



# NAPA VALLEY, CA



# NOVEMBER 7-8, 2020



# A DISTANCE FOR EVERYONE



>OPEN

>SPRINT

>OLYMPIC

>HALF

>FULL

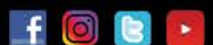


# HITS

  
**TRIATHLON SERIES**

**HITS** ENDURANCE  
*A distance for everyone!*

319 Main St, Saugerties, NY 12477  
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# MESSAGE FROM HITS ENDURANCE



Dear HITS Triathletes,

HITS Triathlon Series is proud to be running another fun-filled event in beautiful Napa Valley, California.

Participating in our triathlon series affords you the opportunity to enjoy a broad spectrum of events suited to meet your fitness goals. Whether you're completing your first race or are a seasoned veteran in the triathlon scene, the HITS Endurance team is here to make your experience a positive one.

As dedicated as our team is, this event would not be possible without the help of the Bureau of Reclamation, the Napa County Roads Department, the California Highway Patrol (CHP), the Napa County Sheriff's Office, Cal Fire, Napa River Velo for its bike tech support and of course the volunteers.

With our triathlon season in full swing, our goals and mission remain the same. Whether it's the rolling hills in Napa Valley, or the sunny vistas of Sarasota, Florida, we wish to provide you with courses that challenge you, make you sweat, and leave you in awe of your own ability.

We hope you, your family and friends enjoy your HITS Triathlon experience and we look forward to you joining us again in 2021.

Thank You,

HITS Endurance







# 2021 TENTATIVE HITS ENDURANCE EVENT DATES

©Captivating Sports Photos

>OPEN   >SPRINT   >OLYMPIC   >HALF   >FULL

JANUARY 10 **TRI** SARASOTA, FL

APRIL 10-11 **TRI** NAPA VALLEY, CA

JULY 10 **TRI** HUDSON VALLEY AT WILLIAMS LAKE, NY

SEPTEMBER 19 **RUN** OMAHA MARATHON - OMAHA, NE

OCTOBER 23 **TRI** HITS CHAMPIONSHIP - PALM SPRINGS, CA





# GETTING TO KNOW HITS TRIATHLON SERIES

## TOM STRUZZIERI | PRESIDENT & CEO

Tom Struzzieri is the founder of HITS, Inc., the largest equine show jumping production company in the world, and has been running world-class events since 1977.

Tom's foray into triathlon was inspired by his own personal experience with the sport after receiving training sessions for his 50th birthday. Wanting to set a positive and powerful example to his three children that fitness and good health are essential ingredients for living life to its fullest, Tom embraced the challenges and rewards of his training. As many others before him, he became instantly hooked on the sense of fulfillment, well-being and personal accomplishment that came from his triathlon training. Overcoming personal obstacles with the challenges of the swim,

bike and run only made it more of a passion and eventually a business interest. Tom recently just completed his fourth full-distance race and his wife Jane is also a triathlete, having competed in several sprint and half distance races.



Motivated not only by his new-found personal passion but also the similarities to his experiences in the equestrian sport, Tom set out to offer the world of triathlon something new and different with the HITS Triathlon Series. Each event offers five different race distances – Full, Half, Olympic, Sprint and Open – realizing HITS' mantra, "A distance for everyone."™ But more than offering a complete array of race opportunities, HITS is dedicated to providing the professional quality of a national event producer while delivering the personalized service of small local race organizer. When you call HITS, someone answers the phone.

The first event in the HITS Triathlon Series was dubbed Palm Springs, but actually took place in La Quinta, California in December 2011. Known for its moderate temperatures during winter months and the rugged beauty of the Coachella Valley desert region, HITS Triathlon Series – Palm Springs has proven to be a perennial favorite of triathletes from all over the country.

This event was soon followed by triathlon events in Naples, Florida, Ocala Florida, Napa Valley, California, and Hudson Valley, New York. Other events are under review for upstate New York and the Chicago area.

USE HASHTAGS #HITSNAPAVALLEY OR #HITSTRISERIES AND  
**LET'S GET SOCIAL!**



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**HITS Triathlon Series**

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# SEVEN SECRETS

## TO A SUCCESSFUL RACE!

By Steve Born, Senior Fueling Advisor for Hammer Nutrition

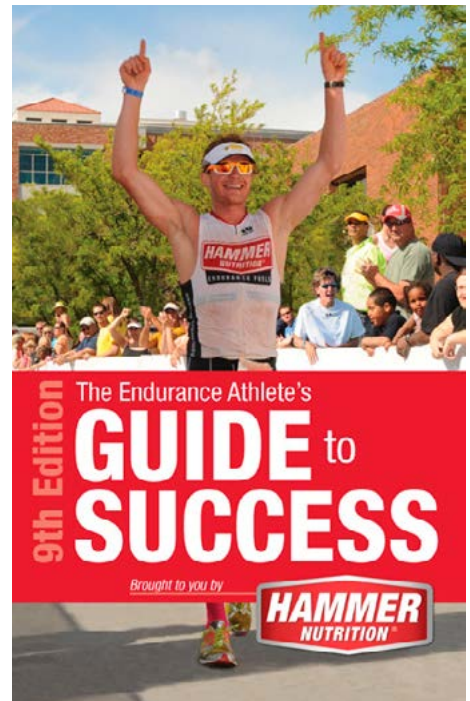
The Endurance Athlete's  
Guide to Success

**1)** DON'T give in to the temptation to train too much and/or too close to race day. You will not be able to positively influence your fitness level in the days leading up to a race; however, you can negatively impact your race by training during this time (training meaning anything of significant duration or intensity).

**2)** In the few days prior to a race, DON'T drink excessive amounts of water in the hopes of "getting a head start" on your fluid requirements. Consumption of water in ounces equivalent to roughly .5 to .6 of your body weight in pounds is a good gauge of how much you should be consuming daily. (Example: A 180-pound athlete should drink approximately 90-108 ounces of water daily.) However, if you haven't been following this recommendation consistently, don't start now, as this will overwhelm your body with too much fluid too soon, which may increase the potential for hyponatremia.

