

Quad Cities Triathlon 2019 Athlete Guide

Thank you for supporting our event. I hope it will be a great race for you - we would appreciate any feedback. This comprehensive Athlete Guide contains important information regarding our race and some insight into making your experience most enjoyable at the Quad Cities Triathlon.

The Quad Cities Triathlon is a non-profit event that donates proceeds to the **Genesis Stroke Specialty Program**.

There are 2 opportunities to pick-up your race packet: Friday June 14th- West Lake Park, and Saturday June 15th- Race morning- West Lake Park.

Friday Packet Pick-up will be at West Lake Park from 4-8 PM, June 14th. If there is bad weather like thunderstorms, we will hold packet pick-up at the Rock Island Holiday Inn. Unless you are notified via e-mail, or on our website, packet Pick-up will remain at West Lake Park. (We will let you know by 12:00pm on Friday June 14th if there is a change due to weather). Enter through gate #1 off of 110th Avenue and go to the Lakeview Shelter to get your packet and race info. You may still pick up your packet on race morning between 5-6:15AM, at Lakeview Shelter, BUT we strongly suggest that you get your packet on Friday, June 14th. At packet pick-up, volunteers will be available to show you around the transition area and answer questions. Please remember that there is a speed limit of **15 mph** inside West Lake Park, proceed with caution.

Pre-Race Clinic

USAT Race Officials will be present at our event. USAT sanctioned races are scrutinized in a variety of areas, for the purpose of ensuring a safe and successful race. The Quad Cities Triathlon has become one of the premier sprint distance races in the country, so having USAT Officials enhances the quality of this race for you. The USAT Officials will hold a free **Pre-Race Clinic**, open to all participants, on Friday June 14th from 6-7 PM. The clinic will be held at West Lake Park near Lakeview Shelter, in which the officials will provide information on safety and rules, and answer any questions. This clinic will be time well spent, but it is not mandatory.

Race Morning: 5:00 AM

Parking: Participant parking will be first come first served within West Lake Park, Gate #1. Park officials will be directing you to park. We will be accommodating as many cars within the park as possible. Overflow and spectator parking will be located at New Life Baptist Church.

Spectator parking and shuttle service will be located at New Life Baptist Church parking lot, 7780 West Locust Street Davenport, IA. (Intersection of 110th Avenue & Locust Street.) The Johannes Bus Shuttle Runs from 5:00am to 6:45am, before the race starts, and then the shuttle will start back-up transporting people back to the New Life Baptist Church at approximately 10:30am at the stairs located next to Lakeview Shelter. There is no room on the shuttle for bikes

or dogs. The shuttle is meant to provide transportation for spectators. Athletes may park at the Church and ride into the park with their gear, it is about 2 miles from the church parking lot to the transitions area.

Spectators: and Participants leaving early:

Follow the little yellow Quad Cities Triathlon flags that will mark a walking path in the grass off the side of the main park road when entering and exiting the park. This includes spectators coming to watch, and athletes or spectators leaving the park.

WE WILL NOT ALLOW ANYONE TO WALK ON THE PARK ROAD INSIDE GATE #1 WHILE THE RACE IS IN PROGRESS, SO PLAN ON WALKING IN THE GRASS THROUGH THE CAMP GROUNDS ALONG THE MAIN PARK ROAD. WE WILL MARK THE PATH, BUT PLEASE STAY OFF THE MAIN PARK ROAD. There are athletes running and biking, vehicles coming and going, and the main road inside the park does not have a shoulder to walk on, so follow the marked path through the campgrounds in the grass to the finish-line area. Please leave your dogs at home and think about pushing any strollers through grass, if you will be walking into the park. Please call me for any questions about spectators.

