

CACTUS MAN TRIATHLON 2019



PRESENTED BY MOXIE MULTISPORT



WELCOME

We are excited to bring you the 3rd Cactus Man Triathlon! This event consists of both a Sprint and Olympic distance triathlon within Tempe. Hosted at The Tempe Arts Park, athletes will swim in Tempe Town Lake, ride laps on nearby roads and run the sidewalks of the lake. This location and race will provide great spectating as the day unfolds.

Remember to thank a volunteer for giving his/her time to make this event a success.

Thank you for racing with us!!

4 Peaks Racing

SCHEDULE OF EVENTS

FRIDAY, MAY 3, 2019

- 3:00 p.m. – 7:00 p.m. Pre-race packet pickup

Moxie Multisport
2952 N. Hayden Rd
Scottsdale AZ 85251

SATURDAY, MAY 4, 2019

- 12:00 p.m. – 4:00 p.m. Packet pickup at race location

Tempe Arts Park
700 W Rio Salado Pkwy
Tempe, AZ 85281

- 12:00 p.m. – 4:00 p.m. Optional bike check-in**
- 1:00 p.m. Athlete meeting
- 2:00 p.m. Phoenix Endurance transition clinic
- 3:00 p.m. Athlete meeting

**You may check your bike race morning. There will be security at transition beginning 12:00 p.m. Saturday until the last bike is checked out after the race on Sunday.

SUNDAY, MAY 5, 2019

- 4:45 a.m. Transition opens
- 5:00 a.m. to 6 a.m. Packet pick up
- 6:20 a.m. National Anthem
- 6:25 a.m. Transition closes
- 6:30 a.m. Wave 1 – Pro Men and Women, Olympic Men 39 & Under (Yellow swim cap)
- 6:33 a.m. Wave 2 – Olympic Men 40 & Over (Navy swim cap)
- 6:36 a.m. Wave 3 – Olympic Women & Olympic Relay (Pink swim cap)
- 6:40 a.m. Wave 4 – Sprint Men (Red swim cap)
- 6:43 a.m. Wave 5 – Sprint Women & Sprint Relay (White swim cap)
- 7:45 a.m. Swim course cut off
- 8:30 a.m. No new bike course laps
- 8:45 a.m. Sprint Distance awards
- 9:30 a.m. Bike Course cut-off and transition opens
- 9:45 a.m. Olympic Distance awards
- 10:30 a.m. No new run course laps

PARKING

[CLICK HERE](#) for parking in Downtown Tempe. **Please note there is no parking at Tempe Center for the Arts or Tempe Beach Park during packet pick up and race day.**

PACKET PICK UP – What to bring

Photo ID

Proof of USA Triathlon Membership: If you do not have proof of USA Triathlon membership you will need to purchase a one-day license.

All members of a relay must check in at packet pick up.

Only the registered athlete can pick up his/her packet. You cannot pick up packets for others.

PACKET PICK UP – What you get

Race number – Must be worn during on the run

Bike frame number – To be placed on bike

Helmet sticker – To be worn on the front of your helmet

Wristband – Must be worn to gain access to transition area.

Timing chip – Athletes must wear their timing chip on their left ankle during the entire race.

Timing chips must be returned.

Swim cap – Must be worn during the swim

Event t-shirt

Goodie bag

RACE DAY!

Wristband

Get body marked

Timing chip on left ankle

Athletes only in transition area

Race numbers

1. Helmet number
2. Bike frame number
3. Run number

Correct swim cap color

Transition closes at 6:25 a.m.

Transition opens at 9:30 a.m.

RACE TIMING

Cactus Man Triathlon will be timed using RFID Race Timing Systems. Timing chips should be worn on the LEFT ankle and need to be returned after crossing the finish line. If you drop out of the race please check into the timing trailer adjacent to the finish line and return your timing chip at that time.

AWARDS

Top 3 male and female pro athletes (Olympic distance)

Top 3 overall male and female finishers

Top 3 male and female in each 5-year age group

Top 3 Clydesdales (Men 200 +lbs)

Top 3 Athenas (Women 150+ lbs)

Top 3 male and female Aqua bike

Top 3 relays (male, female, and coed)

Top 3 Para triathlete relays

Top 3 Para triathletes

• 8:45 a.m. Sprint Distance awards

• 9:45 a.m. Olympic Distance awards

EXPO VENDORS

- Moxie Multisport
- Phoenix Endurance
- Brittany Dolph, Insurance Agent
- Spooner Physical Therapy
- 2Gether We Live
- Mountain Man Events
- Ice Running

FROM USA TRIATHLON

This event is sanctioned by USA Triathlon (USAT), the governing body of multisport in North America. One of the many roles played by USAT is that of insurance provider for this race. As such, USAT requires that every participant be either (1) an annual member and provide proof of membership at packet pick up, or (2) purchase a one-day membership at packet pick up.

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. All relay members must be present to receive the packet or split up the relay packet for each participant.