**3)** Leading up to a race, DON'T stuff yourself with extra food in the hopes of "carbo loading." The time period for carbohydrate loading (i.e., maximizing muscle glycogen storage capabilities) has, for all intents and purposes, passed. In essence, "carbo loading" is what you did in the 0-60 minutes after all of your training workouts. That's when the glycogen synthase enzyme—which controls glycogen storage—is most active, and that's how you topped off your glycogen stores. Any excess food that you eat in the days prior to a race is either going to be passed through the bowels or stored in adipose cells... neither of those things will benefit you.

**4)** DON'T consume extra sodium (salt) in the hopes of "topping off your body stores" prior to a race. Since the average American already consumes approximately 6,000 to 8,000 mg per day (if not more), an amount well above the maximum recommended dose of 2,300- 2,400 mg per day, there is absolutely no need to increase that amount in the days prior to a race. (Hint: Adopting a low-sodium diet will do wonders for both your health and athletic performance.) High sodium intake, especially in the days leading up to a race, is a recipe for disaster because it will greatly increase the potential for disruption of the hormonal mechanisms that control sodium regulation, recirculation, and conservation. Be particularly cognizant of the salt content in your foods, especially if you go out to eat. Dining out can easily increase your already-high salt intake dramatically (into double figures!).





**5)** DON'T overeat the night before a race, thinking that you're "carbo loading." You can't positively affect muscle glycogen storage capabilities the night before a race, a time when the glycogen synthase enzyme—the enzyme that controls glycogen storage—is inactive. (Hint: That's why post-workout refueling is so important.) Consume complex carbohydrates, some high-quality protein, and low-to-no saturated fat; be sure to drink sufficient amounts (but not too much) of water. Skip the alcohol, fatty foods, and dessert... save those "rewards" for after the race. Eat clean, eat until you're satisfied, and then call it a night.

**6)** If your workout or race is over 60 minutes in length, DON'T consume any calories three hours prior to the race. The first fuel your body will use when the race begins is muscle glycogen. Eating a prerace meal at the wrong time will negatively affect how your body utilizes its finite stores of glycogen, which will negatively impact your performance.

**7)** DON'T sacrifice sleep to eat; it's not necessary. A better strategy than eating 1-2 hours prior to a 60+ minute workout or race is to consume 1-2 servings of Hammer Gel 5-10 minutes prior to the start. This will top off liver glycogen stores nicely (the goal of the prerace meal) and provide some calories to augment muscle glycogen stores at the beginning of exercise, without negatively affecting how muscle glycogen is utilized.

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Steve Born is a technical advisor for Hammer Nutrition with well over a decade of involvement in the health food industry. He has worked with hundreds of athletes—ranging from the recreational athlete to world-class professional athlete—helping them to optimize their supplement/fueling program. Steve is a three-time RAAM finisher, the 1994 Furnace Creek 508 Champion, 1999 runner-up, the only cyclist in history to complete a Double Furnace Creek 508, and is the holder of two Ultra Marathon Cycling records. In February 2004 Steve was inducted into the Ultra Marathon Cycling Hall of Fame.



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*AWESOME TOOL. VERY HAPPY WITH MY PURCHASE OF LAVA SHORTS.  
THEY ARE AN IMPORTANT TOOL THAT I USE FOR MY TRIATHLON SWIM TRAINING.  
MY SWIM POSITION AND STRENGTH HAVE IMPROVED GREATLY. – MIKE P*

*THIS IS THE THIRD PIECE I'VE PURCHASED FROM XTERRA AND I AM SUPER HAPPY  
WITH ALL OF THEM. GREAT BRAND, GREAT COMPANY, GREAT PRODUCT. – NICHOLAS B*

*FEELS LIKE CHEATING! LAVA SHORTS GIVE YOU THAT 'WETSUIT FEEL' ...  
BETTER BUOYANCY AND BUOYANCY INSTANTLY MAKING YOU A BETTER, FASTER SWIMMER! – BRUCE B*





# NAPA VALLEY, CA



# APRIL 10-11, 2021



# A DISTANCE FOR EVERYONE



>OPEN

>SPRINT

>OLYMPIC

>HALF

>FULL



# HITS

TRIATHLON SERIES

## Registration Now Open at [HITSEndurance.com](https://HITSEndurance.com)



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# SCHEDULE OF EVENTS

## Friday, November 6, 2020-Race Site at Putah Canyon (formerly Chaparral Cove)

- 2-6 pm: Packet and Timing Chip Pick-Up for all distances\*
- 2-6 pm: HITS Fitness Expo
- 3-4 pm: Athlete Meeting for Half and Full distance athletes
- 4-5 pm: Bike Drop-Off for Half and Full athletes

*\*It is **HIGHLY RECOMMENDED** that Half and Full athletes pick up their packets on Friday*

## Saturday, November 7, 2020-Race Site at Putah Canyon (formerly Chaparral Cove)

- 5 am - 5 pm: See parking instructions in Race Information section
- 5-6 am: Additional Packet and Timing Chip Pick-Up for Half and Full athletes
- 5-6:30 am: Bike and Gear Drop-Off for Half and Full distance athletes
- 6 am - 8 pm: HITS Fitness Expo
- 6:40 am: Transition area closed to Half and Full distance athletes
- 7 am: Full and Half male wave start
- 7:03 am: Full and Half female wave start
- 2 pm: Half distance Awards\*\*
- 2-8 pm: Packet and Timing Chip Pick-Up for Sprint, Olympic and Open distance athletes
- 12 am: Transition area closed and clear of all bikes

