



First National Bank

**PITTSBURGH TRIATHLON
2016**



Produced by



Benefiting



AUGUST 12-14

Point State Park, Pittsburgh, PA

2016 Ultimate Athlete Guide

Olympic | Sprint | Adventure Race



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WELCOME

Welcome to the 19th Annual Pittsburgh Triathlon and Adventure Race presented by First National Bank. More than 800 athletes from 20 different states will participate in this year's race.

As a participant of the Pittsburgh Triathlon and Adventure Race, you aren't just making a commitment to test yourself and enjoy a great morning of racing. You're also helping Friends of the Riverfront, with proceeds from the race helping them to continue the transformation of Pittsburgh's riverfronts and rivers into places where people can pursue outdoor activity, be healthy and be social and about helping nature to thrive in environments where heavy industry once ruled.

The event, which is produced by P3R, showcases the City's rivers, bridges and trails. The event is held at Point State Park, located at the confluence of three rivers – the Allegheny, Monongahela and Ohio, and sit at the tip of Pittsburgh's "Golden Triangle."

The weekend of events kicks off with a Happy Hour at Wigle Whiskey on Friday night from 6:00 – 8:00 PM where athletes and representatives from Friends of the Riverfront and P3R can mingle and enjoy appetizers and pre-race drink or two

Some exciting new changes were made to the USA Triathlon-sanctioned races to improve on the overall athlete experience. New swim entries - the Olympic swim entry at the Riverwalk at the Convention Center and the Sprint entry on the North Shore near the Water Steps by PNC Park. Shuttle service will be provide both days to swim entry points.

Gear check is being offered to all athletes and a Spectator VIP so that you can thank your biggest supporters.

With only a short period of time before race day, be sure to rest, hydrate, get your bike inspected and follow the equipment pack list. Please take the time to review the Ultimate Athlete Guide and the website for important weekend information.

Lastly, please thank the volunteers at the expo, packet pick up and along the race courses. Each of them donate their time to make this event safe and successful.

Good luck!

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First National Bank



OFFICIAL SCHEDULE OF EVENTS

FRIDAY, AUGUST 12

12:00 PM – 8:00 PM

Expo and Athlete Packet Pickup
Point State Park, Pittsburgh, PA

Optional bike Safety Check *

3:00 PM

Athlete Briefing – Announcer Stage

7:00 PM

Athlete Briefing – Announcer Stage

6:00 PM – 8:00 PM

Adventure Race Kayak Drop Off
Commonwealth Place near entrance to Point State Park

*Bike safety checks provided by Big Bang Bikes and Pro Bike and Run

SATURDAY, AUGUST 13

5:00 AM

Transition opens – Olympic Distance and Adventure Race & Relays
Point State Park, Pittsburgh, PA

Race day registration – Olympic and Adventure Race and Relays opens

Adventure Race Kayak Drop Off
Commonwealth Place near entrance to Point State Park

Shuttles to the Olympic swim start begin. Shuttles depart every 10 mins
Wyndham Hotel on Liberty Avenue near Commonwealth Place

5:30 AM

Spectator VIP Opens

6:30 AM

Transition and race day registration closes – all events

Race Start – Olympic Distance and Relay



SATURDAY, AUGUST 13 (continued)

7:15 AM	Race Start – Adventure Race and Relay
9:30 AM	Awards Ceremony – Announcer Stage
10:00 AM – 4:00 PM	Expo opens
10:00 AM	Transition Bike/Kayak/Gear Check Out (estimated)
12:00 PM – 4:00 PM	Packet Pickup and Race Registration for Sprint Triathlon
	Optional bike Safety Check *
	*Bike safety checks provided by Big Bang Bikes and Pro Bike and Run

SUNDAY, AUGUST 14

5:30 AM	Transition opens – Sprint Triathlon Point State Park, Pittsburgh, PA
	Race day registration and Packet Pickup for Sprint Triathlon opens
	Shuttles to the Olympic swim start begin. Shuttles depart every 10 mins Wyndham Hotel on Liberty Avenue near Commonwealth Place
6:00 AM	Spectator VIP Opens
6:40 AM	Transition closes
7:00 AM	Race Start – Sprint Triathlon
9:30 AM	Awards Ceremony – Announcer Stage
9:00 AM	Transition Bike/Gear Check Out (estimated)



