

2023 Sugarman Triathlon & Duathlon

USA Triathlon Event #307960

ATHLETE'S GUIDE

V:2023.09.28

Thank you for participating in Sugarman Triathlon & Duathlon, we hope you enjoy the event! Please read this document carefully, it contains important event information. We will not provide a hard copy of these instructions.

PACKET PICK-UP & ONSITE REGISTRATION:

Friday, Sept 29, 2023 12 – 6p

Geaux Run by Fleet Feet 337-706-8763
906 Harding St., Lafayette, LA 70503

Saturday, Sept 30, 2023 10a - 4p

Huya Craft Coffee 337-573-4542
19010 Chemin Metairie, Youngsville, LA 70592

Sunday, Oct 1, 2023 5:45a – race start

Race site 101 Prescott Blvd, Youngsville, LA 70592

IMPORTANT:

- 5k Run/Walk does not require a USAT membership. All other events (Tri, Du, Aquathon, Aquabike) require a USAT membership wither annual or one day. Each member of a relay team must have a USAT membership.
- You must have **your USAT membership card** & **valid photo ID** to pick up your packet. (Unless you paid for a 1-day membership through www.LATRAIL.org)
- You can purchase a one-day membership for \$15.75 [CLICK HERE](#)
- Only YOU can pick up your packet.
- Only YOU can race with your number. You CANNOT sell or transfer your number to another competitor. Violators may be banned from future Sugarman and USAT events.

Race Packet Content:

- Timing chip ankle band with installation instructions
- Bike #
- Run bib #
- T-Shirt – if purchased
- NO swim caps. Bring your own. We will have spares if needed.

Race Day Parking

Parking options include street side around the neighborhood. Try not to park on the run course. The new development taking place South of the Waterhouse & Village Station Apartments offers plenty of space and close to race site, but may be difficult to leave

while race is in progress. Plenty of parking space behind Rouses and along Lindberg Ln, Brookdale Blvd and Stonehurst. Also, around the shopping center where Huya Craft Coffee is located. There is no parking permitted along Shore Dr. and Broyles Ln.



Sunday, October 1, 2023 Race Day Schedule

5:45 AM

- Race Day Packet Pickup & Registration opens.
- Transition area opens to PARTICIPANTS ONLY, no friends or family.
- Body marking begins.

6:45 AM

- Transition area closes.
- Pre-race briefing and instructions on the boardwalk. Mandatory for first-time racers and strongly advised for all others.
- Race announcements, prayer and Star Spangled Banner
- Line up along the sidewalk and under the finish line for the swim start. Please get in line according to your swim pace, fastest swimmers first. There will be signs designating minutes/50 meter

7:00 AM

- Starting time for Triathlon, Duathlon, Aquabike and Aquathon.
- Swim start is time trial start. Line up by fastest to slowest as best you can. Use the signs indicating estimated total swim time to position yourself into a single file line.
- Duathlon is a mass start in conjunction with the start of the first swimmer. Runners should line up on Oceanview Rd opposite the transition area (Waterview Rd & Prescott Blvd.), to be in position to run out and turn right onto Prescott.

7:45 AM

5k runs starts. Runners should line up on Oceanview Rd opposite the transition area (Waterview Rd & Prescott Blvd.), to be in position to run out and turn right onto Prescott.

9:30 AM

Award Ceremony begins. If you win an award and cannot stay for the award ceremony, you can choose to have your awards mailed to you for a \$15 fee. Email the mailing instructions to Info@LATRAIL.org.

Restrooms are located in boathouse near the swim entrance/exit and Port-o-lets at the corner of Prescott & Oceanview (5k & duathlon starting line)

Post-Race Food & Beverage: There will be plenty of food and beverages after the race from Café 20.3 on the Bayou, Coca-Cola & Schilling Distributing. Please note that food is included for participants and volunteers only.

TRANSITION AREA

Participants ONLY allowed in the transition area. No friends or family.

The transition area opens at 5:45 AM. If you arrive prior to 5:45 AM please form an orderly line and wait patiently for transition to open.

Before you enter the transition area:

1. Pick up your packet and affix your bike number to your bike;
2. Get properly body marked;
3. Pass inspection of:
 - CPSC-approved helmet,
 - properly plugged handlebars,
 - functioning brakes
 - bike number affixed to bike
 - and other USAT rules regarding equipment.
 - Enter transition area from the Prescott Boulevard side to be inspected.

