



TRI BY KNIGHT

ATHLETE GUIDE

THE WARTBURG-WAVERLY WELLNESS CENTER

SATURDAY, MAY 3, 2025



WELCOME

To the TriByKnight Sprint Triathlon

Presented by... *Thompson* **SHOES**

The W and Thompson Shoes are presenting the 14th Annual TriByKnight Triathlon!

Dear Athletes:

Welcome to the 14th Annual TriByKnight Triathlon hosted by The W and Thompson Shoes! We are excited for a great day of triathlon racing, and we hope you are too! We are looking forward to the opportunity to meet you.

Waverly is a great place to race, and we hope you enjoy the many amenities that are available throughout our community. From places to stay, eat, shop, or play, you are sure to find everything you need for race day and beyond. Don't forget to check out our race sponsors while you are in town! Friday evening, early packet pickup will be at Get Roasted Coffee Company on 106 W. Bremer Ave in Waverly.

We hope you enjoy the local route we have chosen for our 14th Annual TriByKnight Triathlon. After the race, please let us know what you think. We are dedicated to putting on a race that you will return to each year, so please do not be shy about suggestions. We will be sending out a post-race survey, and we hope you will take the time to fill it out and get it back to us to make sure we put on the best race possible.

As you are out on the course, please take a moment to thank our volunteers. Our race would not happen without them, and we very much appreciate their support. They all help us put on a safe and enjoyable race, so make sure they know how much you appreciate them as well.

Looking forward to seeing you all on race day! Feel free to contact us if you have any questions in the meantime.

Your TriByKnight Triathlon Race Directors

Parking, Spectators, Swim Start, Water Stations:

- Parking is available for athletes and spectators in Wartburg College lots O, A, L, and F, <https://www.wartburg.edu/parking>
- The W is closed to spectators from 6:30-8:50am. At 8:50am spectators will be allowed in The W to view the swim from the windows in the Zesty Orange. Parent/Guardians of athlete's 17 and under are allowed to accompany their athlete in The W, but not in the natatorium.
- We will utilize the trial start. Athletes will line up in The W field house based on their anticipated swim time.
- One water station will be located outside of The W on the racecourse. We encourage athletes to self-support if possible.

Post-Race:

- You will need to pick up your finisher gift at the assigned table.
- The immediate finish line area will be designed for athletes only and will contain post-race food, beverages, etc.
- The awards ceremony will be held near the 50-yard line/Finish Line.
- Award winners will come forward and pick their prize off the table and go to the designated podium for a picture.
- Post-Race massage/stretching will be offered by Taylor Physical Therapy.

TRIBYKNIGHT

SCHEDULE

Schedule is tentative and subject to change

Friday, May 2nd, 2025

Start	End	Event	Location
4:00 PM	7:00 PM	Early Packet Pick-Up	Get Roasted Coffee Company

Saturday, May 3rd, 2025

Start	End	Event	Location
6:30 AM	8:30 AM	Packet Pick-Up	The W Fieldhouse (Center Court)
6:30 AM	8:30 AM	Body Marking and Transition Set-Up	The W circle drive and member parking lot
8:00 AM	8:45 AM	Swim Warm-Up	The W Pool
8:45 AM		Transition Closes	The W member parking lot
8:50 AM	(estimated)	Pre-Race Meeting & Swim Start	The W Fieldhouse
9:00 AM		Race Begins	The W Pool
10:00 AM	1:00 PM	Post-Race Food/Beverage	Walston-Hoover Stadium
11:15 AM	(estimated)	Award Ceremony for Athletes	Walston-Hoover Stadium
1:00 PM		Race Course & Transition Closes	

RACE DAY INFORMATION

Athlete Packet Pickup

Athlete packet pickup hours are Friday, May 2nd from 4:00-7:00 pm at Get Roasted Coffee Company and Saturday, May from 6:00-8:30 am at The W. If you do not check in during the designated athlete registration hours, you will not be permitted to race in the event.

