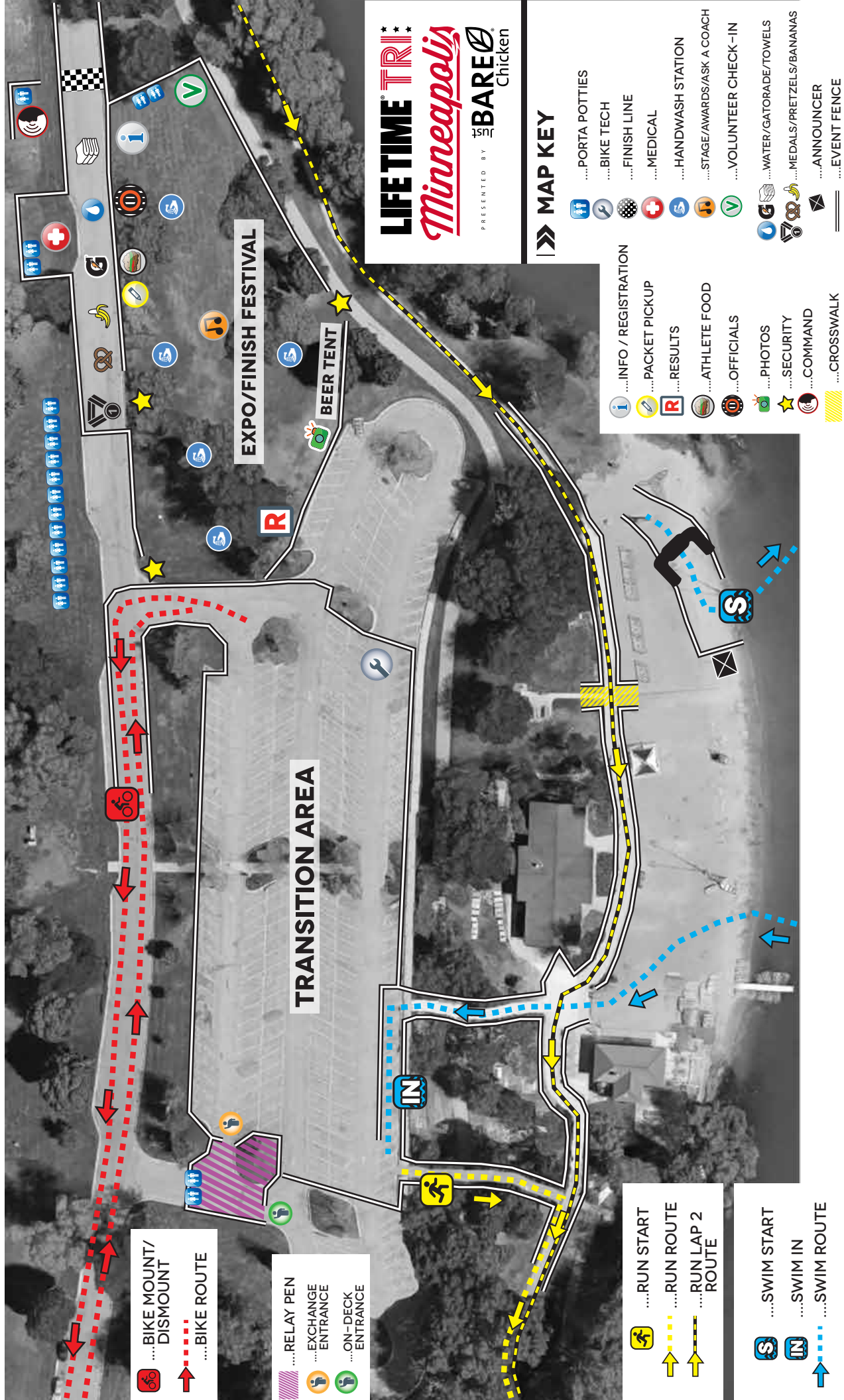
Please note that West Lake Nokomis Parkway will be fully closed until 2:00 PM.

Spectator Information

Spectators will be able to see their athletes at various points along the course - primarily the swim start, swim exit, bike start, entrance to Transition, the run start and at the finish. Crosswalks will be set up to allow spectators to see athletes during the race.

Please understand that non-race personnel and spectators are not permitted to assist athletes in any way. Those who receive outside assistance (of any type) have an unfair advantage over their competition. If athletes are seen accepting assistance, they are subject to time penalties or disqualification. Families and spectators must stay off the course, and may not enter the Transition area or the Finish Line chute at any time.

VENUE MAP



Swim Course Details

The CHERRISH Life Time Tri Minneapolis begins with an incredibly calm swim from the main beach area in Lake Nokomis. Each distance will utilize a triangular-shaped course, with colored buoys identifying the proper swim perimeter.

International Distance Swim Course

- Start: 8:00 AM
- Distance: 0.93 miles (1,500 meters)
- Course Limits: One hour after the final International wave begins.

Sprint Distance Swim Course

- Start: 9:00 AM
- Distance: 0.47 miles (750 meters)
- Course Limits: 30 minutes after the final Sprint wave begins.

SuperSprint Distance Swim Course

- Start: 10:00 AM
- Distance: 0.25 miles (375 meters)
- Course Limits: 20 minutes after the final SuperSprint wave.

Swim Start Process

Athletes should stage themselves according to their wave assignment numbers, and reflective of swim cap colors. To be safe we recommend all athletes arrive to the Start Area at least 15 minutes before their distance (not their specific wave) is scheduled to start. The wave times (listed on page 12) are guidelines, and may move faster than times listed.

Swim Caps

Only the swim cap placed in your race packet may be worn during the swim. Do not trade your swim cap with another athlete as the caps are color-coded to assist race management with organizing the swim start. Your swim cap color dictates a specific start wave.

Swim Buoys

Swim buoys will line the Swim Course, including both turns and straightaways. Athletes will swim in a clockwise direction, keeping

to the left of all buoys. Buoys will be reset (moved) before the start of the Sprint and SuperSprint distances, ensuring all athletes swim the correct distance.

Lifeguards and Support

Lifeguards and support vessels will be lined-up throughout the course. If assistance is needed, please visibly raise and wave your hand and a staff member or rescue personnel will assist you.

Water Station

Prior to the race, there will be a water station located at the start staging area. Upon completion of the swim, there will be a water station located within the entrance of the Transition area.

Wetsuits & Water Temperatures

The maximum legal wetsuit temperatures are now relative to two athlete "Divisions." *Competitive* athletes may wear wetsuits up to and including 78.0°F. *Recreational* athletes may wear wetsuits up to and including 83.9°F. Should water temperatures dictate wetsuits are not allowed for your division, this would also include neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like. Average water temperatures in Lake Nokomis 75-78°F.

Special Needs Table

A special needs table will be provided at the Swim Exit for anyone who wishes to place eye glasses, inhalers, medicine, etc. The table will be located on the right side as athletes exit the water. Those who wish to place items simply need to stop at the table prior to their respective swim start.

See Swim Course map on following page.