PRE-RACE

Bike Safety Inspections

Bike checks are not mandatory but are highly recommended. Pre-race bike checks are available at our sponsoring bike shops:

- [Big Bang Bikes](#), 347 Lebanon Road, West Mifflin, PA 15122 , 412.462.4600
- [Pro Bike and Run](#) – Squirrel Hill (412) 586-5497 | Monroeville (412) 229-8473 | South Hills (412) 851-1109 | Robinson Township 412-490-0881

You are responsible for the safety of your bike and to maintain it in good working order for your safety and the safety of the athletes around you. Be sure that you do not have any loose parts, damaged rims, broken spokes, or dry and rotted tires. Also be sure that your handlebars have bar end plugs.

Should you have any problems with your bike or your helmet, please take it to the above mentioned bike shops or to your local bike shop prior to the race for any necessary repairs.

Athlete Happy Hour

[Wigle Whiskey](#)

Friday, August 12

6:00 – 8:00 PM

Space is limited. Please RSVP by Thursday, August 11 to rsvp@p3r.org.

Gather with race organizers and fellow athletes to celebrate the 19th Annual Pittsburgh Triathlon and Adventure Race. Appetizers will be provided and a cash bar will be available.

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PACKET PICK UP / EXPO

Packet Pick Up Schedule and Location

- Friday, August 12 - 12:00 PM – 8:00 PM (All participants)
- Saturday, August 13 - 5:00 AM – 6:30 AM (Olympic/Adventure) and 12:00 PM – 4:00 PM
- Sunday, August 14 - 5:30 AM – 6:30 AM

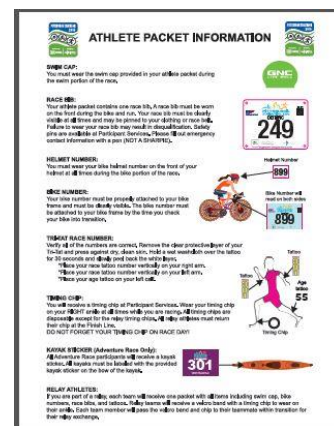
Packet Pickup Instructions

- All athletes are required to pick up their own registration packet.
- You will receive your bib assignment when you pick up your packet.
- You must present a photo ID to receive your race packet.
- You must provide proof of current USAT membership or purchase a 1 Day membership card for \$15.
- Relay team members are permitted to pick up their portion of the relay team packet.

Registration Packet Items

Athletes will receive the following items during packet pickup:

- Swim cap
- Race bib
- Helmet number
- Bike number
- Tri-Tattoo Race Number
- Timing chip
- Kayak sticker (Adventure Race Only)



Goodie bag and race shirt will be available for pickup at a separate table within the packet pickup area.

Timing Chips

You will receive a timing chip at Participant Services. Wear your timing chip on your RIGHT ankle at all times while you are racing. All timing chips are disposable except for the relay timing chips. All relay athletes must return their chip at the finish line.

DO NOT FORGET YOUR TIMING CHIP ON RACE DAY!



Race Numbers

Your race packet will contain a series of stickers, run bibs and tattoos:

- Race bib – a race bib must be worn on the front of your gear during the bike and run. Your race bib must be clearly visible at all times and may be pinned to your clothing or race belt. Failure to wear your race bib may result in disqualification. Safety pins are available at Participant Services. Please fill out emergency contact information on the back of your bib with a pen.
- Helmet Sticker - You must wear your helmet number on the front of your helmet at all times during the bike portion of the race.
- Bike Sticker - Your bike number must be properly attached to your bike frame and must be clearly visible. The bike number must be attached to your bike frame by the time you check your bike into transition.
- Swim caps – your official swim cap will be provided to you at packet pickup. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it. Cap colors correspond to the wave starts. Be alert and ensure that you start with the correct wave.
- Tri-Tat Race Number – Body marking is a customary process in triathlons and race tattoos will be provided to each athlete. Before you apply the tattoo, verify that all the numbers are correct. Place your race number vertically on your right and left arms. Place your age tattoo on your left calf.
- Kayak Sticker (Adventure Race Only) – All Adventure Race participants will receive a kayak sticker. All kayaks must be labeled with the provided kayak sticker on the bow of the kayak.