Please make sure to bring the following items with you to athlete registration:

- **Photo identification**
- **USAT Members - Your membership card to verify your USAT membership**
- **Non-USAT Members - Your one-day membership was verified during the online registration process, so there is nothing further you need to provide.**

Registration will include packet pick-up, included will be your helmet, bike & race tags. Body marking is only available from 6:30 to 8:30 am on race day. Please do not apply sunscreen or lotion until you receive body marking. The body marking station will be in the circle drive outside The W.

Athlete Number

Each athlete will be provided a race bib/number/wristband, as well as a bike tag and body marking. You will not be allowed to remove your bicycle and/or gear from the Transition Area following the race without your bib number matching your bike number and body marking. Please do not remove your bib until after the event, as it will identify you as an athlete.

Transition Area

Athletes will be allowed to start entering the Transition Area at 6:30 am, no earlier! Please be sure to arrive early enough to set your Transition Area as you prefer. Athletes are the only ones allowed in the transition area. Please refrain from standing, mingling, or socializing in this area with non-athletes. Transition will close at 8:45 am for race briefing and final instructions.

If space becomes an issue, we do reserve the right to move your belongings in order to create room for all athletes. If we are unable to locate you, we may

move it for you. You may not mount your bike at any time in transition or on the sidewalk once you exit transition. You will need to walk/run your bike down the sidewalk and cross the intersection. Once you hit the mount line, you will be allowed to mount your bike at that time.

Transition area will close down at 1:00PM on race day, so we will need all your gear picked-up by that time.

Aid Stations

There will be one aid station on the Run Course and will contain water and ice. This station is near The W, which also has restrooms, shade, and air conditioning if needed.

Athlete Number

The race will be officially timed by True Time Racing. Each athlete will be provided with a reusable ankle chip for timing purposes. Prior to the start of the race, fasten the chip to your ankle and do not remove it until you have finished the run course. The chip must be worn at all times from the start until the completion of the race. Any chip lost will result in disqualification.

No Chip = No Time.

This is a USAT sanctioned race. Please allow approximately two weeks after the race for us to report finish times/places for Nationals. We do this to allow time for any disputes to be brought forward regarding athlete times/places. All times will be available on the True Time Racing website at results.

www.truetimeracing.com.

Personal Safety

While participating in the TriByKnight Triathlon, you are ultimately responsible for your own personal safety. Warm up swims from the start line will not be permitted until 8:00am.

Discontinue Race

If for any reason you are unable to finish the race, please inform any one of our volunteers.

USAT Officials

There will be USAT Officials that will be on site to enforce rules. There is more additional information regarding USAT rules in the USAT Athlete Guide.

“Official” Body Marking Chart

IMPORTANT: All race athletes on course must have body markings.



(1) Body mark the bib number on both race athlete arms.