RACK POSITION: Once you enter transition, rack your bike on the assigned rack. Position bikes so they alternate directions. Relay teams will be racked separately from individual participants.

RACE NUMBERS: Your packet includes two race numbers in your packet, one for your bike and one for you on the run. Place the bike number on your bike along the top tube (preferred) or seat post prior to entering transition. Your bib race number must be worn on the front during the run and must be visible upon crossing the finish line.

TRANSITION AREA RE-ENTRY: The transition area will close at 6:50am . NO ONE who has completed the race will be allowed back into transition while the race is under way. Once the last participant has completed the bike course and exited transition for the run an announcement will be made notifying participants that transition is once again open and that you may remove your equipment from the area.

REMOVING YOUR EQUIPMENT FROM TRANSITION: Bike race numbers must remain affixed to the bike until you remove your bike from transition. Transition area coordinators will verify that the bike number matches the participant's bib number and the body markings of the person leaving with the bike. **All bikes should be removed by 11:00am unless you are still on the course. Sugarman is not responsible for any bikes.**

RELAY TEAMS

- Relay teams will all rack their bikes on the same assigned rack, near the entrance to transition from the swim. **Each relay team may bring one chair** to set up near the rack for the team members to sit in while waiting for their turn to race

- Timing Chip must be **worn on ankle** of each relay member during their respective event.
- Cyclists will wait at the bike rack until the swimmer hands over the timing chip. The runner must also wait at the bike rack until the cyclist hands over the timing chip.
- When the cyclist returns, **he/she must rack the bike and then hand off the chip** to the runner.
- Bikes **must** be racked before the timing chip is handed off.
- The Team Swimmer and Cyclist must leave the transition area after they have completed their portion of the race.

DUATHLON, AQUABIKE & AQUATHON

- Aquabike finish is crossing the finish line at the lake. When finish the bike portion exit transition at the run outside and take a right towards the finish line.
- Aquathon competitors give way to incoming swimmers as you exit transition through the run-out section of the transition area then take an immediate left onto Prescott Rd.
- The first run leg of the duathlon does not include a run around the lake. The finish of the first leg is taking a right from Prescott Blvd. into transition area in the same way the swimmers enter transition.

5k RUN/WALK

- USA Triathlon membership is not necessary.
- Run/Walk starts at 7:45 from Oceanview Blvd.
- Your start will coincide with the time that the tri & duathletes are transitioning from the bike to the run course.