The park opens at 5:00 AM on June 15th. **Parking** inside West Lake Park is on a first come first served basis. Additional parking is available outside of the park for spectators, with shuttle bus service into and out of the park. Once the race begins, shuttle service will be limited or discontinued until the race is finished. The Johannes Bus Service shuttle will drop off and pick-up athletes in the handicap parking right across from Lakeview Shelter and the finish-line area. Athletes who want to leave before the last person finishes should park outside of the park and bicycle into the transition area, particularly those who need to leave before the race ends, **but do not walk on the park road during the race. PLEASE note**, you will not be able to access the transition area, until the last participant racks their bike and starts onto the run course. Arrive in plenty of time to get all your gear out of your vehicle and to the transition area - remember, the park is open to traffic only from 5:00 - 6:45 AM. **Timing chips** will be distributed on race morning near Lakeview Shelter. **Body marking: we will have tattoo race numbers and number decals along with instructions in your race packet. You will be required to apply your race number tattoos on each arm, and your age group tattoo, will go on your left calf. If your tattoo doesn't stick, or you forget to put it on before the race, you will be able to get body marked with a marker** at Lakeview Shelter. Volunteers will be available to provide assistance and direction on race morning, and at packet pick-up, inquire at Lakeview Shelter.

You must always have your bike helmet on and fastened when on your bike, even prior to the start of the race. USAT officials will penalize or disqualify you to enforce this vital safety rule.

5:00-6:45 AM:

I stress again, arrive early so you are ready to go at race time. Your race number will be clearly marked on the bike racks, and there is sufficient space for all athletes. (This means you have about 2 feet between you and the person next to you, bring only what you need). The transition area is set up so that everyone travels the same distance to and from each leg of the race, no matter where each bike is located. Please be courteous and allow space for the person next to you to rack his or her bike. For the safety of all participants, the race will not begin until all

bikes are properly racked in their designated spots. Only registered participants will be allowed in the transition area. USAT Officials will enforce this policy, so tell friends and family they are NOT allowed inside. Setting up your spot in the transition area can be one of the most stressful parts of a triathlon. Plan accordingly and give yourself time to organize your gear, check your bike, warm-up, use the bathroom, etc. There are no concessions on the race site, other than post-race food for participants, so plan food accordingly if your family will be spectating. Please leave your dogs at home, as a courtesy to other participants.

6:45- 6:59 AM:

All athletes should gather at the beach, where I will thank the participants, our volunteers, West Lake Park, and the sponsors, whose support makes this event possible. I will give **instructions and details** at this time, such as course conditions and any last-minute updates before the start of the race. We will then honor our country with the singing of our National Anthem.

7:00 AM: IT GOES DOWN!

The race will start promptly at 7:00 AM. **Did I mention that we will start at 7:00 AM?** You won't have enough time to get ready to race by 7:00 AM if you don't arrive by at least 6:00 AM.

The Swim: It will start in a time trial format, according to your estimated swim time, (**Elites will start first, 2 minutes before the first age groupers**). Look for signs designating swim times, which will start with Elite, with the last sign designating where first-time less confident participants should line-up. **You may only start in the elite group, if you registered as Elite. Form two lines in the area by your estimated swim time, in any order. The more confident swimmers should line up toward the front of each area. The order within each designated swim time area really does not matter since each athlete's time starts only after crossing the timing mat. When the siren sounds, the first 2 people in line will cross the timing mat and enter the water, and every 3 seconds the next pair in line will follow accordingly. Volunteers will lead this process, so follow their instructions.** You will start on the beach, not in the water. Once you have entered the water and begun swimming, always keep the buoys to your right. The swim course is a straight out and back course; refer to the map on our website. Lifeguards will be on both sides of the swim course. If you are in trouble, try moving toward a lifeguard on the outside for help. **If you need to be rescued**, take off your swim cap and wave it in the air and/or move toward the lifeguards. You may rest by holding on to a watercraft during the race. If you are rescued or get out of the water, you will not be allowed to continue the swim, and you must notify an official or event staff. After you have left the water, and notified a race official, of your race number you will be allowed to finish the race, if you want to continue. You just need to notify a race official and meet with a medical staff member, to verify that you are okay to continue the race. Your official time will not be recorded, but at least you will have the option to bike and run to the finish.