PITTSBURGH TRIATHLON & ADVENTURE RACE COURSES

Olympic Distance Course	1500m swim 40k bike 10k run
Sprint Course	600m swim 20k bike 5k run
Adventure Race	2 mile kayak 20k bike 5k run

The 2016 Pittsburgh Triathlon presented by First National Bank and benefiting Friends of the Riverfront showcases the City’s rivers, bridges and trails. The event is held at Point State Park, located at the confluence of three rivers – the Allegheny, Monongahela and Ohio, and sit at the tip of Pittsburgh’s “Golden Triangle.” The park commemorates and preserves the strategic and historic heritage of the area during the French and Indian War (1754 – 1763).

The swim takes place in the Allegheny River, where you will swim and exit to the transition area at Point State Park. The Sprint swim will start on the North Shore near PNC Park and the Olympic swim will start on the Three Rivers Heritage Trail near the David L. Lawrence Convention Center. Shuttles will transport athletes to the swim start of each race.

The start of the Adventure race will be on the Allegheny River at Point State Park. Kayaks will be staged along the Allegheny Amphitheater.

The bike route takes you across the Roberto Clemente Bridge and past PNC Park to the HOV lane to the turnaround area at the Perrysville Park and Ride. Cyclists will ride one loop for the sprint and adventure courses and two loops for the Olympic distance.

The run course is along the beautiful Three Rivers Heritage Trail a pedestrian trail and greenway system in the Pittsburgh area, covering 37 miles along both sides of the Allegheny, Monongahela and Ohio Rivers. The trail also connects to the Great Allegheny Passage (GAP), the developing Erie to Pittsburgh Trail and the Pittsburgh to Harrisburg Main Line Canal Greenway.

The finish line is adjacent to the transition area in Point State Park making it ideal for family and friends.

Click on the course maps below for printable and scalable versions.



Olympic Distance Course



**This is a USA Triathlon sanctioned event.*

Distances: 1500m Swim, 40K Bike and 10K Run

Swim Start: Three Rivers Heritage Trail near the David L. Lawrence Convention Center

Swim Exit: Point State Park – Allegheny River side

Transition/Finish Line: Point State Park

Shuttles to the swim start will be available beginning at 5:30 AM on Commonwealth Drive near the Wyndham



The Olympic Distance Pittsburgh Triathlon course showcases Pittsburgh’s beautiful bridges, rivers and trails and is centered around Point State Park located at the confluence of the Monongahela, Allegheny and Ohio rivers and is at the tip of Pittsburgh’s “Golden Triangle.”

The swim portion of the event takes place in the Allegheny River. The Olympic swim will start on the Three Rivers Heritage Trail near the David L. Lawrence Convention Center and exit to the transition area at Point State Park.

The bike route takes participants across the Roberto Clemente Bridge and past PNC Park to the HOV lane to the turnaround area at the Perrysville Park-n-Ride. Cyclists will ride two loops for the Olympic distance.

The run course is an out and back along the beautiful Three Rivers Heritage Trail. Athletes will run along the city-side of the trail, cross the Clemente Bridge and continue along the North Shore side of the trail. Click the map below to review each leg of the course.



Sprint Distance



**This is a USA Triathlon sanctioned event.*

Distances: 600m Swim, 20K Bike and 5K Run

Swim Start: North Shore section of Three Rivers Heritage Trail near PNC Park

Swim Exit: Point State Park – Allegheny River side

Transition/Finish Line: Point State Park

Shuttles to the swim start will be available beginning at 5:45 AM on Commonwealth Drive near the Wyndham

The Sprint Distance Pittsburgh Triathlon course showcases Pittsburgh’s beautiful bridges, rivers and trails and is centered around Point State Park located at the confluence of the Monongahela, Allegheny and Ohio rivers and is at the tip of Pittsburgh’s “Golden Triangle.”