**\*\*PLEASE NOTE:** Athletes **MUST** be present at their Awards Ceremony to receive an award.

## PLEASE NOTE TIME CHANGES

## Sunday, November 8, 2020-Race Site at Putah Canyon (formerly Chaparral Cove)

- 7 am-3 pm: See parking instructions in Race Information section
- 7-8 am: Additional Packet and Timing Chip Pick-Up for Sprint and Olympic athletes
- 7-8:30 am: Bike and Gear Drop-Off for Sprint and Olympic athletes
- 8 am-3 pm: HITS Fitness Expo
- 8:40 am: Transition area closed to Sprint athletes
- 8:40 am: Athlete Meeting for Sprint Athletes
- 9 am: Sprint Male wave start
- 9:03 am: Sprint Female wave start
- 9:30 am: Athlete Meeting for Olympic Athletes
- 9:40 am: Olympic Male wave start
- 9:43 am: Olympic Female wave start
- 11:15 am: Sprint distance Awards Ceremony\*\*
- 12 pm: Full distance Awards Ceremony\*\*
- 11 am - 12 pm: Packet and Timing Chip Pick-Up for Open distance athletes
- 11 am - 12 pm: Bike and Gear Drop-Off for Open distance athletes
- 12:30 pm: Olympic distance Awards Ceremony\*\*
- 12:30 pm: Athlete Meeting for Open distance athletes
- 1 pm: HITS Open race starts
- 2 pm: HITS Open Awards Ceremony\*\*
- 3 pm: Transition area closed to Open, Sprint and Olympic distance athletes

**\*\*PLEASE NOTE:** Athletes **MUST** be present at their Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for a \$10 shipping and handling fee.

- **Race Site:** Putah Canyon Recreation Area (formerly Chaparral Cove), 7600 Knoxville Rd., Napa, California 94558

**PLEASE NOTE:** All participants volunteers and spectators must park in the campgrounds on the west side of Knoxville Rd. Campers in spaces 78-100 will not be permitted to enter or exit the race site between 7 AM and 5 PM on Saturday and between 9 AM and 2 PM on Sunday.

- **Official Bike Shop:** Napa River Velo, 680 Main St., Napa, California 94559

Questions? Call 845.246.8833 or e-mail [info@HITSEndurance.com](mailto:info@HITSEndurance.com)



# HITS TRIATHLON SERIES

Napa Valley, California

## Swim Course

100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles

### OPEN: Sunday, November 8, 2020

- Swim: 100 meters (one loop)
  - 1) - Beach start at Lake Berryessa's Chaparral Cove
  - 2) - Swim one loop in counter-clockwise direction
  - 3) - Exit water to T1

### SPRINT: Sunday, November 8, 2020

- Swim: 750 meters (one loop)
  - 1) - Beach start at Lake Berryessa's Chaparral Cove
  - 2) - Swim one loop in counter-clockwise direction
  - 3) - Exit water to T1

### OLYMPIC: Sunday, November 8, 2020










- Swim: 1,500 meters (two loops)
  - 1) - Beach start at Lake Berryessa's Chaparral Cove
  - 2) - Swim two loops in counter-clockwise direction
  - 3) - Exit water to T1

### HALF: Saturday, November 7, 2020

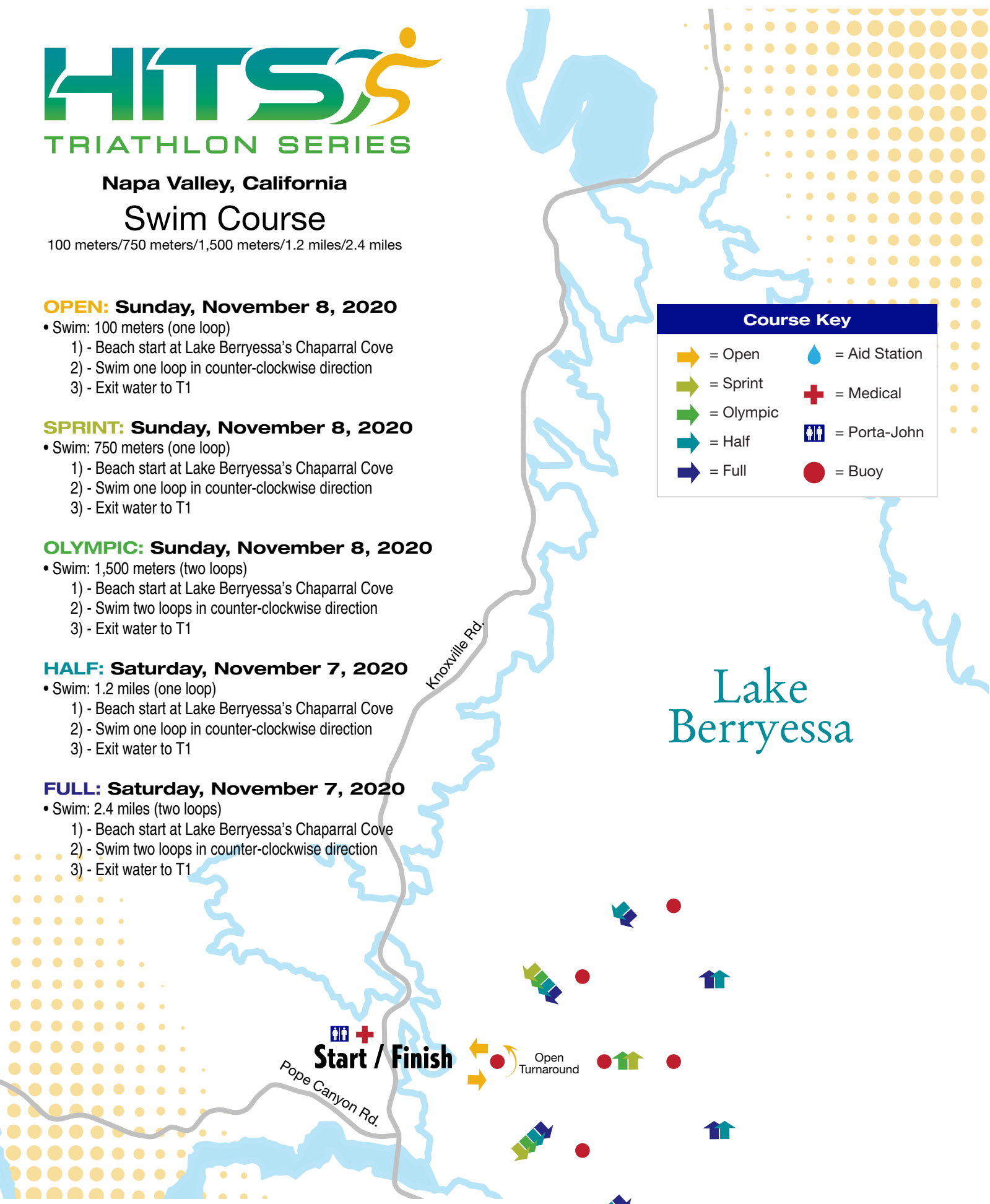
- Swim: 1.2 miles (one loop)
  - 1) - Beach start at Lake Berryessa's Chaparral Cove
  - 2) - Swim one loop in counter-clockwise direction
  - 3) - Exit water to T1

