

# CACTUS MAN 2022



PRESENTED BY MOXIE MULTISPORT



## **WELCOME**

We are excited to bring you the 5<sup>th</sup> Annual Cactus Man Triathlon! This event consists of both a Sprint and Olympic distance triathlon, duathlon and aquabike within The City of 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.

This year Cactus Man serves at The USAT Arizona State Championship. Top three men and women age groupers on Olympic and Sprint will be crowned AZ State Champions. Additionally, the top three high schoolers in the Sprint distance will also be recognized as AZ State Champions.

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**

All athletes must pick up their own race packets. You are unable to have others pick up on your behalf

### THURSDAY, APRIL 28

- 2:00 p.m. – 6:00 p.m. Pre-race packet pickup
- Moxie Multisport  
2952 N. Hayden Rd  
Scottsdale AZ 85251

### SATURDAY, APRIL 30

- 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. Transition clinic by Tri Scottsdale
  - 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 1

- 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
- 6:25 a.m. 2Gether We Live athletes
- 6:30 a.m. Sprint & Olympic Duathlon

- 6:30 a.m. Wave 1 – Pro Men and Women, Olympic Men 39 & Under (White cap)
- 6:33 a.m. Wave 2 – Olympic Men 40 & Over (Blue cap)
- 6:36 a.m. Wave 3 – Olympic Women & Olympic Relay (Pink cap)
- 6:39 a.m. Wave 4 – Sprint Men 39 & Under (Grey cap)
- 6:42 a.m. Wave 5 – Sprint Men 40 & Over (Black cap)
- 6:45 a.m. Wave 6 – Sprint Women (Red 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**

Parking will be available adjacent to Tempe Center for the Arts at The Idea Parking Garage located at:

850 W Rio Salado Pkwy  
Tempe AZ 85281

On race morning access to the Idea Parking Garage before 530am will be unrestricted. From 530am to 630am bike course road closures will begin to take effect. Access to the Idea Parking Garage will be from University, northbound on Hardy. After 630am there is no parking in the to the Idea Parking Garage. Please park downtown Tempe after 630am

[CLICK HERE](#) for parking in Downtown Tempe.

### **PACKET PICK UP – What to bring**

Photo ID

Proof of USA Triathlon Membership (if you purchased either an annual membership or one-day license during the online registration process we have that information on our end and you won't be asked for USAT card)

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

### **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

## **RACE DAY IN A NUTSHELL**

Wristband

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 tent 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 220 +lbs)

Top 3 Athenas (Women 165+ lbs)

Top 3 male and female Aqua bike

Top 3 relays (male, female, and coed)

Top 3 Para triathlete relays

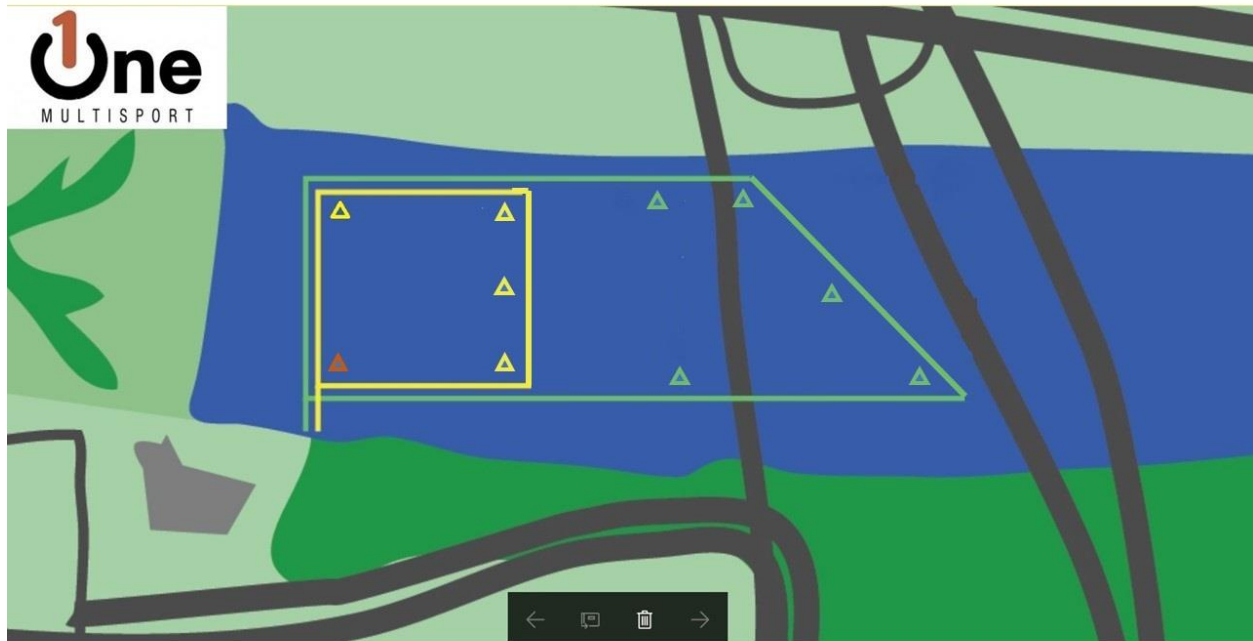
Top 3 Para triathletes

- 8:45 a.m. Sprint Distance awards
- 9:45 a.m. Olympic Distance awards

## **EXPO VENDORS**

- Moxie Multisport
- Streamline Performance Physical Therapy
- Rob Dollar Foundation
- Moxilife
- 2Gether We Live
- Mountain Man Events

## 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](http://www.facebook.com/4peaksracing) for water temp updates

### Swim Waves

- 6:30 a.m. Wave 1 – Pro Men and Women, Olympic Men 39 & Under (White cap)
- 6:33 a.m. Wave 2 – Olympic Men 40 & Over (Blue cap)
- 6:36 a.m. Wave 3 – Olympic Women & Olympic Relay (Pink cap)
- 6:40 a.m. Wave 4 – Sprint Men (Grey cap)
- 6:43 a.m. Wave 5 – Sprint Women & Sprint Relay (Red cap)

## 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