The swim portion of the event takes place in the Allegheny River. The Olympic swim will start on the North Shore section of the Three Rivers Heritage Trail near PNC Park and exit to the transition area at Point State Park.

The bike route takes participants across the Roberto Clemente Bridge and past PNC Park to the HOV lane to the turnaround area at the Perrysville Park-n-Ride. Cyclists will ride one loop for the Sprint distance.

The run course is an out and back along the beautiful Three Rivers Heritage Trail. Athletes will run along the city-side of the trail.

Click the map below to review each leg of the course.



Adventure Race



Distances: 2 Mile Kayak, 20K Bike and 5K Run
Kayak Start/Exit: Point State Park – Allegheny Wharf
Transition/Finish: Point State Park

The Adventure Race as part of the Pittsburgh Triathlon course showcases Pittsburgh’s beautiful bridges, rivers and trails and is centered around Point State Park located at the confluence of the Monongahela, Allegheny and Ohio rivers and is at the tip of Pittsburgh’s “Golden Triangle.”

The kayak portion of the event takes place in the Allegheny River and will start near the Ft. Duquesne Bridge. Kayaks will enter and exit the water on the Allegheny Wharf portion of Point State Park.



The bike route takes participants across the Roberto Clemente Bridge and past PNC Park to the HOV lane to the turnaround area at the Perrysville Park-n-Ride. Cyclists will ride one loop for the Adventure Race.

The run course is an out and back along the beautiful Three Rivers Heritage Trail. Athletes will run along the city-side of the trail.

2016 PITTSBURGH TRIATHLON

Tri Gear

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Congratulations to the participants of the
2016 UPMC Health Plan Adventure Race. We're proud to support
all those who are taking steps to live healthy today and every day.



RACE DAY LOGISTICS

Race day requires athletes, spectators, volunteers and event staff to adhere to a variety of special timelines, access points and security processes.

Parking

Race Day Parking

Parking is available at any available downtown parking lots and garages. Surface lots are available at Station Square and the lots on the North Shore near Heinz Field and PNC Park. Visit www.parkpgh.org for parking locations rates and hours.

Athletes are not permitted to park at the Wyndham Grand Hotel on Commonwealth Place unless they are a hotel guest. Commonwealth Place will be open to hotel guests only.

Please be advised that there is a pre-season Steelers game on Friday, August 12 and there is another event on the North Shore on Saturday, August 13.

Gear Check

Gear check will be available at the Information Tent at Point State Park on each day of events. Athletes will be able to check their bag at the tent before the race and pick up their bag at the tent post-race.

Gear check will also be available at each Swim Start location for each day. Bags will be transported to Point State Park immediately after the start of the race and will be available for pick up at the Information Tent inside of Point State Park.

Clear drawstring bags will be available at each Gear Check location along with labels and sharpies to identify each bag.

The Pittsburgh Triathlon is not responsible for any lost or stolen items and participants are storing items at their own risk, we do not recommend checking any valuable items.



Transition Area

The transition area is located at Point State Park and will be available for athletes to drop off their triathlon gear the morning of their race. No overnight storage of bikes will be allowed.

Transition Area Times

- Saturday, August 13: 5:00 AM – 6:20 AM
- Sunday, August 14: 5:30 AM – 6:40 AM

Each bike rack location is numbered and you must rack your bike according to your race number. Your bike should be racked as directed by the number and arrow on each section. It is your responsibility to know where your bike rack is in relation to T1 and T2.

Please be respectful of the athletes around you and keep your race gear contained within the area around your bike. Also, while making your transitions during the race, please be sure that you do not leave any other gear in the aisles or outside your zone.

The only people allowed in the transition area at any time will be the race participants, P3R staff members and event volunteers. You will need your race number before access to transition will be allowed. There is one entrance/exit to the transition area prior to the race – you must use this entrance/exit only. Bike warm-ups must take place prior to transition area check-in. Once your bike is in transition, it cannot leave until the bike portion of the race.