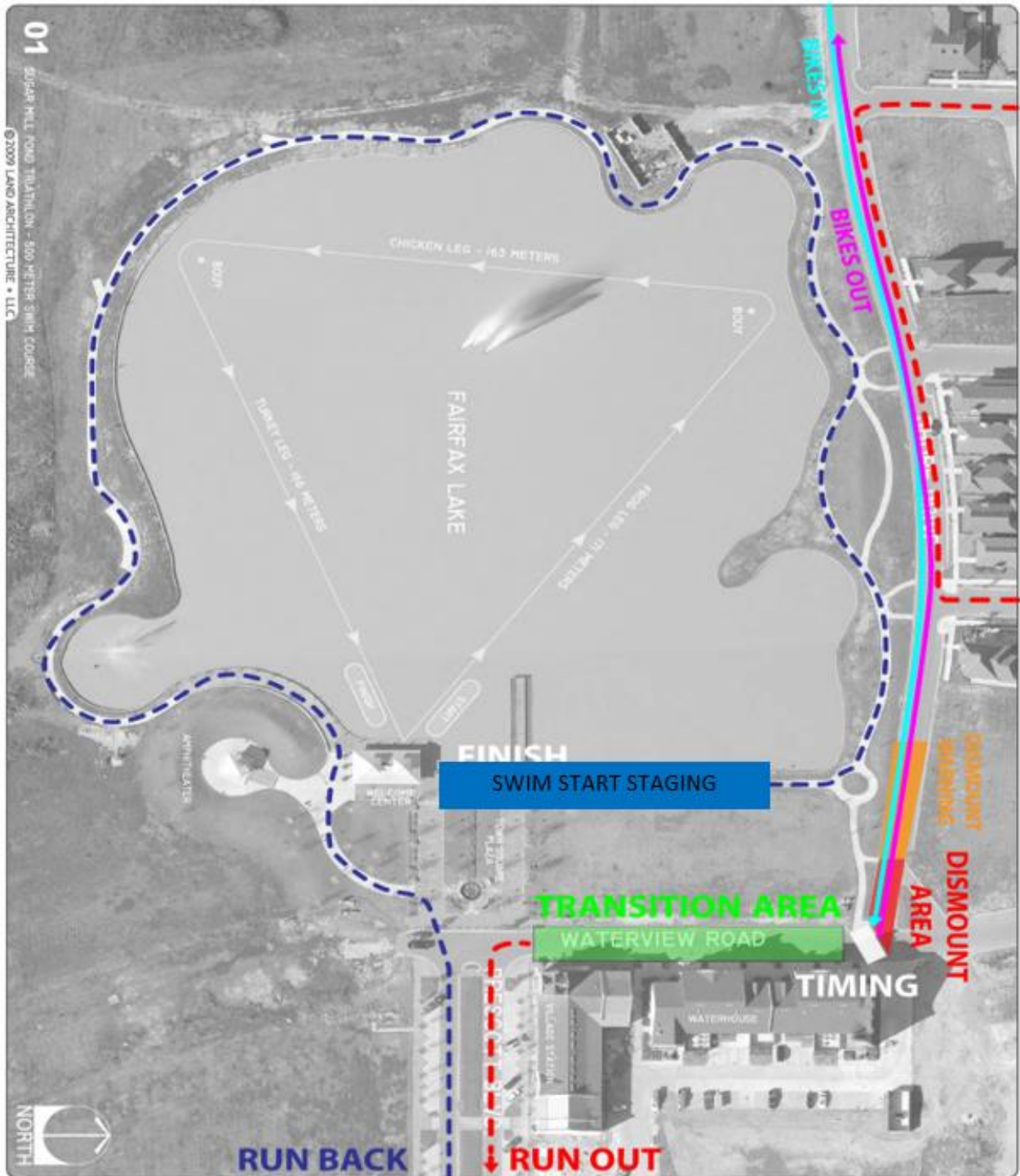
Swim Start Times

We will have a time trial style start, not a wave style start. Please seed yourself in line from fastest to slowest. There will be signs along the staging area identifying the approximate swim time for the 500 meter swim. The start time will be 7:00am. Practice swim time is from when the boats are on the water until 6:50am.

Swim Course Overview

- The course will be a counter-clockwise triangular swim. Stay to the right of the buoys (keep the buoys on your left).
- Swim cap colors do not matter. Please bring your own. If you need one see our check-in desk.
- As per **USAT rules**, if the water temperature is 78 degrees Fahrenheit or below then **wetsuits** ARE allowed. At 78.1 to 83.9 degrees Fahrenheit participants may wear a **wetsuit** at their own discretion; however, wearing a **wetsuit** in the temperature range will mean that the athletes are ineligible for awards.

