

# LONG BEACH STATE TRIATHLON COMPETITOR UPDATE

## PACKET PICK UP

It will take place on Saturday February 6<sup>th</sup> from 12 to 4 p.m. at Tri-zone at the 10615 Bloomfield Street, Los Alamitos, CA 90720

There will also be race day packet pick up starting at 6.00 am outside the transition area, but it is strongly recommended to do it on Saturday and avoid big crowds on Sunday morning.

Please bring the following to packet pick up:

1. Your current USAT Card. If you don't have one yet, you can join USAT there, (cost is \$ 39 for an annual membership) or pay a one day USAT license (\$ 10).

2. A photo ID.

3. For athletes in the Collegiate Division. You MUST bring your university ID (you will be moved to the corresponding age group division if no university ID is shown, no exceptions).

## TRANSITION AREA

It opens at 6 a.m. Transition area spaces will be on a first come first serve basis,

## COURSE

### RUN

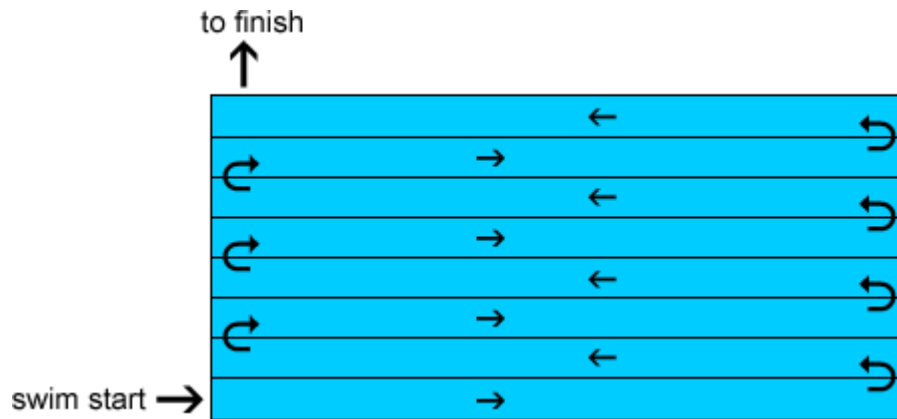
The run will start at the side road by the track at 7:30 a.m. It is an approximate 5 km lap around campus, it has a stairway going up and a long steady downhill.

### BIKE

The Bike course consists of 4 laps around campus, **4 LAPS**. You are responsible of counting your own laps, (volunteers and/or officials will not tell you how many laps you have left at any time). Each lap consists of a short but steep uphill and a long steady downhill, with some sharp turns.

### SWIM

The swim portion will consist of eight 50 meter laps on a "snake pattern" ( per attached diagram this is: you will change lane after every lap). No diving is allowed entering the pool, you have to get in feet first.



Please check the course maps on the event website:

[http://www.csulb.edu/org/sports/triathlon/event\\_\(backwards\\_triathlon\)/index.htm](http://www.csulb.edu/org/sports/triathlon/event_(backwards_triathlon)/index.htm)

It is strongly recommended to ride the course before the race. Both the running and cycling course are 100% closed to traffic and available for recognition starting at 6 am on race day. You can also ride the course on Saturday during packet pick up (the course will be open to traffic at this time. And remember, it is the ATHLETE'S responsibility to know and follow the course, cutting the course is an automatic DQ.

## RELAYS

There will be a specific marked zone in the transition area for all relay exchanges.

## RULES

USAT rules will be enforced. Make sure you know ALL of the rules to avoid any time penalties or disqualifications. Remember: It is the athlete's responsibility to know the rules.

## AWARDS

Awards will be giving to the top 3 individuals on each category. Stay for the award ceremony, there will be several gift certificate raffles from our sponsors. (You must be present to win).

## **RACE DAY PARKING**

Primary parking will be available in lot 14C (entrance off of Atherton). There is also plenty of parking in Lot 11A (off Palo Verde) and space is available along Atherton St. (\* The North side lanes of Palo Verde Av. are part of the Bike course, DO NOT PARK there, cars parked on this side on race day will be towed away at owner's expense). Parking permits must be purchased in the lot at the yellow permit machines.

Campus Map:

<http://daf.csulb.edu/maps/img/maps/2009.gif>

## **DIRECTIONS**

From Los Angeles, Via 405 South  
405 Freeway towards San Diego  
Take the BELLFLOWER BLVD. exit, EXIT 26  
Take the ramp toward BELLFLOWER BLVD. SOUTH  
Turn LEFT onto E. LOS COYOTES DIAGONAL  
Turn RIGHT onto N. BELLFLOWER BLVD.  
Turn LEFT onto E. ATHERTON ST  
Arrive at CSULB 400 yards ahead on the right.

From Orange County, Via 405 North  
405 Freeway towards Long Beach  
Take the PALO VERDE AV exit EXIT 25  
Turn LEFT onto PALO VERDE AV.  
Arrive at CSULB 400 yards ahead on the right