

0.93MI SWIM • 25MI BIKE • 6.2MI RUN

COLUMBIA

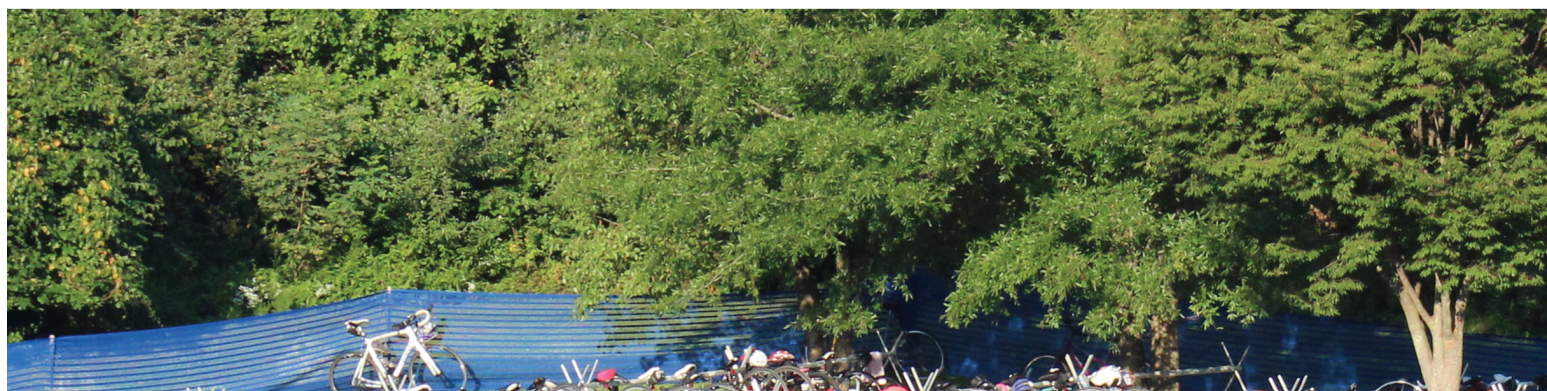


Triathlon

AND DUATHLON



2016 Athlete's Guide

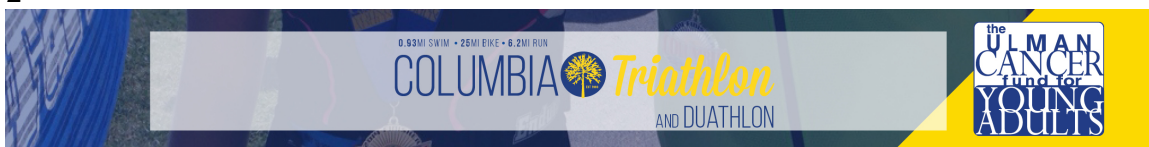




Columbia Triathlon Athlete's Guide

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Welcome to the 2016 Columbia Triathlon & Duathlon

Dear Athletes,

We're thrilled to welcome you to the 2016 Columbia Triathlon and Duathlon, one of the most popular and longest running triathlons in the country, now in its 33rd year. For the first time in the history of the event, a Duathlon race is also being offered and we're excited to expand the event to include more athletes interested in multisport events. We're also excited to bring back the Club Challenge to the Columbia Triathlon. It's a privilege to carry on this tradition with each of you and also build upon its great history.

The very first Columbia Triathlon took place at the Wilde Lake Indoor Pool Center in 1984 with 90 eager participants. Since then, The Columbia Triathlon has become a landmark event in the Mid-Atlantic region, welcoming more than 1,000 men and women to the 2015 event. The success of this event would not be possible without the hard work of our UCF Races volunteers and the support of our community partners, sponsors and of course you, the athlete.

As a 501c3 non profit, UCF Races was created in 2010 as a platform to help fund the mission of the Ulman Cancer Fund for Young Adults. UCF Races produces first-class endurance events that inspire movement and celebrate each athlete, all to ensure that all young adults and their families impacted by cancer have a voice and the resources necessary to thrive.