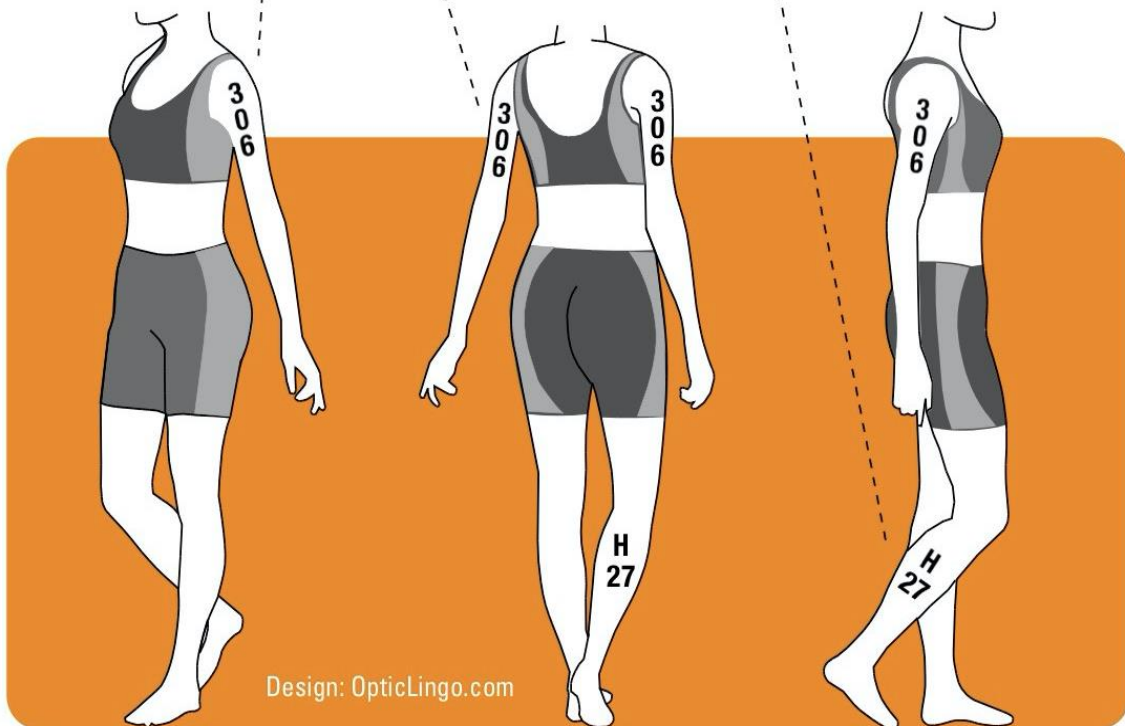
Bib Number Example:

(2) On calf mark the race H =Half, HR =Half Relay, etc.
Under that mark age of the race athlete.

Front

Back

Right



Design: OpticLingo.com

PRE-RACE CHECK LIST



General Items:

- o Special foods or drinks
- o Extra shoes
- o Necessary Medications (inhalers, etc.)
- o Warm-up suit/warm clothes
- o Umbrella or rain gear
- o Timing chip band
- o Multi-tool kit
- o Electrical tape
- o Extra clothes
- o Recovery nutrition
- o Sunscreen

Swim Gear:

- o Swimsuit or tri race kit
- o Race issued swim cap
- o Goggles

Bike Gear:

- o Bike frame sticker
- o Helmet
- o Cycling Shoes
- o Bike/Tri shorts or tri race kit

- o Pump
- o Water bottles
- o Nutrition bag
- o Flat repair kit (tire, tube, tire levers, CO2)
- o Arm warmers or leg warmers
- o Light wind vest
- o Sunglasses
- o Sunblock

Run Gear:

- o Run bib
- o Race belt
- o Socks
- o Running shoes with quick laces
- o Hydration belt or water bottle
- o Hat or Visor
- o Sunglasses

Transition:

