

SAN DIMAS, CA

TRIATHLON

NOV. 21

2021

"A distance for everyone!"



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a **DISTANCE** for **EVERYONE**
in California in **2022**

Napa Valley, Triathlon - Sat. & Sun., April 9-10

June Lake, Triathlon - Saturday, July 9

San Dimas, Turkey Trot - Saturday, November 19

San Dimas, Turkey Triathlon - Sunday, November 20

info@Alpha.Win | Alpha.Win | 845.247.7275



Message from

The Race Director

Dear Alpha Win Participants,

Alpha Win is proud to be the new owners of the Turkey Triathlon in beautiful San Dimas, California.

The Turkey Triathlon now becomes a part of the Alpha Win race series. Participating in our series of races affords you the opportunity to enjoy a broad spectrum of events suited to meet your fitness goals. Whether you're competing in your first race or are a seasoned veteran in the triathlon scene, the Alpha team is here to make your experience a positive and rewarding one.

As dedicated as our team is, this event would not be possible without the help of the the officials of Frank G. Bonelli Regional County Park, the County of Los Angeles, the City of San Dimas, and of course our many 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 San Dimas, California, 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 Alpha Win experience and we look forward to you joining us again in 2022. Happy Thanksgiving!

Best,
Alpha Win Team



319 Main Street, Saugerties, NY 12477
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ATHLETE GUIDE | San Dimas, CA - November 21, 2021

COVID-19 Protocols

SAN DIMAS TURKEY TRIATHLON: SUNDAY, NOVEMBER 21, 2021 | COVID-19 PROTOCOLS

Alpha Win will adhere to all regulations published by the CDC and the state in which the event is located

- **Cancellation Policy** - if the event is cancelled due to COVID-19, registrants will be given the option of receiving a refund of their registration fee or transferring to another Alpha Win race.
- The following measures will be reviewed and adjusted based on the most current knowledge base on the severity of the pandemic and the best methods to avoid transmission.
- Any participant who exhibits symptoms of COVID-19 may not participate in the event.
- Any person attending the event who IS NOT vaccinated must wear a face covering and observe safe physical distancing except when on the swim, bike or run courses. (Face coverings do not need to be worn for the swim, bike and run but must be kept on the unvaccinated athlete's person during the bike and run for any further encounters with another person.) Failure to comply will result in disqualification and removal from the race site.
- Any person attending the event who IS vaccinated may choose to wear a face covering.
- Race site and course signage:
 - o Reminders to maintain safe physical distancing and face covering requirements
 - o Reminders to use hand sanitizers
- Public address announcements:
 - o Reminders to maintain safe physical distancing and face covering requirements
 - o Reminders to use hand sanitizers
- Participants are encouraged to carry their own hydration and nutrition.
- Post-race food and beverages: Bottled water and food will be available at the finish line

Schedule of Events

Saturday, November 20, 2021 – Race Site at Frank G. Bonelli Regional County Park

- **2 – 6 pm:** Packet and Timing Chip Pick-Up for all distances*
- **2 – 6 pm:** Alpha Win Fitness Expo
- **3 – 4 pm:** Athlete Meeting for all distance athletes

Sunday, November 21, 2021 – Race Site at Frank G. Bonelli Regional County Park

- **5 – 7 am:** Additional Packet and Timing Chip Pick-Up for Open, Sprint and Olympic athletes
- **5 – 7 am:** Bike and Gear Drop-Off for Open, Sprint and Olympic athletes
- **7 am – 2 pm:** Alpha Win Fitness Expo
- **6:40 am:** Transition area closed to Sprint athletes
- **6:50 am:** Alpha Sprint Pre-race meeting
- **7 am:** Alpha Sprint wave start
- **7 am:** Transition area closed to Olympic distance athletes
- **7:10 am:** Alpha Olympic Pre-race meeting
- **7:20 am:** Alpha Olympic wave start
- **9:40 am:** Transition area closed to Open distance athletes
- **9:50 am:** Athlete Meeting for Open distance athletes
- **10 am:** Alpha Open wave start
- **10:45 am:** Alpha Awards Ceremony**
- **1 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 SCHEDULE MIGHT CHANGE DEPENDING ON STATUS OF COVID PANDEMIC

Important Address

- **Race Site** – Frank G Bonelli Regional County Park, 120 E Via Verde Dr, San Dimas, CA 91773

Questions? Call 845.247.7275 prior to race weekend or email info@Alpha.Win.