We wish you a fun and successful race and thank you for choosing to participate in our race and support the UCF mission. We hope the day leaves you feeling inspired by the determination and perseverance of those we serve each day.

Thank you,

The UCF Races Team



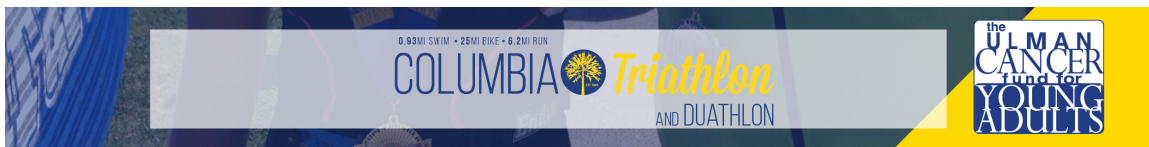


Meet Austin, 2016 Columbia Triathlon Participant and Young Adult Cancer Survivor

Hey Everyone,

I am so honored to have the opportunity to write a message to other fellow young adult cancer survivors, fighters, advocates and athletes! The last 18 months have been one heck of a whirlwind. From initial diagnosis, working through treatment and now trying to get my life back "on track" being a SURVIVOR. What an awesome word. I know how blessed I am to be now be able to say that after a stage 4 colorectal cancer diagnosis in October 2014. Between God, my amazing family, incredible medical team, world's greatest friends, understanding boss/co-workers, and Colon Cancer Alliance, I had a fantastic support system. With that being said, I really wish that I had known about the Ulman Cancer Fund throughout my cancer journey!

It was my goal to maintain some normalcy in what felt like a very uncertain time in my life; my way of doing this was continuing to maintain as active as a lifestyle as possible. Being a lifelong athlete, it was no surprise to any of my family or college teammates that I was doing laps around my hospital floor (massively drug induced of course :p) within hours post colon and liver resection surgery. From there I progressed to walking on the treadmill and when my feet blistered too much from chemo I found myself in spin class and in the pool. This training allowed me to complete a couple 5ks, jog a "fun run" half marathon with my closest friends and do a 10 mile race all during treatment (even though my feet paid for it the days following the races). It was important to listen to (and continue to listen to) my body and not push myself too hard – not always an easy task, but I'm definitely getting better at it. The Ulman Cancer Fund really promotes staying positive and active throughout treatment, post treatment and beyond. It would have been so nice for me to meet other young cancer fighters/survivors who were also interested in staying active and just having others to share our experiences with one another – just having someone to relate to would have been extremely comforting. If I had others going through the same experience with me, I would most likely have been able to come to terms with the fact that I was not going to be as fast or



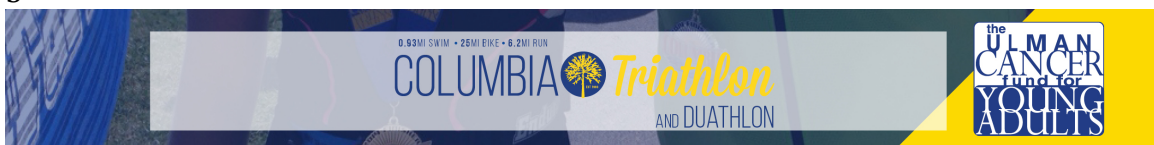


go through workouts as easily as I once was able to do. It took some time to enjoy races more for the camaraderie and just being thankful to be able to complete them, having others around me with this same attitude would have been so beneficial. Not to mention, I can't even imagine how much more fun the training would have been. However, better late than never, right?!

While I was looking for a nearby local triathlon to do this year to celebrate my SURVIVOR status, I came across the Ulman Cancer Fund and thought how perfect it would be to complete a triathlon that would benefit other young fighters and survivors. As you participate in this race, take extra pride in the fact that your participation changes lives, as all proceeds from this event go directly to the Ulman Cancer Fund for Young Adults.

