



## **SAN LUIS OBISPO TRIATHLON RULES**

Welcome to the 37th Anniversary of the San Luis Obispo Triathlon. The City of San Luis Obispo Parks and Recreation Department would like to remind all participants that the philosophy of this triathlon is completion, not competition. Here are some rules and regulations you must know.

### **SWIMMING**

The first leg of the event, the 0.5-mile swim takes place at the San Luis Obispo Swim Center and consists of 36 widths (18 laps). There will be two participants in each lane, so please swim straight; **DO NOT** circle swim. Fins, masks, snorkels, kick boards, pull buoys or other swimming aids are not allowed. However, you may use goggles and swim caps. All SLO Swim Center rules must be obeyed. To start you must be in the water; absolutely no diving permitted. Spectators must stay on the bleacher side of the pool deck. The only persons allowed into the starting area are participants, lap counters, officials and press. A lap counter is a human being, not a mechanical device. After the swim portion, the participant should exit the pool towards the small maintenance building and enter into the transition area. No participant may re-enter the bath house.

### **BIKING**

The second leg of the event, the 15-mile out-and-back ride leaves Sinsheimer Park and heads south along Orcutt Road. The course is full of rolling hills; drafting or using another's wind for shelter is not allowed and will result in an automatic disqualification. There will be a large number of Aid Stations with water along the course. Furthermore, Aid Station Volunteers may not help with bike flats. Law enforcement personnel will be assisting with the safe flow of both auto traffic and race participants. The bike course is open to residential auto traffic. Please pay close attention and obey all traffic rules; **DO NOT FORGET TO STOP AT ALL STOP SIGNS**. All participants must wear a helmet that is approved at the time of bike check-in. All helmets must be designed for cycling, must be ANSI, SNELL, or CPSC certified with no visible damage. You may not start the bike course without a helmet. Make sure to get one before race day. Bicycles must be in good working order, and it is recommended that they be tuned up prior to Triathlon weekend.

### **RUNNING**

The last leg of the event, the 3.1-mile run, starts in the Transition Area and finishes at Sinsheimer Baseball Stadium. The course will take you along the Railroad Recreational Trail and out and about the streets of the city. You must stay on the sidewalk at all times; participants are required to obey all traffic laws. The course takes a lot of turns so please watch for signs and marks indicating the correct direction. Please also note that ipods and other music players are not allowed on the course. Remember, completion is our philosophy so if you get too hot or have cramps walk for a bit. The Aid Stations posted in several areas throughout the run have water. Post your race numbers on the FRONT of your shirt before beginning the run portion of the Triathlon. If for any reason you do not finish, please notify finish line staff as soon as possible to let us know you are off the course.

## **TRANSITION**

This area is for participants ONLY - this is for safety as well as security reasons. This area tends to become congested. Please be cautious and slow down when entering this area. No participant will be allowed to mount his or her bicycle until completely out of the transition area. Dismount should take place immediately upon entering back into the transition area after the ride is complete. We appreciate your cooperation.

## **TEAMS**

Teams may consist of 2 to 3 individuals. When the first team member has completed the swim he or she must proceed to the transition area and "tag" the next team member for the bike course. The same will apply for the switch from the bike course to the run course. The clock will be running the entire time.

## **THE FINISH AREA**

Finish times will be posted at the Stadium for those interested. Elapsed times are computed and posted approximately 45 minutes to 1 hour after each participant finishes. The clock will be kept running during transitions and no split times will be recorded.

There are many things to enjoy after participating in the Triathlon. Don't miss the Vendor's Fair . Rib Line will be providing a barbeque lunch. Plan on staying for the remainder of the day!

## **LOST AND FOUND**

The "Lost and Found" area is located at the information/volunteer booth next to the swimming pool main entrance.

## **SPONSORS**

We would like to thank the following sponsors for their help in making this event possible:

- J. Carroll
- Culligan Water
- Rib Line
- K-Man Cyclery
- New Times
- GH Sports
- Cannon Associates
- Ron Santore
- Photo Ad/ Easy Ad
- Home Health Care
- Central Coast Home Health
- Louisa's Place