After you finish the race, there will be one exit for people and bikes. In order to check out your bike, you must have your bike number on your bike and your race number visible. If you are missing either of these, the transition area manager will need to record your race number information and it will delay your exit from transition.

Please remember that once you finish the race, there may still be other participants transitioning. Please keep the aisles of transition and the bike in/run out areas clear so that they can continue the race.



THE START AND SWIM

The Swim Course

The swim portion of the event takes place in the Allegheny River.

- **Olympic Distance:** The Olympic swim will start on the Three Rivers Heritage Trail near the David L. Lawrence Convention Center and exit to the transition area at Point State Park.
- **Sprint Distance:** The Sprint swim will start on the North Shore section of the Three Rivers Heritage Trail near PNC Park and exit to the transition area at Point State Park

Wave Start Schedule

Wave Schedule – Olympic Distance Triathlon

Wave	Time	Division	Cap Color
1	6:30 AM	Males 39 and Under	Green
2	6:36 AM	Males 40 and Over; Relay	Blue
3	6:42 AM	Females 39 and Under; Females 40 and Over	Purple

Wave Schedule – Adventure Race

Wave	Time	Division
4	7:15 AM	Mass Start

Wave Schedule – Sprint Triathlon

Wave	Time	Division	Cap Color
1	7:00 AM	Male 29 and Under	Green
2	7:06 AM	Male 30-39	Blue
3	7:12 AM	Male 40 and Over	White
4	7:18 AM	Female 29 and Under	Purple
5	7:24 AM	Female 30-39	Silver
6	7:30 AM	Female 40 and Over; Relay	Gold

Swim Instructions

- All athletes will be grouped with their assigned age group or division
- Per USAT standards, age groups are determined by your age at the end of the calendar year. For example, if you turn 30 in 2016, even after August 14, you will still compete in the 30-34 age group.
- Timing mats will be located at the swim check-in and at swim exit.
- All athletes will receive a timing chip. Swim time begins with your wave start, and ends when you cross the exit mat (begins T1 time).



Swim Course Tips

If you're struggling in the swim, raise and wave your arm to get the attention of one of our many swim support teams on kayaks, paddleboards and boats. If you need to grab onto a kayak for a second you may do so without being disqualified, but you can't make progress.

Wet Suits

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

Water temp will be taken the morning of the race. Race director has the right to not allow wetsuits if the temperature is above 78 degrees.

Water Contact Policy

Friends of the Riverfront Pittsburgh Triathlon & Adventure Race River Contact Policy

A certain degree of risk always exists when people come into contact with an urban river, such as the Monongahela, Allegheny and Ohio Rivers, and all participants and volunteers of the Pittsburgh Triathlon & Adventure Race do so at their own risk.



During wet weather and in the days immediately following, conditions can rapidly change around and within rivers, streams, and creeks, resulting in potentially hazardous conditions for Pittsburgh Triathlon & Adventure Race participants and volunteers.

In addition to hazards such as fast-moving water and debris washed from land, wet weather can cause combined sewer overflows (CSO) in area sewers at connection points with the Allegheny County Sanitary Authority (ALCOSAN) collection system. These overflows can be a source of bacteria and other waterborne pathogens that may cause illness or other bodily harm if swallowed or exposed to open skin or sores. ALCOSAN's Sewer Overflow Advisory Key (SOAK) system indicates to the public the current overflow status of area waterways.

Sewer Overflow Advisory Key	Contact	Activity	Recommendation
CSO Wet Weather Overflows Are In Effect Untreated wastewater may be discharging to waterways; Minimize contact with rivers, streams and creeks	Primary	Jet Skiing Wakeboarding Water Skiing Swimming Wading/Tubing	Minimize Contact
	Secondary	Canoeing Sculling / Rowing Power Boating Kayaking Fishing	Minimize Contact
Sewer Overflow Advisory Key	Contact	Activity	Recommendation
CSO CEASED Wet Weather Overflows Have Ceased Rivers, streams and creeks may remain impaired for up to 48 hours after overflows have ceased	Primary	Jet Skiing Wakeboarding Water Skiing Swimming Wading/Tubing	Minimize Contact
	Secondary	Canoeing Sculling / Rowing Power Boating Kayaking Fishing	Suitable
Sewer Overflow Advisory Key	Contact	Activity	Recommendation
DRY WEATHER OPERATION System Is In Dry Weather Operation River quality is normal; No advisories are in effect	Primary	Jet Skiing Wakeboarding Water Skiing Swimming Wading/Tubing	Suitable
	Secondary	Canoeing Sculling / Rowing Power Boating Kayaking Fishing	Suitable

*Due to the possibility of high flows, floating debris washed from land and poor visibility during wet weather conditions, extreme caution should be used in all activities.