I couldn't be happier or more enthusiastic to complete my first Olympic distance triathlon in celebration of my survivorship and for such a personal and wonderful cause. Looking forward to meeting and seeing you all at the race!

Sincerely yours,
Austin





Schedule of Events

All times are subject to change based on unforeseen circumstances. Please check ucfraces.org and the UCF Races Facebook page regularly for updates.

Friday, May 13, 2016

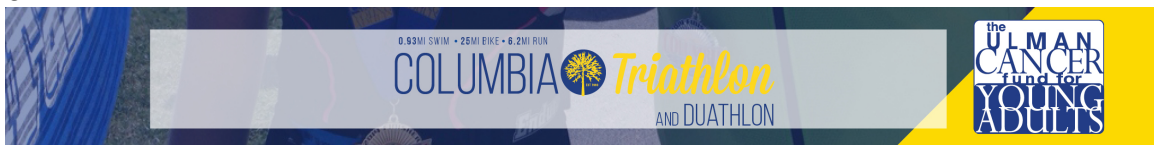
TIME	EVENT	LOCATION
3PM – 7PM	Athlete Check-In, Packet Pickup and Columbia Triathlon Health & Fitness Expo	Columbia Presbyterian Church, 10001 Clarksville Pike (Rt. 108), Columbia, MD 21044

Saturday, May 14, 2016

TIME	EVENT	LOCATION
10AM – 6PM	Athlete Check-In, Packet Pickup and Columbia Triathlon Health & Fitness Expo	Columbia Presbyterian Church, 10001 Clarksville Pike (Rt. 108), Columbia, MD 21044
11AM – 7PM	Mandatory Pre-Event Bike Racking. Optional Bike and Helmet Inspections	Centennial Park, Ellicott City, MD Transition Area
1:30PM	Pre-Race Course Talk	Columbia Presbyterian Church, 10001 Clarksville Pike (Rt. 108), Columbia, MD 21044

Sunday, May 15, 2016

TIME	EVENT	LOCATION
4:45AM	Park gates and transition area opens	Centennial Park





5AM – 6:30AM	Body Marking and Gear Setup	Transition Area, Centennial Park
6:30AM – 6:40AM	Athletes Assemble at Swim Start	Swim Start- Boat Ramp
6:30AM – 11:30AM	Park Entrance Closed to Traffic	Centennial Park
6:40AM	All Athletes except Relay Athletes must be out of transition	Transition Area, Centennial Park
6:45AM	National Anthem	Centennial Park

General Race Information

Venue: Centennial Park, 10000 Clarksville Pike (Rt. 108), Ellicott City, MD 21043

Packet Pick-up: Columbia Presbyterian Church, 10001 Clarksville Pike (Rt. 108), Columbia, MD 21044 (directly across the street from Centennial Park)

Sanctioning: USAT Sanctioned race

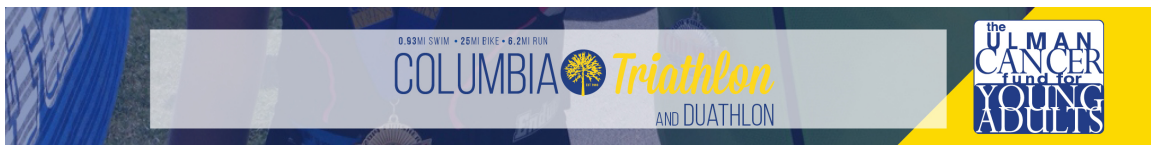
Minimum Age: The minimum age to compete is 16, as of 12/31/16.

Water Temperature: Typical ranges - 65°F - 73°F. The highest recorded May temperature is 73°F

Air Temperature: Typical averages - 55°F - 80°F

Time Trial Start Format: Athletes will enter the water by age in a time trial format

Wetsuits: Wetsuit usage is allowed and encouraged for amateurs where the water temperature is equal to or below 78 °F. For a complete list of USAT





Rules and approved wetsuits please go to [http:// www.usatriathlon.org/about-multisport/rulebook.aspx](http://www.usatriathlon.org/about-multisport/rulebook.aspx)

Timing: IPICO Timing System.