Swim Course Map

SWIM COURSE

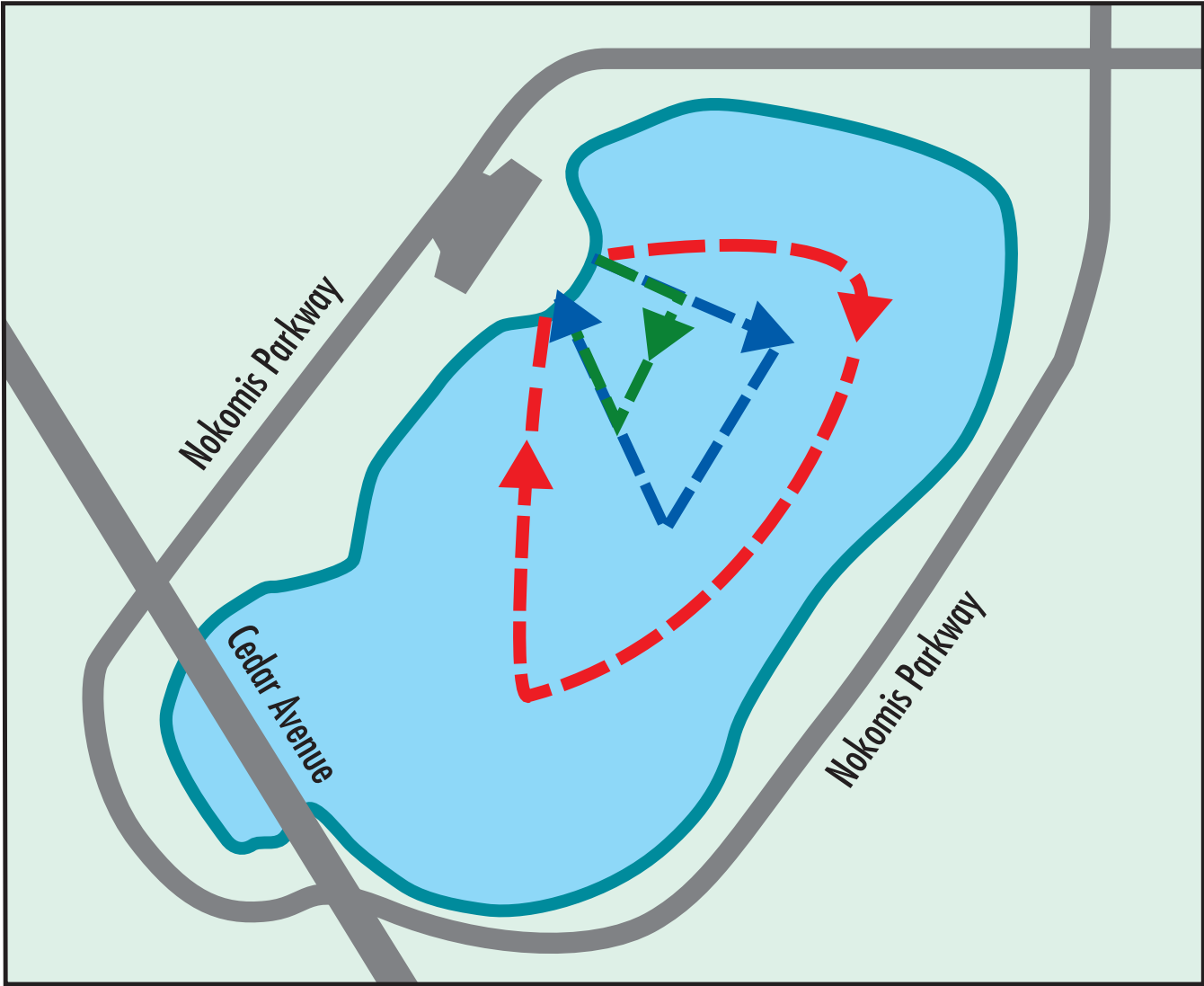
SUPERSPRINT
.25 MILE



SPRINT
.47 MILE



INTERNATIONAL
.93 MILE



Wave Start Sequence

Life Time Tri Minneapolis utilizes a mix of start styles (mass and time trial), implemented to provide a smooth Swim Start sequence. Athletes MUST enter the water with their assigned wave.

It is important to note that wave times listed below are guidelines, waves will most likely move faster than times listed. We recommend all athletes arrive to the Start Area at least 15 minutes before their distance (not their specific wave), is scheduled to start.

WAVE START ASSIGNMENTS

Saturday, July 14, 2018



Wave	INTERNATIONAL DISTANCE	Start Type	Cap Color	Time
1	Premier Males	Mass	Blue	8:00 AM
2	Premier Females	Mass	Red	8:01 AM
3	Collegiate Males & Females	Mass	White	8:03 AM
4	Early Birds	Time Trial	Yellow	8:04 AM
5	Save the Children, Teams & Charities	Time Trial	Orange	8:05 AM
6	All Relays and First Responders	Time Trial	Neon Green	8:06 AM
7	Females 19 & Under, Females 20-24	Time Trial	Pink	8:07 AM
8	Males 19 & Under, Males 20-24	Time Trial	Silver	8:08 AM
9	Males 35-39	Time Trial	Light Blue	8:12 AM
10	Males 25-29	Time Trial	Neon Yellow	8:13 AM
11	Males 40-44	Time Trial	White	8:15 AM
12	Males 30-34	Time Trial	Orange	8:18 AM
13	Females 25-29	Time Trial	Pink	8:19 AM
14	Males 45-49	Time Trial	Blue	8:21 AM
15	Males 55-59 & Clydesdale	Time Trial	Red	8:22 AM
16	Males 50-54	Time Trial	White	8:23 AM
17	Females 35-39	Time Trial	Neon Orange	8:24 AM
18	Females 30-34	Time Trial	Pink	8:25 AM
19	Females 40-49	Time Trial	Yellow	8:26 AM
20	Females 50-59 & Athena	Time Trial	Silver	8:27 AM
21	Males 60-69, Males 70 & Over	Time Trial	Blue	8:28 AM
22	Females 60-69, Females 70 & Over	Time Trial	Neon Orange	8:29 AM
23	Friends & Family	Time Trial	Neon Green	8:30 AM
24	Endurance House First Timer	Time Trial	Purple	8:31 AM
Wave	SPRINT DISTANCE	Start Type	Cap Color	Time
25	Para Triathletes	Time Trial	Neon Yellow	9:00 AM
26	Save the Children, Teams & Charities	Time Trial	Orange	9:01 AM
27	All Relays and First Responders	Time Trial	Neon Green	9:02 AM
28	Males 19 & Under, Males 20-29	Time Trial	Silver	9:03 AM
29	Females 19 & Under, Females 20-24	Time Trial	Pink	9:04 AM
30	Males 35-39	Time Trial	Light Blue	9:05 AM
31	Males 40-44	Time Trial	Red	9:06 AM
32	Males 30-34	Time Trial	Neon Orange	9:08 AM
33	Females 25-29	Time Trial	Neon Yellow	9:11 AM
34	Males 45-49	Time Trial	Blue	9:12 AM
35	Males 55-59 & Clydesdale	Time Trial	Red	9:13 AM
36	Males 60-69, Males 70 & Over	Time Trial	Silver	9:14 AM
37	Males 50-54	Time Trial	White	9:15 AM
38	Females 35-39	Time Trial	Light Blue	9:17 AM
39	Females 30-34	Time Trial	Pink	9:19 AM
40	Females 40-44	Time Trial	Yellow	9:21 AM
41	Female 45-49 & Athena	Time Trial	Neon Orange	9:22 AM
42	Females 50-59, Females 60-69, Females 70 & Over	Time Trial	Red	9:23 AM
43	Friends & Family	Time Trial	Neon Green	9:25 AM
44	Endurance House First Timer	Time Trial	Purple	9:27 AM
	SUPERSPRINT DISTANCE	Start Type	Cap Color	Time
45	All Males	Time Trial	Neon Yellow	10:00 AM
46	All Females	Time Trial	Silver	10:01 AM
47	Friends & Family	Time Trial	Neon Green	10:02 AM
48	First Timer	Time Trial	Purple	10:03 AM

Bike Course Details

The Life Time Tri Minneapolis takes cyclists on a rolling tour of scenic, tree-lined parklands and friendly neighborhoods along the Minnehaha Parkway. The Bike Course is unique in that it is entirely closed to traffic, providing extra safety for participants along with plenty of space for passing and includes smooth roads for all riders.

