

1.2 mi Swim / 56 mi Bike / 13.1 mi Run



SHRINE AN

Inaugural Event

October 11, 2015

Shreveport Louisiana

Athlete Guide



Sunrise Triathlon Club welcomes you to the Inaugural ShrineMan Triathlon ...

Welcome to the Inaugural Shrineman Triathlon! The Sunrise Triathlon Club is happy to see so many people supporting a local event – and we look forward to bringing it back bigger and better for many years to come. Sunrise has been hosting multi-sport events since its inception more than two decades ago. Sunrise has many seasoned triathletes who compete at all levels of racing. And at its heart, Sunrise is a club with the primary purpose of growing the sport of triathlon, and therefore we welcome people at all stages of triathlon training: from the “I’ve always wanted to ...” stage to the “I win most every race I enter” and everything in between. To find out more about our club, visit SunriseTriClub.org.

Benefiting the Shriners Hospital for Children in Shreveport ...

Shriners Hospitals for Children[®] is changing lives every day through innovative pediatric specialty care, world-class research and outstanding medical education. Our 22 hospitals in the United States, Canada and Mexico provide advanced care for children with orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate. Children up to age 18 are eligible for care, regardless of the families’ ability to pay. Established in 1922, Shriners Hospitals for Children[®] – Shreveport was the first hospital established in the Shriners Hospitals for Children system. Serving a six-state area in the southern United States and the Republic of Panama, the 45-bed orthopaedic and cleft lip/palate facility has provided expert care to a global population of over 80,000 children.

In partnership with the El Karubah Shrine Temple in Shreveport La ...

What is a Shriner? What kind of organization attracts physicians, lawyers, truck drivers, dentists, contractors, heads of state, movie stars, generals, clergymen and accountants?

Someone might answer, "Oh yeah, Shriners are those guys who always have those parades with the wild costumes and funny little cars." Another might think of circuses and clowns. The fellow next to him might interject, "No, Shriners are the guys who wear those funny hats--like flowerpots--and have those big conventions."

"I don't know about all that," a passerby might add, "But I do know my little girl was born with clubfeet and now they are straight, and she can walk like anyone else, thanks to Shriners Hospitals for Children."

"She can walk?" questions still another. "I thought the Shriners ran those fantastic burn hospitals. I've read stories about them saving kids with burns on 90 percent of their bodies."

All those people are right. Each has experienced an aspect of Shrinedom. What they cannot experience, unless they are Shriners, is the camaraderie, deep friendships, good fellowship and great times shared by all Shriners. What they may not know is that all Shriners share a Masonic heritage: each is a Master Mason in the Freemasonry Fraternity.

There are more than 411,000 Shriners now. They gather in Temples, or chapters, throughout the United States, Canada, Mexico and the Republic of Panama. There are 22 Shriners Hospitals for Children providing care for orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate. These hospitals have helped more than 800,000 children--at no cost to the parent or child--since the first Shriners Hospital opened in 1922.

Presenting Sponsor



GROUP
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Nix

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Volunteers

No race of any size can be accomplished without a great volunteer base. We can't thank y'all enough. When you see a volunteer, be sure to thank them. If you race in any events (like this weekend), you should really consider volunteering for other sporting events each year. It helps all of our sports and it gives you a better appreciation of the events you compete in.

Schedule of Events

Saturday, October 10th

12:00 p.m. Packet pick-up opens
3:00 p.m. Packet pick-up closes

Sunday, October 11th – Race Day

5:30 a.m. Transition opens
5:30 a.m. Race packet pick-up, body marking, and chip pick-up begins
6:00 a.m. Race announcements begin
6:30 a.m. Packet pick-up, body marking and chip pick-up closes
6:40 a.m. Transition area closes
6:45 a.m. Mandatory course talk – between the transition area and the beach
6:55 a.m. National Anthem and Prayer
7:00 a.m. Swim start
8:10 a.m. Swim cut-off
12:30 p.m. Bike cut-off
12:45 p.m. Transition opens
1:30 p.m. Run lap #2 must be started
2:25 p.m. Run lap #3 must be started
2:30 pm Awards Ceremony
3:30 p.m. Course closes