Athletes will receive a loaned timing chip at Packet Pickup

Timing chip is to be worn on the ankle at all times during the race

If the timing chip is lost during the race, report to UCF Races Staff for replacement

Timing chips will be removed by volunteers at the finish line

Athletes who DNF (do not finish) must return timing chips to the timing tent at the finish line Failure to return timing chips will result in a \$75 charge to the assigned athlete

Links to the official timing results will be posted on the UCF Races website.

Photography: GameFace Media is the official UCF Races event photographer, providing free, downloadable and shareable photos to all participants, courtesy of sponsor ClearShark.

Links to event photographs will be shared by ClearShark. Be sure to have your race number visible at all times and smile when you cross the finish line!

Inclement Weather & Disaster Policy: There is **NO** rain date. We go rain or shine. In the case of inclement weather, management reserves the right to alter/modify the race/race course to address safety concerns. In the case of a Natural Disaster/Local Incident/Terrorist Act, there will be No Refunds of race entry fees. Each athlete must accept any such risk of their entry fee. Monies for charitable organizations we support have already been pledged, and monies collected are used to develop and produce the event, including all race supplies, staffing, and administration. We pledge to make every effort to produce a fair, safe and exciting event. Any decision made to go forth with the race is based on the overall event/race course safety, and is made in concert with local risk management, police, fire & rescue, and medical personnel.





Pre- Race Athlete Responsibilities

Athlete Check-In & Packet Pickup

Athlete check-in and packet pickup will take place on Friday, May 13, 2016 from 3:00 pm – 7:00 pm and on Saturday, May 14, 2016 from 10:00 am – 6:00

pm at The Columbia Presbyterian Church located at 10001 Clarksville Pike (RT 108), Columbia, MD 21044 just across the street from the race venue, Centennial Park.

Please note there is NO RACE DAY CHECK-IN/PACKET PICKUP. All registered entrants, including all relay team members, MUST attend packet pickup on Friday or Saturday in person. Per USAT rules, each participant MUST pick up his/her own packet. If you do not check in during the designated check-in times in person, you will not be able to participate in the event. All participants, including you (17 and under) must bring the following to packet pickup:

1. A photo ID
2. USAT membership card to show proof of annual membership unless you purchased one-day USAT event insurance at the time you registered for the event.
 - a. Note if you have not already purchased, USAT one-day event insurance is available for purchase at packet pickup for \$10 (Youth), \$12 (Adult). Annual memberships are available for only \$15 per year (Youth) or \$45 per year (Adult).

Special Notice Regarding USAT membership cards for check-in

Athletes MUST bring proof of annual USAT membership or purchase one-day USAT event insurance. Failure to do so will disallow participation in the race.





Athletes may have purchased one-day event insurance at the time of registration. Staff will have a list of those one-day USAT participants at check-in. Athletes who forget their USAT membership card will have the following options:

- Go to your home or hotel and retrieve your card.
- Print a temporary membership card from the USAT membership dashboard, www.usatriathlon.org
- Show a current membership card on a smart phone
- Purchase a one-day event insurance at check-in. Payable by CASH only.
- Use the new USAT Membership Card App to pull up a copy of your card!

About the new USAT Membership Card App:

USA Triathlon Membership Card App

USA Triathlon recently launched a membership card app that allows athletes to display their USA Triathlon membership cards on mobile devices at events.

The app is available in the App Store and in Google Play. It will be available for Apple and Android devices.

Users must log in to the app with their USA Triathlon login information. Upon login, the front of the athlete's membership card will display. Users can swipe the screen to view the back of the card.

Race staff and/or volunteers cannot search for USAT membership information or allow use of staff computers by athletes to retrieve information. *Please remember to pack your USAT membership card. Don't leave home without it!*

Athlete Wristband

A unique wristband will be affixed at check-in which must remain on until you have removed your bike from transition after the race. This band will identify you as an official participant, is necessary for medical identification, and allows





you access to the transition area. You will not be allowed to remove your belonging from transition without this band in place.