### FULL: Saturday, November 7, 2020

- Swim: 2.4 miles (two loops)
  - 1) - Beach start at Lake Berryessa's Chaparral Cove
  - 2) - Swim two loops in counter-clockwise direction
  - 3) - Exit water to T1

Course Key			
	= Open		= Aid Station
	= Sprint		= Medical
	= Olympic		= Porta-John
	= Half		= Buoy
	= Full		

Lake Berryessa



Start / Finish

Knoxvillle Rd.

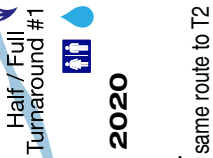
Pope Canyon Rd.

Open Turnaround

### Napa Valley, California

## Bike Course

3 miles/12.4 miles/24.8 miles/56 miles/112 miles



#### OPEN: Sunday, November 8, 2020

- Bike: 3 miles (out-n-back)
  - 1) - Exit T1, L onto Berryessa Knoxville Rd.
  - 2) - Turn around at 1.5 miles and return on same route to T2

#### SPRINT: Sunday, November 8, 2020

- Bike: 12.4 miles (out-n-back)
  - 1) - Exit T1, L onto Berryessa Knoxville Rd.
  - 2) - Turn around at 6.2 miles and return on same route to T2

#### OLYMPIC: Sunday, November 8, 2020

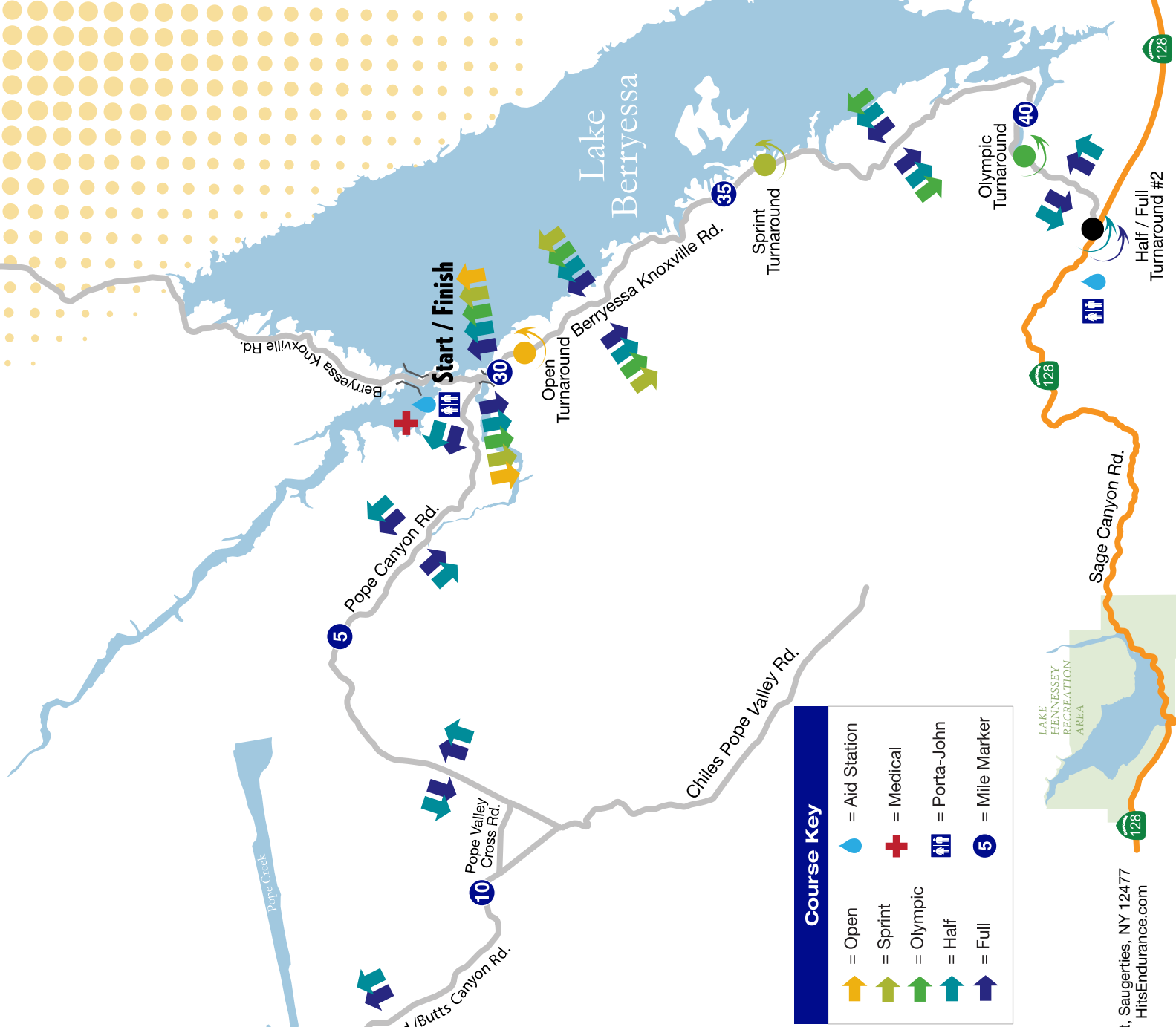
- Bike: 24.8 miles (out-n-back)
  - 1) - Exit T1, L onto Berryessa Knoxville Rd.
  - 2) - Turn around at 12.4 miles and return on same route to T2

