

To all Emily Schindler Memorial Scholarship Triathlon Participants,

As you can imagine, the safety of all the participants, spectators and volunteers is our priority. Emily died because of the carelessness of another. She would not want “her event” to be associated with any unfortunate mishaps. For this reason we are requiring that everyone honor the following safety rules while at the triathlon.

WEATHER CANCELATIONS - A decision about weather will be made by 5am on Sunday morning. An email will be sent to each participant advising him or her of the decision. The decision will also be posted on the website.

!!!PARKING!!! – No Participants are allowed to park in the Community Center or Woods Memorial Church Parking lot. The lots are needed for the Sunday morning church services. We have gained permission for participants to park at the Cypress Creek Park and Seven School. We will have a loading/unloading area in the Community Center parking lot for participants to load/unload equipment. As you come into the parking lots please be aware of pedestrians.

CHECK-IN – will be **open from 6:00 am to 8:30am** and will be located in the lobby of the Severna Park Community Center. At check-in participants will receive their race number, T-shirt, swim cap and pool lane assignment. Teams will also receive a wristband that will be passed as a baton. Pool lane assignments will be given based on time of arrival. Circle swimming, with a maximum of 4 swimmers per lane, will be available for every lane of the pool. The swim cap will have your number written on it, to allow the swim timers to identify you.

BIKE SET-UP AREA – This year bikes can be placed either outside the pool or on the on the B&A bike trail. There will be a designated area complete with bike racks to store participant’s bikes before and after the bike leg of the triathlon. ALL bikes must be stored on the trail during a participants run leg. No Participant is allow to take their bike back across B&A Blvd.

TIME TO ARRIVE - So what time should you arrive at the triathlon? If you want to be one of the first 24 swimmers in the water at 7:00am then you need to be one of the first 24 people in the check in line at 6:00am. However if you don’t care about your start time you might not want to get in the check-in line at 6:00am. The reason is that we can only work so fast at check-in and it seems to be the bottle neck in the triathlon. Meaning if every athlete arrived at 6:00 am then a lot of time would be spent standing in long lines.

POOL – In the Severna Park Community Center the pool lane numbers are marked on the blocks and on the wall behind the blocks. The swim leg will start from the deep end however; **Diving is NOT permitted**. Locker rooms will be available for your convenience. Please bring your own lock. After arriving at your designated pool lane, please wait for the timer’s signal to begin before entering the pool, even if the person in lane next to you has already started. You are responsible for counting your own laps - use

pennies, Popsicle sticks or bring a friend to count the laps. During the swim athletes are allowed to stop and rest as long as they don't interfere with the other swimmer.

While on the pool deck, please walk. The few seconds you may save by running will be lost when you have to pick yourself up off the pool deck. We are recommending that wetsuits are **not** used because the water temperature is at 84 degrees.

TRAIL – Once on the trail please be aware of the traffic on the cross streets. Police officers are not stopping traffic at every cross street and volunteers will not be stopping traffic. After the bike leg, bikes can be placed on the side of the trail near the start of the foot race. Please make sure that the bikes are off the paved portion of the trail. When you complete the foot race, pick up your bike and cross in the cross walk. Water stations will be at the beginning of the bike/run points and at the turn around spots.

****Please attach your race number on your front and back so the timers can easily see it!**

NEW!!!

CROSSING B&A BLVD – Participants and spectators while crossing B&A Blvd please wait for the police officers permission to cross the road. Officer will be stopping traffic for all participants in the race. Spectators please limit the amount of trips across B&A Blvd during the event. We are trying to lower the number of times B&A Blvd has to be closed to just the times for participants in the triathlon.

TRIATHLON TEAMS - Once the swim leg has been completed, the “baton” can be passed either at the edge of the pool, or outside where you have the bicycles, or any place in between.

TIMEING- In keeping with Emily's enthusiasm for “the time she had” rather than her “swim times” we encourage everyone to enjoy their experience of a recreational triathlon. The swim, run, and transition times (the time between each leg of the event) will count towards your overall time. On the bike “ride” no one is permitted to exceed the speed limit of 15 mph, which would be 37 minute ride for our triathlon's distance. If you are caught exceeding the speed limit, it will result in disqualification. There will be designated pathways roped off to direct you to the next leg of the triathlon. **Please stay in the path for your safety and obey all B&A Trail regulation.**

AWARDS CEREMONY – There will **not** be an Awards Ceremony. Results will be posted on the website and emailed to participants by 2:00pm on Saturday.

Age Group awards will be awarded to 1st and 2nd for each age group. The awards will be available for pick up at the Severna Park Community Center **or** the awards can be mailed to the participants.

You may be here for the exercise or for a triathlon experience but the Schindler family would like to thank you for also being here for Emily.

Be safe and have fun.

Chuck and Jane Schindler