Pre-Race Events

Columbia Triathlon Health & Fitness Expo

When: Friday, May 13, 2016 3:00 pm – 7:00pm

Saturday, May 14, 2016 10:00am – 6:00pm

Where: The Columbia Presbyterian Church 10001 Clarksville Pike (Rt. 108), Columbia, MD 21044

Visit the many vendors at the Health & Fitness Expo who will be displaying and selling the latest in triathlon and health related gear and products.

Pre- Race Course Talk

When: Saturday, May 16, 2015 1:30pm

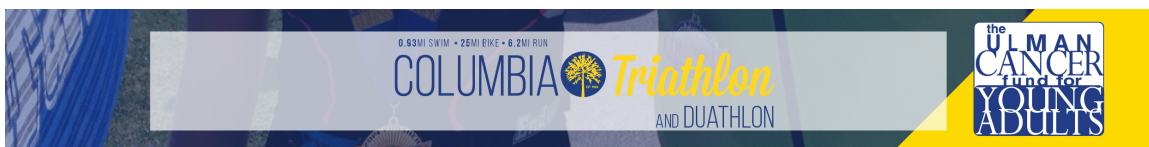
Where: Columbia Presbyterian Church

Hear from one of our race directors and learn what to look out for on the course and how to prepare for your best race possible!

Immediately following the course talk, stick around to hear from Triathlon & Run Coach Sandra Mohler- Gallagher. Learn more about Sandra at <http://iruntons.com/about/>

Mandatory Pre-Race Bike Racking & Transition Area Protocol

When: Saturday, May 14, 2016 11:00 a.m. – 7:00 p.m.





Where: Centennial Park Transition Area

On Saturday, proceed to Centennial Park transition area to rack your bike. Please note: you **MUST** rack your bike on Saturday, **ONLY** during the designated time. To enter the transition area, athletes must wear the unique security wristband received at packet pickup. The transition area is restricted to **ATHLETES ONLY**. Any accompanying friend, spouse, parent or child **WILL**

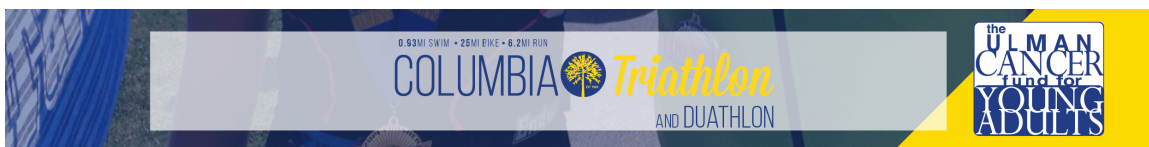
NOT BE ALLOWED into the transition area at any time. Please make appropriate arrangements to have children supervised while racking your bike. Once racked, your bike cannot be removed. Full security will be provided overnight. There are no exceptions to this policy.

How To Properly Rack Your Bike

Find the rack number to match your bib number. Stand on the side of the rack with your number facing you, so it is readable. Hook the front of the bike seat over the rack so that the rear wheel is elevated and the front of the seat is facing you. The rear wheel and seat post should be on the opposite side of where you are standing, and the front wheel should be resting on the ground.

Place personal items on the ground next to the front wheel. There are **NO** balloons, inflatables or personal markers permitted. Please remember your number and rack location and refer to the numbers posted on the end of each rack.

UCF Races values green, environmentally friendly initiatives, and Centennial Park is a “leave no trace” park. If you want to protect your bike seat from moisture overnight, consider using an old swim cap to cover the seat. The use of plastic bags to cover bikes **WILL NOT** be allowed. If you choose to place a plastic bag on your bike, staff will remove it. Bags inevitably litter the area as they are easily blown by the wind and scattered during the race. Likewise, balloons will not be permitted in the transition area. Our goal is to leave the natural environment beautiful for all to enjoy.





Please note that per USAT rules, 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 handle bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. All personal trash is to be removed and disposed of by each athlete. Please do not litter.

