

## **ES.010: Chemistry of Sports – Sprint Triathlon Athlete information**

**Date:** Wednesday May 8, 2013

**Time:** 3:05 pm

Athletes are requested to be present on the south side (away from the diving well side) Z center pool deck for body markings. The pool is set up long course and we are going to be using 2 lanes. There will be staggered starts in groups of 3 per lane (6 students per wave)

### **Swim Course:**

The swim is a 500 m swim in the south side of the Z center pool. The average water temperature is 80 degrees Fahrenheit.

### **Swim Course Rules and Regulations:**

1. No fins, gloves, paddles, or flotation devices of any kind are allowed.
2. No wetsuits are allowed
3. Swim goggles or facemasks may be worn.
4. You are allowed to touch the ends of the lanes

### **Bike Course:**

The 30 minute bike course is at the MAC court (3rd floor Z center) spin bikes. Tunes will be provided during the scenic spin course. Minimal wind speeds expected on race day. Bike course is flat and fast. Temperatures average around 70 °F in May on the MAC court.

### **Bike course Rules & Instructions**

1. Since we are indoors, no helmet is required for the spin course
2. All instructions by the head judge must be followed.
3. Water bottles are encouraged. There will not be any aid stations during the spin portion of the event

### Run Course:

The run loop starts outside of the main Z center entrance (opposite the customer service desk). Start running towards Mass. Ave, cross at 77 Mass Ave and head towards the Mass Ave bridge, then along the Esplanade towards the Longfellow bridge, over the bridge (NOTE: you must run down to the traffic light and back up the bridge, pedestrian pathway is being repaired) and back along Memorial drive along the MIT campus. Once you reach Mass Ave, head back towards 77 Mass Ave, cross the street and head for the finish line back at the entrance at the Z center.

### Map:



### Run course Rules & Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED.
3. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
4. A shirt or racing top must be worn at all times.
5. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

### Finish line policy

Friends and/or family members are **not** permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans

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