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56% OFF

**BACKPACK
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PROTECT YOUR GEAR

\$49 REG. \$110



Getting to know

ALPHA Win

WHO ARE WE?

Alpha Win, formerly known as HITS Endurance, was created in 2011 to give athletes the chance to race at some of their favorite destinations and experience a level of personalized customer service that Alpha felt was lacking in some areas of the race industry. Alpha offers multiple race distances that appeal to a full range of skill and fitness levels, from the first-time racer to the professional triathlete. From a one-mile run to an Alpha 140.6, anyone can feel like an AlphaFemale or AlphaMale.



WHERE DID WE COME FROM?

Alpha's predecessor, HITS Endurance, grew as a division of the special events company HITS (Horse Shows In The Sun), founded in 1982, which focuses on producing equestrian show jumping events nationwide. HITS is the world's leader in hunter/jumper horse show competition, both in the number of events offered (over 40 horse shows each year) and in size, with more than 20,000 horses and riders competing annually. The key to HITS' success in the equestrian world was the idea of catering to the pyramid bottom-up, offering a level of competition for every rider. In 2011, HITS started the HITS Triathlon Series with the mantra "A distance for everyone,"™ and attracted over 10,000 participants in its first year.

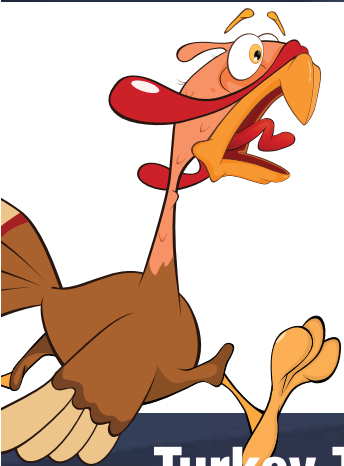
The HITS Triathlon Series offered five different race distances – Full, Half, Olympic, Sprint and Open. More than just offering a complete array of race opportunities, HITS was dedicated to providing the professional quality of a national event producer while delivering the personalized service of a small local race organizer. Alpha Win promises to continue and expand this same dedication.

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 across the country. HITS developed additional races in Sarasota and Ocala, Florida, Napa Valley, California, and Hudson Valley, New York, each offering its own unique flavor and backdrop.





48 HOUR SALE FOR NEXT YEAR!
HUGE SAVINGS
WHEN YOU REGISTER FOR
TURKEY TRIATHLON OR TROT
NOVEMBER 19 & 20, 2022



ALPHA SPRINT ONLY \$60 (Save \$73)
ALPHA OLYMPIC ONLY \$95 (Save \$125)

ALPHA 5K 25% OFF
ALPHA 10K 25% OFF

Turkey Tri: Begins Monday, November 22, 2021, 12 am
Ends Tuesday Nov 23 11:59 PM PST
Turkey Trot: 25% off discount code HAPPYTHANKSGIVING

Register at Alpha.Win



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USE HASHTAGS #TURKEYTROT AND

LET'S GET SOCIAL!



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West Coast**



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ATHLETE GUIDE | San Dimas, CA - November 21, 2021

PowerBar®



THE TASTE OF SPORT

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ENERGIZE ORIGINAL

ENERGY BAR WITH C2MAX DUAL SOURCE CARB MIX

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- 39g of carbs and 190-230mg of sodium per bar.
- No artificial colors and no preservatives.
- Good source of magnesium.
- 25 bars per box.
- Flavors: Chocolate, Cookies & Cream, and Berry



POWERGEL™ ORIGINAL

CARBOHYDRATE GEL WITH C2MAX – PRO ATHLETE'S CHOICE SINCE 1996

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- 26g of carbs and 210mg of sodium per packet. Vegan and gluten-free.
- Easy to open and helps prevent littering with "Trash Chain".
- 24 packets per box.
- Flavors: Green Apple (50mg caffeine), Tropical Fruit, Strawberry Banana, Vanilla, Salty Peanut.



POWERGEL™ HYDRO

LIQUID CARBOHYDRATE GEL WITH C2MAX - TRUSTED FUNCTIONALITY

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- 25-26g of carbs and 200mg of sodium per packet. Vegan, gluten-free and natural flavors.
- Liquid gel.
- Easy to open and helps prevent littering with "Trash Chain".
- 24 packets per box.
- Flavors: Orange, Mojito (50mg caffeine).