- o Towel or mat
- o Extra water bottle
- o Sunscreen
- o Anti-chafe cream

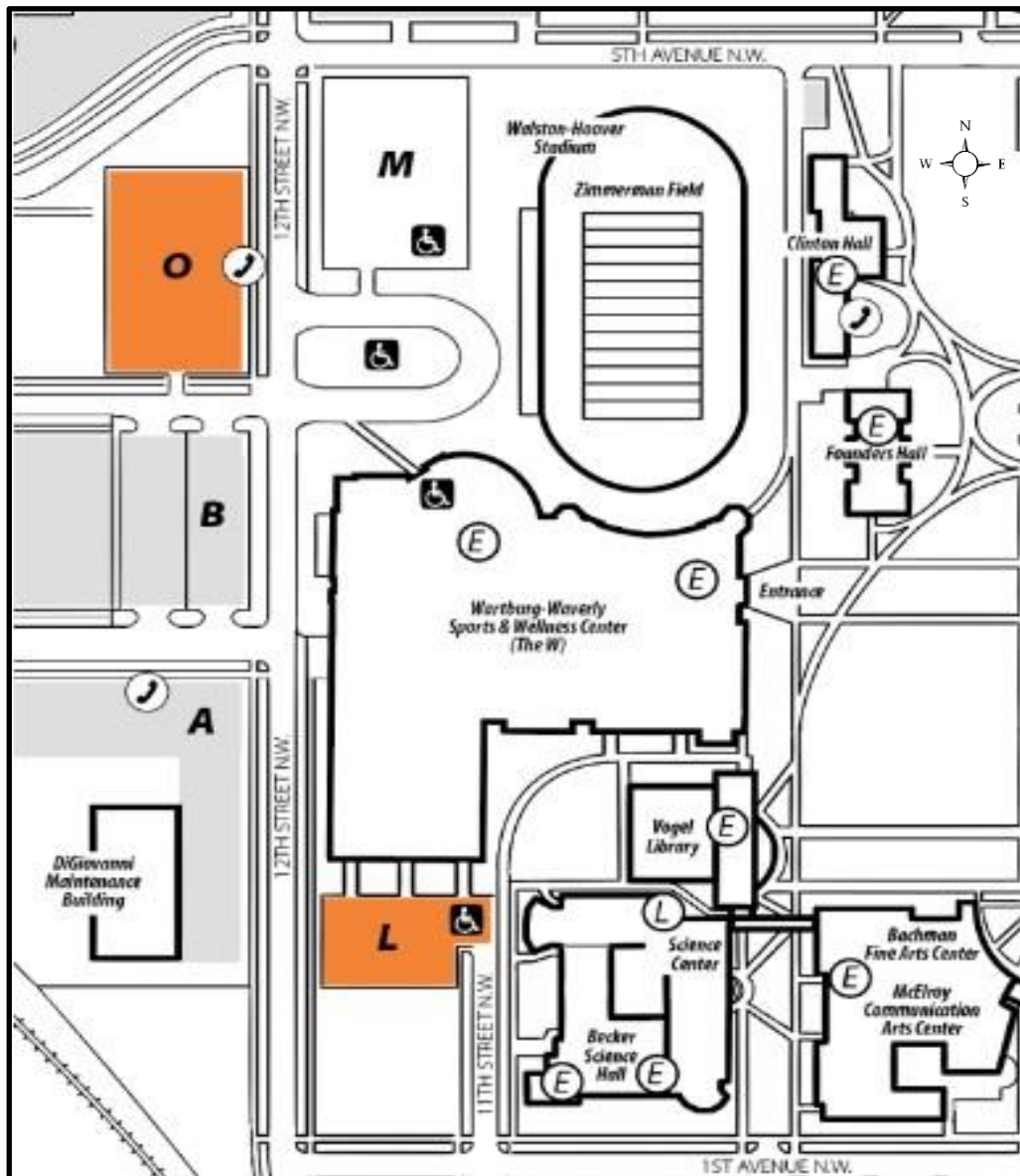
EVENT & PARKING

Physical Address of Race

400 12th St. NW Waverly, IA 50677

Spectator Information

There will be limited parking near the start and finish line. The college lots available for parking are O, A, B, and L. Please note, you will be using the same roads our athletes are when completing the run and bike course. Please give all athletes the same respect you would give your own athlete.



POST-RACE INFORMATION

Bicycle and Recovery of Gear

Following the race, you must be wearing your athlete bib in order to enter and claim your bike and gear from the transition area. If you are unable to personally claim your bike and gear, a family member or friend should have your bib. Our volunteers will be very strict on who is allowed to enter the Transition Area.