Bike and helmet inspection is not mandatory, but we strongly recommend that, prior to the race, you have your bike tuned up and verify that all race safety guidelines are met. Princeton Sports will be onsite Saturday during bike racking and on Sunday morning before the race begins to assist with any last minute adjustments.

Race Day Information

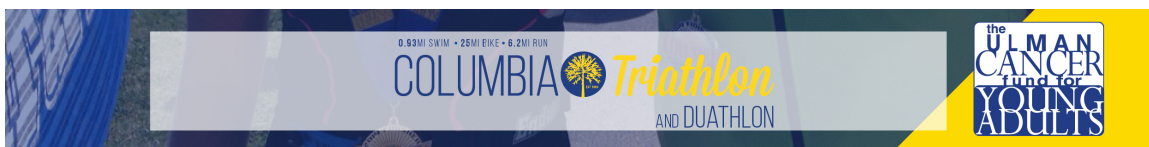
Getting to Centennial Park

Parking in Centennial Park is limited. Plan to arrive EARLY as there WILL BE early morning traffic delays, and there is limited parking. The Centennial Park entrance on MD Rt. 108 will close at 6:35 a.m.

Race Morning Instructions

The gate to Centennial Park will open at 4:45 a.m. You must be wearing the unique athlete wristband to enter transition. Please be sure to bring along items received at packet pickup including your timing chip and strap, your swim cap, your race numbers (bike, helmet and bib), as well as your bike helmet and other personal gear.

You must wear your timing chip at all times while racing. Fasten it to either ankle. It will be removed by a volunteer at the finish line. Athletes who fail to





return their loaned timing chip will be charged \$75.00. If you lose your chip during the event, please see a member of the UCF Races staff at the UCF Races Information Tent for replacement.

Body marking will take place in the transition area from 5:00 a.m. – 6:30 a.m. It is the athlete's responsibility to ensure that volunteers mark the athlete's age as of December 31, 2016, which corresponds to the age division in which the athlete will compete. Please do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked.

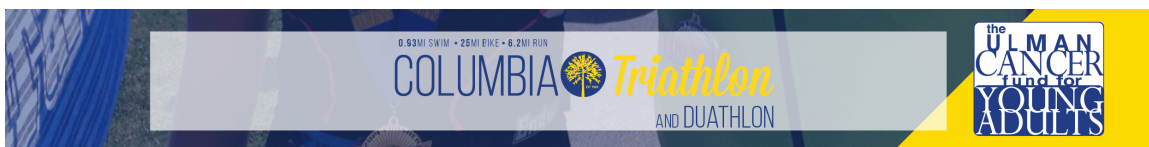
Athletes are to proceed to the swim start between 6:25 a.m. and 6:40 a.m. All athletes, except relay team members who will bike or run, **MUST** be out of the transition area by 6:45 a.m.

Bicycle & Gear Retrieval

The transition area will close after the race at 1:00 p.m. All bikes and gear must be removed by 1:00 p.m. Please remember that, for security, only those with athlete wristbands will be allowed into transition to retrieve their belongings. Please have your bib number with you to facilitate speedy removal of your bike and gear.

Aid Stations

The bike portion will feature 2 Aid Stations located at Ten Oaks Road Circle (outbound and inbound) offering spring water and Gatorade. The run leg will feature 6 Aid Stations offering spring water and Gatorade will be offered at select run aid stations (at run out and "Gatorade Hill"). **PLEASE** discard all empty bike bottles and sports nutrition wrappers in the immediate vicinity of these aid stations. There is a penalty for littering the course which will be strictly enforced.





