

ramblin' rose
celebrating the empowerment of women



Winston Salem

August 18, 2019 -- 8:00am

RACE LOCATION:

Salem College – East Salem Avenue entrance – Winston Salem, NC 27127

RACE START TIME:

8:00AM on Sunday, August 18, 2019

PACKET PICK-UP:

Saturday (August 17) – 1:00—5:00PM at Fleet Feet Sports – 278 Harvey St – Winston Salem, NC 27103
Sunday (August 18) - 6:00—7:15AM at the race site

Mandatory Photo ID:

All participants will be required to show photo ID at packet pick-up (including relay team members). You will not be given your race packet without photo ID. All participants must pick up their own race packet – individuals and relays.

Race Packet:

Your race packet will contain three race numbers:

The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.

The medium-sized number (actually containing your number twice) has a peel-off backing and is used during the bike segment of the race. Place this number over the top tube of your bike toward the front if possible. It must be seen from both sides of your bike.

The little number also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

Pre-Race Clinic:

Fleet Feet Sports will be hosting a pre-race clinic at their store (site of packet pick-up) at 4:00pm on the day before the race. This clinic is FREE and is highly recommended for anyone new to triathlon and/or first-time Ramblin' Rose participants.



RACE DAY INFO:

Race Day Arrival:

Please plan to arrive at the event site no later than 6:45AM. Packet Pick-Up will close at 7:15AM. If you are not in line by this time, you will not be allowed to get your packet.

Event Parking:

Parking is allowed at the race site – Salem College. Please note, we will be using the area on campus located off of East Salem Avenue. All vehicles should plan to use that route. Also note, vehicles parked on campus will not be allowed to leave until all cyclists are off of the bike course.

Timing Information:

This race will be timed using the Champion Chip (MyLaps) Timing method. Chip Pick-Up starts at 6:30AM and is located near the transition area. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip. Make sure you receive the correct timing chip. Your chip number will match your run number. You will wear this chip on your LEFT ankle. Attach the chip to the Velcro strap given to you at chip pick up and attach the strap to your left ankle. Please make sure you read the Champion Chip Timing instruction sheet displayed at packet pick-up.

NOTE: All timing chips must be picked up by 7:30AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip Fit Tips:

We usually recommend 1-2 fingers width between the band and your ankle. Too Loose: It could fall off and you'll be charged a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

What happens if I lose the timing chip?

If this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2018, we had less than ten lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

Body Marking:

Body Marking will be held near packet pick up. All participants must be marked at the body marking area at the race site. Body marking will begin at 6:30AM on race day. Remember, your racing age is the age you will be on December 31, 2019.

Swim Ability:

When you arrive at packet pick-up on race weekend, you will be asked to rate your swimming ability on a scale of 1-10, with 10 being the strongest, using the SWIM ABILITY CHART found on the event webpage as a guide. This swim ability will determine the starting order of the swim for race day participants.

RACE DAY INFO [CONTINUED]:

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PRE-RACE PARTICIPANT MEETING:

A **mandatory** pre-race meeting will be held at 7:50AM outside of the pool area. This is the last opportunity we have to communicate important information and any last-minute changes that may be necessary. Please plan to attend.

Transition Area:

ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.

The transition area will have four entrances/exits:

Swim Finish - Bike Start - Bike Finish - Run Start

These entrances and exits will be clearly identified through the use of large inflatable archways. You may use these entrances to enter transition and set up your bike and run transitions until 8:00AM.

DO NOT CROSS ANY TIMING MATS AFTER 8:00AM UNLESS YOU HAVE STARTED YOUR EVENT.

Participants will receive a bike rack assignment. Please look for your numbered rack. A 2-minute penalty will be assessed for improperly racked bikes. There will be no bike storage the night before the event.

BIKE TECH SUPPORT:

Tech support will be provided by the expert bike mechanics of Ken's Bike Shop starting at 6:30 AM near the BIKE OUT end of the Transition Area.

BIKE CHECK-OUT:

Athletes will be able to remove their bikes from TA when the last finisher is on the run course. Please be aware that you will be required to show your race number to remove your bike from the transition area after the race.