Food and Beverage

Athletes will receive complimentary food and beverages as soon as they cross the finish line. This will include post-race sports drinks and water. Jimmy Johns, United Beverage and Atlantic Bottling Company will be providing food & beverage for athletes after the completion of their race. Athlete food/beverage will be in our concession stand under the stadium. We will also have Ignite Nutrition outside our venue for participants and spectators to enjoy, as well as the Zesty Orange in the upper level of The W.

Prizes

The top male and female athletes will be awarded the following prize(s):

- o 1st — \$150 Thompson Shoes Gift Card
- o 2nd – \$100 Thompson Shoes Gift Card
- o 3rd – \$50 Thompson Shoes Gift Card

The top male and female winners from each age group will be awarded the following prize(s): Divisions: 19-under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-older. Athena and Clydesdale racers are also recognized.

- o 1st – Custom TBK Igloo Cooler & Lock Laces from Thompson Shoes
- o 2nd – Custom TBK Chirp wireless speaker
- o 3rd – TBK Sling Bag

The top relay team will be awarded the following prize (s):

- o 1st – \$150 Thompson Shoes Gift Card (\$50 each) & TBK Sling Bag

All TriByKnight Finishers

- o Custom TBK Slim Glass

Awards Ceremony

The awards ceremony is scheduled for approximately 11:15 am in the Walston-Hoover Stadium. If you cannot attend the awards ceremony, you may pick up your award after contacting Heather Zajicek at The W between 9:00 am and 5:00 pm Monday-Friday. Race results and photos will be posted on our website following the results tab

www.wartbrug.edu/triathlon.