Upon completion of the swim, exit the water and follow the orange cones and flags to the transition area. Right before the entrance to the transition area, there will be a small pool to rinse off your feet and a small table for storage of prescription glasses.

The Bike: Participants will need to enter the transition area, and finish the bike course by 9:30am (approximately 2 hours from the last person starting the swim.) Any participant who does not, will be required to stop racing, and will not be allowed to finish. Volunteers will notify you, and ask that you return your timing chip- this policy is for course protection, and the safety of our athletes.

Cross the timing mat and enter the transition area from the North and enter your bike row from the North. Once you are ready to start the bike portion of the race, walk/jog south to the end of your row, turn left and head east to the exit. **Before you exit the transition area, you must have your helmet on and your chinstrap fastened. Do not ride your bike in the transition area.** You will head slightly downhill as you exit your bike row, so be careful, especially if you are wearing cycling shoes. You may mount your bike ONLY after you have exited the transition area and crossed the timing mat. **Important:** when you exit the transition area you will start on a **small incline, so gear your bike accordingly** prior to the start of the race. Every year we have a few people fall over at this incline, so please take every precaution.

The bike course begins on the main park road toward gate #1. There is the distinct possibility that a camper may enter the road during the race, since the park is open and people will be camping, so use caution. We do all we can to limit traffic during the bike course; in fact, our bike course is “**closed**” to traffic, but vehicles are occasionally present. Once you exit the park, you will travel approximately 7 miles, on slightly rolling terrain to a turn-a-round point. You will then travel back on the same route. There will be a pace car following a lead police vehicle, and volunteers on the bike course will help to ensure your safety. **USAT Officials** will ride on motorcycles to monitor drafting, blocking, and other potential violations. If you are not familiar with USAT rules on the bike course, I suggest you attend the pre-race clinic on Friday June 14th from 6-7 PM, Lakeview Shelter. USAT Officials are not out to penalize, but they will ensure that everyone has a fair and safe race. Before entering the transition area, you will need to **slow down in order to dismount.** Carefully bring your bike into the transition area, entering your bike row from the north. Rack your bike in your original spot, then proceed south to the end of your bike row and turn right/west to exit the transition area and begin the run portion of the race. Please be prepared to change your own flat tire, so plan appropriately, if you should get a flat out on the course. We will do our best to get transportation to you and get you back to the transition area if you are not able to continue. If you are provided transportation, you will be disqualified, and will not be listed in the official results, or qualify for awards.

The Run: The course will take you on grass, woodchips, and asphalt. Start the run course by exiting the Southwest corner of the transition area. 7-ft tall cross-country flags will line the run course, so if you follow the flags you will stay on course. The first ¾-mile will be on grass and woodchips. Cross over an earth dam between two lakes, continuing to follow the flags to gate #3, at which you will exit and turn left/ south on 110th avenue and running past gates 4, 5, and 6. You will pass aid/water station #1 on your way to the turn-a-round at the intersection of 110th avenue and 145th street, where you will run around cones which marks the half-way point of the run. After the turn-around, you will run north on 110th Avenue towards gate #1, you will pass runners coming out of gate #3 as they make their way to the turn-a-round, please use caution,

staying in the right lane as close to the shoulder of 110th Avenue as possible. You will pass gate #2 and eventually aid/water station #2. Shortly thereafter you will see gate #1. Turn into gate #1 using caution, please be alert and keep to the right, since you may be sharing the road with bikes or vehicles, once entering gate #1, This last stretch is a FLAT, FAST ¾-mile to the finish line at the Lakeview Shelter parking lot. Upon finishing, grab a bottle of water and a QCT finisher towel. Exit through the finish area and you will find a variety of food, water and electrolyte drink awaiting you. Only water will be on the run course.

The awards and prize give away will begin at approximately 10:00am.