Packet Pickup

- Locations and Times
 - Shriner's Hospital for Children (3100 Samford Ave., 71103) – Saturday, October 10th 12:00-3:00 p.m.
 - Race Day at Transition Area (6230 Lakeshore Dr., 71119) – Sunday, October 11th 5:30 – 6:30 a.m.
- Procedures
 - Only YOU can pick up your Race Packet and Race Bib. ALL members of a relay team MUST pick up their own Race Packet and Race Bib. This is a USAT rule and as Shrineman Triathlon is a USAT Sanctioned event we will abide by these rules.
 - Please have your photo ID and USAT card or one day license present. NO exceptions.
- Packet Pickup Registration
 - Packet pickup registration will be available on Saturday, October 10th, from 12:00 – 3:00 p.m. The fee will be \$225.00 and we can't guarantee any race SWAG for packet pickup registrants.
 - There is NO RACE DAY REGISTRATION.

- T-shirt Exchanges
 - We will only be able to provide you with the shirt size you requested during registration. If the fit isn't quite right or if you selected the wrong size, please bring your shirt with you to the race. After the race we will allow any t-shirt swaps that we have shirts left for.
 - If you registered after October 2nd, we cannot guarantee your shirt size.
- What if I miss Saturday Packet Pickup?
 - Any unclaimed packets will be brought to the race site for race day packet pickup. Please bring your photo ID and USAT membership card to transition on race morning. Packet pickup will be from 5:30 – 6:30 a.m.

Parking

Free parking is available at the race site for participants, volunteers and spectators. Volunteers will help direct parking, so please follow their instructions.

Race Day Procedures

Transition Area

- **Only race officials, volunteers and race participants are allowed in transition area.**
- Be sure your handle bars have proper bar end plugs in place and that your helmet is a proper fitting bike helmet.
- If your leg goes over your bike you MUST have on a helmet. This goes for BEFORE and AFTER the race. The penalty is disqualification for the day. WEAR YOUR HELMETS!!
- Bike Rack Assignments: first come, first served on bike racks.
- Be considerate of other racers when setting up your equipment.
- We are using traditional timing chip with an ankle strap. You will get your timing chip the morning of the race at the timer's tent. DO NOT FORGET YOUR TIMING CHIP!!

Body Marking

- Body marking will be done by volunteers on-site at the entrance to the Transition area. All race participants must have body marking.
- RELAY: All members of a relay team must receive body marking. In addition, the runner must wear the issued race bib.

The Course

(course maps in the back of this participants' guide)

Swim Course:

- The swim is a one-loop, clockwise triangle in Cross Lake. Water temperatures should be in the low to mid-70s.
- The swim cut-off is 1 hour and 10 minutes after the start of the last swim wave 8:10 a.m.
- Swim waves – all swimmers will be in one wave!
- There will be kayaks, paddle boards, motorboats, and police boats on the water for support. You are allowed to hold on to any of these things as long as they do not give you forward progress. Should you want to withdraw

from the race, let a swim support volunteer know and they will assist you. Make sure you turn in your timing chip so we know you are out of the water and off the course (and SAFE!).

- The turns will be marked with LARGE YELLOW triangle buoys. Smaller buoys will be in line to help with sighting. Keep the buoys on your right at all times as the course is a clockwise loop.
- The use of wetsuits during the swim segment will be allowed if the water temperature on race morning is 78.0 F degrees or less. If the water temperature exceeds 78.0 F degrees but is less than 84.0 F degrees, an athlete may wear a wetsuit but will be ineligible for awards and national ranking consideration. If the water temperature is 84.0 F degrees or higher the use of wetsuits is strictly prohibited. **We do anticipate having a wetsuit legal event.** Official wetsuit-legal status will be established race morning by the head USAT official. We recommend if you plan to wear a wetsuit, bring it with you.