SWIM INFORMATION:

Your race kicks off with A 225-yard swim in the beautiful indoor pool at Salem College. Athletes will be called to the pool area by swim ability, starting with those who rate themselves as a 10, 9, 8, etc. Once you complete 225 yards, you'll exit and run to the Transition Area.

NOTE: Spectators will not be allowed on the pool deck.



BIKE INFORMATION:

This 2-loop bike course will showcase some of the beautiful historic homes and rich history of the Old Salem area and is closed to traffic, making it one of the best beginner bike courses that we have. Make sure that you ride 2 loops to get the entire 8-mile course. Yes, there are hills, but you can do this!

BIKE TRANSITION:

Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.

POSITION VIOLATIONS:

No drafting. No blocking. USAT Officials may be on the course and drafting and blocking rules will be enforced. Stay to the right to allow faster cyclists to pass on the left.

HELMETS REQUIRED:

Hard shell helmets must be worn and fastened before leaving the transition area. Helmet numbers must be affixed to the front of your cycling helmet.

EQUIPMENT:

No headphones, earphones or any radio-type devices will be allowed.

COURSE INFO:

There are plenty of volunteers and safety personnel for the race. Turns will be clearly marked and mile markers are indicated on the course. Remember: it is ultimately your responsibility to know the course. Please be careful and alert at all times.

RUN INFORMATION:

The out and back run course will take advantage of the beautiful Winston Salem "Strollway". Runners will exit campus via East Salem Avenue in a coned lane separating them from the bike course. After only a short third of a mile, they will get on the Strollway for a beautifully shaded run.

AID STATION:

There will be an aid station at the turn around point on the run course. Water only will be served. In addition to water, you will be given a purple RAMBLIN' ROSE bracelet. This bracelet will indicate that you indeed made it all the way to the aid station before turning around.

PLEASE be sure to deposit all trash in the trash containers that will be located at the aid station. We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.



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.

RACE NUMBERS:

Please wear your run number (with the pull tag) on your front for the run. YOUR RUN NUMBER MUST be clearly visible as you cross the finish line. Failure to do so may result in a two-minute penalty.

FINISH LINE:

When you approach the finish line you will cross over several timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.

RELAY TEAMS:

All members must be present at packet pickup. Each member needs to show a photo i.d. Relay packets include a neoprene ankle strap, a timing chip pass and the same bike and run numbers as an individual athlete. On race day, the swimmer or the runner will pick up the team timing chip. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results!

Swimmers will tag bikers at their assigned bike rack location in transition. Bikers must tag runners at their assigned bike rack location in transition. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members!

ALL Relay members **MUST** get body marked before the race.

Please Don't Litter:

Be good citizens and give our volunteers a break – don't litter on the bike or run courses. Littering will result in an automatic DQ.

Post Event Food & Drinks:

Post-event refreshments will be provided for athletes and volunteers **ONLY**. We ask for your cooperation with this! We want to ensure that all participants and our hard-working volunteers are provided for after the race.



Results & Awards:

Preliminary results will be posted 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on the website (www.ramblinroseevents.com) by 6pm on race day.

The awards ceremony—will be held at the race site when the last athlete crosses the finish (approximately 11:00AM). If you cannot attend the awards ceremony, please have someone pick up your award.

HAVE A GREAT RACE!

We hope to see you at another 2019 Ramblin' Rose Event:

September 15

Ramblin' Rose Huntersville

October 6

Ramblin' Rose Chapel Hill

For more information or to register for another event:

WWW.RAMBLINROSEEVENTS.COM

A MESSAGE FROM THE HEAD REFEREE



Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at www.usatriathlon.org. To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts: a. Ride on the right side of your lane unless attempting to pass another cyclist. b. Keep three bike lengths (about 23 feet) between you and the cyclist in front of you. c. Pass on the left of the cyclist in front, never on the right. d. If passing another cyclist you must complete your pass within 15 seconds. e. If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of position penalties.

Marshals commonly cite the following violations:

Illegal Position or Blocking - riding on the left side of the lane without passing.

Illegal Pass - passing on the right

Overtaken - failing to drop back three bike lengths after being passed and before re-passing.

Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

Always have your chinstrap securely fastened when on your bike! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ!

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsman like Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.