The river contact portion of the Pittsburgh Triathlon & Adventure Race will only occur if the SOAK advisory key indicates that the ALCOSAN collection system is in Dry Weather Operation. If the river contact portion of the Pittsburgh Triathlon & Adventure Race is cancelled, the event will then become a duathlon (bike, run).

Friends of the Riverfront takes the wellbeing of all Pittsburgh Triathlon & Adventure Race volunteers and participants seriously. A link to the [SOAK alert system](#) and river condition information will be posted at www.friendsoftheriverfront.org. Additionally, river condition information will be announced at the venue, and prominently posted at the main event tent to allow volunteers and participants the ability to review and adjust their participation accordingly.

Participants may learn more about ALCOSAN, the SOAK program, and current SOAK alerts by visiting [clicking here](#).

This policy applies to swim and kayak participants in the Pittsburgh Triathlon & Adventure Race series.



ADVENTURE RACE

The Kayak Course

The kayak portion of the event takes place in the Allegheny River and will start near the Ft. Duquesne Bridge. Kayaks will enter and exit the water on the Allegheny Wharf portion of Point State Park.

Kayak Tips

- Outside assistance by your own friends, family, etc. is allowed to assist the transportation of your kayak to and from the race start. Your assistant(s) may help you transport your kayak to race start, river exit, and back to designated area near transition area.
- Kayaks may be dropped off on Friday, August 12 from 6:00 – 8:00 PM and stored overnight on the Allegheny Wharf or race morning, Saturday, August 13 starting at 5:00 AM. We do not recommend storing your PFDs or oars overnight with your kayak.
- Arrive at the race venue at corner of Commonwealth Place and Liberty Avenue/Penn Avenue, stay with your vehicle at all times, and drop off your kayak at designated area near transition area coordinated by race staff/volunteers. This will be a temporary holding area while you park your vehicle.
- After parking your vehicle, bring your bike and other gear to venue and pick up your packet and timing chip.
- Volunteers will attach your assigned bib number to the bow of your boat. It is suggested you label your oars with your name. We can transport your kayak to the kayak starting area but we will not do so for any Epic or similar expensive/racing brand kayaks. Athletes with these kayaks should plan to take full responsibility for them unless assistance is specifically requested.
- Get yourself ready for your race and then report to your starting area where your kayak will be waiting for you.
- Event staff can assist with transporting kayaks back to the entrance to Point State Park after the kayak portion of the event is completed. Again, we will not transport any Epic or similar expensive/racing brand kayaks unless assistance is specifically requested.
- The kayak entry/exit area – we will utilize floating docks courtesy of the TRRA that are about 6-8" above surface of water. These docks will be tied to the bulkhead of the start/finish of the Adventure Race. We will utilize an in-water start and when you finish, paddle up to docks in a parallel format, ensure a volunteer or assistant(s) is there to hold your kayak, and exit your kayak and head towards transition area for your next segment of the race.
- When exiting the dock area, please be aware that you're crossing over the run course and may need to yield to other athletes on the course as you head to transition.



Kayak Rentals

Each individual must furnish their own kayaks or make their own arrangements for kayak rentals. P3R and/or Friends of the Riverfront will not be responsible and will not provide kayak rentals. The race fee does not cover the cost of rentals

If you rented a kayak, it will be already be onsite and ready for your use. Please check in with the kayak rental company representative when you arrive at the Allegheny Wharf area.

TRANSITIONING AND THE BIKE

Transitioning to the Bike

The barefoot run from Swim Exit is approximately 500 yards. Bring an extra bottle of water to rinse your feet in transition.