POWERGEL™ SHOTS

POWERGEL SHOTS WITH C2MAX DUAL SOURCE CARB MIX

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- Easy to consume liquid filled carbohydrate chews.
- 5 SHOTS deliver about the same amount of carbohydrates as 1 PowerGel.
- Natural flavors, gluten-free.
- 9 chews per pouch. 16 pouches per box.
- Flavors: Cola (75mg caffeine), Orange, Raspberry.



ISO ACTIVE

ISOTONIC SPORTS DRINK WITH 5 ELECTROLYTES AND C2MAX DUAL SOURCE CARB MIX

- Carbohydrate electrolyte solution enhances the absorption of water during physical exercise.
- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- Provides the body with 5 ELECTROLYTES (sodium, chloride, potassium, magnesium and calcium).
- Vegan, natural flavors and no preservatives.
- 40 servings per canister.
- Flavors: Raspberry Pomegranate.



RECOVERY MAX

REGENERATION DRINK WITH CARBOHYDRATES, PROTEIN, VITAMINS AND MINERALS

- 20g of Protein supports muscle growth.
- 2.4mg zinc per serve, Zinc to support immune system function.
- Magnesium to help replace what is lost in sweat.
- 57g of carbohydrates, plus 8 vitamins and 3 minerals.
- Natural flavors.
- 13 servings per canister.
- Flavors: Chocolate.

THE TASTE OF SPORT








Course Map - Swim



TURKEY TRI San Dimas, CA Swim Course

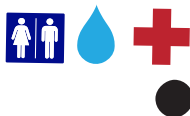
100 meters/750 meters/1,500 meters

Course Key

	= Alpha Open		= Aid Station
	= Alpha Sprint		= Medical
	= Alpha Olympic		= Porta-Potty
			= Buoy

Bonelli Park
Swim Beach

Start / Finish



ALPHA OPEN:

Sunday, November 21, 2021

- Swim: 100 meters (one loop)
 - 1) – In water start
 - 2) – Swim one loop in counterclockwise direction
 - 3) – Exit water to T1

ALPHA SPRINT:

Sunday, November 21, 2021

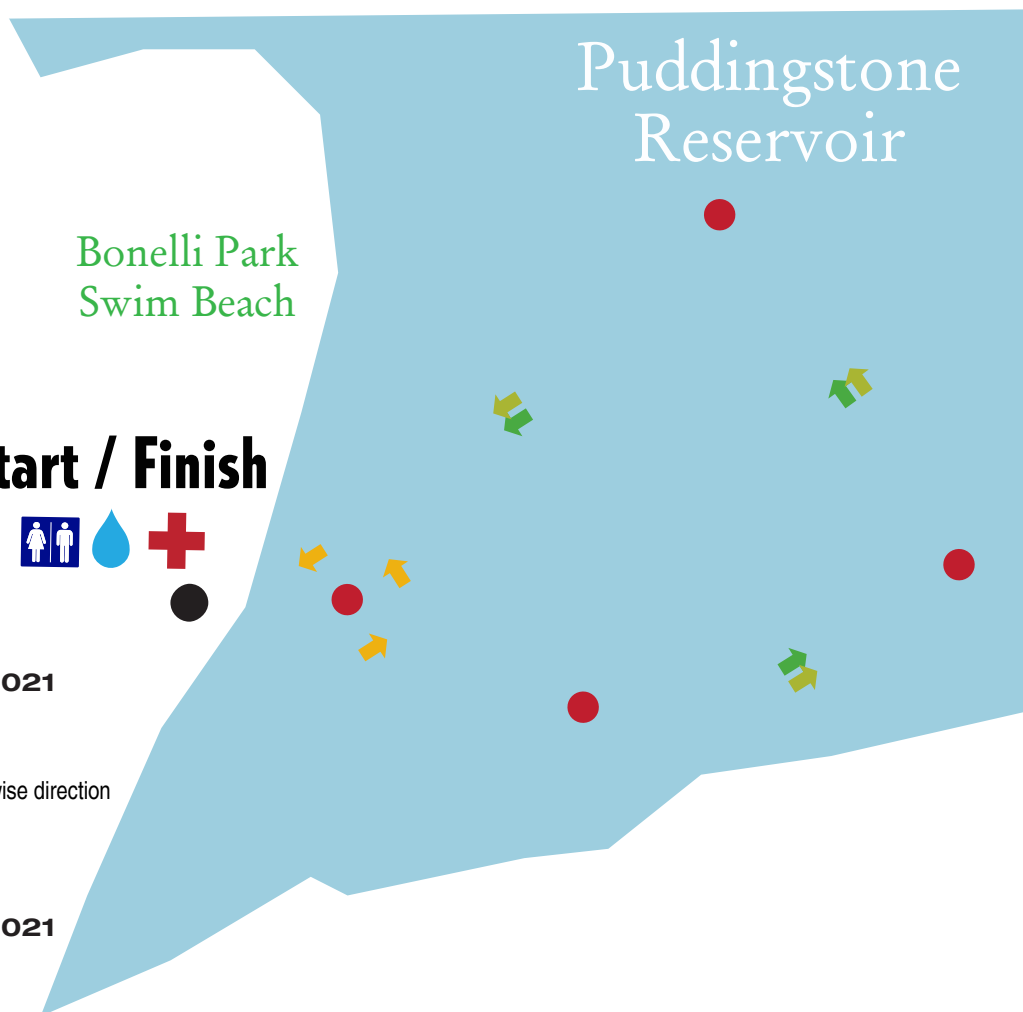
- Swim: 750 meters (one loop)
 - 1) – In water start
 - 2) – Swim one loop in counterclockwise direction
 - 3) – Exit water to T1