#### HALF: Saturday, November 7, 2020

- Bike: 56 miles (out-n-back)
  - 1) - Exit T1, L onto Berryessa Knoxville Rd.
  - 2) - R on Pope Canyon Rd.
  - 3) - R on Pope Valley Cross Rd.
  - 4) - R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
  - 5) - R on Berryessa Knoxville Rd. to Turnaround #2
  - 6) - R into Chaparral Cove to T2

#### FULL: Saturday, November 7, 2020

- Bike: 112 miles (two out-n-backs)
  - 1) - Exit T1, L onto Berryessa Knoxville Rd.
  - 2) - R on Pope Canyon Rd.
  - 3) - R on Pope Valley Cross Rd.
  - 4) - R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
  - 5) - R on Berryessa Knoxville Rd. to Turnaround #2
  - 6) - Return to Chaparral Cove and begin second out-n-back
  - 7) - R into Chaparral Cove to T2







Napa Valley, California

## Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles

Course Key			
	= Open		= Trail
	= Sprint		= Aid Station
	= Olympic		= Medical
	= Half		= Porta-John
	= Full		= Mile Marker

### OPEN: Sunday, November 8, 2020

- Run: 1 mile (out-n-back)
  - 1) - Exit T2, R onto Berryessa Knoxville Rd.
  - 2) - Turn around at .5 miles and return on same route to Finish

### SPRINT: Sunday, November 8, 2020

- Run: 3.1 miles (out-n-back)
  - 1) - Exit T2, R onto Berryessa Knoxville Rd.
  - 2) - Turn around at 1.55 miles and return on same route to Finish

### OLYMPIC: Sunday, November 8, 2020

- Run: 6.2 miles (out-n-back)
  - 1) - Exit T2, R onto Berryessa Knoxville Rd.
  - 2) - Turn around at 3.1 miles and return on same route to Finish

### HALF: Saturday, November 7, 2020

- Run: 13.1 miles (two out-n-backs)
  - 1) - Exit T2, R onto Berryessa Knoxville Rd.
  - 2) - Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish

### FULL: Saturday, November 7, 2020

- Run: 26.2 miles (four out-n-backs)
  - 1) - Exit T2, R onto Berryessa Knoxville Rd.
  - 2) - Turn around at 3.275 miles and return on same route to begin second, third, and fourth out-n-back to Finish



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# RACE

# INFORMATION

## PLEASE NOTE TIME CHANGES

**PACKET PICK-UP: Putah Canyon (formerly Chaparral Cove) | 7600 Knoxville Rd | Napa, CA 94558**

- **Friday, November 6** 2-6 pm (all distances)
- **Saturday, November 7** 5-6 am (Half and Full athletes)  
2-8 pm (Sprint, Olympic and Open athletes)
- **Sunday, November 8** 7-8 am (Sprint, Olympic and Open athletes)  
11 am -12 pm (Open athletes)

Athletes must pick up their **OWN** packets and there will be no exceptions to this policy. Please Note: All Relay Team members **MUST** be present and check in together.

## ATHLETE CHECK-IN: Please bring the following items with you to athlete check-in:

- Photo Identification, i.e. driver's license, passport, any government issued identification
- USAT card to show proof of current USAT membership. PLEASE NOTE: If you are not a USAT member or you forget your card, you will be required to sign the USAT waiver and purchase a \$15 USAT one day license.
- Official Military Identification
- If you are a professional athlete, you are required to submit your USAT Pro Card at check-in.

Packet pick-up prior to race day is highly recommended – the last thing you want to do on race day morning is wait in line for your packet!

**PARKING:** On race day, all participants, volunteers and spectators must park in the campground area on the west side of Knoxville Rd. No vehicles will be permitted to enter or exit the race site between 7 am and 5 pm on Saturday, November 7 and between **9 am** and 2 pm on Sunday, November 8.

**ROADS:** No roads will be closed; all roads are open to traffic. You must stay to the right on the shoulder at all times. At every intersection, you must sit up, slow down and look for traffic, and obey the traffic control or as directed by law enforcement.

**ATHLETE MEETINGS:** HITS Triathlon Series recommends that ALL athletes attend one of the offered Athlete Meetings. Athlete Meetings will take place at the race site as follows:

- Half & Full distances 3 pm Friday, November 6
- Sprint distance **8:50 am** Sunday, November 8 at race start
- Olympic distance **9:30 am** Sunday, November 8 at race start
- Open distance **12:30 pm** Sunday, November 8 at race start

**ATHLETE WRISTBANDS:** At athlete check-in you will be presented with a wristband in your race packet. You must wear your wristband for access to all weekend functions at HITS Napa Valley, CA. You will not have access to the Transition Area before or after your race without this wristband.

**BIKE & GEAR CHECK-IN:** Bike and gear check-in for Half and Full distance athletes is scheduled for Friday, November 6 from 4-5 pm and again Saturday, November 7 from 5-6:30 am. The Transition Area will close at 6:40 am to all Half and Full distance athletes. Security will be provided.

**MANDATORY** bike and gear check-in for Sprint and Olympic distance athletes is scheduled for Sunday, November 8 from **7-8:30 am**. The Transition Area will close at **8:40 am** to all Sprint distance athletes and at **9:20 am** to all Olympic distance athletes.

**MANDATORY** bike and gear check-in for Open distance athletes is scheduled for Sunday, November 8 from 11 am – 12 pm.

**SPECIAL NEEDS BAGS:** During athlete check-in, athletes in the FULL DISTANCE ONLY will receive two bags:

- 1 Run special needs bag
- 1 Bike special needs bag

Special needs stations will be located near the midpoint of the bike and run courses.

**TRANSITION BAGS:** Athletes in all distances will need to provide their own transition bags and will be allowed to set up their transition area during bike and gear check-in. Transition bag identification stickers will be provided at athlete check-in.

**BIKE INFORMATION:** Bike shipping is available through Napa River Velo, the Official Bike Shop of HITS Napa Valley, CA. Please visit [www.NapaRiverVelo.com](http://www.NapaRiverVelo.com) for more information.

