

Happy Race Week!

We have updated our website www.eastgr.org/triathlon with additional race information. Be sure to check for updates on wave information and weather updates.

Historically we have always started at 7:10AM, this year we have moved the start time to 7:20AM for the first wave of the Olympic Triathlon, Sprint Duathlon and Olympic Duathlon. The first wave of the Sprint Triathlon will start at 7:40AM.

Important Information:

Mandatory Pre race meetings

Triathlon/Relays/AquaBike (Sprint and Olympic) 7:00AM in John Collins Park at the swim start
Duathlon (Sprint and Olympic) 7:00AM at the Duathlon Start just south of the transition area

Transition Area

The transition area will open at 5:30AM on race day.

Finisher Medals

New for 2016 - we can't wait to present them to you at the finish line!

Parking

Check our website for parking information. <http://www.eastgr.org/index.aspx?NID=473> Note the High School will NOT be hosting the ACT this Saturday. Parking will be available at the Middle School lot, High School lot, parking structure and side streets in EGR.

Weather

Our full weather related policies are listed below. We wanted to make sure that you have all this information. Here is the web link <http://www.eastgr.org/index.aspx?NID=480>

We are excited for the 33rd Rhoades McKee Reeds Lake Triathlon!

Let me know if there is anything I can assist with.

Betsy

Weather related policies

The Race Director and the Safety Team will handle all concerns regarding:

- Change of race start time (delays)
- Modification of the race format (dropping one leg of the event or all racing the sprint distance)
- Cancellation of the event

The Rhoades McKee Reeds Lake Triathlon may be canceled, delayed or modified if any of the following weather conditions exist:

- Tornado Warning
- Tornado Watch
- Severe Thunderstorm Warning
- “Heavy” Rain
- Lightning
- Extreme Heat

Communication for cancellations and delays will be broadcasted in the following ways:

- Updated posting on EGR Parks and Recreation Department website www.eastgr.org/triathlon
- Social Media – Race Facebook page
- Announcements at event

The race will be delayed a MAXIMUM of 90 minutes

Any Delay after 60 minutes will result in all athletes racing a Sprint Distance race

Lightning

The race start will be delayed 30min with a lightning sighting, starting over with each additional sighting.

Heavy Rain

While rain itself is not a danger to athletes and volunteers; rain slicked roadways, standing water and poor visibility are all dangers that may result from heavy rain fall. The Race Director along with the Safety Team will determine if conditions are safe for the race to begin.

Heavy Winds/Tornadoes

All parties at the race site should be instructed to move to a designated “safe area” if a tornado is present in the area. Safe Areas include: EGR Community Center and EGR High School Pool. Participants, spectators and race workers should use caution if high winds are present, race elements could shift or fall during extreme conditions.

Extreme Heat

The Race Director and the Safety Team will add additional water stations (and increase the variety of items offered at the water stations). Decisions will be made regarding the use of wet suits if the water temperature exceeds the recommended temperature for triathletes.

The safety of our participants and volunteers is very important to us. Our decisions will be based on providing a SAFE and enjoyable experience for all involved.

Refunds will not be issued.