ALPHA OLYMPIC:

Sunday, November 21, 2021

- Swim: 1,500 meters (two loops)
 - 1) – In water start
 - 2) – Swim two loops in counterclockwise direction
 - 3) – Exit water to T1

Puddingstone
Reservoir



Course Map - Bike



TURKEY TRI San Dimas, CA Bike Course

3.1 miles/11.2 miles/21.8 miles

Course Key	
	= Alpha Open
	= Alpha Sprint
	= Alpha Olympic
	= Aid Station
	= Medical
	= Porta-Potty
	= Buoy



ALPHA OPEN:

Sunday, November 21, 2021

• Bike: 3.1 miles (out-n-back)

- 1) – Exit T1, R on Eucalyptus Park Rd
- 2) – R on Via Verde
- 3) – R on Raging Waters Dr
- 4) – L on Nature Rd
- 5) – Take Nature Rd and loop back to T1
- 6) – L on Via Verde Dr
- 7) – L on Eucalyptus Rd into T2

ALPHA SPRINT:

Sunday, November 21, 2021

• Bike: 11.2 miles (two loops)

- 1) – Exit T1, R on Eucalyptus Park Rd
- 2) – R on Via Verde
- 3) – R on Raging Waters Dr
- 4) – L on Nature Rd
- 5) – Loop around Nature Rd
- 6) – L on Via Verde Dr
- 7) – Turnaround and repeat same loop
- 8) – R on Eucalyptus Rd into T2