Bike Support

Show up with your bike ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and breaks adjusted, and seats and handlebars properly fitted.

In the event participants may require mechanical assistance, Endurance House mechanics will be available in transition for basic support during bike check-in and on race day. Bike support is not guaranteed. Be prepared to fix your own flat. If you cannot continue, be prepared to wait for the sweep vehicle. Event staff will provide a sweep vehicle following the last athlete, providing transportation back to Transition for anyone unable to finish the bike portion.

International Distance Bike Course Description

- Distance: 24.5 miles (39k)
- Course Limits: Bike Course closes at 12:00 PM.

International Distance | Turn By Turn Directions

Mount bike at the northwest end of the transition area and head southwest on Nokomis, then:

- Proceed west, in a counter-clockwise direction around the lake.
- Take a right onto East 50th Street and an immediate left on Woodlawn Boulevard.
- Turn right on Minnehaha Parkway and follow the parkway east on West River Parkway to Minnehaha Park. Use caution at the railroad crossing approaching Minnehaha Park.
- Continue to head north on West River Parkway.
- At the turn around just past Franklin Ave you will then head southeast on West River
- Parkway. Continue West River Parkway which will lead you back to West Minnehaha Parkway.
- Continue on West Minnehaha along Minnehaha Parkway. As you approach Cedar Avenue stay on the right-hand side of the

road and cross Cedar.

- At Stevens (just past the I-35W bridge overpass) take a quick right and quick left back onto Minnehaha Parkway. Slow down, it's two tight, sharp turns.
- Cross West 50th Street and turn right at Lake Harriet Parkway. Again, slow down here as there are athletes on their return and turning at the same intersection.
- Go counter-clockwise around Lake Harriet. Use caution in the sharp curves at the north end of the lake.
- Complete the loop around Lake Harriet and turn right onto Minnehaha Parkway. Once more, slow down here; there are athletes on their way out and turning at the same intersection.
- Follow Minnehaha Parkway back to Cedar Avenue and turn right. Use caution here as Sprint course triathletes are coming from the opposite direction and turning south onto Cedar Avenue as well.
- At Lake Nokomis Parkway turn left towards the Transition area. Use caution here as well. This is nearly a 180-degree turn, staying on the left side of the road.
- Dismount your bike at the north entrance of the Transition area.
- Do not ride bike in transition area or you will be disqualified.

Sprint Distance Bike Course Description

- Distance: 14.18 miles (23k)
- Course Limits: Bike Course closes at 12:00 PM.

Sprint Distance | Turn By Turn Directions

Mount bike at the northwest end of the transition area and head southwest, then:

- Proceed west, in a counter-clockwise direction around the lake.
- Take a right onto East 50th Street and an immediate left on Woodlawn Boulevard.
- Turn right on Minnehaha Parkway and follow the parkway east on West River Parkway to Minnehaha Park. Use caution at the railroad crossing approaching Minnehaha Park.
- Continue to head north on West River Parkway.
- At the turn around just past Franklin Ave you will then head southeast on West River Parkway. Continue West River Parkway which will lead you back to East Minnehaha Parkway.
- Continue on West Minnehaha along Minnehaha Parkway. As you approach Cedar Avenue, stay on the left-hand side of the road and turn left Cedar Avenue.
- Turn left on West Nokomis Parkway entering the Transition lot from the north entrance they departed from.

SuperSprint Distance Bike Course Description

- Distance: 3.83 miles (6k)
- Course Limits: Bike Course closes at 12:00 PM.

SuperSprint Distance | Turn By Turn Directions

Like the other distances, proceed west, in a counter-clockwise direction around the lake. Take a right onto East 50th Street and an immediate left on Woodlawn Boulevard.

- Turn left on Minnehaha Parkway and follow the parkway west.
- As you approach Cedar Avenue, stay to the left-hand side of the road and turn left on Cedar Ave.
- Turn left on West Nokomis Parkway and enter Transition.

Virtual Course Tour

Get ready for race day with a virtual tour of the entire CHERRISH Life Time Tri Minneapolis Race Course, courtesy of Fox Business. Click the links below for a custom aerial tour.

- > [International Course](#)
- > [Sprint Course](#)
- > [SuperSprint Course](#)