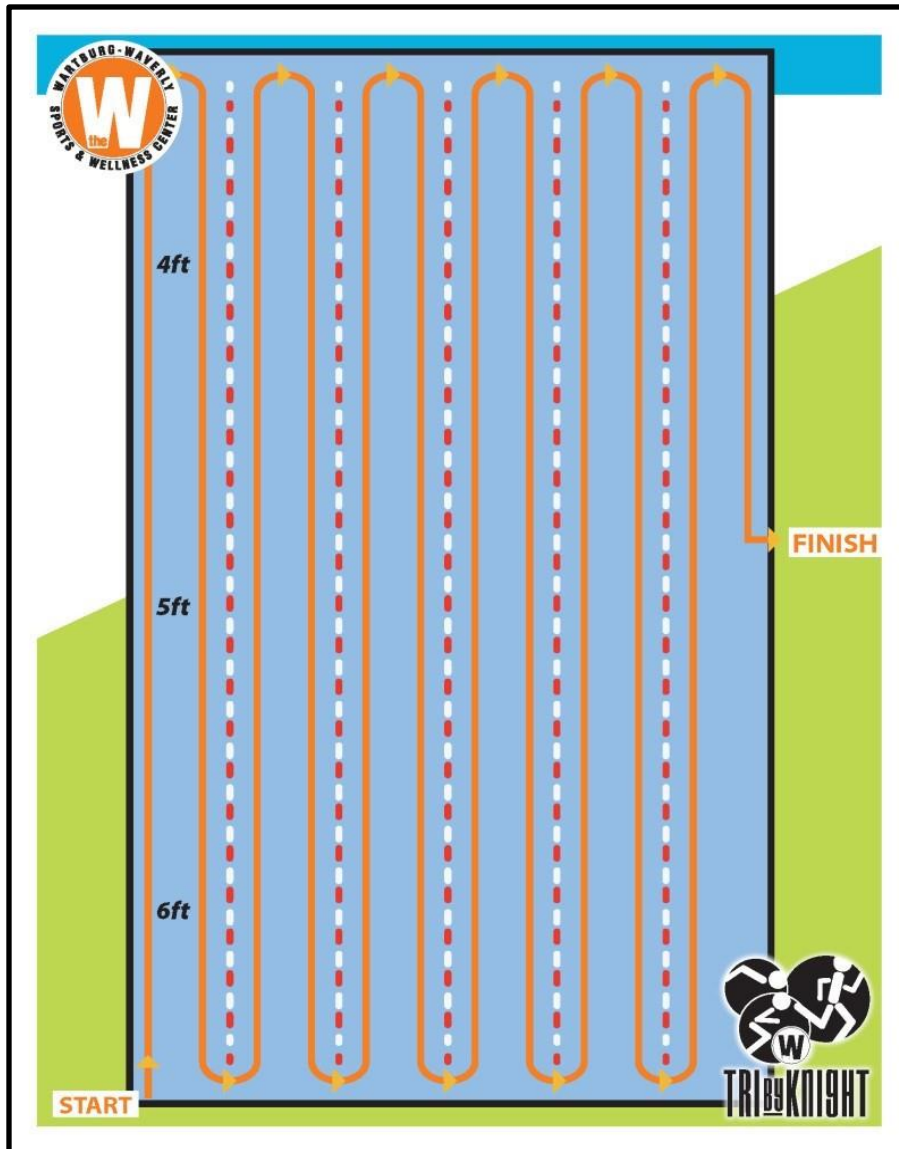
Lost and Found

All items found will be stored at The W for one month following the race. If not claimed within two months, items will be donated to the local Goodwill. You can email us at heather.zajicek@wartburg.edu to verify if we have your lost item(s).

SWIM COURSE SUMMARY

300 Yard Swim

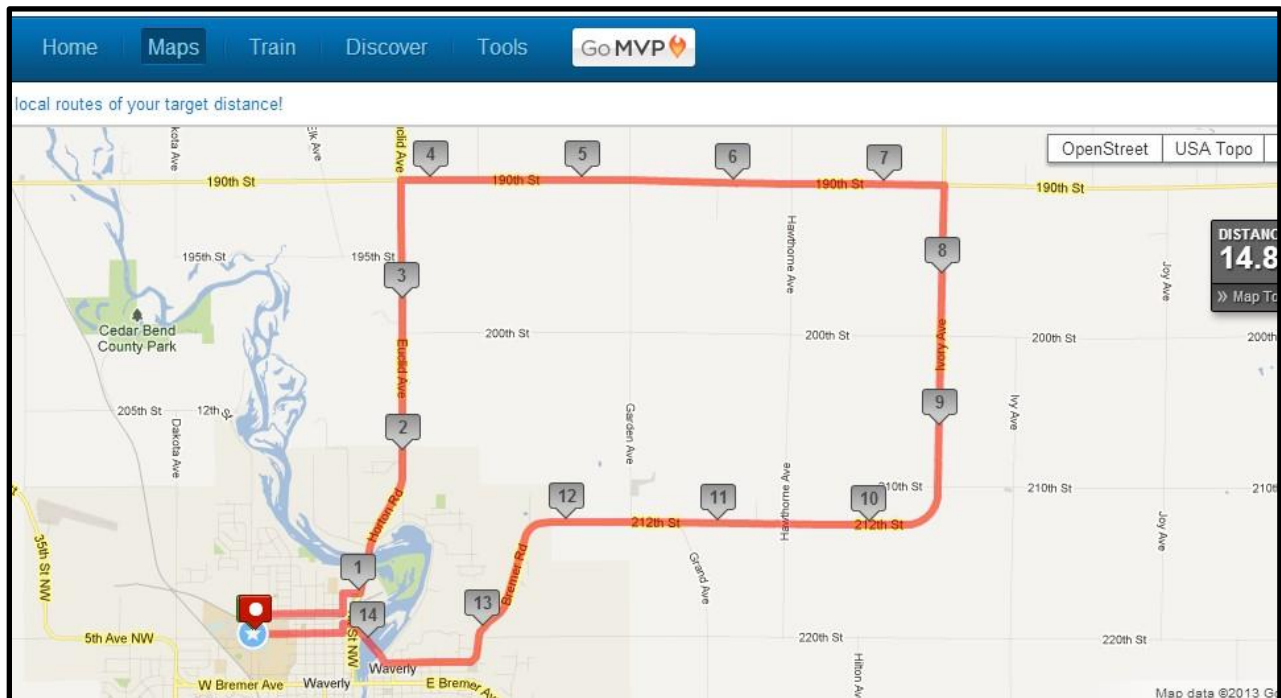
The swim will be a 300-yard, serpentine swim in The W pool. Each swimmer will swim up and down each lane. Athletes may push off the wall or use flip turns. The start of the swim will begin in the field house. The swim will be a time trial start. Athletes will line up based on their anticipated finish time. To pass another swimmer, simply tap on their foot and pass them. If you are tapped, you must allow the person behind you to pass. To exit the swim, you will turn to your left by the spa and swim over to the steps.