Swim Course and Transition Area

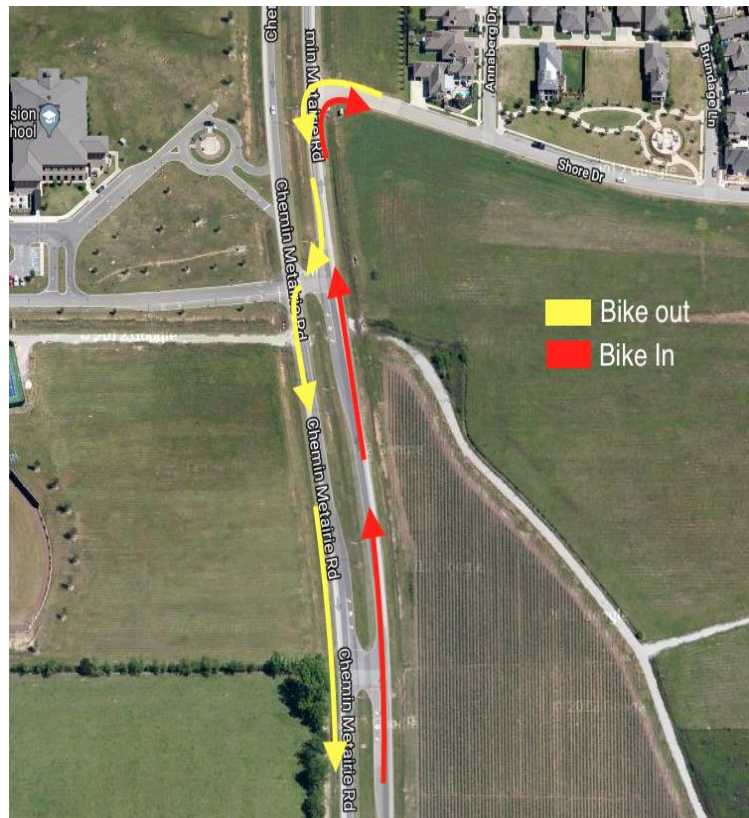


BIKE OVERVIEW

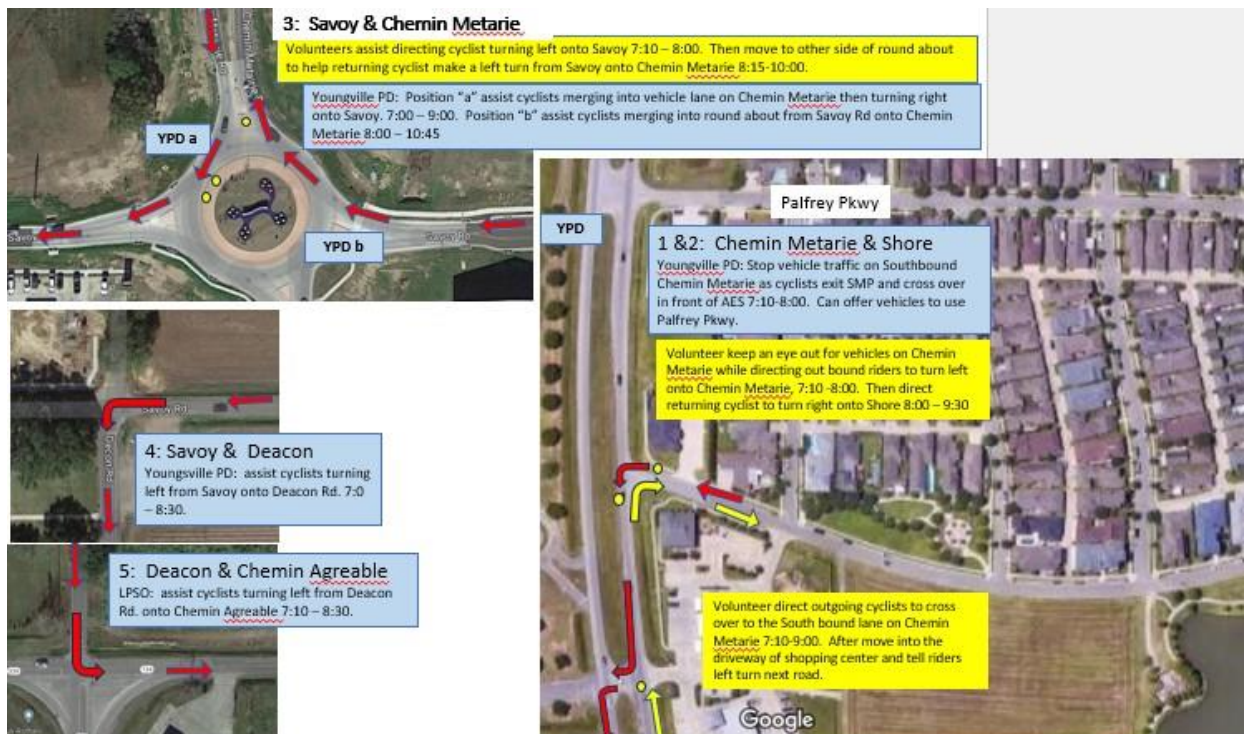
- You must walk your bike in and out of transition area.
- You must wear your helmet any time you are riding or on your bike.
- Please mount beyond the mount/dismount line run your bike well past the line. On return dismount your bike before the mount/dismount line.
- Remember that the course will be open to traffic all times. Ride on the right side of your lane. Obey all traffic laws.
- **ABSOLUTELY NO DRAFTING! WE WILL HAVE OFFICIALS ON MOTORCYCLES MONITORING THE COURSE AND ISSUING PENALTIES.**
- Keep 4 bike lengths between yourself and the cyclist in front of you unless you are passing.
- Pass on the left – never on the right – and complete the pass within 15 seconds of entering the draft zone.
- If you are passed, it is your responsibility to drop back out of the passing cyclist's draft zone as soon as possible. Once the other cyclist's wheel passes yours, you are considered passed and will receive a blocking penalty should you not drop back.
- **HELMET MUST BE PUT ON BEFORE MOUNTING BIKE AND MUST BE WORN AND STRAPPED AT ALL TIMES WHILE ON BIKE.** This includes before and after the race.
- No water stops on bike course – bring your own hydration fluids.
- No iPods, MP3 players or other personal audio devices or headphones allowed on the bike course.