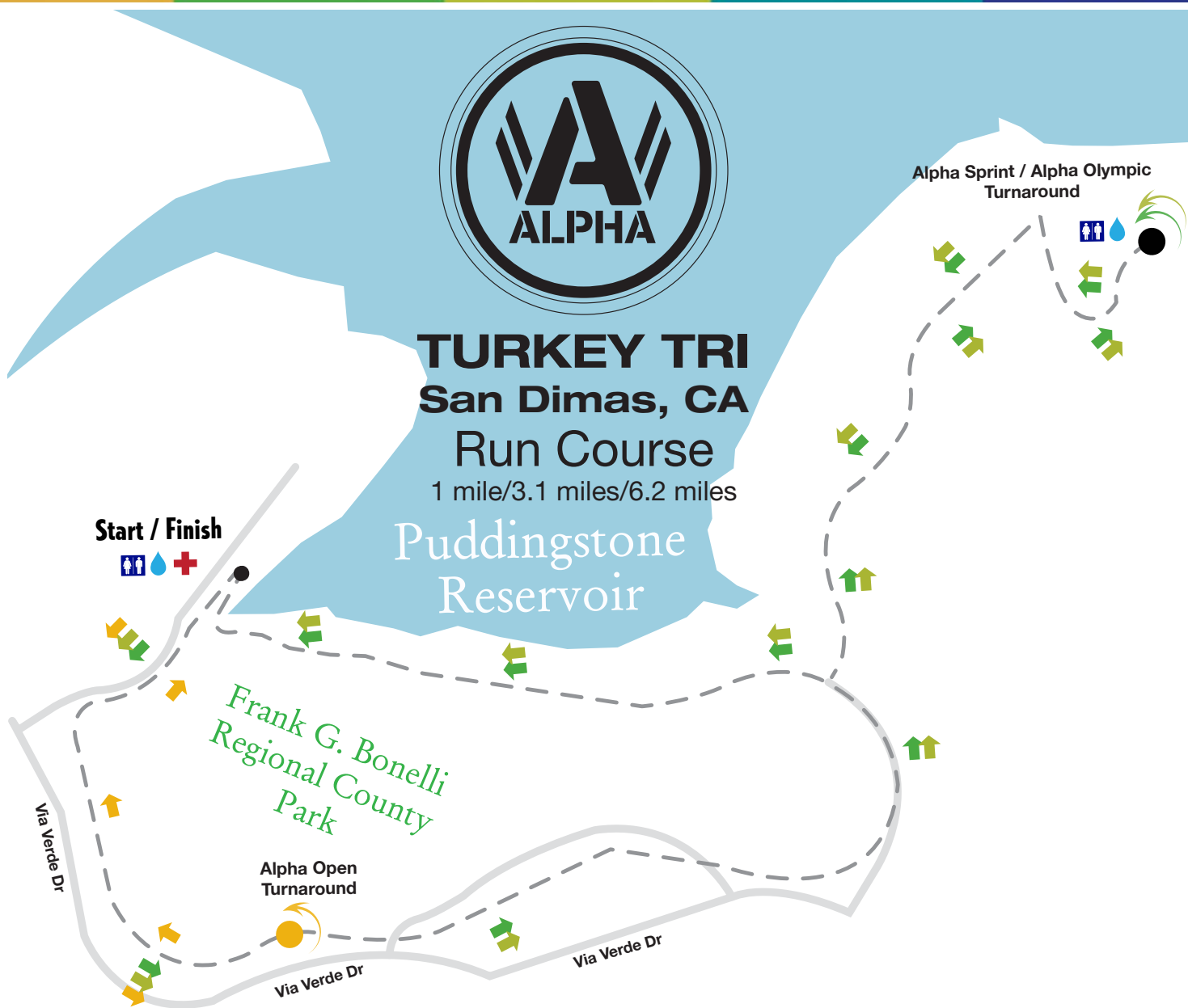
ALPHA OLYMPIC:

Sunday, November 21, 2021

• Bike: 21.8 miles (four loops)

- 1) – Exit T1, R on Eucalyptus Park Rd
- 2) – R on Via Verde
- 3) – R on Raging Waters Dr
- 4) – L on Nature Rd
- 5) – Loop around Nature Rd
- 6) – L on Via Verde Dr
- 7) – Turnaround and repeat same loop three times
- 8) – R on Eucalyptus Rd into T2

Course Map - Run



ALPHA OPEN:

Sunday, November 21, 2021

- Run: 1 mile (out-n-back)
 - 1) – Exit T2, R on Trail
 - 2) – Turn around at 0.5 miles
 - 3) – Return on same route to finish

ALPHA SPRINT:

Sunday, November 21, 2021

- Run: 3.1 miles (one loop)
 - 1) – Exit T2, R on Trail
 - 2) – R on Trail
 - 3) – Stay R on Trail
 - 4) – Turnaround at 1.55 miles and return on same route
 - 5) – Right on Trail to Finish

ALPHA OLYMPIC:

Sunday, November 21, 2021

- Run: 6.2 miles (two loops)
 - 1) – Exit T1, R on Trail
 - 2) – R on Trail
 - 3) – Stay R on Trail
 - 4) – Turnaround at 1.55 miles and return on same route
 - 5) – R on Trail to begin second loop to Finish

Course Key

- | | |
|-------------------|-----------------|
| ➡ = Alpha Open | 💧 = Aid Station |
| ➡ = Alpha Sprint | ⛑ = Medical |
| ➡ = Alpha Olympic | 🚻 = Porta-Potty |
| | ● = Buoy |

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Race weekend special - \$75 - Build from bike box. Bring us your shipped bike in the box, we unbox, build, tune, store the box and rebox the bike after your race. On-site at race expo.