All athletes are required to show a photo ID. **NO ID, NO RACE, NO EXCEPTIONS.** Every single participant, including relay participants, must have a photo ID. Youth athlete without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to show their membership card every time they compete in a USAT sanctioned event.

If an athlete does not bring a photo ID to packet pickup there are two options:

- a. Go home to get it
- b. Have someone email/fax them a copy of their photo ID

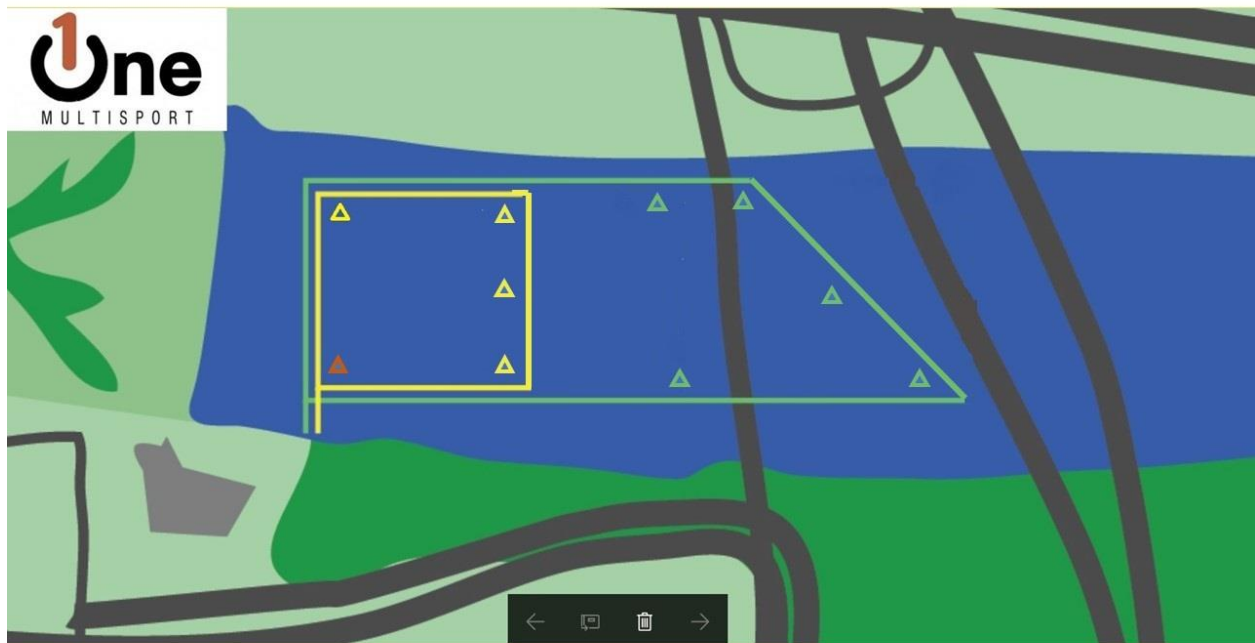
If an athlete does not bring a USAT membership card to packet pickup, there are four options:

- a. Find internet access where a temporary card can be printed at <https://www.teamusa.org/USA-Triathlon>
- b. Go home to get it

- c. Purchase a one-day membership which can later be applied to a membership renewal by submitting a receipt of purchase
- d. Use the USAT Card App available for download through the App Store and Google Play store

Athletes who need to purchase a one-day license must sign the USAT waiver if it was not included in the event registration process. Annual members do not have to sign a waiver at packet pickup as they signed it when they applied to become an annual member.

SWIM



USAT rules state that competitors may wear wetsuits if the water temperature is 78 degrees or lower. USAT rules also state that if the water temperature is between 78.1 - 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards. Stay tuned to www.facebook.com/4peaksracing for water temp updates

Swim Waves

- 6:30 a.m. Wave 1 – Pro Men and Women, Olympic Men 39 & Under (Yellow swim cap)
- 6:33 a.m. Wave 2 – Olympic Men 40 & Over (Navy swim cap)
- 6:36 a.m. Wave 3 – Olympic Women & Olympic Relay (Pink swim cap)
- 6:40 a.m. Wave 4 – Sprint Men (Red swim cap)
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BIKE

Olympic = 2 loops

Sprint = 1 loop



There will be barricades, police and volunteers on course.

The course will be marked however, we strongly recommend that you familiarize yourself with the route.

Communicate courteously with other athletes especially while passing. Let them know “ON YOUR LEFT” or “PASSING”. Stay right while not passing

Use caution on turns.

Equipment

It is your responsibility to make sure your bike is in safe working order. Moxie Multisport will have mechanics onsite race morning. Ensure you have bar-end plugs. You will not be able to race without them.

Please note:

Helmets are mandatory on the bike course

You cannot wear headphones at any time during the race

RUN

Olympic = 2 loops

Sprint = 1 loop



There are three run water stations on the loop, they are approximately a mile apart

Please note:

You cannot wear headphones at any time during the race

MOST COMMON RULE 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