**PLEASE NOTE:** ALL Full distance runners MUST have reflective tape on their shoes, shorts and tops if you plan on running after dark. In the event that you are still biking after 4:30 pm, bikes must be equipped with safety lights.



## PLEASE NOTE TIME CHANGES

**DOG POLICY** - HITS Triathlon Series adheres to a strict No Dogs policy.

**TIMING CHIPS** - Athletes will receive a timing chip at check-in and will be responsible for wearing the chip at all times while racing. Fasten it to your ankle, facing outward, over your wetsuit with the Velcro strap provided before the swim and leave it on until after you finish the run. If you lose your timing chip at any time during the race, please notify a timing official and you can receive a new one at transition. Volunteers will help you remove the chip at the finish line. If you do not start the race, you are responsible for returning the chip to timing. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future HITS Triathlon Series events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed \$25 for its replacement. NO CHIP = NO TIME.

**RACE TIMING & CUT-OFFS** - Individual cut-offs for each distance and segment of the races are as follows:

<b>Swim Cut-off: Sprint Male</b>	9:30 am	(Maximum time 30 minutes)
<b>Sprint Female</b>	9:33 am	(Maximum time 30 minutes)
<b>Olympic Male</b>	10:40 am	(Maximum time 1 hour)
<b>Olympic Female</b>	10:43 am	(Maximum time 1 hour)
<b>Half Male</b>	8:10 am	(Maximum time 1 hour, 10 minutes)
<b>Half Female</b>	8:13 am	(Maximum time 1 hour, 10 minutes)
<b>Full Male</b>	9:20 am	(Maximum time 2 hours, 20 minutes)
<b>Full Female</b>	9:23 am	(Maximum time 2 hours, 20 minutes)

<b>Bike Cut-off: Sprint Male</b>	11:00 am	(Maximum time 2 hours)
<b>Sprint Female</b>	11:03 am	(Maximum time 2 hours)
<b>Olympic Male</b>	12:10 pm	(Maximum time 3 hours, 30 minutes)
<b>Olympic Female</b>	12:13 pm	(Maximum time 3 hours, 30 minutes)
<b>Half Male</b>	12:10 pm	(Maximum time 5 hours, 10 minutes)
<b>Half Female</b>	12:13 pm	(Maximum time 5 hours, 10 minutes)
<b>Full Male</b>	5:20 pm	(Maximum time 10 hours, 20 minutes)
<b>Full Female</b>	5:23 pm	(Maximum time 10 hours, 20 minutes)

<b>Run Cut-off: Sprint Male</b>	12:00 pm	(Maximum time 3 hours)
<b>Sprint Female</b>	12:03 pm	(Maximum time 3 hours)
<b>Olympic Male</b>	2:40 pm	(Maximum time 5 hours)
<b>Olympic Female</b>	2:43 pm	(Maximum time 5 hours)
<b>Half Male</b>	3:30 pm	(Maximum time 8 hours, 30 minutes)
<b>Half Female</b>	3:33 pm	(Maximum time 8 hours, 30 minutes)
<b>Full Male</b>	12:00 am / Midnight	(Maximum time 17 hours)
<b>Full Female</b>	12:03 am	(Maximum time 17 hours)

**AID STATIONS** - There will be aid stations approximately every 10 - 20 miles on the bike courses of the Half and Full distances. There will be aid stations approximately every 1 - 1.5 miles on the run courses of the Sprint, Olympic, Half and Full distances.

**Each bike aid station for the Half and Full will offer:** Water, Sunscreen, Hammer Gel, Vaseline, HEED, Endurolytes

**Each run aid station for the Half and Full will offer:** Water\*, Pretzels, Hot Chicken Broth, Ice\*, Glow Sticks, Saltine Crackers, HEED\*, Sponges\*, Gummy Bears, Hammer Gel\*, Vaseline\*, Grapes, Endurolytes\*, Defizzed Cola, Sunscreen\*, Snickers, Orange Slices, Cookies, Banana Halves

\* These items will also be available for Sprint and Olympic Athletes.

**BICYCLE & GEAR RECOVERY** - Mandatory bike and gear recovery for Open, Sprint and Olympic distance athletes is before 3 pm on race day. Mandatory bike and gear recovery for Half and Full distance athletes is before midnight on race day. In the event of an emergency, your emergency contact person will be contacted and allowed to claim your bike and gear from transition. HITS is not responsible for equipment left behind at race site. You must have your athlete wristband on in order to claim your bike and gear.

**LOST & FOUND** - If you lose any equipment during the race weekend, please see the HITS staff at the on-site administration tent to claim it. HITS is not responsible for equipment left behind at the race site.

**COLD WEATHER POLICY** - Some events are held in areas of the country and at times of the year when weather conditions are cold, resulting in low water temperatures and/or low air temperatures. The best way for athletes to be prepared for this is to check the local weather forecast on the day prior to and on the morning of the race and to have the proper attire available to be able to race safely in cold conditions, including jackets, gloves, tights and shoe coverings.

HITS has also implemented the following policy:

- a. If the water temperature is below 59 degrees Fahrenheit, the race director will consider shortening the swim distance; if the water temperature is below 54 degrees Fahrenheit, the swim will be cancelled.
- b. If the air temperature is below 41 degrees Fahrenheit regardless of water temperature, the swim will be cancelled or the race may be delayed until air temperatures rise above 41 degrees Fahrenheit.

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# RULES

**EVENT SANCTION & RULES** - All HITS Triathlon Series events are sanctioned by USA Triathlon (USAT) and will enforce all USAT rules and conduct guidelines. Doping and drafting are strictly prohibited at all distances at every HITS Triathlon Series event. Race Marshals will be present on course penalizing athletes who do not abide by the rules. Please visit [UsaTriathlon.org](http://UsaTriathlon.org) to view a complete set of the competitive rules.

**FINISH LINE POLICY** - Per USAT rules, HITS Triathlon Series will not allow friends and/or family members of athletes to cross the finish line or enter the finish chute with participating athletes at any distance in order to ensure the safety of all participants, volunteers and spectators. Time and space will be provided at the finish line for celebration. Athletes who choose not to respect this policy will receive an automatic disqualification.