BIKE COURSE SUMMARY

Bike 15 Miles

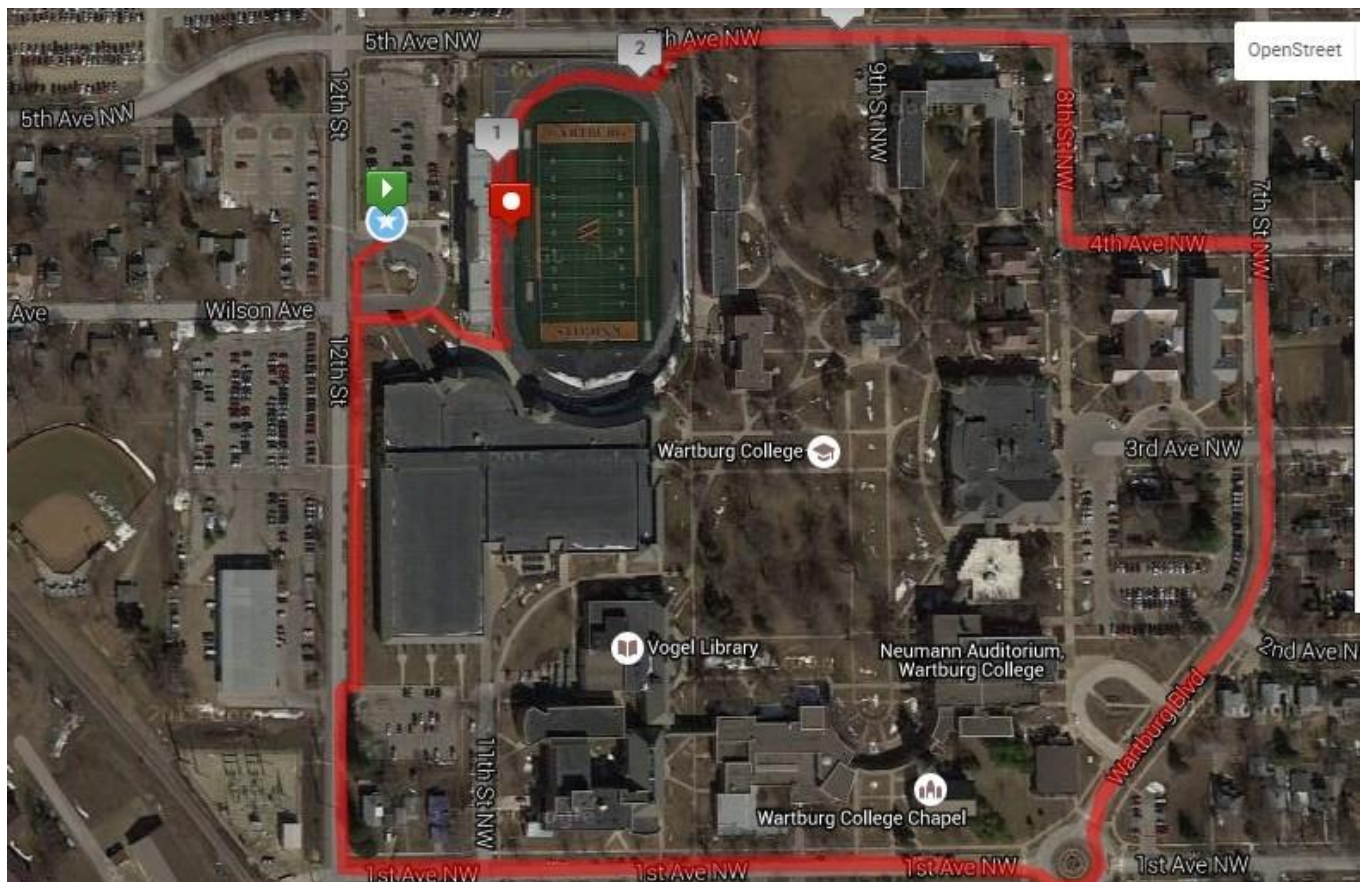
The 15-mile bike ride will be a loop course. You will start and finish at The W. The course gently rolls out into scenic and friendly Midwest farm country. Roads will be open to traffic, but volunteers and law enforcement will assist with traffic direction.