- **Restrooms/port-a-toilets will be located between the transition area and Lakeview Shelter.**
- **The RED medical tent will be located between the transition area and Lakeview Shelter, in the grass.**
- **Lost and found will be located at Lakeview Shelter.**

There will be scheduled training swims at West Lake for QCT participants- The training swims are for race participants- **6:30-7:45 pm, June-11-12-13.** Practice swim participants pay full admission -- \$4.00. One length of the swimming area is 220' or 73 yards long Eight lengths would be about 600 yards. Weather dependent.

West Lake Park does not permit "open water" swimming; all swimming must be done at the Beach area and when the facility is open. See West Lake web site for more information on park rules.

The official hotel of the Quad Cities Triathlon is The Holiday Inn- Rock Island, IL with a rate of \$92.00 + tax. To make reservations just call: 1-309-794-1212 and ask for the Quad Cities Triathlon room rate. Contact Holiday Inn and refer to the Quad Cities Triathlon.

Massage and chiropractic services will be available pre- and post-race.

Outdoor showers are available post-race, at the beach house located near the swim start.

Healthy Habits, the **Official Bike Sponsor of the Quad Cities Triathlon**, will provide bike support on race day near the transition area.

If your bike has aero bars, please make sure that you have caps on the ends of the bars. This is a USAT safety rule.

Teams will exchange their timing chip at the bike rack that corresponds to their race number.

Wear a wetsuit made for triathlon or swimming if you can. Wetsuits not only keep you warm, but also help you float. Wetsuits will be allowed per USAT rules: www.usatriathlon.org

Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees

Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however those participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The USAT Athletes Advisory Council shall determine the wetsuit policy for elite athletes. *The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater.*

QCT Water Temperature has historically been over 70 degrees Fahrenheit. A USA Triathlon official will take the temperature of the water the morning of the race, and the official direction regarding the use of wetsuits will be announced, on race morning.

Transition Tours: Take a tour of the transition area on Friday June 15th, starting at 6:00pm. Tours will be conducted as needed. Meet at Lakeview Shelter where volunteers will show you around the transition area, and answer questions. You will see your bike rack and the entrance and exit areas within the transition area. This will be a good opportunity to ask any questions and get information regarding race day. **IMPORTANT:** When placing your bike on the bike rack at your numbered spot, your tire must be touching the ground, on the side of the rack that your race number sticker faces, this allows a balanced system for bikes with room for each participant. Please ask a volunteer or official, if you have any questions.

Anyone interested in **volunteering** should contact us directly. Once we determine the volunteer job that best suits you, you may register on-line at www.qctriathlon.com. Registering for your specific position will help us keep track of all volunteers and will allow you to acknowledge the mandatory liability volunteer waiver. There will be a volunteer meeting on Friday June 14th at 6:00pm- Lakeview Shelter.

Look for **course maps and parking maps** on our website: www.qctriathlon.com

The QCT is part of the **Heart of America Triathlon Series:** www.pigmantri.com/hoaseries.html or 319-373-0741.

Awards Ceremony: Begins at approximately 10:00 AM.

Prize Money: First Place Overall Male and Female: \$250 each
Second Place Overall Male and Female: \$150 each
Third Place Overall Male and Female: \$100 each

- Age Group awards will go to the top 3 Male and Female finishers in each age group.
- Awards will go to the top 3 Male and Female Masters (40+) finishers.
- Awards will go to the top Male, Female, and Co-ed Teams.
- Awards will go to the top 3 Athena (Lady Clydesdale) and Clydesdale finishers - 39 & under, as well as the top 3 Athena & Clydesdale - 40 & older.
- Athletes competing as an Elite or Pro will not be included in the *age group* results.

- Awards will go to the top **Male and Female Quad Cities Residents- “Fastest QC Triathlete”** (winners must live in Rock Island, Moline, East Moline, Davenport, or Bettendorf).
- An award will go to the fastest **Triathlon Club**. Must have a minimum of 4 participants to count as a club. The top 5 finishers will be scored from each club, according to place, lowest score wins.