BIKE COURSE

LIFETIME TRI

Minneapolis

PRESENTED BY **BARE** Chicken

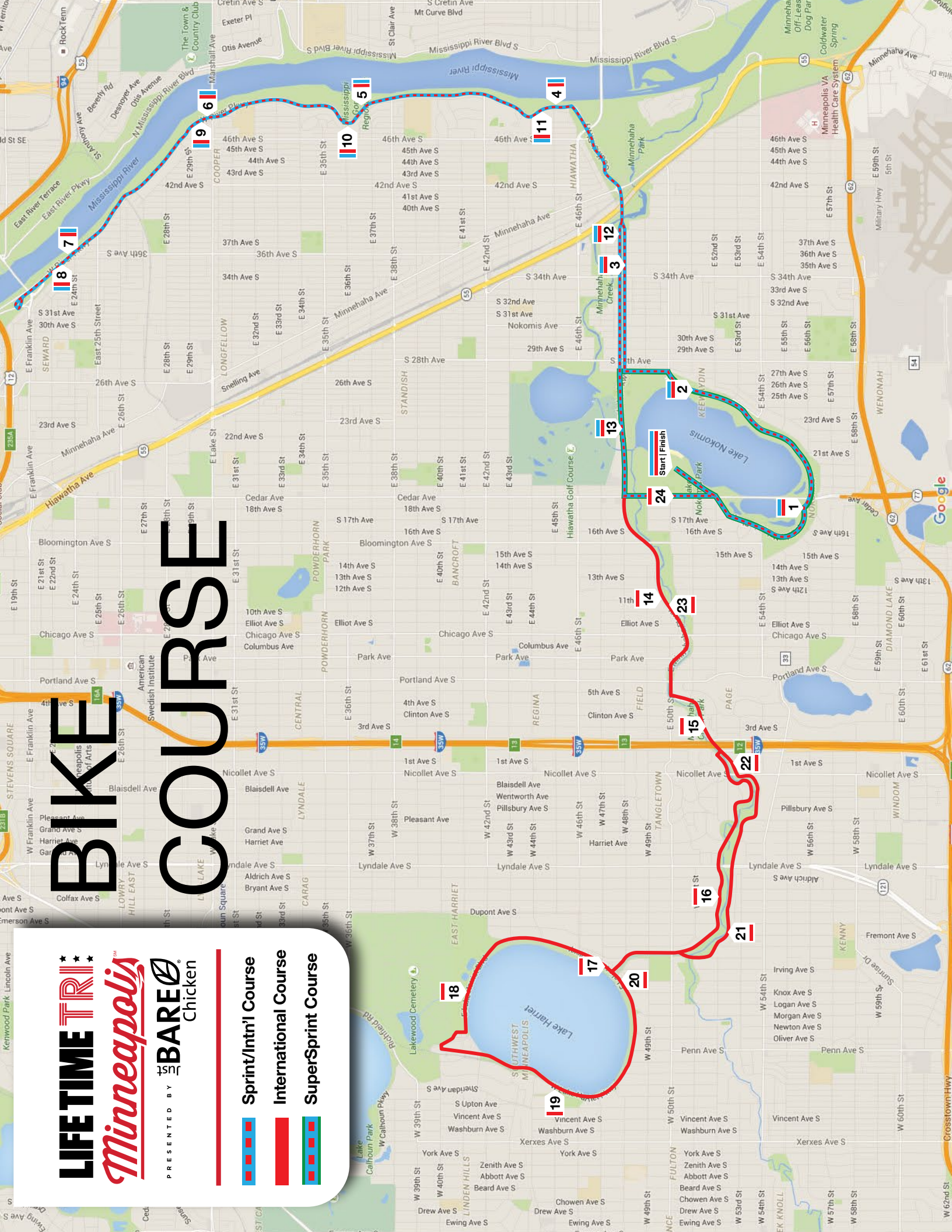
Sprint/Intr'n'l Course



International Course



SuperSprint Course





LIFETIME TRI[★] *Championship*

Get On The Bus

4:00 AM. Dead silence. 100% focus. This is the scene as athlete shuttles depart Midtown Manhattan to Riverside Park at the Life Time Tri Championship event. This new format recognizes and rewards the fastest amateur athletes across the Life Time Tri Series. Qualifying into this world-class event includes big perks: free bike shipping, a \$60K prize purse and a VIP race experience within the heart of the world's most iconic city. Learn more: LifeTimeTri.com

July 21, 2019

LifeTimeTri.com

   #LTTChamp



Run Course Details

The Run Course leads all athletes along a gorgeous loop around Lake Nokomis. International distance athletes will complete two loops before finishing, while Sprint athletes complete one. Super Sprint athletes will follow an abbreviated Sprint course. Please follow course signs and markings.

International Distance Run Course

- Distance: 6.2 miles (2 loops)
- Course Limits: Finish Line will close at 3:00 PM

Sprint Distance Run Course

- Distance: 3.1 miles (1 loop)
- Course Limits: Finish Line will close at 3:00 PM

SuperSprint Distance Run Course

- Distance: 2.4 miles (1 modified loop)
- Course Limits: Finish Line will close at 3:00 PM

Aid Stations & Restrooms

The Life Time Tri Minneapolis will provide Aid Stations throughout the race venue and course, providing water and Gatorade Endurance. There will be signage along the route to identify these upcoming locations. All aid stations on the course will have dozens of enthusiastic volunteers and portable toilets located nearby.

Aid Stations will be available at approximately miles 0, 1 and 2 on the Run course. Public Restrooms and/or Portos will be located at Aid Stations, near the south end of the Finish Festival, near the Finish Line and in the Transition area

Gatorade Endurance Energy Gels

Gatorade Endurance Energy Gels (Blackberry & Vanilla) will be available at each Run Course Aid Station. Gatorade Endurance Energy Gels provide 20g of carb energy, natural flavors, a light texture and taste. Take them just before, or on course, and chase with water.

RUN COURSE

SUPERSPRINT
2.41 MILE



SPRINT
3.1 MILE



INTERNATIONAL
6.2 MILE



Gatorade Endurance Formula

Lemon-Lime Gatorade Endurance Formula will be available on course at all aid stations. Endurance Formula has nearly two times the sodium and three times the potassium of traditional Gatorade. It also contains no artificial flavors and has a light taste. Learn more about Gatorade Endurance Formula [here](#).



Medical Support

There will be roving and EMS along the bike course, run course, along with medical support at the Aid Stations, in Transition and at the finish. Should you experience any medical issues, please notify the nearest official or Aid Station who will dispatch appropriate medical attention. Be sure to hydrate well with expected heat. In the event of lightning along the course, immediately seek shelter under a permanent structure.

Event Alert System (EAS)

This race will utilize the EAS system, encompassing a color-coded system to reveal current event conditions. Participants will notice flags posted in the Expo, within Transition, throughout the race venue and at each Aid Station along the Run Course. The EAS system is developed to help athletes understand changing race conditions due to weather-related, environmental or other man-made situations. EAS updates will be communicated through PA alerts, social media, web, emails, etc.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

LIFE TIME TORCHLIGHTSM

MINNEAPOLIS 5K RUN

JULY 18 - 7:30PM

MINNEAPOLIS' ORIGINAL NIGHT PARTY
UNIQUE COURSE THROUGH DOWNTOWN
LEGENDARY POST-RACE PARTY
COMPLIMENTARY FOOD & BEER (21+)
LIVE MUSIC & MORE



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JOIN BECAUSE
YOU CARE.**



Save the Children®

Photo: Tamar Levine

IN PARTNERSHIP WITH

LIFETIME TRI ★ ★ ★

Join now! [SavetheChildren.org/TeamSave](https://www.savethechildren.org/team-save)

Team Save the Children offers athletes of all abilities a chance to join us in a race while raising much-needed funds to help children.

Finish Festival

Celebrate your finish at the Finish Festival! Athletes will be able to refuel and rehydrate with water, snacks, beer and more! The Finish Festival will be bustling with Minneapolis Tri sponsors and vendors sampling their products.

Finish Line Policy

For safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or across the Finish Line.

Post Race Food

Water, Gatorade, pretzels and bananas will be provided in the Finish Chute. Gourmet lunches by Mintahoe Catering will also be distributed in the Athlete Food tent within the Finish Festival.

Beer Garden

Complimentary Michelob ULTRA beers will be available for all spectators and athletes in the Beer Garden. Must be 21 years and older with valid ID (or present their beer wristband). Athletes may obtain their required beer wristband at the designated ID Check tents located in the Finish Festival area both on Friday during Expo hours and also on race day before and during the event.

Athlinks Results

Race results will be updated regularly online throughout the day. Please visit the Athlinks Results Tent after you finish for your personal time. You can also access your results directly from your mobile phone using the free "Athlinks" app in both iOS or Android stores. Once loaded, simply search for "Minneapolis Tri" within the event listings.

Photography & Social Media

Athlinks will provide complimentary race photography before, during and after the race. Be sure your race numbers (body marking, bike and bib numbers) are visible at all times so you can be identified.

Shirt Exchanges

If you need to exchange your shirt for a different size, you may do so on Race Day at the results area after the race. Shirt size exchanges will be based on availability.

Children / Pets

Parents, please supervise your children at all times. The race site and course are busy and potentially dangerous areas. We recommend to leave pets at home. If there are any pets on site, we will ask to make sure they are leashed at all times.