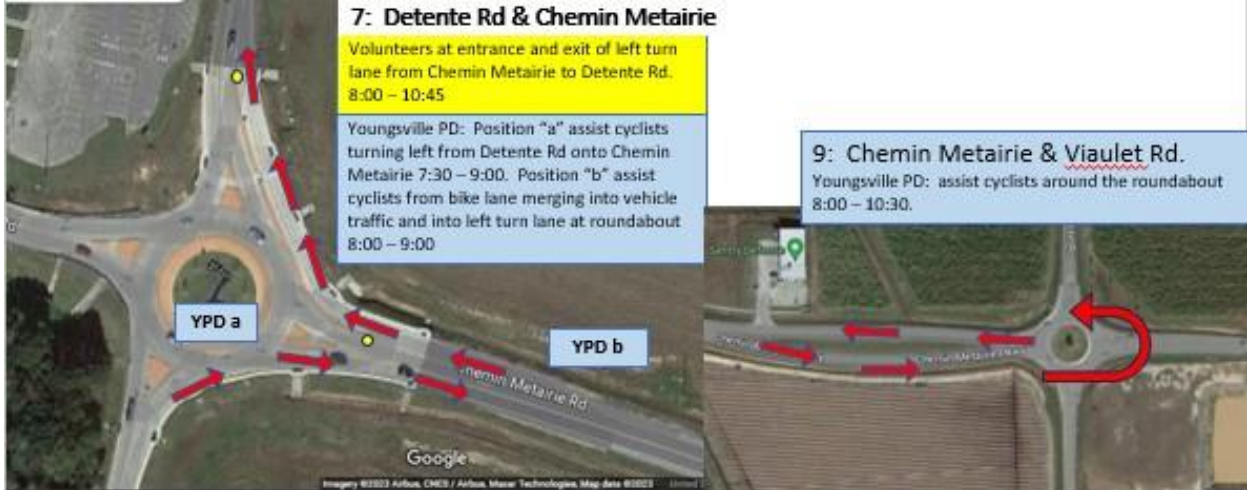
BIKE COURSE NOTES:

- The bike course is on open roads. Please be mindful of traffic laws. We will have police officers managing key intersections along with volunteers. Heed their directions, do not assume you have the right of way.
- After mounting you will head out on Shore Drive to Chemin Metairie, where you will take a left in the near lane. Use caution you are turning into oncoming traffic. You will immediately take a left to cross over to the South bound lane of Chemin Metairie.



SugarMan 2023 Bike Course







Please remember to thank all volunteers, police officers, and support personnel, as they are vital to the success of the Sugarman

USAT Rules

Sugarman Triathlon requires all competitors to adhere to USAT rules, which will be strictly enforced. A copy of the USAT's handout "2010 Most Commonly Violated Rules and Penalties" is included at the end of this participant's guide. Complete competitive rules may be found at

<http://www.usatriathlon.org/resources/about-events/rules>. There will be draft marshals on the bike course looking specifically for drafting and position fouls on the bike, as well as marshals in transition and on the run course looking for other violations.



MOST COMMONLY VIOLATED RULES & PENALTIES PLEASE DISTRIBUTE TO ALL ATHLETES

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	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minutes	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

Beginner's Guide: <https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Athlete-Resources/Beginners-Guide>