**HEADPHONES / EAR BUD POLICY** - Per USAT rules, the use of headphones, ear buds, iPods, MP3 players or any other listening device is strictly prohibited during all HITS Triathlon Series races. Athletes are welcome to use these devices in transition areas only, but will not be allowed to use them on the swim, bike and/or run courses of any distance. Athletes who choose not to respect this policy will receive an automatic disqualification.

**WETSUIT POLICY** - Wetsuits are not required, but are highly recommended for all HITS Triathlon Series events. The expected water temperature in Lake Berryessa is between 59-65° Fahrenheit and proper swimwear is ultimately at the discretion of each individual athlete.

## **USAT GENERAL RULES OF CONDUCT & PENALTIES**

**3.1 Preparation and Training.** No person shall participate in a triathlon or other multi-sport events unless such person:

- a. is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and
- b. is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

### **3.2 Age Group Competition.**

- a. All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.
- b. Clydesdale/Athena Categories. The official minimum weight standard for this category is 220 pounds for men, 165 pounds for women, to be monitored by the local race director. The age breakdown will be 39 years of age and under and 40 years of age and over.

**3.3 General Conduct** - At or during an event, or while at the event site, all participants must:

- a. Act in compliance with these Competitive Rules;
- b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct; and
- e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

**3.4 Race Conduct** - All participants in USA Triathlon sanctioned events must adhere to the rules in this Section 3.4:

- a.** Entire Course. Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the Head Referee makes such a determination, the penalty shall be disqualification.
- b.** Unsportsmanlike Conduct. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
- c.** Obstruction. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.
- d.** Unauthorized Assistance. No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.
- e.** Re-entry. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.
- f.** Race Numbers. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.
- g.** Unfair Advantage. No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- h.** Abandoned Equipment. No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.
- i.** Unauthorized Accessories. No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.
- j.** Glass Containers. No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(l), in which case the penalty shall be disqualification.
- k.** Unauthorized Equipment. No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.
- l.** Endangerment. No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- m.** Wave Starts. When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards and USAT national rankings.
- n.** Indecent Exposure. Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.



### 3.5 Unregistered Participants.

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Any second violation of this Section shall result in a lifetime suspension or ban from membership in USA Triathlon.

**3.6 Penalties and Prohibited Conduct** - Penalties, including disqualification and suspension, may be imposed upon race participants and/or members of USA Triathlon who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon. The following penalties may be imposed for a violation of these Rules:

- a. Assessment of a time penalty
- b. Disqualification
- c. Written reprimand or censure
- d. Monetary fines
- e. Suspension from membership in USA Triathlon (including retroactive suspension), and
- f. Permanent expulsion from USA Triathlon

### 3.7 Time Penalties.

- a. In General. A time penalty may be imposed for a violation of any Section of these Rules in which a time penalty is expressly authorized. In the event that a participant is assessed a time penalty, the applicable time period shall be added to that participant's aggregate finishing time in calculating official race results. Except as otherwise provided in Section 3.7B of these rules, time penalties shall be cumulative and a participant may be assessed more than one time penalty for violations of the same rule.
- b. Variable Time Penalties. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event, as defined by the length of the cycling course. The variable time penalty for each of the distance categories shall be the following:

Distance Category	First Offense	Second Offense	Third Offense
<b>Youth Events</b>	1 minute	2 minutes	Disqualification
<b>Short/Intermediate</b> – Cycle Course less than 50k	2 minutes	4 minutes	Disqualification
<b>Long</b> – Cycle Course 50-100k	4 minutes	8 minutes	Disqualification
<b>Ultra</b> – Cycle course greater than 100k	6 minutes	12 minutes	Disqualification

**3.7A. Time Penalties for Elites.** A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	Time Penalty
<b>Short/Intermediate</b>	Cycle course less than 50k 1 minute
<b>Long</b> Cycle course 50-100k	2 minutes
<b>Ultra</b> Cycle course greater than 100k	4 minutes

- a. First Violation – Time Penalty. A variable time penalty shall be imposed for the first violation of these Rules in which a time penalty is expressly authorized.
- b. Second Violation. For a second violation of these Rules the athlete shall be disqualified from the event and shall be required to immediately withdraw from the race and vacate the course. Any athlete who fails to withdraw from a race and continues on the course after being disqualified shall be suspended from membership in USA Triathlon and barred from participation in any USA Triathlon sanctioned event for a period of one year.

**3.7B Assessment of Time Penalties/Conduct of Athletes.** All variable time penalties imposed under Section 3.7A shall be assessed in accordance with this Section. Except as otherwise provided herein, any violation of or failure to comply with this Section 3.7B shall result in disqualification.

- a.** First Violation – Stop and Go System. Unless a Penalty Area System is being used pursuant to subsection (b), an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall safely pull over to the side of the bicycle course and shall come to a complete stop, placing both feet on the ground. An athlete charged with a violation while in transition or on the run course shall come to a complete stop. The race official shall properly mark the athlete's race numbers and the athlete shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.
- b.** First Violation – Penalty Area System. Notwithstanding subsection (a), if a Penalty Area is being used in the event, an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall (1) safely decrease speed while maintaining a straight line of movement, (2) come to a complete stop, and (3) place both feet flat on the ground while completely stopped. The race official shall properly mark the athlete's race numbers and allow the athlete to continue with the race. After completing the bicycle course and properly securing the bicycle, the penalized athlete shall immediately report to the designated penalty box or penalty area, which shall be located within or adjacent to the transition area (the "Penalty Area"). The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the variable time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race. Any time served in the Penalty Area shall become incorporated into the athlete's official time for the event. An athlete charged with a violation while in transition or on the run course shall be directed by the official to serve the penalty either in place or at the Penalty Area.
- c.** Penalty marking. For any first violation, the race official shall apply a visible diagonal mark across the face of each race number worn by the penalized athlete. For any second violation, or for any violation which results in disqualification, the race official will apply a second visible diagonal mark across all the athlete's race numbers resulting in an X shaped mark.
- d.** Penalty Area Conduct. While in the Penalty Area, no athlete shall dress, undress, change uniforms, or adjust any race equipment. Running shoes may be worn into, but shall not be carried into the Penalty Area. While in the Penalty Area, no athlete shall accept any form of aid or assistance, including food, drink, or equipment, from any other person, including race officials. Any violation of this Section shall result in disqualification.