Volunteers

This event requires hundreds of volunteers to dedicate their time during the big weekend. Please remember to thank them as you come across their services! The event would not be possible without them. If you're available, consider joining us for one of the following roles:

- Bike Check-in
- Transition
- Aid Station
- Run Course Pointers
- Bike Check-out

[Click here](#) for full details and to RSVP.

Lost And Found

Lost and Found items should be turned in or claimed at the Results/Awards Tent. Unclaimed items will be relocated to the Life Time office following the event, and donated after 30 days to a local charity.

Personal Belongings / Valuables

Please make sure any valuables left in your car are not visible -- out in the open while you are racing. We recommend you leave them at home. This also pertains to gear check, as the race will not be liable for any lost or stolen items. Anything you take with you on the course must remain in your possession. With exception of dedicated aid stations, no garbage, clothing, etc. may be thrown on the course.

Awards | Championship

Awards

All finishers will receive a Finisher's Medal. Top performing individuals in all *Competitive* divisions will earn additional awards. The Awards Ceremony begins at 12:30 PM in the Finish Festival, with awards issued to top three female and male finishers in these categories:

- Pro (International only)
- Overall
- Premier (International only)
- Age Groups (19 & Under through 80+)
- Collegiate
- Junior Invitational (Sprint only)
- Athenas/Clydesdales
- First Responders
- Paratriathletes
- Relay Teams
- Team Challenge Competition

Should you win an award but can't stay for the awards ceremony, simply email us at mnevents@lt.life and we will mail it to you.

Life Time Tri Championship Qualification

The Minneapolis Tri is the second qualifying event into the 2019 Life Time Tri Championship race, to be held July 21, 2019, within the 2XU New York City Triathlon. This unique, race-within-a-race competition will attract hundreds of participants from across the nation into a variety of special race weekend events, culminating with a shot at winning big on race day.

The International distance race offers 220 qualifying spots for the Championship event. Top five female and male performers from these divisions will earn guaranteed entry:

International Division

- Premier Amateurs
- Overall Age Group
- Age Groups (5 year)
- Clydesdale/Athenas
- Para Tri
- First Responders

Championship Implications

- Will compete in Premier Division
- Will compete in respective age group
- Will compete in respective age group
- Will compete in Clydes/Athena division
- Will compete in new Para classifications
- Will compete in First Responder division

Congratulations, Gaby!

Congratulations to St. Paul's very-own Gaby Buntin, who won the women's overall title in the inaugural Life Time Tri Championship race on July 1 in New York City! Gaby's 2:12:26 scored her a cool \$1,500 and complimentary access to all 2018/2019 Life Time Tri Series events.



Want to be like Gaby? Qualify in the top five of your division and join her in NYC next year. Championship registrants have access to a \$60K prize purse, VIP tickets and more.

During the MPLS Tri Awards Ceremony, Championship qualifiers may immediately register at the Awards Tent (\$338 fee, credit cards only). The **first 50 to register on-site** will earn complimentary bike shipping to/from New York City!

Team Challenge Competition

The Team Challenge is a fun, complimentary, opt-in competition for all registered Sprint and International distance participants. Individual participants form teams, who compete using cross-country style scoring. Groups of 5-10 individuals form a team to compete for bragging rights, prizes AND cash! The rules are simple, and scoring is automatic. Team rosters must be submitted on-site at Packet Pick-Up. [Click here](#) to learn more and opt-into the competition.

2018 RULES SUMMARY

Experienced triathletes will notice a variety of changes to the Life Time Tri Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full rules set and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

On-site Presence

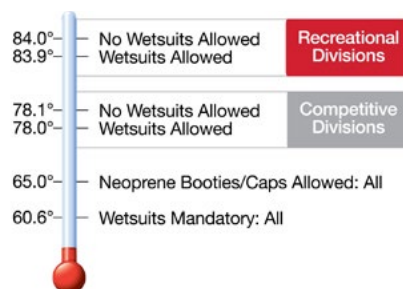
A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony.

Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete "divisions," originally selected during registration.

"Recreational" division participants may wear wetsuits in waters up to and including 83.9°F.

"Competitive" athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick-Up. Full details are listed on page IV of the Rules Book.



Draft Zone



Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a "drafting" penalty.

Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete's race number and present this black and white penalty card.



Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.



Other Common Rules

- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet -- before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception to a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate. We'll help you with that!



QUESTIONS? Contact Rosalyn Popham, Life Time Tri Head Official at rpopham@lt.life or Athlete Services: events@lt.life

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Frequently Asked Questions

Packet Pick Up

Can I pick up a race packet for a friend or coworker?

No. Each participant is required to pick up his or her own packet. No exceptions! You must have your photo ID with you to pick up your race packet.

Where is race Packet Pick-Up?

Packet Pick-Up will be held at Lake Nokomis: 4955 Lake Nokomis Parkway on Friday, July 13 from 12:00 PM to 7:00 PM.

Is there Packet Pick-Up race morning?

No. All race packets must be picked up prior to race day at the Expo at Lake Nokomis.

Can I pick up race packets for my relay team members?

No, each member of the relay team needs to show their ID in order to pick up their own packet.

Do I need a driver's license or USAT license for Packet Pick-Up?

A valid photo ID (current driver's license, certified state ID or passport) is required at Packet Pick-Up. We do not require a USA Triathlon one-day or annual member license.

What will be included in the race packets?

Race packets will include the following: Race numbers for your bike and helmet; swim cap; race information; and rules and sponsor-related materials. You will also pick up your T-shirt and timing chip at the Expo along with your packet.

Swim

What is the water temperature on race morning?

The water temperature will be checked by Race Officials on race morning, and given during pre-race announcements. Typical water temperatures range from 75-78°F

What are the rules for requesting assistance from lifeguards?

If you need to rest during the swim, you may hold onto the rescue tubes and safety boats used by lifeguards along the swim course. However, you will be disqualified if you use one of these devices to assist yourself in forward progress.

Which equipment is needed for the swim?

Swim caps (provided in the race packet) and swimsuits are required for the swim portion. Goggles or a face mask are optional, as are wetsuits. *Competitive* athletes may wear wetsuits up to and including 78.0°F. *Recreational* athletes may wear wetsuits up to and including 83.9°F. Inflatable, swim fins and propulsion devices are not allowed. See the attached Event Rules for full details.

Bike

What equipment is mandatory for the bike section?

A bike, helmet and close-toed shoes are required. Your bike must be in good working condition with your bike race number properly attached. Your bike helmet must be professionally certified, and it must have your number sticker properly attached. We recommend having your bicycle checked through a reputable bike shop prior to the event. We also advise to bring equipment for changing a flat tire or making minor bike adjustments.

Will drafting be allowed?

No. You must stay four bike lengths behind the rider in front of you. When passing, you need to complete the pass within 20 seconds. If you are being passed, you must drop back four bike lengths from the person passing you. Riding side by side with another rider is also illegal. If you are caught drafting, you will be penalized. See the Event Rules for more information.

Are you allowed to use a mountain bike?

Yes. You may use a mountain bike, hybrid/city bike, road bike, single-speed bike or triathlon bike. No motorized bikes, fixed-gear bikes or recumbent bikes are allowed. Fairings (windshields) are not allowed.

Run

How many Aid Stations will be on the Run Course?

Aid stations will be approximately every mile on the run course.