Bike Course:

- The bike course is a loop course with some out-and-back portions.
- There will be 5 aid stations with water and sports drink bottle hand-ups, basic first aid, and basic bike tool kits.
- Portable toilets will be provided at multiple locations on the bike and run courses, near the aid stations.
- The bike cut-off is 4 hours and 30 minutes after the swim cut-off time, approximately 12:30 p.m.
- The course is open to traffic. We have sheriff's auxiliary deputies and volunteers at corners and intersections, but know that we can't keep all vehicles off the course. It is your responsibility to ride safe and be alert. Stay on the far right side of the lane unless you are actively passing another rider.
- You DO NOT have to wear your race bib on the bike. Make sure your frame sticker is placed on your bike and that your helmet sticker is placed ON THE FRONT of your helmet.
- This is a USAT sanctioned event. We will have USAT officials on the course looking for rule violations and giving penalties. It is YOUR job to know the rules and NOT break them. **(See USAT rules document at the end of this packet.)**
- As we are all ambassadors of this sport, we are expected to self-govern and make others aware of rules infractions on the course. DO NOT be mean or confrontational under any circumstances. A new triathlete may be unaware they are violating a rule. A courteous reminder may be all that is needed to get that drafter off your wheel. If you can't be courteous, be quiet. If another racer notifies you of a rule you may be breaking, don't be mad or argue as they are likely trying to help you. If you can't be courteous, be quiet. ONLY a USAT official can assess a penalty. All penalties assessed are the decision of the USAT official and the Race Director. Decisions are final.

Run Course:

- The run is a three-loop course that will go along the shore of Cross Lake and through Ford Park. This is a spectator-friendly course.
- There will be 3 aid stations (total of 9 aid opportunities), with water, sports drink, and food.
- There will be a port-a-potty at each aid station on the run.
- Athletes must start lap #2 by 1:30 p.m. and lap #3 by 2:30 p.m. The course closes 8 hours and 30 minutes after the start of the last wave, approximately 3:30 p.m.
- RELAY PARTICIPANTS: Relay participants will exchange a single timing chip. The swimmer will get the timing chip first and hand it off to the cyclist in the designated location in Transition. When the cyclist finishes the bike portion, that person will then give the runner the timing chip at the designated location in Transition. In the finish chute, the swimmer and the cyclist can join the runner to cross the finish line together if the team chooses.

Finish Area:

- We will have food, water, sports drink and adult beverages for our athletes. Please tell your friends and family who are coming to watch you to pack their own ice chests. We need to make sure we still have food and drinks for our racers that enjoy the courses longer than the speedsters up front. Thanks in advance for your help with this.
- Unofficial race results will be posted near the finish as soon as racers start coming across the finish line. Full results and splits will be posted on our Facebook page and on our website within 24 hours after the race.

Awards Ceremony

- We expect the awards ceremony to start at 2:30 pm, but this may have to be adjusted depending on course and racer finisher times.
- YOU MUST BE PRESENT TO CLAIM YOUR AWARDS! We WILL NOT mail your awards to you. If you placed, hang around or have someone hang around for you.
- Overall Awards
 - Overall Male and Female Finishers
 - Overall Male and Female Masters (ages 40-49)
 - Overall Male and Female Grand Masters (ages 50+)
 - Overall Relay Team (whether a two-or three-person team)
 - Final Finisher
- Age Group Awards are given to the top two male and female finishers in each of the following age groups:
 - <20
 - 20-24
 - 25-29
 - 30-34
 - 35-39
 - 40-44
 - 45-49
 - 50-54
 - 55-59
 - 60-64
 - 65+

Dropping Out

- If you drop out of the race, it is IMPERATIVE that you notify a race official and return your timing chip at the finish line so we will know you are off the course and SAFE.

Protests

All protests of penalties assessed for rules infractions by USAT officials must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes. Judgement calls (e.g. drafting) are not eligible for protest.

Medical

The Orthopedic Clinic will provide medical care for all official participants during the event. The medical team is prepared to treat for dehydration, minor injuries and road rash, and will assist emergency medical services in transporting athletes with any major injuries to the nearest hospital.