Directions

Directions to Event Venue & Packet Pick-Up Location

Race Venue: Centennial Park

10000 Clarksville Pike (MD Route 108) Ellicott City, MD 21042

Packet Pick-up: The Columbia Presbyterian Church

10001 Clarksville Pike (MD Route 108) Columbia, MD 21044

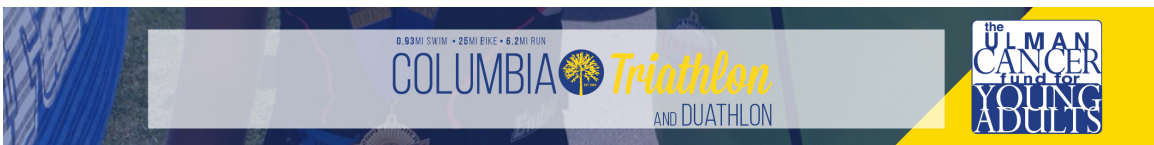
From East – Take Route 100 West toward Columbia to Route 29 South. Take exit 21B to merge onto Route 108 West toward Clarksville. The Columbia

Presbyterian Church will be on your left just before the second traffic light. Park entrance will be on your right at the second traffic light.

From North- Take I-95 South to Exit 43B, Route 100 West. Follow Route 100 West toward Columbia to Route 29 South. Take exit 21B to merge onto Route 108 West toward Clarksville. The Columbia Presbyterian Church will be on your left just before the second traffic light. Park Entrance will be on your right at the second traffic light.

From West- Take I-70 East to Route 29 South. Take exit 21B to merge onto Route 108 West toward Clarksville. The Columbia Presbyterian Church will be on your left just before the second traffic light. Park Entrance will be on your right at the second traffic light.

From South- Take I-95 North to Exit 43B, Route 100 West, Follow Route 100 West toward Columbia to Route 29 South. Take exit 21B to merge onto Route 108 West toward Clarksville. The Columbia Presbyterian Church will be on your left just before the second traffic light. Park Entrance will be on your right at the second traffic light.





From BWI Airport (Thurgood Marshall Airport) – Exit BWI Airport onto I-195 West towards Catonsville to Exit 43B, Route 100 West. Follow Route 100 West toward Columbia to Route 29 South. Take exit 21B to merge onto Route 108 West toward Clarksville. The Columbia Presbyterian Church will be on your left just before the second traffic light. Park Entrance will be on your right at the second traffic light.

Things to Do in the Area

The Columbia Triathlon takes place in Howard County, conveniently located amidst rolling hills, between Washington, DC and Baltimore, MD and rated by Money Magazine 2010 as the second best place to live in the USA.

Explore recreation, restaurants, and lodging in the area with the below links:

[Howard County Tourism](#), [Washington DC Tourism](#), [Baltimore, MD Tourism](#)

Airport & Train

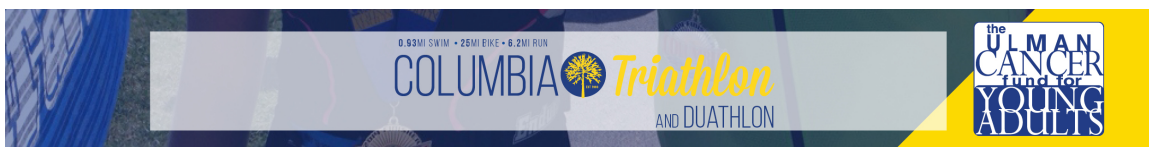
Columbia, Maryland is easily accessible via BWI Airport, and the Amtrak BWI Station. Car rentals and shuttle services are available.

Host Hotel

Whether you are from out-of-town or want to get away to prep for your race, you'll find comfort and convenience at our host hotel, the [Sheraton Columbia Town Center Hotel](#), located within 3 miles of the race venue.

2016 Columbia Triathlon participants will enjoy the following benefits:

- Discounted rate of \$139 a Night
- 5% of total cost of visit donated back to the Ulman Cancer Fund for Young Adults
- Free Parking
- Opportunity for late checkout on Race Day





Parking

There will be limited parking at Centennial Park in the immediate grass area adjacent to MD Tr. 108 across from the Transition Area. If you drive please plan to arrive early on Sunday morning to find parking. If someone will be driving you to the venue, they **MAY NOT** stop in the driving lane to drop you off.