What mandatory equipment do I need for the run?

It is required to have your race number and timing chip during the run. Race numbers are to be attached on the front of your body and the timing chip must be securely strapped to your left ankle.

Are headphones and/or mobile phones allowed when racing?

No. Headphones, headsets, iPod, mp3 players and personal audio devices of any kind are not to be carried or worn at any time during the race. Mobile phones may be carried, but must be stored out of sight and only used during emergency situations.

Transition**What is the Transition Area?**

The Transition Area is a common area where participants rack their bike, run and swim gear before and during the race. It is also your assigned spot where you will Transition from swim to bike and bike to run. Relay teams have a designated region in Transition where they exchange their timing chip strap from swimmer to cyclist and cyclist to runner.

Who is allowed in the Transition?

Only race participants (with an athlete wristband), Transition volunteers and Race Officials are allowed inside Transition. Family members and friends are unable to access this secured facility.

What time does Transition open and close on race morning?

Transition opens at 5:45 AM and closes at 7:45 AM.

Timing Chips**Where should I place my timing chip?**

The strap with the timing chip must be worn on the left ankle.

How does chip timing work?

A computer chip encoded with the athlete's name, race number and wave start is attached to a strap each athlete SECURELY wears on their left ankle. "Scanners" located on mats positioned throughout the course "read" the chips and records the time as each athlete steps on the mat. For this reason, athletes must be careful to step/ride near the mats along the course. In addition, an athlete who starts any wave after the first swim wave begins, must take care not to step on a mat in or around the Transition area accidentally as he/she waits for their wave to begin. The chips go "live" after Sunday's mandatory Packet Pick-Up and will record every instance an athlete steps on a mat; if such a time is recorded that is earlier than an athlete's scheduled wave, accidentally or intentionally, the athlete may be disqualified.

If I lose my chip, will I be timed for the race and where can I get another chip?

You must have a chip to participate. If you lose your chip before the race begins, contact race personnel at the Swim Start to obtain a replacement chip. Athletes will incur the cost of a lost timing chip - currently a \$30 fee.

What do I do with my timing chip if I decide to stop racing?

Please return all timing chips to race personnel. If you end up picking up your packet and timing chip on Friday, but do not race Saturday, please mail your chip strap to: Race Place Events, 9117 E Via Montonya, Scottsdale, AZ 85255.

RACE CHECKLIST

Pack It Up. Rock It Out.

GENERAL ITEMS

Special foods or drinks
Extra shoes
Plastic gear bag (issued at Packet Pick-Up)
Necessary medications (inhalers, etc.)
Warm-up suit/warm clothes
Umbrella or rain gear
Timing chip band
Multi-tool kit
Electrical tape
Race tattoos

SWIM GEAR

Swimsuit or tri race kit
Race issued swim cap
Goggles
Wetsuit or swim skin

BIKE GEAR

Bike frame sticker
Helmet
Cycling shoes
Bike/tri shorts or tri race kit
Pump
Water bottles
Nutrition bag
Flat repair kit (tire, tube, tire levers, CO2)

Arm warmers or leg warmers
Light wind vest
Sunglasses
Sunblock

RUN GEAR

Run bib
Race belt
Socks
Running shoes with quick laces
Hydration belt or water bottle
Hat or visor

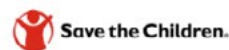
TRANSITION NEEDS

Towel or mat
Extra water bottle
Sunscreen
Anti-chafe cream

PRE / POST RACE

Extra clothes
Extra shoes/flip flops
Recovery nutrition
Sunscreen

Thank You To Our Sponsors





2018 RULES BOOK

The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. The following is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Tri wishes to emphasize a continued quest to develop well-educated athletes within the sport of triathlon. *Note: An abbreviated Rules Summary is listed on p12.*

What's New?

Experienced triathletes will notice a variety of changes in Life Time's Officiating Program -- all designed to properly educate the field while also applying better global standards across the entire sport. Key differences include:

ON-SITE PRESENCE

A full team of Officials will be on-site during the weekend, from Packet Pick Up through the Awards Ceremony.

NEW WETSUIT TEMPERATURES

The maximum legal wetsuit temperatures are relative to athlete "Divisions." *Competitive* athletes may wear wetsuits up to 78.0°F. *Recreational* athletes may wear wetsuits up to 83.9°F.

ON-COURSE DIALOGUE

While experiencing a rule infraction, Officials will communicate (when safe) with the athlete in the moment, identifying the penalty and advising on how to serve it.

NEW DRAFT ZONE

Moving toward global short course standards, Life Time will move to a 9m draft zone, where athletes keep 4 bike lengths of space between them and make a pass in 20 seconds.

PENALTY TENT

Athletes receiving penalties will be directed to a Penalty Tent (located on the Run Course) where they will check-in and must serve a 3-minute stand down.

QUESTIONS?

Ask the Officiating Team while at the race venue, or email Rosalyn Popham, Head Official at: rpopham@lt.life

I. General Athlete Conduct

1. Athletes not adhering to any of these rules may incur a three (3) minute time penalty per infraction, a possible DISQUALIFICATION or even a suspension from Life Time Tri events.
2. Athletes are expected to treat other athletes, volunteers, race staff, officials and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.
3. Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.
4. Knowledge of the entire prescribed swim, bike and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the course in its entirety will be DISQUALIFIED.
5. Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.
6. No athlete shall endanger themselves, other athletes, volunteers, race staff, officials or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.
7. Athletes are required to have the race-appropriate body markings, as well as helmet and bike frame numbers visible.
8. Littering or abandoning any personal equipment or gear outside of transition, or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a 3-minute time penalty and a gross infraction may result in a DISQUALIFICATION.

9. Listening devices, head phones, ear buds, Bluetooth products and the like are not allowed at ANY time during the race. Athletes using these items during the race are subject to a 3-minute time penalty, risk their audio device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.



Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete.

10. Athletes may not use communication devices of any type in a distractive manner during the race. Communication devices consist of, but are not limited to: cell phones, smart watches and two-way radios. A “distractive manner” includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distractive manner are subject to a 3-minute time penalty, risk their communication device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.

11. Life Time Tri is not responsible for any lost or damaged items confiscated and confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only and is used in a safe manner which does not present a hazard to themselves or others.

12. Cameras, phone cameras, video cameras, GoPros™ and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.

13. Signage, flag poles longer than 2', selfie sticks, balloons or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.

14. Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff and other athletes still actively racing. Examples of outside assistance include: non-participants supplying nutritional items, providing or receiving gear,

escorting an athlete along the race course, pacing or supplying any aid not available to all other athletes at the event. Athletes using outside assistance will receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

15. Athletes may not provide any equipment to a fellow competing athlete if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: complete bicycles, frame, wheels, helmet and shoes. Should this occur, both athletes will be DISQUALIFIED.

16. Athletes shall not work together to improve their performance or efficiency.

17. Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.

18. Offensive language spoken or written is not allowed. Offensive language written on a sign, clothing or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official.

19. Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.

20. Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.

21. Course officials and medical personnel reserve the right to remove any athlete from the course if determined medically-necessary.

22. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

23. Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to events@lt.life or any Race Official. Situations will be investigated to the best of their ability.