RUN COURSE SUMMARY

RUN 3.1 MILES

The run course is a 5k run, or 3.1 miles, consisting of three loops. Each loop includes a short run on the track and finishes at the 50-yard line in Walston-Hoover Stadium. There will be one aid station on the west side of the stadium. Racers will pass this aid station three times on the run.



A Message from the Head Referee to all age-group competitors:

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. To minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- Ride on the right side of your lane.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds.
- If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event, and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the head referee who then decides if a penalty should be assessed. The head referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- Position– riding on the left side of the lane without passing.
- Blocking – left side riding and impeding the forward progress of another competitor
- Illegal Pass – passing on the right.
- Overtaken - failing to drop back three bike lengths before re-passing
- Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the head referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

Your chinstrap must be securely fastened at all times (from the moment you remove your bicycle from the rack to the moment you place back on the rack) - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ! Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

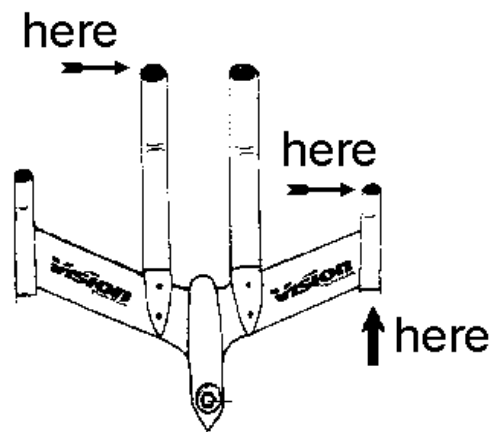
All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

Brian Watkins – USA Triathlon Head Referee

WARNING

ALL HANDLEBAR ENDS MUST BE **SOLIDLY** PLUGGED IN DURING THE RACE.

TAPE ALONE IS INSUFFICIENT.



YOU WILL BE **DISQUALIFIED** FROM THE RACE IF YOUR BAR ENDS ARE NOT **SOLIDLY** PLUGGED!

USAT Competitive Rules, 5.11i

COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times. DO NOT unbuckle your chin strap until your bike is racked.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Unauthorized Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty.

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least six bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 25 seconds.

Position--keep to the right-hand side of the lane of travel unless passing.

Illegal Pass-- cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. **Course:**

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. **Unsportsmanlike-Like Conduct:**

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. **Headphones and Telephones:**

Headphones, headsets, Walkman's, iPod's, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

Penalty: Time penalty

9. **Race numbers:**

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number**

to any other athlete or take a number from an athlete that is not competing.

Penalty: Time penalty for missing or altered number, Disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.

10. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <https://www.usatriathlon.org/multisport/rules>

www.wartburg.edu/triathlon

heather.zajicek@wartburg.edu

TRIBYKNIGHT VENDORS



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