Race Information

PACKET PICKUP: Athletes **must** pick up their OWN packet, there will be no exceptions to this policy.

Frank G Bonelli Regional County Park 120 E Via Verde Dr, San Dimas, CA 91773

- **Saturday, November 20** – 2 pm - 6 pm
- **Sunday, November 21** – 5 am - 7 am

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 ie: drivers 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.

ATHLETE MEETINGS: It is **MANDATORY** that all athletes attend their athlete meeting. Athlete Meetings will take place at the race site as follows:

- **Sprint distance:** 6:50 am Sunday, November 21 at race start
- **Olympic distance:** 7:10 am Sunday, November 21 at race start
- **Open distance:** 9:50 am Sunday November 21 at race start

BIKE & GEAR CHECK-IN: Bike and gear check-in for Sprint and Olympic distance athletes is scheduled for Sunday, November 21 from 5-7 am. The Transition Area will close at 6:40 am to all Sprint distance athletes and at 7 am to all Olympic distance athletes on race day.

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.

PARKING: On race day, all participants, and spectators will have to pay \$12/car at the park entry gate to park in Frank G Bonelli Regional County Park.

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

DOG POLICY - Alpha Win 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 Alpha Win 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 \$65 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:

Swim Cut-off:	Alpha Sprint	7:30 am	(Maximum time 30 minutes)
	Alpha Olympic	8:20 am	(Maximum time 1 hour)
Bike Cut-off:	Alpha Sprint	9 am	(Maximum time 2 hours)
	Alpha Olympic	10:50 am	(Maximum time 3 hours, 30 minutes)
Run Cut-off:	Alpha Sprint	10 am	(Maximum time 3 hours)
	Alpha Olympic	12:20 pm	(Maximum time 5 hours)

AID STATIONS: There will be aid stations approximately every 1-1.5 miles on the run courses of the Open, Sprint and Olympic distances

BICYCLE & GEAR RECOVERY: Mandatory bike and gear recovery for Sprint, Olympic and Open distance athletes is before 1 pm 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. Alpha is not responsible for equipment left behind at race site.

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

Alpha has also implemented the following policy:

- 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.
- 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.

EVENT SANCTION & RULES: All Alpha Win 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 Alpha Win Triathlon Series event. Race Marshals will be present on course penalizing athletes who do not abide by the rules. Please visit USATriathlon.org to view a complete set of the competitive rules.

FINISH LINE POLICY: Per USAT rules, Alpha Win 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 Alpha Win 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 Alpha Win Triathlon Series events. The expected water temperature in Pudingstone Reservoir is between 60-65° Fahrenheit and proper swimwear is ultimately at the discretion of each individual athlete.

All information is subject to change.



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 maintain physical distancing as described below. 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/her 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 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
Youth Events	1 minute	2 minutes	Disqualification
Short/Intermediate – Cycle Course less than 50k	2 minutes	4 minutes	Disqualification
Long – Cycle Course 50-100k	4 minutes	8 minutes	Disqualification
Ultra – 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

Short/Intermediate Cycle course less than 50k

Long Cycle course 50-100k

Ultra Cycle course greater than 100k

Time Penalty

1 minute

2 minutes

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, & 70.3 distances within the Alpha Win 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 Alpha Win 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 Alpha Win Triathlon Series are open to Physically Challenged Athletes. We have male/female special awards - different race category as well.

DIVISIONS - Divisions for the Alpha Win 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 Alpha Championship, each of the events within the Alpha Win 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 USAT 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.

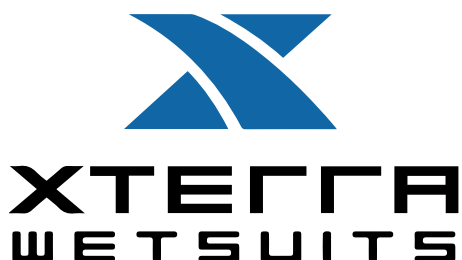
If an athlete is injured while participating in a USAT sanctioned event the following steps must be followed:

- 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 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 a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please email questions to Sanction@USATriathlon.org.



Sponsors & Affiliates



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