II. Transition Area Conduct

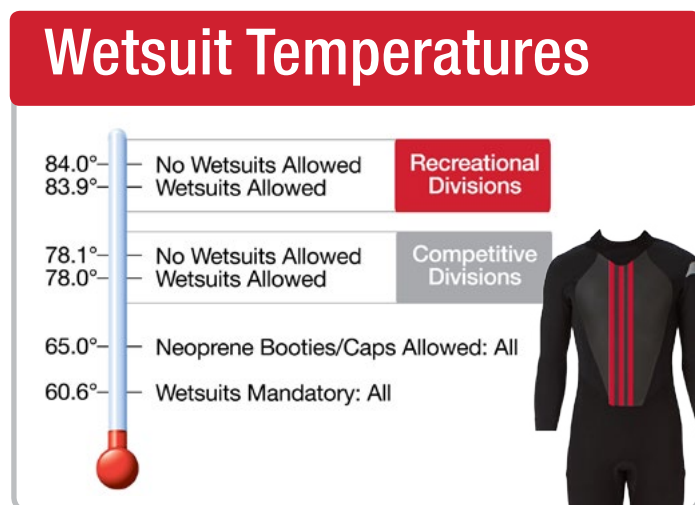
1. Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately or the athlete possessing these items may be DISQUALIFIED.
2. Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.
3. If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete's bib number is labeled. Athletes may rack their bikes either by the seat or the handle bars, and the bike must be placed in the rack area specified by the race. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.
4. Gear must be placed under the athlete's bicycle or the bicycle tire next to them, not be in the general walkway, bike rack ends or along the transition area fence. Items in these areas will be removed.
5. Athletes are not to interfere with another athlete's equipment in the transition area. Athlete's found tampering with another athlete or event equipment will be DISQUALIFIED.
6. Riding a bike in transition before, during or after the race is not allowed and may result in a DISQUALIFICATION.
7. Athletes who arrive late or remain in transition after race staff have officially deemed it "closed" for the race may be DISQUALIFIED.

III. Swimming Conduct

1. Race bib numbers are not to be worn during the swim.
2. Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a 3-minute time penalty will

be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.

3. Flotation devices, pull buoys, aquatic flotation belts, fins and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED.
4. All athletes must swim to the outside of all swim course buoys on the prescribed course.
5. Athletes are required to use the event issued swim cap as the outermost cap during the swim portion. Failure to wear it, or altering the event-given swim cap may result in a DISQUALIFICATION.
6. Goggles and face masks are not required, but strongly encouraged.
7. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with a medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.



8. Legal wetsuit temperatures are now relative to one of two athlete divisions, originally selected during event registration:

A. "*Recreational*" division participants are those opting into non-competitive waves (ie. First-Timers', Friends & Family, Early Bird, Charity Waves, etc.). *Recreational* participants may wear wetsuits when the water temperature measures 83.9°F (28.8°C) or below.

B. “*Competitive*” division athletes are those competing for awards (ie. Age Groups, Paratri, Athena/Clydesdale, First Responders, Relays, etc.). *Competitive* participants are able to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.

9. Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like are not allowed in water temperatures of 78.1°F (25.6°C) or higher for *Competitive* athletes, or temperatures of 84.0°F (28.9°C) or higher for *Recreational* athletes.

10. Should approaching water temperatures be of concern to those registered in *Competitive* divisions, athletes may elect to move into a *Recreational* division, subject to availability. Requests must be submitted before the close of Packet Pick Up.

11. Wetsuits are forbidden for all athletes when water temperatures reach 84.0°F (28.9°C) or above.

12. Neoprene booties and neoprene swim caps are allowed when the water temperature is 65.0°F or below.

13. Wetsuits are mandatory for all participants when the water temperature is 60.6°F (15.9°C) or below.

14. The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.

15. Official water temperatures will be taken at least two hours prior to the race start on event day.

16. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).

IV. Cycling Conduct

1. Race bib numbers are optional while on the bike.
2. Unless otherwise prescribed for a specific race venue, athletes

must ride their bikes on the right side of the road so as not to block the progress of others. Athletes passing on the right side of other athletes will incur a 3-minute time penalty for an ILLEGAL PASS.

3. Athletes are not to cross-over the roadway's center line while on the bike course. Athletes riding over the center line and endangering themselves or others may be DISQUALIFIED.

Draft Zone

Keep back 4 bike lengths from others...



...or complete a pass in 20 seconds!

4. Drafting occurs when one athlete rides closely behind another, reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least four (4) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 9 meter draft zone, to avoid a 3-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

5. Athletes must keep 35 meters between them and moving motorized vehicles to avoid a 3-minute time penalty for DRAFTING.

6. If passing another cyclist, athletes must complete their pass within 20 seconds to also avoid a 3-minute time penalty for DRAFTING.

7. Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a 3-minute time penalty for DRAFTING.

8. Once an athlete has been passed they will need to immediately fall back four (4) bike lengths before repassing to avoid a 3-minute time penalty for being OVERTAKEN.

9. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

10. Athletes riding to the left without passing another athlete will incur a 3-minute time penalty for POSITION.

11. Athletes riding to the left and obstructing other athletes from passing will incur a 3-minute time penalty for BLOCKING. Side-by-side riding is not allowed.

12. The bike position rules are in effect at all times during the race with the exception of the immediate area around Aid Stations, the mount/dismount line, sharp turns or U-turns, extreme inclines and descents and in times where athletes need to proceed with caution due to unforeseen events.

13. Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.

14. Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a 3-minute time penalty.

15. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.

V. Cycling Requirements

1. Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels, as well as a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed-gear systems do not have the ability to “coast” when pedaled backwards and are not allowed

2. Trikes, tandems and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.

3. For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly-plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at race site.

4. Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.

5. No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race or the athlete will be DISQUALIFIED.

6. Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race or the athlete will be DISQUALIFIED.

7. Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

VI. Helmet Requirements

1. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED.

2. Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.

3. No skateboard or other non-cycling helmets are allowed. Athletes

using these types of helmets will not be allowed to race and will be DISQUALIFIED.

4. Helmets are not to be altered from its manufactured state or the athlete may be DISQUALIFIED.

VII. Running Conduct

1. Bib numbers are mandatory and must be visible on the run course.
2. Running, walking or crawling is allowed.
3. Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.
4. Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for details.

VIII. Finish Line Policy

1. Only registered athletes are allowed to enter the Finish Chute and cross the Finish Line. For the safety of all, and so each participant can celebrate their accomplishment, athletes should not bring family or friends in the Finish Chute or across the Finish Line. Athletes not following this policy will be DISQUALIFIED.

IX. Penalty Assessment

1. Athletes who do not comply with the rules will be notified while on the course, when safely appropriate, if a penalty is being issued.
2. When a penalty is being issued, the official will call out the athlete's race number and show them the black and white PENALTY card illustrated below. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.



3. All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for 3 or more minutes, depending on how many penalties were issued. If an athlete was issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.
4. Any athlete receiving three (3) or more penalties will be DISQUALIFIED.
5. For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.
6. Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.
7. Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.
8. Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.
9. The Head Official shall have the authority to disqualify any athlete.

X. Protests & Appeals

1. Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail within one (1) hour of the athlete crossing

the finish line. Protests will require a \$75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

2. Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail within 5 days of the event. Appeals will require a \$75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

3. Observations and judgment calls made by the race officials cannot be protested or appealed.

XI. Registration Restrictions, Categories and Suspensions

1. Athletes will race under their age as of December 31st of the race year.

2. Athletes need to be 18 years or older on race day to register. Athletes under the age of 18 on race day need approval of a parent/guardian and Life Time Events to register.

3. Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.

4. Athletes racing under someone else's name/registration, or providing false information will be suspended from Life Time Tri for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.

5. Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence, failure to notify race staff when withdrawing from a race are also acts warranting suspension.

6. Life Time Tri has adopted the International Olympic Committee's guidelines for transgender and sex reassignment athletes.

PARATRIATHLETE RULES

Paratriathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be DISQUALIFIED unless otherwise indicated.

I. Paratri Classifications

1. For ease of registering and racing, paratriathletes will be classified into one of these three categories:

A. PTWC/Wheel Chair/Sit: Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to 2 handlers and wetsuits are allowed at any water temperature.

B. PTS/Stand: Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler and wetsuits are only allowed in water temperatures 78.0°F and below.

C. PTVI/Visually Impaired: Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license and wetsuits are only allowed in water temperatures 78.0°F and below.

2. Athletes with miscellaneous conditions such as, but not limited to: intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments and/or cognitive impairments are not eligible for paratriathlon competition.

3. Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

II. Paratriathlete Conduct

1. Handlers may aid their athlete by assisting or carrying the athlete

from the swim exit to the transition area, assist with prosthetic or support devices, lift athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.

2. Handlers and guides are subject to all competition rules and conduct.

3. Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.

4. Any request for an impairment adaption to any piece of equipment must be submitted to the Head Official at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.

5. Paratriathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

III. Para Tri Transition Conduct

1. PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area, as well as while in transition. No hand cycles are allowed from the swim exit to the transition area.

2. PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area, as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.

3. Bicycles, tandem bicycles and tricycles cannot be used from the swim exit to the transition area.

4. All PC athletes must come to a complete stop at the mount and dismount line before proceeding.

IV. Paratri Swimming Conduct

1. When there is a multiple loop swim course, paratriathletes are not required to exit the water before completing additional loops.

2. Prosthetic and orthotic devices are not allowed for any paratriathlete during the swim, as these are considered propulsive devices.

3. PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.

4. PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60-inch (1.5m) separation between them. When a violation of these rules occur the PTVI athlete and the guide will both incur a 3-minute time penalty.

5. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

V. Para Tri Cycling Conduct

1. Athletes are only allowed to be supported on the bike by pedals, the saddle and handlebars.

2. Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:

A. Athletes not wearing a prosthesis may use support for the thigh if the thigh is not affixed to the bicycle.

B. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the foot plate area.

3. If using a recumbent handcycle:

The recumbent handcycle should be arm powered with three wheels and an open frame of tubular construction, conforming to the general principles of the International Cycling Union (UCI) construction for bicycles with the exception that the chassis frame is not required to be straight).

The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width.

Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes be for strengthening purposes only.

The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drive train with hand grips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction as solid disc wheels and wheel covers are not allowed.

If the recumbent handcycle has two rear wheels it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.

All recumbent handcycles must have a braking system on the front wheel(s) and a separate breaking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.

The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete's body.

The athlete's eye line must be above the crank housing when the rider's hands are on the handgrips, the shoulder blades are touching the backrest and the head is touching the headrest.

To protect the athlete, the largest chain ring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and which faces the rider.

The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.

To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.

Hand cycles may be measured in transition and are subject to re-examination at any time.

4. If using a tandem bicycle:

The tandem bicycle shall only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).

The guide or 'pilot' will ride in front while the PTVI athlete will be seated behind the guide, both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See **HELMET REQUIREMENTS** for more details.

VI. Paratri Running Conduct

1. Running shoes or approved prosthetics on affected limbs are allowed and recommended, but not required.

2. If using a racing wheelchair:

The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.

No part of the actual chair can extend past the hub of the front wheel and must not extend in to the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).

The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.

Only one round hand rim is allowed on each large wheel unless special exemption is requested.

Only hand operated, mechanical steering devices are allowed. Athletes must be able to turn the wheel manually side to side.

No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.

Mirrors are allowed, but not required.

Competitors must ensure that no part of their limbs can fall to the ground during the event.

Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See HELMET REQUIREMENTS for more details.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Racing wheelchairs may be measured in transition and are subject to re-examination at any time.

3. Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Paratriathletes and guide partners displaying this behavior will both incur a 3-minute time penalty.

4. PTVI athletes and guides must be tethered during the run with a non-elastic tether or an elbow lead. Paratriathletes and guides must not be separated more than 20 inches (0.5m) at any times. The guide may not lead the athlete or move them forward by pulling or pushing.

Athlete and guide partners displaying this behavior will both incur a 3-minute time penalty.

VII. Para Tri Finish Line Policy

1. PTWC Paratriathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.

2. For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

PROFESSIONAL RULES

1. Professional athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri prior to race weekend.

2. Professional athletes holding a Pro card are prohibited from competing in an age group category.

3. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. The Life Time Tri Series supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

4. Professional athletes will follow all the same rules as the Age Group athletes with the following exceptions listed below:

5. Professional athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 12 meter draft zone, to avoid a 1-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

6. Professional athletes must keep 35 meters between them and moving motorized vehicles to avoid a 1-minute time penalty for DRAFTING.

7. If passing another cyclist, professional athletes must complete their pass within 25 seconds to also avoid a 1-minute time penalty for DRAFTING.

8. Once a professional athlete enters into the draft zone, they **MUST** complete the pass and not back out. Professional athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a 1-minute time penalty for DRAFTING.

9. Once a professional athlete has been passed, they will need to immediately fall back six (6) bike lengths before repassing to avoid a 1-minute time penalty for being OVERTAKEN.

10. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

11. Professional athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length (12 meter) draft zone, Professional athletes must noticeably move to the left prior to beginning the pass.

12. Professional athletes are not allowed to slot-in or pull between two other athletes unless there is more than eight (8) bike lengths of open space.

13. There is no "Stagger Rule" in use at Life Time Tri events.

14. All professional athlete penalties will be one (1) minute. A second penalty will result in DISQUALIFICATION.

15. Wetsuits are mandatory for professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C).

v4 | revised 5/4/18

Rules Summary

Don't feel like reading all that? Try this abbreviated version:

- Always promote good sportsmanship.
- Don't endanger anyone.
- Cell phones, headphones and cameras are not allowed. Triathlon requires all five of your senses.
- You may not receive assistance, in any way, from anyone other than other active racers, volunteers or race staff.
- Keep it clean. Don't litter.
- If water temperatures are 78.0°F or below, wetsuits are legal for *Competitive* division participants.
- If water temperatures are 83.9°F or below, wetsuits are legal for *Recreational* division participants.
- Flotation devices are not allowed during the swim.
- Wear a helmet - before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Don't draft. Keep four bike lengths between cyclists while riding, or complete a pass within 20 seconds.
- Always ride on the right and pass on the left.
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate!
- Have questions? Ask the Race Official team. They'll be happy to chat throughout race weekend.

Disclaimer

These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Tri reserves the right to remove any athlete at any time from the race course.

Please contact Life Time staff with questions or comments:

- **Rosalyn Popham, Head Official:** rpopham@lt.life
- **Life Time Tri Athlete Services:** events@lt.life