The Bike Course

The bike route takes participants across the Roberto Clemente Bridge and past PNC Park to the HOV lane to the turnaround area at the Perrysville Park-n-Ride. Cyclists will ride two loops for the Olympic distance and one loop for the Sprint Distance.

Bike Support

- Show up with your bike ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and brakes adjusted, and seats and handlebars properly fitted and tight.
- Mechanics will be available in transition and at the bike turnaround for basic support.
- In case of a flat, pull off to the side of the road so you do not obstruct other cyclists.
- There will be a sweep vehicle following the last athlete that can pick you up if you've had a mechanical issues and can't continue.
- Bike support is not guaranteed. Be prepared to fix your own flat. If you cannot continue, be prepared to wait for the sweep vehicle.

Tips

- There are aid and fluid station at the turnaround point on the bike course.
- Ride on the right side of your lane, as far right as possible.
- Keep three bike lengths between you and the cyclist in front of you (drafting is illegal)
- Pass on the left of the cyclist in front, never on the right
- Complete your pass within 15 seconds
- If passed, you must drop completely out of the zone, back at least 3 bikes lengths to the rear, before attempting to pass again



Bike Racks/ Numbering

Each bike rack location is numbered and you must rack your bike according to your race number. Your bike should be racked on the correct side as directed by each racks arrow sign.

Neatness Counts

Please be respectful of the athletes around you and keep your race gear contained within the area around your bike. Also, while making your transitions during the race, please be sure that you do not leave any other gear in the “aisles” between the racks.

THE RUN AND THE FINISH

The Run Course

Olympic Distance

The run course is an out and back along the beautiful Three Rivers Heritage Trail. Athletes will run along the city-side of the trail, cross the Clemente Bridge and continue along the North Shore side of the trail

Sprint Distance and Adventure Race

The run course is an out and back along the beautiful Three Rivers Heritage Trail. Athletes will run along the city-side of the trail.

Relay Team Information

Relay teams consist of 2-3 athletes participating in the Olympic, Sprint or Adventure Races. One athlete is assigned to each leg of the race.

- There will be one packet for each relay team which will include all necessary items for the event – swim cap, bib, helmet sticker, bike sticker, tri-tattoos.
- All relay team members are required to show their photo ID and proof of USA Triathlon membership when picking up the relay team packet.
- The team will receive a velcro band with a timing chip to wear on their left ankle.
- Each team member will pass the velcro band and chip to their teammate within transition for their relay exchange.

Medical Support

Medical support for Pittsburgh Triathlon and Adventure Race athletes will be provided by UPMC Sports Medicine and City of Pittsburgh EMS.



UPMC Sports Medicine will operate a medical tent at the finish line area along with medical aid stations along each leg of the race. It will be staffed with licensed doctors, nurses and medical personnel. The City of Pittsburgh EMS will have EMT/Paramedics on hand, as well as provide ambulances and roving motorcycle paramedics.

Medical Aid Stations

- Swim finish along the Allegheny Wharf at Point State Park
- Transition Area and Finish Line in Point State Park
- Bike Course at the bike turnaround at the Perrysville Park and Ride
- Run course along the Three Rivers Heritage Trail near the intersection of Heinz Street and River Avenue

Should you experience any medical issues, please notify the nearest official or medical aid station who will dispatch the appropriate medical attention.

Please be sure to hydrate and dress for the expected weather. In the event that lightning occurs along the course, please seek shelter immediately under a permanent shelter.

Fluid Stations

Fluid Stations will be available before, during and after the event.

- Pre-race water monsters will be located at Point State Park
- Bike course: a fluid station will be available at the at the bike turnaround at the Perrysville Park and Ride
- Run (10k) course along the Three Rivers Heritage Trail near the intersection of Heinz Street and River Avenue
- Run (5k) course along the Three Rivers Heritage Trail city-side just below the Clemente Bridge.

Restroom Facilities

Portable toilets will be available in Point State Park, near the swim start, bike turnaround, and each fluid station.

