

Events Rules and Information

1. Usually swim temperature is in the mid-70s. Wetsuits are allowed.
2. NO MP3 players, IPODs, radios or headphones on the Bike or Run Course.
3. Optional Bike safety check on day of event. Helmets are mandatory.
4. Drafting is not permitted. Penalties will be enforced for drafting.
5. Please remove all equipment from the transition area after the Awards Ceremony.
6. Course cut off time: 8 hours after the start of the race.
7. For safety reasons, we ask spectators to not follow your athlete in the car.

The best place to watch is at the transition area and the finish line.

8. Transition will close at 15 minutes before event start.
9. We do not give refunds. You can transfer to another person up to two weeks before the event by calling our office. There is a \$10 processing fee to do so.
10. An unmarked security guard watches the Transition at all times to secure your equipment during the event.