



RULES FOR 2013 FNMS MARATHON ULTRA-MINI TRIATHLON

1. The athlete division will be a timed event. Your time will begin when you enter the water and end when you cross the finish line after the run. Splits will not be given.
2. Swimmers: In the athlete division, you will swim 2 to a lane, 12 swimmers per wave. Follow common courtesies when sharing a lane. Novice division, you will not swim in heats (it will not be timed), so when one swimmer finishes, another may enter the water. When you're finished, you will proceed out the front door of the swim center and go to your bike (teams: you will need to have your swimmer tap hands with your biker at the bike to transition). Do not mount your bike until you reach the sidewalk or street.
3. Cyclists: Helmets are mandatory. Check your bike and helmet with volunteers next to the swim center. You are expected to follow all laws of traffic and conduct yourself in a manner that does not endanger yourself or others around you. Yield to motorists on the course. Stay to the right; pass other cyclists/runners on the left. Novice division cyclists, you may be sharing the course with athlete division runners. Be alert and pass only on the left. As you near the run transition, you will need to dismount your bike at the orange and white barricade, then walk/run your bike in to the transition area. Be cautious of spectators and other athletes!
4. Runners: Athlete division runners will need to wear a bib number. You will be running on a low traffic roadway, but remain alert to traffic. Athlete division runners, you may very likely be sharing the course with novice division cyclists. Stay far to the right to allow cyclists to pass you on the left. LOOK behind you before you move left to pass another runner, as cyclists may be approaching you quickly from behind.
5. Athlete division: At the finish, remove your "tear-off" and give it to the timers. Please STAY IN ORDER until your number has been handed off so our times will be as accurate as possible.
6. After the races are finished, we will be giving out a few prizes for the athlete division (1-3 individual male and female, 1-2 teams, 1st place Marawood conf.) Please help yourself to the drinks and snacks before or after your event (while supplies last).

Thanks for coming out to support the Foundation for Nager and Miller Syndromes~
HAVE A GREAT TIME!