2019 OCT Refund Policy

You may cancel your registration and receive a full refund, less on-line registration fees, until April 17th, 2019. Your request to cancel and receive a full refund, less on-line registration fees, must be dated or received, on or before April 19th, 2019.

Spectators

Because of our limited space within West Lake Park, spectators will have to park outside of the park at New Life Baptist Church. The Johannes bus Shuttle will run before the race, and after the race. (5:00am-6:45am then start up again, at 10:00am. Contact me if you have any questions 608-209-1054) once the race begins, it is difficult to access the park due to closed roads, and so spectators should plan to arrive before the race starts. While the race is in progress we ask that spectators not walk on the main park road, inside gate #1. If you must walk on the road, please use extreme caution and look for runners and bikes. No one will be permitted to leave the park before the last bike enters the park. Please contact event officials, if you have any additional questions regarding spectator parking, or leaving the park prior to the end of the race.

Buses and campers are not allowed into West Lake Park, unless they are in the campground area, prior to race day. Camping is available at West Lake Park, on a first come first served basis. Please advise any spectators coming to watch you, to arrive prior to 6:30am if they want to come into the park to watch. We prefer that all spectators take the Johannes bus shuttle into and out of the park. The park road (gate #1) is very narrow and busy, with no shoulder. There is a wide flat grass area on the west side of the park road for people to walk, although strollers and wheelchairs could have difficulty. The goal is to keep everyone but participants off the park road during the race. Please do not attempt to access the park or exit the park through gate #1 during the race. If you have questions regarding spectators, call me and I will discuss directly my suggestions for spectators, and answer questions.

There are a wide variety of ages and ability levels participating in the Quad Cities Triathlon. Chances are you won't be last and you won't be first, but then again you could be... ☺

You have trained for this day... You ARE READY...

IT'S ABOUT TO GO DOWN!

Eric Sarno- Race Director



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www.qctriathlon.com

608-209-1054

Please support our Sponsors and Partners

Genesis Stroke Specialty Program- Event Charity

Kaminski Pain and Performance Center
The Planning Center
Rock Island Electric Motor Repair Inc.
Active Endeavors
Rock Valley Physical Therapy
Fleet Feet Sports- Davenport
Quad Cities On-line
Healthy Habits
Pillar Equipment
Saukanuak paddlers
Hy-Vee
Mein Design
Getmeregistered
Holiday Inn- Rock Island
Scott Co. Conservations Board
Scott County Scott County Sheriff's Dept.

Stroke Awareness

- Stroke is a **brain attack**, cutting off vital blood flow and oxygen to the brain.
- In the United States, stroke is the third leading cause of death, killing about 137,000 people each year and a leading cause of serious, long-term adult disability.
- From 1996 to 2006, the stroke death rate fell 33.5 percent and the actual number of stroke deaths fell by 18 percent.
- Approximately **795,000 strokes** will occur this year.
- Stroke can happen to anyone at any time, regardless of race, sex or age.
- Approximately **55,000 more women than men** have a stroke each year.
- Men's stroke incidence rates are greater than women's at younger ages, but not older ages.
- African Americans have almost twice the risk of first-ever stroke compared with whites.
- Types of Stroke:
 - **Ischemic stroke** occurs when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. About 87 percent of all strokes are ischemic.
 - **Hemorrhagic stroke** occurs when a blood vessel in the brain breaks leaking blood into the brain. Hemorrhagic strokes account for thirteen percent of all strokes, yet are responsible for more than thirty percent of all stroke deaths.
- Two million brain cells die every minute during stroke, increasing risk of permanent brain damage, disability or death. Recognizing symptoms and **acting fast** to get medical attention can save a life and limit disabilities.
- The prevalence of transient ischemic attacks (TIA) increases with age. Up to 40 percent of all people who suffer a TIA will go on to experience a stroke.
- The estimated direct and indirect cost of stroke for 2010 is \$73.7 billion.

Stroke Strikes Fast. You Should Too. Call 9-1-1.

