

### **Registration Packet Pick-Up**

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- **What is the roster requirement for each school?**
- **How do I request a home-stay for my collegiate team?**

## **Registration and Packet Pick-Up**

### **Q: What is a one-day license?**

**A:** A one-day license allows an athlete to compete in a USAT sanctioned race without purchasing an annual membership. The \$10 fee provides the athlete with excess accident insurance for that race only. You can purchase this one day license online when you register.

### **Q: Do you have race-morning registration?**

**A:** No.

### **Q: May I give or sell my # to someone else?**

**A:** No. All entries are non-transferable.

### **Q: Do I need a Driver's License or USAT License for packet pick-up?**

**A:** Yes. A photo ID (current drivers license, certified state ID or passport) is required at packet pick-up. If you are a USAT annual member you must present your current member card, otherwise you will be required to pay a \$10 day-of-race licensing fee.

### **Q: What is the minimum age to participate?**

**A:** All youth athletes must be at least 13 years old to participate in this event. All youth participants must have a \$5 annual membership to the USAT.

### **Q: How do I get my registration packet on race weekend?**

**A:** Packets will be available for pick up from the Heartland Inn in Ankeny, Iowa. You can pick up your packet on Saturday between 4pm and 8pm. Packets will be available for pick up on race morning.

### **Q: Can I pick up my friend's packet?**

**A:** NO! Every participant must pick up their own packet and sign their own waiver.

### **Q: Are there any refunds or transfers?**

**A:** There are NO refunds, NO transfers, NO EXCEPTIONS. If you are unable to do the Triathlon please let us know ASAP so someone else can take your spot.

## **General Questions**

### **Q: Where can I find USAT rules?**

**A:** Official USAT rules are available at [www.usatriathlon.org](http://www.usatriathlon.org).

### **Q: What is the Heart of America Series and is Cy-Man part of it?**

**A:** Yes, Cy-Man is part of the Heart of America Triathlon Series. The Heart of America Triathlon Series (HOA) is a collection of some of the best and longest standing races in Midwest. [www.pigmantri.com/hoaseries.html](http://www.pigmantri.com/hoaseries.html)

### **Q: I'm interested in having an expo booth at your event. Who should I contact?**

**A:** Please contact us through emailing us at [tri.cyman@gmail.com](mailto:tri.cyman@gmail.com).

### **Q: Can I wear a headset during any portion of the event?**

**A:** No. Wearing personal stereo devices are illegal and will result in disqualification.

### **Q: How do I become a volunteer for your event?**

**A:** Please e-mail us at [tri.cyman@gmail.com](mailto:tri.cyman@gmail.com) and one of our race committee members will contact you once your volunteer email has been received.

### **Q: Will there be a relay division?**

**A:** Yes, you can do the triathlon with 2 or 3 people in the relay division.

### **Q: Will there be a Clydesdale or Athena Division in 2008?**

**A:** Yes, Clydesdale are males over 200 pounds and Athena's are females over 145 pounds.

## **Swim**

### **Q: Are wetsuits allowed?**

**A:** Wetsuits are allowed in a USA Triathlon sanctioned event if the water temperature is 78 degrees or below. Race Officials will test the water temperature on race morning.

### **Q: Is there a warm up swim?**

**A:** You can go in the Lake after the lifeguards are in place and before the first wave begins. Once the race begins you may not go in the lake until your wave begins.

### **Q: Do I have to wear the swim cap?**

**A:** Yes, the swim cap MUST be worn. The color given to each athlete is specific to your wave, so you cannot switch colors.

**Q: What are the rules for requesting assistance from lifeguards?**

**A:** If you need to rest during the swim, you may hold onto the rescue tubes and safety boats used by lifeguards along the swim course. However, you will be disqualified if you use one of these devices to assist yourself in forward progress.

**Q: Which equipment is needed for the swim?**

**A:** Swim cap (provided in the race packet), goggles or mask (optional), and swimsuit or tri suit. Wetsuits are legal under USAT rules if the water temperature is 78 degrees or less. When the water temperature is 78.1 degrees to 82.0 degrees you may wear a wetsuit but you will be ineligible for age group awards. No wetsuits are allowed when the water temperature is 82.1 degrees or higher. Fins & other propulsion devices are not allowed.