Post-Race Food

Water and Gatorade, bananas and Eat n' Park Smiley cookies will greet you as you finish the race. Don't forget to check your results on the large screen TV in the merchandise tent while you get your finishers gear. Athletes may also use their smart phones to check results by scanning the QR code on their race bibs.



Course Time Limits

In order to adhere to city special events permit timelines, the race requires athletes to make continual forward progress. Each leg of the race will close at these specific times:

- Swim/Kayak course will close at 8:30 AM
- Bike course will close at 10:00 AM
- Run course will close at 11:00 AM on Saturday and 10:30 AM on Sunday

CONGRATULATIONS,
TRIATHLETES!





RULES AND REGULATIONS

USA Triathlon Competitive Rules

This race is a USA Triathlon sanctioned event. The Competitive Rules are intended to provide for the orderly and consistent administration of events sanctioned by USA Triathlon and are not designed to establish standards of care for the safety of participants or other persons. Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon the Competitive Rules. All USAT rules apply:

- USAT annual members must bring a current USAT membership card to participate in the event. You MUST show your USAT membership card at packet pickup or you will have to purchase a one-day membership.
- If you are not a current USAT member, you will be required to purchase a one-day membership for \$15 at packet pickup (if you did not do so when you registered).
- Per USAT rules, we will be enforcing the Age-Up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete age on December 31, 2016.
- For USAT Rules, please visit www.usatriathlon.org.

Common Rule Violations

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.
3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.
4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.
5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.



6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.
7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.
8. Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.
9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.
10. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.



RESULTS AND AWARDS

Results

Race results will be updated regularly throughout the event.

- A large screen TV will display the race results in the merchandise tent.
- You can access your race results by scanning the QR code on your race bib with a QR reader on your smart phone.
- Race results will be available online at www.PittsburghTriathlon.org

Awards

Awards ceremony will be held at 9:30 AM after all events have concluded for each day. For each race, the announcer will recognize and award the top three men and women overall. All other prizes will be mailed to the winners. Awards will be given in the following categories:

Overall

Top 3 Male/Female in Olympic (Open-Elite), Adventure (Open-Competitive) and Sprint (all individual competitors) categories

Age Group

Top 3 Male/Female in Olympic (Age Group Category), Adventure (Novice), and Sprint (all individual competitors)

Olympic

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

Sprint & Adventure

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

Other Awards

These awards are eligible in specific category only

Athena/Clydesdale

Top 3 Male/Female in Olympic, Adventure and Sprint individual categories



Relays

Top Finisher in Olympic, Adventure and Sprint categories

Divisions: All Male, All Female, Mixed (Regardless of 2-3 person teams)

GENERAL ITEMS

Spectator VIP

Thank your support team with a Spectator Race Day VIP Pass.

Give something special to your biggest supporters. They've cheered for you during your training and now it's time to say "Thank You" with a Pittsburgh Triathlon VIP Spectator Zone pass. From the best vantage points to delicious snacks and meals, we've got them covered for the best spectator experience possible.

Pittsburgh Triathlon VIP Spectator Zone

\$40 Saturday Pass, \$40 Sunday Pass

- Exclusive access to Tented VIP areas at the Start and Finish
- Excellent vantage point of the Swim Start from the Start Line VIP Tent
- Shuttle service between the Swim Start and Point State Park
- Finish Line VIP Tent located in the heart of Point State Park with front row views of the Swim Finish, Run Start and Finish Line
- Beverages and breakfast/lunch provided

Spectator Information

Spectators will be able to see their athlete at various points along the course primarily the swim start/finish, transition area, and finish line.

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. Please be respectful of all participants.

Event staff may disqualify any athlete who brings family or friends into Transition. **ONLY ATHLETES ARE PERMITTED IN TRANSITION AND FINISH LINEAREAS.**



Volunteers

This event requires hundreds of volunteers to dedicate their time during race weekend. Please remember to thank them. The event would not be possible without them.

Lost and Found

Lost and found items should be turned in our claimed at the information tent in Point State Park. Unclaimed items will be relocated to the P3R offices following the event. Items remaining after 30 days will be donated to a charity.



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