

## **Padden Tri. FAQ**

### **Packet Pick-up - (ID Required)**

#### *Early Packet Pick-up*

- Friday before race day from 2-7 p.m. at Bikesport (2416 Meridian St. - (360) 778-2483)

#### *Day of Race Packet Pick-up - on site*

- Competitive - 7 a.m. to 8:15 a.m.
- Recreational - 7 a.m. to 12:30 a.m.

### **Can I pick up someone else's Packet?**

You can pick up someone else's packet at early packet pick up provided you have a signed note from them including the code words "Frisky Dingo".

### **Can I transfer my registration? Give it to a friend? Sell it on Craigslist? Scalp it first thing in the morning? Etc.**

Nope.

There are a number of reasons why, but there's already plenty of text here. If it's important to you, drop me a note *after* race day and we can have a chat [Lromo@cob.org](mailto:Lromo@cob.org) – (360) 778-7029

### **Parking**

It's a fact, made up for the purposes of this FAQ sheet, that carpoolers and bike commuters collect more draw prizes than those who drive solo. The main entrance will be closed to allow for our transition area. Please enter the park using 40<sup>th</sup> St. from there you can access parking in the lot and, one way, along Wilkins St. There will be signage and parking staff to assist you.

### **What time should I get there?**

Get there with enough time to park, pick up your packet, get body marking, rack your bike in transition and do whatever other things you do before a race. Recreational event participants can certainly arrive much later than Competitive event participants. If I were racing I'd plan for 1.5-2hrs. prior to start time.

### **Directions**

The park is 1.5ish miles from Exit 252.

- I-5 South: Exit 252 - LEFT on Samish Way, RIGHT on Samish Way, RIGHT on 40<sup>th</sup> St. to Parking
- I-5 North: Exit 252 - RIGHT on Samish Way, RIGHT on 40<sup>th</sup> St. to Parking

### **What if I forgot to train?**

It's probably gonna hurt.

### **Maps**

Couse maps are available for every leg except the swim. Suffice it to say the swim leg is either ½ mile or ¼ mile triangle depending on which race you're in. There's relatively little elevation gain until participants exit the water, clamber up a berm, then run/amble up a hill and enter the transition area where the leg time is completed.

- [Run\(s\)](#)
- [Competitive Bike](#)
- [Recreational Bike](#)

### **Water Temperature**

The water temperature has been reported as "warm...wonderful...fantastic." This is a lake in the Pacific

North West, not Maui. Experiment in a local lake before race day to get an idea what you're in for.

I wouldn't wear a wetsuit, but I run hot. If you choose to wear a wetsuit, we highly recommend you practice swimming in it and getting out of it in a hurry before race day. Failing to practice may result in a friction burn and/or becoming "stuck" in your wetsuit.

### **Basic Rules**

- You must treat each other, our staff and volunteers with respect.
- The swim cap must be worn...but only during the swim.
- Bike helmets must be worn and buckled any time you're on your bike.
- Participants Only - in the transition area. There will be no exceptions for grandma, grandpa, junior, carts full of babies or uncle Skeeter.
- You are not allowed to ride your bike in transition - walking or running with it is fine.
- You can only enter/exit a bike from transition if it matches the number on your body marking.
- The course is not draft legal. If someone is drafting you, please feel free to clear your sinuses...in a respectful manner.
  - Drafting: Riding (except to pass) within 7 meters behind or 2 meters to the side of another cyclist.
- Time limits are for real and armpits are amazing.
- Any equipment left in transition after the time limit will be removed to an unsecured location.

### **Time Limits**

Time limits are not flexible. Any participant finishing after the time limit will be disqualified. Note: your time starts when your swim heat starts.

- The Competitive distance time limit is 3 hours.
- The Recreational distance time limit is 2.5 hours.

### **Relay**

Relay teams will exchange the timing chip in the transition area. Participants will wait at the bike rack. Note: relay participants will not wait directly in front of the transition entrance/exit.

### **Prizes**

We do engraved trophies for the top 3 male & female finishers in each race. We do not do age group awards, however, if you place in your division you are exempt from 83% of calories derived from bacon - or - carbonated beverages for a period of 30 days.

Draw prizes are open to all participants and volunteers. Hint - carpoolers clean up at awards.

### **What are the divisions?**

Male and Female 10 & under, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

### **Timing**

Timing is done with magic, pixie dust and computer chips.

- Participants self-seed for the swim with the fastest swimmers going first in heats of approximately 50.
- Heats will start 3-5 minutes apart.

- Participants are timed from their heat start.
- Transitions are included in your overall time.
- Participants not completing any portion of the event will not receive a time.
- Participants finishing outside the time limit will not receive a time.

**Will there be cars on the road?**

Yup, the course is open to vehicles. We will have between 8 & 13 certified flaggers on the course along with a lot of money in cops. Even with all that please keep in mind motor vehicles are capable of squishing you and yield when necessary.

**Results**

Results will be posted on our [website](#) the Monday following the race and on [Pacific Multisports](#) the evening of the race. Past results are on our website. Check out some of those speedy transition times.

**Photos**

A link to pictures of each leg will be posted on our [Facebook](#) page after the event or on our photographer's ([Jon Brunk Photography](#)) website.

**More Questions?**

Ask away at [Facebook](#) -or- [Lromo@cob.org](mailto:Lromo@cob.org) -or- (360) 778.7029 -or at our office (210 Lottie St). Questions are greatly appreciated, however, the penalty of repeating a question already completely addressed above is 12 delicious ounces of hot, black, Americano or chocolate covered raisins.