**3.8 Acts Warranting Suspension** - In addition to other penalties which may be imposed at the discretion of USA Triathlon, the following acts may be grounds for suspension for a period of time designated by USA Triathlon:

- a.** A flagrant or willful violation of the Competitive Rules;
  - b.** Gross or continued unsportsmanlike conduct;
  - c.** Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
  - d.** Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to USA Triathlon, the Board of Hearings and Appeals, or race officials;
  - e.** Intentionally participating in an event despite failure to register;
  - f.** Repetitive or recurring violations of the Competitive Rules;
  - g.** Failure to notify a race official after withdrawing from a race;
  - h.** Violation of the Medical Control Rules as set forth in Article VIII;
  - i.** Refusal to abide by the final determination by USA Triathlon of any matter relating to these Rules or the sport of triathlon;
- and
- j.** Any act which disgraces or brings discredit to the sport of triathlon.



**3.9 Effect of Suspension.** Any person suspended from membership in USA Triathlon shall be ineligible to participate in any USA Triathlon sanctioned event and shall be disqualified from any USA Triathlon sanctioned event during the suspension period and until such time as that person has applied for and received written notice of reinstatement from USA Triathlon.

**3.10 Reinstatement.** Any person who has been suspended must apply in writing to USA Triathlon for reinstatement after or immediately preceding expiration of the suspension period.

**3.11 Notice of Disciplinary Actions.** Any person reprimanded, censured, suspended, or expelled from USA Triathlon shall be entitled to receive reasonable notice of such disciplinary action.

**3.12 Acts of Agents.** The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.

**CLYDESDALE / ATHENA ATHLETES** - Sprint, Olympic, Half, & Full distances within the HITS Triathlon Series are open to Athletes wishing to compete in the Clydesdale/Athena Category. There will be four categories with the same start and cutoff times:

- Clydesdale (Men 220lbs+): 39 and under, 40 and above
- Athena (Women 165lbs+): 39 and under, 40 and above

**MILITARY ATHLETES** - All active and retired military personnel receive 15% off registration for all HITS Triathlon Series events. There will be two categories (male and female) with the same start and cutoff times.

**PHYSICALLY CHALLENGED ATHLETES** - All distances within the HITS Triathlon Series are open to Physically Challenged Athletes. Categories will be co-ed and scored the same with the same start and cutoff times, as well as the same awards.

**DIVISIONS** - Divisions for the HITS Triathlon Series will be based on five year age groups for both male and female athletes starting at age 17 and under and continuing until 85+. In addition to the five year age group scoring for the HITS Championship, each of the events within the HITS Triathlon Series will follow USAT age group breakouts for sanctioned rankings.

**USAT ATHLETE EXCESS MEDICAL POLICY** - The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross, Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email [Sanction@UsaTriathlon.org](mailto:Sanction@UsaTriathlon.org) for a copy of the form.
- Athletes will pay a deductible. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event. Please email questions to [Sanction@UsaTriathlon.org](mailto:Sanction@UsaTriathlon.org).

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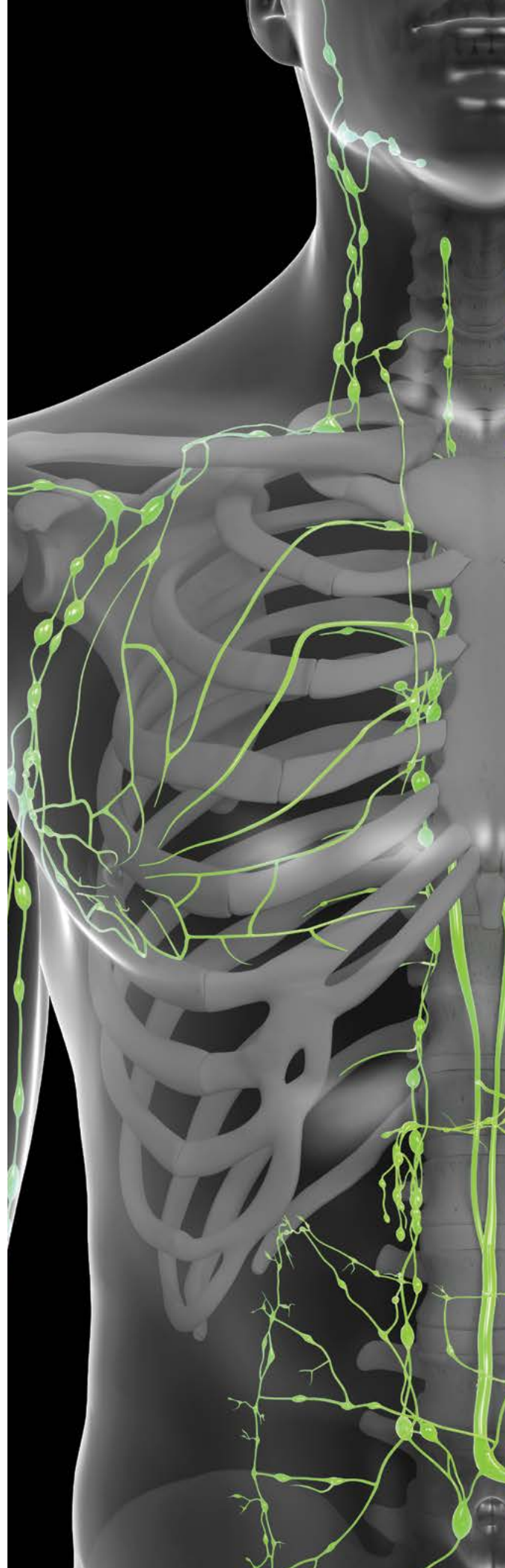


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