



Safety Rules

These rules are for all participants and parents. We want this event to be fun for everyone, so we encourage you to review the following:

1. Each participant will receive 2 bib numbers in your packet; this must be placed on your shirt and be attached to your bike on the handle bars.
2. All participants will be body marked for identification.
3. All participants must wear a helmet during the bike section. This is a requirement for safety. If you need a helmet, please let a volunteer know.
4. Only volunteers are to be in the transition area once the race has started. This is for everyone's safety.
5. No parents/spectators are to be in the swim area except for the designated seating area.
6. Volunteers will be placed accordingly along race course for directing the participants and for safety.
7. No parents will be allowed to bike or run on the race course. We encourage you to be along the course to cheer on the participants.
8. Please respect all volunteers, participants, and spectators.
9. Once race is started, it will be a closed course. No cars allowed as long as there are runners and bikers on the road.

Chip Timing

10. Chip timing must be returned. Drop off will be at finish line. A fee will be charged if not returned!
11. After you have returned your timer, get some snacks and have fun at the Post-race celebration.

Lincoln Center/Aquatic Center

12. Hallways, locker rooms, and restrooms are the only identified useable locations for use.
13. Help us keep the facility free from trash. Please pick up after yourself. Anything left will be taken to the BBBS office or thrown away.
14. We will have designated areas for Recycling in the Post-Race Celebration area and along the course. Please help us in this endeavor to be a "green" event.

Parking

15. No parking in the Lincoln Center parking lot. It is closed for the race and for vendors/volunteers.
16. Participants may park on the side streets around the neighborhoods or the gravel parking lot across from the YMCA. There is also a parking lot by the band dome in Lincoln Park.
17. Please do not park on 9th Street. We need to keep it open for the runners and bikers since this is part of the course.
18. We ask that no one tries to leave while the race is still in progress due to participant's safety. We understand that circumstances can vary so please ask for assistance if you need to leave.

Any questions, please ask so that we can clarify. Thank you for your cooperation! We look forward to a great race!