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during any portion of the race or at any time during the weekend will not be tolerated and will result in immediate disqualification.

Improving our event

As with any event ... whether it's the first year or the 100th year ... event organizers can benefit from the insight and observations of the event participants. If you see something that you like ... something you don't like ... something that you think is spectacularly bad, or spectacularly good ... some way, however small, that you think we could improve this event ... please contact us with your suggestions at ShrinemanTri@gmail.com or president.sunrisetriclub@gmail.com.

Thanks!

On behalf of the officers and membership of the Sunrise Triathlon Club, we thank you for participating in this inaugural race event. It takes untold hours of work to plan, organize, and execute an event of this magnitude. Here are some of the many volunteers who've made this event possible:

Eric Sullivan, Sunrise Triathlon Club president

Montie Dobbins, race director

Jeff Gaydos, swim and run course director

Chris Avery, bike course director

Mike Kuhr, transition director

Tony Bouso, parking director

Dedra Reneau, packet pickup director

Jeff Howells, registration director

Nichole Nuccio, finance director

Mr. Kenny Hamm, facilities director (El Karubah Shrine Temple)

Mr. Bruce Easterly, Chairman of the Board (Shriners Hospital for Children)

And of course, the contributions of our sponsors and benefactors in the business and multi-sport community. Truly, this event would not be possible without their efforts and enthusiastic support.

MOST COMMON RULES VIOLATIONS

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Drafting—keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position—keep to the right hand side of the lane of travel unless passing. Blocking—riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken—once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. 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.

Penalty: Variable time penalty

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	First offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification

For a complete list of rules, please refer to the most up-to-date [USA Triathlon Competitive Rules](#)

SWIM COURSE

- 1.2 miles
- 1 loop

The race kicks off with a single-loop swim in Cross Lake.

T TRANSITION AREA



BIKE COURSE

- 56 miles
- 1 loop
- 1343 ft. climb

The course begins with stunning views of Cross Lake before traveling through the quaint towns of Blanchard and Mooringsport. Next athletes will look out over magnificent Caddo Lake then return south and finish with a serene backdrop of Cross Lake.

TURN BY TURN

- 0.0 mi - Head west on S. Lakeshore Dr.
- 7.2 mi - Turn Right onto LA-169 N
- 10.7 mi - Turn right onto Blanchard Furrh Rd.
- 14.9 mi - Turn right onto N. Lakeshore Dr.
- 15.5 mi - Turnaround on N. Lakeshore Dr.
- 16.0 mi - Turn right onto Blanchard Furrh Rd.
- 16.9 mi - Continue onto W. Dougherty Ave.
- 17.9 mi - Turn right onto Pine Hill Rd.
- 20.3 mi - Turn left onto Roy Rd.
- 21.5 mi - Turn left onto Old Mooringsport Rd.
- 31.4 mi - Slight right onto Latimer St.
- 31.6 mi - Turn right onto State Rte 538 N
- 33.6 mi - Turnaround onto State Rte 538 S
- 35.5 mi - State Rte 538 turns slightly right and becomes Lake St.
- 35.6 mi - Continue left onto LA-169 S
- 48.9 mi - Turn left onto S. Lakeshore Dr.
- 56.0 mi - Turn left at El Karubah Shrine



RUN COURSE

- 13.1 miles
- 3 loops
- 552 ft. climb

The run course is spectator-friendly with a flow to be on either side of the road along the shoreline of Cross Lake and through several local parks.

SHRINEOAN



Buzzard Island

CROSS LAKE



Map data ©2011



A Message from the Head Referee to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

Ride on the right side of your lane.

Keep three bike lengths between yourself and the cyclist in front of you.

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified 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:

Position – riding on the left side of the lane without passing.

Blocking – left side riding and impeding the forward progress of another competitor.

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths before re-passing.

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the head referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike 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.

Jack A. Gustafson
Head Referee
USA Triathlon