

ramblin' rose
celebrating the empowerment of women



Chapel Hill

October 1 2023 – 8:00am

RACE LOCATION:

UNC Wellness Center – 100 Sprunt St. – Chapel Hill, NC 27517

RACE START TIME:

8:00AM on Sunday, October 1, 2023

PACKET PICK-UP:

Saturday (September 30) – (2:30 – 4:30PM) at the race site

Sunday (October 2) - (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:

There will be a FREE transition clinic on Saturday at the race site from 4:30 – 5:00pm for participants of the Chapel Hill Ramblin' Rose Triathlon. The clinic will include tips and information to help you become more comfortable with the layout and logistics of triathlon and how transition works. Time-saving strategies, gear (including apparel), and transition space layout will be addressed. A question and answer session will follow. No equipment is necessary. Please pick up your race packets BEFORE the clinic.



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:

PLAN TO CARPOOL - There will not be parking available at the UNC Wellness Center on race day. Limited parking will be available on a first-come first-served basis in designated lots within the Meadowmont Village near the race site. Do not park in restricted lots as towing will be enforced. Participants & spectators are encouraged to park at the Rizzo Center and at the Rashkis Elementary School.

Timing Information:

This race will be timed using the MyLaps Timing method. Chip Pick-Up starts at 6:30AM and is located near the race finish 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 / Velcro strap given to you at chip pick up to your left ankle. Please make sure you read the MyLaps Timing instruction sheet displayed at packet pick-up and at the end of this document.

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 2022, we had less than five lost chips for the entire year. If you attach the 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, 2023.



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.

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 Giant Bicycle of Wake Forest 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:

The swim takes place in the 5-lane pool of the UNC Wellness Center. Swimmers will enter and exit the pool area through separate doors. Volunteers will be standing at the swim exit to help point you towards the transition area.



BIKE INFORMATION:

Once you mount your bike on Meadowmont Lane, you'll take a right on Sprunt Street and then navigate your way through the beautiful streets of Meadowmont. Please be careful coming down all hills as there are sharp turns ahead. Pinehurst Drive will take you along the beautiful golf course and out towards Ephesus Church Road. After turning right onto Pope Rd and Old Chapel Hill Road, you'll then take a right on Farrington Road, which is straight and fast. Bring it home via Route 54 and before you know it you'll hear the cowbells ringing at the race site.

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 starts and finishes on a lovely greenway. But the bulk of the run goes through the quiet residential streets of Meadowmont. Enjoy the tour of the lovely homes, each with large front porches and unique architecture.

AID STATIONS:

There will be an aid station positioned at Mile 1; the turn around point on the course. Water only will be served at this station. Volunteers at the station will also hand you a purple bracelet as you pass by. This bracelet is your indicator, as well as ours, that you made it to the half way point before heading toward the finish line. Be sure to pick up your bracelet at the aid station.

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 to the RunSignUp page 30 minutes after the first athlete finishes and will be updated every 5-10 minutes. Complete results (with splits) will be posted on the website (www.ramblinroseevents.com) by 2pm on race day.

The awards ceremony—will be held at the race site when the last athlete crosses the finish (approximately 11:30AM). If you cannot attend the awards ceremony, please have someone pick up your award.

HAVE A GREAT RACE!

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.

How to wear the MultiSports Tag

The MultiSports Tag must be worn around the ankle. If you wear a long wetsuit, make sure you wear the tag underneath your suit!

- Wrap the MultiSports Tag around your ankle by using the Velcro strap
- Press and rub the Velcro hook firmly onto the tag to ensure
- Make sure the number is visible on the outside of your leg
- Return the MultiSports Tag to the race organization after the event



NOTE: The MultiSports Tag is new for the South Carolina Triathlon Series in 2023. While it works the same as our chips and Velcro straps used in the past, this will be different than those straps and chips.