

Pass It Along & Lake Mohawk Country Club Triathlon Race Rules

YOU MUST read the following race rules. By signing the registration form and paying the registration fee you fully accept and acknowledge these rules. If after reading rules, YOU CANNOT adhere to race rules or you wish not to do the race, please contact Pass It Along for a full refund of the registration fee.

Violation of any of the race rules as determined by a race official will result in disqualification.

GENERAL RULES OF CONDUCT

You must be trained adequately for the event or course segment for which you are performing, and in excellent health;

You must participate and compete in the age group corresponding to your age;

You must be familiar with the entire course or course segment for which you are performing;

You shall not accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bike or bike parts;

You must plainly display race numbers at all times, from start to finish line, and in the transition area;

You shall not leave any equipment or personal gear anywhere on the race course;

You shall not use or wear a headset, radio, personal audio device, cell phone, or any other item deemed dangerous by a race official;

No glass containers shall be utilized at any time during the event and in transition area;

You must start in and with the proper wave group for which you are assigned;

Public nudity, indecent exposure, at any time during the event is prohibited;

You shall not provide or sell a race number to an unregistered person or switch race numbers or swim caps with other participants

Pass It Along & Lake Mohawk Country Club Triathlon Race Rules (continued)

SWIMMING CONDUCT

You may use any stroke to propel through the water and you may tread water or float;

You may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, you may not use an inanimate object to gain forward progress;

If you are experiencing difficulty and are in need of assistance, you must raise an arm overhead, and pump it up and down, or call or seek assistance. A SWIMMER WHO HAS RECEIVED ASSISTANCE OF THIS KIND MUST RETIRE AND WITHDRAW FROM THE REMAINDER OF THE RACE UNLESS SUCH ASSISTANCE DID NOT AID IN FORWARD PROGRESS. NO SWIMMER SHALL RETURN TO THE RACE IF AN OFFICIAL RENDERING ASSISTANCE REQUESTS THAT THE PARTICIPANT WITHDRAW FROM THE RACE OR RECEIVE MEDICAL ASSISTANCE;

You must wear an official swim cap corresponding to your wave;

You may wear goggles, but shall not be required to wear swim goggles or face masks;

You may not use fins, gloves, paddles, or floating devices of any kind

You may wear a wet suit

CYCLING CONDUCT

You must wear a helmet with chin strap fastened;

During the course, if your bike is rendered inoperable, you may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants;

You shall not accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bike or bike parts. A CYCLIST WHO HAS RECEIVED ASSISTANCE OF THIS KIND MUST RETIRE AND WITHDRAW FROM THE REMAINDER OF THE RACE;

You must obey all traffic laws;

You must exercise extreme caution and decrease speed if necessary in passing in the site of any cycling accident;

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CYCLING CONDUCT (continued)

DRAFTING IS NOT ALLOWED

All passing is to be done to the left of the cyclist being overtaken. When passing, you bear primary responsibility for not creating a drafting position. You must pass only when adequate space is available and you are confident in your ability to successfully pass the other cyclist;

You must keep to the right of the course, unless passing;

If you are overtaken, you must move completely out of the drafting zone of the other cyclist before attempting to re-pass

RUNNING CONDUCT

You must run or walk the entire course

TRANSITION AREA CONDUCT

Only participants and race officials and volunteers are allowed in the transition area;

You must always reduce cycling speed to a safe level when exiting and entering the transition area;

You shall place your bike at its designated upright position on the bike rack at all times, and your equipment shall be properly confined directly under you bike