



Race Reminder

Date: June 2010

From: Gary Morgan, Race Director

To: Morgan's Little Miami Triathletes

Note: this Race Reminder is also at www.racedmc.com for your partner to see.

The Morgan Family looks forward to your participation on Sunday, June 6, in Morgan's 31st Annual Little Miami Triathlon Series Event. We can still take more teams. If teams still need to register, then go online at www.racedmc.com. Start times will be after 11:00am and the fee is \$10 more. 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

NEW: Jim's Bicycle Shop, 8015 Plainfield Rd., Cincinnati, Oh 45236 513-793-1163, www.jimsbicycleshop.com will be at the top of the hill near the bikes if you need any minor repairs or tire inflation. Please visit Jim's for all your bike needs and thank them for helping us.

ALERT: Please use the portable restrooms that are provided at the start of the ride. In addition, this year we have added a unit on the ride course. We have been getting complaints from residents that could jeopardize this event. The police have concerns that some riders are not obeying traffic signs and are riding 2 abreast which is very dangerous. They are talking CITATIONS for those not following the traffic laws, etc.

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. BE SURE TO WEAR THE CORRECT NUMBER. NAMES, START TIMES, ETC. ARE ON THE BACK OF THE NUMBER ON A LABEL.**
- 5. 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 3rd 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.**

If there are changes to the data then call 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 so that we can get the chip back.

***New this time to the spring event but initiated at the fall event is chip timing at the finish only. Do not remove the chip from the tearoff. At the finish line the chip will be read by radio frequency to get your final finish time. We hope to have a large lcd screen just beyond the finish that will display your race number and net time every 15 minutes or so. Also, we will have a computer in which you put your race number and you can see your net time. In the past we have only had a clock playing the time of day and you had to subtract your start time from that to get your net time. In the past I did that by computer at the end of the day.**

So for those interested in your time, have them watch the screen. We will still get back your tearoff with the chip attached to it after you finish. We will not have timing arches anywhere else on the course. We hope this enhances your experience. Be patient as this is the first time we have tried to display the net time.

- 6. You do not need to “check –in” on the day of the event. Just get your canoe/kayak, & paddle and life jackets and line up as your start times are called.**
- 7. Please note: All results will be posted on the web on Sunday evening at www.racedmc.com or www.littlemiamitriathlon.com site. Results will be posted by GHGtiming.com but Don will have a link posted on www.racedmc.com Please call 513-474-1399 or email dconno@racedmc.com with changes/corrections ASAP or email the timing company off the results page.**
- 8. Plaques for divisional winners will be mailed 9 days after the event.**
- 9. 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. Ride single file on the right.

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.

Please use portable restrooms before you go biking. We have gotten complaints from residents that could jeopardize this event.

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 20 if needed). In case of bad weather, go to 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

The Morgan family appreciates your participation and encourages you to visit their website www.MorgansCanoe.com to learn more about your host and great activities for your family.

Gary Morgan, race director