



Sunday July 23, 2017
OFFICIAL EVENT DETAILS

ARRIVAL TIME: Arrive at event site no later than 7:00 a.m. **EVENT START – 8:00 A.M.** Packet Pick up line will close at 7:30AM. If you are not in line by this time you will not be allowed to get your packet. Packet Pick up will take place beneath the large black and white tent near the finish line adjacent to the Lakeside Park Pool.

PARKING: There are several areas for parking at this event. Please park in a designated parking space and not against a curb. A large portion of the route uses the parking lot areas so it is imperative everyone is parked in a parking space. We ask that no vehicles leave the venue until the last cyclist is off the course (expected to be 9:30AM).

PACKET PICK UP:

- **Saturday July 22, 2017 (2 PM-4 PM)**
Pedal Chic – 651 South Main Street – Greenville, SC 29601
- **Sunday July 23, 2017 (6:15 – 7:30 AM)**
Lakeside Park / 7th Inning Splash – 1500 Piedmont Highway – Piedmont, SC 29673(Event Site)

EVENT NUMBERS:

You will be issued three numbers at packet pick up:

- 1) The square number is your run number and must be displayed on the front of your person during the run portion of the event. Safety pins will be available at packet pick-up if you don't have an event number belt. Event Number Belts will also be on sale at packet pick up and the event expo.
- 2) The medium sized number (actually containing your number twice) has a peel off backing and is to be displayed on your bike during the cycling portion of the event. This number must be visible from both sides of the bike.
- 3) The little number – also has an adhesive backing to it. This number is attached to the front of your helmet.

SWIM START ORDER:

All athletes will begin the swim in numerical order based on your given estimated swim start time. Athletes will begin the swim one at a time approximately every 10-15 seconds by crossing a timing mat and entering the water. Athletes may either cross the mat and jump FEET FIRST into the pool to begin or by crossing the mat and simply entering the water slowly. **DO NOT DIVE INTO THE WATER.**

TIMING CHIPS: You must collect your chip on event morning at the Timing Chip Pick-Up Tent adjacent to the finish line near packet pick up. See the attached document for full details on use of your timing chip.

BODY MARKING: All participants must be marked at the body marking area – located just outside the Transition Area. Body Marking will begin at 6:15 AM.

PRE-EVENT MEETING: Important information and instructions will be given at 7:50 a.m. just outside the pool area. Please plan to be at this meeting as we go over the basics of the course.

TRANSITION AREA:

- ◆ No bike storage the night before the event.
- ◆ **Participants only in the transition area. This includes husbands, children, etc. This area belongs to the athletes only.**
- ◆ No glass in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. You may rack anywhere on YOUR rack.
- ◆ Please rack your bikes so that every other bike is on the same side. In other words, the first, third and fifth bikes are racked on the same side. Same for the even # bikes.
- ◆ Only the event participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount outside transition area entrance following the bike segment.
- ◆ Helmets must be on and fastened before mounting the bike. Failure to do so will result in a DQ. Also, anytime you are on your bike at this event, be it warming up racing or cooling down, your helmet must be on with the strap secured.
- ◆ Please **DO NOT CROSS ANY TIMING MATS** after 8AM unless you have started your race.

SWIM:

- ◆ Swim diagram is available on the YGG website.
- ◆ This will be a pool swim. Participants will be seeded based on estimated swim times given at registration.
- ◆ Be sure to remember who is seeded before you and who is seeded behind you. This will help you in getting in the proper order prior to the event start. You will be starting in numerical order.
- ◆ Participants will navigate the course in a zig-zag pattern. This is an six-lane 25-meter pool. All participants will begin in the lane closest to Piedmont Hwy. Swimmers will swim one way in lane 1, down and back in lanes 2,3,4 &5 and one way in lane 6. **A SIMPLE RULE OF THUMB HERE: EACH TIME YOU HIT THE WALL OPPOSITE FROM WHERE YOU STARTED YOU SHOULD GO UNDER THE LANE ROPE INTO THE NEXT LANE.**
- ◆ If you have a problem, grab a lane rope until you can continue. Lifeguards will be on hand.

BIKE:

- ◆ Bike course map is available on the YGG website.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left. Do not ride side by side at any time unless passing.
- ◆ Bike frame numbers that are provided must be attached to your bike and visible at all times while on the bike.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ **All turns have been marked with orange spray chalk on the roadway and a neon orange directional sign.**
- ◆ You will have to walk/run your bike to the Bike Start sign at the Transition Area entrance before mounting. You will have to dismount at the entrance to the Transition Area upon completing the bike leg.
- ◆ This course travels on several mostly quiet rural roads and one four-lane highway. Traffic should be light and police will be handling intersections but be aware at all times.

RUN:

- ◆ Run course map is available on the YGG website.
- ◆ **NOTE: THIS IS A TWO LAP RUN COURSE. Failure to complete both laps will result in a Disqualification – no exceptions. Make certain you complete both laps.**
- ◆ **NOTE: THE SECOND LAP OF THE RUN BEGINS AT THE SAME LOCATION THE FIRST LAP BEGINS, adjacent to the transition area and finish line.**
- ◆ There will be one aid station which you will hit four times at miles 0.1, 0.5, 1.1 and 1.5. Water only will be served.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ All turns have been marked with white spray chalk on the roadway and white / red directional signs.

RELAY TEAMS:

- ◆ Swimmers will tag bikers at her bike rack location. The 1st timing chip exchange will take place at this location.
- ◆ Bikers will tag runners at the same location. The 2nd timing chip exchange will take place at this location.

AWARDS: Award presentations will begin immediately after the last finisher completes the event. We suggest you be present to collect your award, or have someone get it for you. If you can not stay for the awards ceremony we will announce a location where awards may be picked up.

RESULTS: Results will be posted after the awards ceremony, and complete results (with splits) will be posted on the internet by Sunday, July 23 at 12PM . Website address: www.setupevents.com. Click Other Events and then on the You Go Girl event page.

**THE HARD PART IS OVER, NOW ENJOY THE RIDE;
YOU CAN DO THIS!**



ChampionChip Sports Timing System

PLEASE READ CAREFULLY!!!!

This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures.

You will receive your ChampionChip on Event Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a neoprene Velcro ankle strap

***You must be wearing the ChampionChip strapped to your ankle or YOU WILL NOT BE TIMED.**



Attach the chip to the neoprene ankle strap and attach the strap to your ankle as shown in the picture above. Please put the strap on your **LEFT** ankle. A volunteer will remove your ChampionChip and ankle strap at the finish line. **MAKE CERTAIN YOU SECURE THE STRAP WELL TO AVOID CHIP LOSS!!!!**

REMEMBER, YOU MUST RETURN YOUR CHIP AND TIMING STRAP TO THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES AND YOU COULD BE PREVENTED FROM REGISTERING FOR CHAMPIONCHIP EVENTS RUN IN FUTURE YEARS plus a \$30 CHARGE FOR YOUR CHIP, IF NOT RETURNED WILL BE ASSESSED TO YOU.

You will be assessed a \$30 charge for your chip if not returned regardless of the reason

YOU ARE RESPONSIBLE FOR THE

******RETURN OF YOUR CHIP******

THANKS AND HAVE FUN!!