Few Americans know the symptoms of stroke. Learning them—and acting FAST when they occur—could save your life or the life of a loved one. Remember that: Stroke Strikes Fast. You should too. Call 9-1-1.

Common stroke symptoms include:

- Sudden numbness or weakness of the face, arm or leg – especially on one side of the body,
- Sudden confusion, trouble speaking or understanding,
- Sudden trouble seeing in one or both eyes,
- Sudden trouble walking, dizziness, loss of balance or coordination,
- Sudden severe headache with no known cause.

Use the F.A.S.T. test for recognizing and responding to stroke symptoms:

F = FACE Ask the person to smile. Does one side of the face droop?

A = ARMS Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH Ask the person to repeat a simple sentence. Does the speech sound slurred or Strange?

T = TIME If you observe any of these signs, it's time to call 9-1-1 or get to the nearest stroke Center or hospital.

Reducing Stroke Risk

Everyone has some stroke risk. Some risk factors are beyond your control, including being over age 55, being a male (stroke is more common in men than women at younger ages, but more women experience strokes at older ages and more women than men die from stroke), being African-American, having diabetes, and having a family history of stroke. If you have one of these risk factors, it is even more important that you learn about the lifestyle and medical changes you can make to prevent a stroke. Learn more by reading the Prevention Guidelines below.

Medical stroke risk factors include:

Previous stroke, previous episode of TIA or mini stroke, high cholesterol, high blood pressure, heart disease, atrial fibrillation and carotid artery disease. These medical risk factors can be controlled and managed even if you have already had issues with any of them in the past. Talk with your doctor about what will work best for you.

Lifestyle stroke risk factors include:

Smoking, being overweight and drinking too much alcohol. You can control these lifestyle risk factors by

quitting smoking, exercising regularly, watching what and how much you eat and limiting alcohol consumption.

Public Stroke Prevention Guidelines

- 1. Know your blood pressure.** If it is elevated, work with your doctor to keep it under control. High blood pressure is a leading cause of stroke. Have your blood pressure checked at least once each year—more often if you have a history of high blood pressure.
- 2. Find out if you have atrial fibrillation (AF).** If you have AF, work with your doctor to manage it. Atrial fibrillation can cause blood to collect in the chambers of your heart. This blood can form clots and cause a stroke. Your doctor can detect AF by carefully checking your pulse.
- 3. If you smoke, stop.** Smoking doubles the risk for stroke. If you stop smoking today, your risk for stroke will begin to decrease.
- 4. If you drink alcohol, do so in moderation.** Drinking a glass of wine or beer or one drink each day may lower your risk for stroke (provided that there is no other medical reason you should avoid alcohol). Remember that alcohol is a drug - it can interact with other drugs you are taking, and alcohol is harmful if taken in large doses. If you don't drink, don't start.
- 5. Know your cholesterol number.** If it is high, work with your doctor to control it. Lowering your cholesterol may reduce your stroke risk. High cholesterol can also indirectly increase stroke risk by putting you at greater risk of heart disease - an important stroke risk factor. Often times, high cholesterol can be controlled with diet and exercise; some individuals may require medication.
- 6. Control your diabetes.** If you are diabetic, follow your doctor's recommendations carefully because diabetes puts you at an increased risk for stroke. Your doctor can prescribe a nutrition program, lifestyle changes and medicine that can help control your diabetes.
- 7. Include exercise in the activities you enjoy in your daily routine.** A brisk walk, swim or other exercise activity for as little as 30 minutes a day can improve your health in many ways, and may reduce your risk for stroke.
- 8. Enjoy a lower sodium (salt), lower fat diet.** By cutting down on sodium and fat in your diet, you may be able to lower your blood pressure and, most importantly, lower your risk for stroke.
- 9. Ask your doctor if you have circulation problems.** If so, work with your doctor to control them. Fatty deposits can block arteries that carry blood from your heart to your brain. Sickle cell disease, severe anemia, or other diseases can cause stroke if left untreated.
- 10. If you have any stroke symptoms, seek immediate medical attention.**