

From: Tara Michaels [mailto:tara@golara.org]
Sent: Wednesday, August 13, 2008 10:02 PM
Subject: LARA Sprint Triathlon Race Details



Hello racers,

We have more than 250 athletes coming to our 2008 triathlon. This field consists of a number of new racers along with our loyal regulars! We appreciate that all of you have chosen to race with us and look forward to a great weekend.

Below are our race highlights to help you have an enjoyable and safe event. Please take a few minutes and read this email.

PACKET PICK UP, BODY MARKING and CHIP TIMING

You can pick up your race packet and bib number on Friday from 6-8 PM at the Lewisburg Ice Rink or on Saturday from 6-7:30 AM at the registration table.

Along with your goody bag and t-shirt (if you registered by August 1...I ordered more this year..so most of you will get one), you will receive your race bib number and a tag to attach to your bike. Your bib number **MUST** be worn on the **FRONT** during the run portion of the event and you **MUST** bring your number to the body marking area on Saturday morning in order to be marked. Also, **ALL** members of the relay team must get body marked.

After getting body marked in the morning, please move to the Score-This, Inc!!! (our timer) tent and get your chip. It **MUST** be worn on your ankle(I put it on my left ankle so it doesn't get caught up in your gears). **RELAY TEAMS**-the swimmer will wear the chip first, and then pass to the biker, then to the swimmer.

PARKING AND DROP OFF

You may drop off your bike/gear at the transition area located on St. Lawrence Street in the morning; however you **CANNOT** park on St. Lawrence St. Our parking is in the Pennsylvania House parking lot across from the Ice Rink on St. Mary's St. Please drop off your materials and move on in timely fashion.

SWIM COURSE

The final seeding will be done **TOMORROW** (Thursday, August 13th) by 12:00 PM. If you have an updated swim time, send it to me **ASAP!!!** Preliminary seeding can be found on our race's home page, www.Lewisburgtriathlon.com. Let me know if there are any **MAJOR** discrepancies. Remember, be honest with your time so we can maintain a smooth swim!

BIKE COURSE

PLEASE NOTE: Our course is open to traffic and you are a vehicle on the road so you must abide by all rules of the road. We have worked very hard to man all intersections with volunteers and/or professional volunteers (i.e. police, fire police) but you must still use caution. If you have a race bag attached to your bike, I recommend carrying your cell phone in the event of a flat, etc. You can call our Safety Captain, Angela Zimmerman, at 570-850-6944. We will have cars roving the course, but if you call us we can get to you quicker! Unfortunately, flats happen..be prepared!

We are going to do our best to sweep the turns and remove as much gravel as possible but please use extra caution on turns, especially Turkey Run to Violet. The bike course is marked with arrows on the road, and we have volunteers and signs on poles where possible. Still, please take the time review the attached course.

RUN COURSE

The run course is the same as in 2007. Attached is the route. Like the bike course, the run course will be marked with arrows on the road, volunteers and signs were possible; however you should still review the attached course.

TRANSITION AREA

RELAYS PLEASE NOTE: All transitions **MUST** be done in the transition area. Since our transition area is gravel, you

will be permitted to leave your sneakers or other shoes in the pool area to protect your feet. **The transition area is only open to registered athletes. Please ask friends and family to stay out of the area.** Bike slots are taken on a first-come first-served basis.

We will have the area secured by volunteers and you will not be able to leave the area with your bike unless your bike tag and bib number/body marking match. We want to make sure your gear is safe!

SPONSORS and VOLUNTEERS

Please patronize our sponsors and let them know you appreciate their support. Without their contributions we wouldn't have much of a race!

Our volunteers will be wearing bright orange race t-shirts. If you need assistance please ask us, we are here to help you. Please also thank the volunteers...there wouldn't be a race without them!! They are doing their best to make our triathlon a fun and secure event for our racer, their family and the entire Lewisburg community.

DIRECTIONS

From Rt. 15S...make a RIGHT onto St. Mary's Street at red light (Peking Garden will be on far right corner)

From Rt. 15N... make a LEFT onto St. Mary's Street at red light (Peking Garden will be on left corner)

MISCELLANEOUS

Don't forget to bring your family. The Lewisburg Community Park is a beautiful place to play, picnic and swim. The pool will be open after our event as well as the concession stand for family and friends. Post-race food will be provided to racers.

If friends and family are coming to cheer you on, please ask them to bring a chair as seating is limited.

That's it for now. Thanks for taking the time to read this. I hope you have a great week and look forward to seeing you soon.

Thanks,

Tara Michaels