



## Race Reminder

Date: June 2009

From: Gary Morgan, Race Director

To: Little Miami Triathletes

Note: this Race Reminder is also at [www.racedmc.com](http://www.racedmc.com) for your partner to see.

The Morgan Family looks forward to your participation on Sunday, June 7, in Morgan's 30<sup>th</sup> Annual Little Miami Triathlon Series Event. We can still take more teams. Call 513-474-1399 if you have teams that want to register and we can process over the phone. Please accept my best wishes for a successful race and as always, the Morgan Family and myself appreciate your participation.

This packet contains several important items, including shirts (if ordered), race numbers for each competitor, and starting time (printed on the race number). We would suggest keeping your numbers in a safe place until race day. This packet is being sent to only one of the team members. It's important that you call your partner and let him know that you have received it. If you have any questions about your registration, please contact Don Connolly (results coordinator) at 513-474-1399 or [dconno@racedmc.com](mailto:dconno@racedmc.com)

We have several housekeeping matters you should keep in mind as race day approaches:

1. You should arrive at the Ft. Ancient State Memorial, our starting point, no later than 9:30 AM, regardless of your start time. Participants arriving after this time will pay a \$5-per-person parking fee, (per our agreement with the Ohio Historical Society). It will also reduce the risk of accidents with participants starting the bike leg, which begins at Ft. Ancient.
2. We suggest you car pool if at all possible; this speeds entry to the park site.
3. We have added portable restrooms at the bike staging area. All other areas have their usual complement of units.

4. Please check all the info on your race number. On the last line of the race number label are your shirt sizes, if ordered; then your division: MM is male/male, FF is female/female, MF is male/female, PC is parent/child, OP is open (bringing their own canoes), MA is masters (combined ages =>80), KM is kayak male (single person), KF is kayak female (single person), RW is one partner walking and one running, and WA is both walking, followed by your team name. Your start time is listed on the 3<sup>rd</sup> line. We have started the kayaks and walking teams before 8 AM so that the runners start times wouldn't be pushed later into the morning. The Open division (own canoes) will start at 7:30 AM.

We do not read the tear-offs – so do not make corrections on it until after calling Don Connolly at 513-474-1399 so that he can get the changes into the computer. You can also make changes at the livery desk on the morning of the event.

Please wear the race number on the front of what you will be wearing to the finish line. Do not pin the tear-off portion as this will be removed in the finish chute.

5. You do not need to “check –in” on the day of the event. Just get your canoe/kayak and life jackets and line up as your start times are called.
6. Please note: All results will be posted on the web on Sunday evening at [www.racedmc.com](http://www.racedmc.com). Give Don time to have dinner with his crew and unload the truck. Don hopes to have them up by 8 PM. Results may also be linked from the [www.littlemiamitriathlon.com](http://www.littlemiamitriathlon.com) site. Please call 513-474-1399 or email [dconno@racedmc.com](mailto:dconno@racedmc.com) with changes/corrections ASAP.
7. Plaques for divisional winners will be mailed 9 days after the event.
8. I would also like to pass along a few rules of the road for both first-timers and veterans alike.

-Utilize all water stations.

-Place canoes and equipment in designated areas upon completion of the canoe event to prevent accidents.

-Failure to wear your bike helmet during the cycling portion will result in immediate disqualification.

**Also, carefully follow all signs and all instructions given by race officials along the bike segment.**

**You must dismount on the pavement before the finish banner and run/walk to the finish banner. You are not finished until you have crossed under the finish banner. Failure to do so may result in disqualification.**

**Yield to all traffic and obey all traffic signs. Traffic cannot be stopped. Always ride on the right side, never in the middle of the road. Always ride single file unless passing.**

**Keeping feet dry: to keep feet and shoes dry some triathletes cover their shoes with a plastic bag or take dry shoes in a plastic bag with them to change when they get out of the canoe. Shoes left at the canoe drop site will be taken back to the party after the race.**

**Race officials may postpone or alter the race depending on weather and river conditions. Please remember we have a variety of skill levels to consider along with the river conditions. For example, wet roads may cause elimination of the bike segment or high water may force cancellation of the canoe leg. The race director reserves the right to postpone the event altogether due to weather conditions. We attempt to make a decision as early as possible. We know a number of you have extended travel times.**

**We will attempt to make a decision of postponement if necessary, as early as possible 18 hours before, 15 hours before, 12 hours before or by 5 am on the morning of the event.**

**A postponed race will be rescheduled on the Sunday two (2) weeks later – (Sun. June 21 if needed). In case of bad weather, go to [www.racedmc.com](http://www.racedmc.com) or call Don Connolly at 513-474-1399 for updates. Remember to keep clicking the “refresh” button to capture the updates.**

**If you have any questions, please feel free to email me at [gmorgan5@cinci.rr.com](mailto:gmorgan5@cinci.rr.com)**

**Gary Morgan, race director**