**Bike**

**Q: Do I have to wear a helmet?**

**A:** YES – No Exceptions.

**Q: What equipment is mandatory for the bike section?**

**A:** A bike and a bike helmet are required. Your bike must be in good working condition with your bike race number properly attached. Your bike helmet must be CPSC-certified. We recommend having your bicycle checked through a reputable bike shop prior to the event. We also advise you to bring along all necessary equipment for changing a flat tire or making minor adjustments to your bike.

**Q: Will drafting be allowed?**

**A:** No. You must stay three bike lengths behind the rider in front of you. When passing, you need to complete the pass within 15 seconds. If you are being passed, you must drop back three bike lengths from the person passing you. Riding side by side within two meters of a rider is illegal. If you are caught drafting, you will be penalized. See race rules for more information.

**Q: Are you allowed to use a mountain bike?**

**A:** Yes. You may use a mountain bike, hybrid/city bike, road bike or triathlon bike. No motorized bikes, tandems, or recumbent bikes are allowed. Fairings (windshields) are not allowed.

**Run**

**Q: What products will be available on race course?**

**A:** Water and sports drink will be provided on the run and at the finish line.

**Q: How many water stops will be on the run?**

**A:** Two. Triathletes can receive water a total of two times during the run.

**Q: What mandatory equipment do I need for the run?**

**A:** Race number and Timing Chip. Race numbers are to be attached on the front of your body and the timing chip must be securely strapped to your left ankle.

**Transition**

**Q: What time does the transition area close?**

**A:** Park traffic will be controlled at 8:30 AM, make sure you are in the park before that time! Transition will close at 8:40 AM.

**Q: What is the transition area?**

**A:** The transition area is a common area where participants rack their bike, run and swim gear before and during the race. It is also your assigned spot where you will transition from swim to bike and bike to run. Relay teams have a designated region in the transition area where they exchange their timing chip strap from swimmer to cyclist and cyclist to runner.

**Q: Who is allowed in the transition area?**

**A:** Race participants who have been body marked, have picked up their timing chip and have attached their bike race number to their bike, and transition-area volunteers and race officials are the only people allowed into the transition area. No family members or friends will be allowed in the transition area. Only athletes will be able to remove their bike at the end of the race.

**Collegiate**

**Q: Who is the collegiate division for?**

**A:** The collegiate division is for student athletes from Midwest Collegiate Triathlon Conference (MWCTC) member schools. All athletes must be full-time students and members of their schools triathlon club as of the Spring 2008 semester.

**Q: My school is not a member of the MWCTC, but is a member of another collegiate conference, may I still participate in the collegiate division?**

**A:** We understand that students at schools in other regions may work/live far away from their schools during the summer. We are happy to include you in the collegiate division. Please contact [tri.cyman@gmail.com](mailto:tri.cyman@gmail.com) with your school's information and designate your USA Triathlon recognized conference so we may verify your eligibility.

**Q: My school is not a member of the MWCTC or any other collegiate conference, may I still participate in the collegiate division?**

**A:** The collegiate division is specifically for the MWCTC schools only. If you wish to participate in the collegiate division we encourage you to join the conference. The requirements for application to the conference are:

1. That your school has a club/group officially recognized by your college/university.
2. Your club is an official USA Triathlon Collegiate Club.

Please contact [tri.cyman@gmail.com](mailto:tri.cyman@gmail.com) if you would like more information about how to join the conference or how to start a triathlon club at your school.

**Q: What is the roster requirement for each school?**

**A:** Each school represented must submit a roster of participants by August 20<sup>th</sup>, 2008. Only one roster will be accepted from each school. Please e-mail [tri.cyman@gmail.com](mailto:tri.cyman@gmail.com) for the roster submission form. Changes to the roster may be made at packet pick-up on Saturday, September 6<sup>th</sup> for collegiate athletes who register between August 20<sup>th</sup> and September 6<sup>th</sup>. **NO ROSTER CHANGES WILL BE ALLOWED ON RACE MORNING!**

**Q: How do I request a home-stay for my collegiate team?**

**A:** Please e-mail [tri.cyman@gmail.com](mailto:tri.cyman@gmail.com) as soon as possible to get one lined up. Home-stays will be offered on a first come first serve basis. Please try to get at least an approximation in as early as possible and then an updated number by August 20<sup>th</sup>.