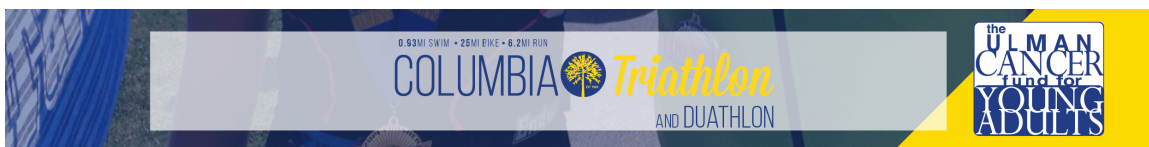
There is an overflow lot available which can be accessed via the North Entrance. Tall light towers mark this lot. Once parked, take the 10 minute walk along the running path beside the lake to the transition area.

Please do not park in driveways, on private property or in church parking lots adjacent to the park.

The park will reopen to vehicular traffic at 11:30 a.m., so if you park within the park, you may not leave until 11:30 a.m. Centennial Park closes at dusk. You **MAY NOT** park overnight on Saturday in Centennial Park.

Please Arrive Early

The Centennial Park entrance on MD Rt. 108 will close to vehicles at 6:30 a.m. Please plan on early morning traffic delays, and prepare to arrive earlier than you may have initially planned. There are hundreds of athletes and their fans attending this event.



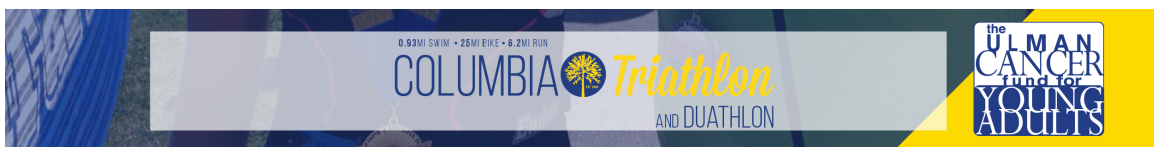


2016 Columbia Triathlon Swim Waves

Category	Wave Start Time	Swim Cap Color
Open	6:55 AM	Light Purple
ASA	6:56 AM	Dark Purple
Cancer Survivors	6:57 AM	Neon Pink
70 +	6:58 AM	Light Pink
65-69	6:59 AM	Green
60-64	7:00 AM	Royal Blue
Break for Duathlon Start at 7:05 AM		
40-44	7:06 AM	Light Blue
45-49	7:12 AM	Neon Green
50-54	7:18 AM	Neon Pink
55-59	7:22 AM	Light Green
Athena	7:25 AM	Light Orange
Clydesdale	7:26 AM	Orange
35-39	7:27 AM	Dark Green
30-34	7:32 AM	White
Relay	7:35 AM	Dark Yellow
Aquabike	7:36 AM	Powder Blue
25-29	7:38 AM	Light Yellow
20-24	7:39 AM	Neon Orange
16-19	7:40 AM	Red

Time Trial Swim Start Directions

1. Volunteers assist participants into their correct wave start order by colored swim caps in the order listed above.





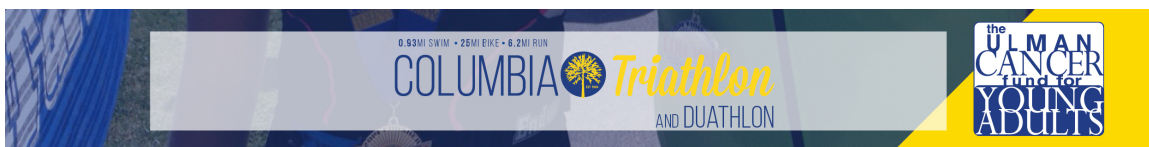
2. Participants will weave their way through the corrals toward the start line.
3. Event staff will be in the corrals to facilitate pairing 2 people up within each wave.
4. Two participants will be staged every 5 seconds on the water's edge behind the timing mat and told by the event staff when to cross the mat, and enter the water, and start the race.

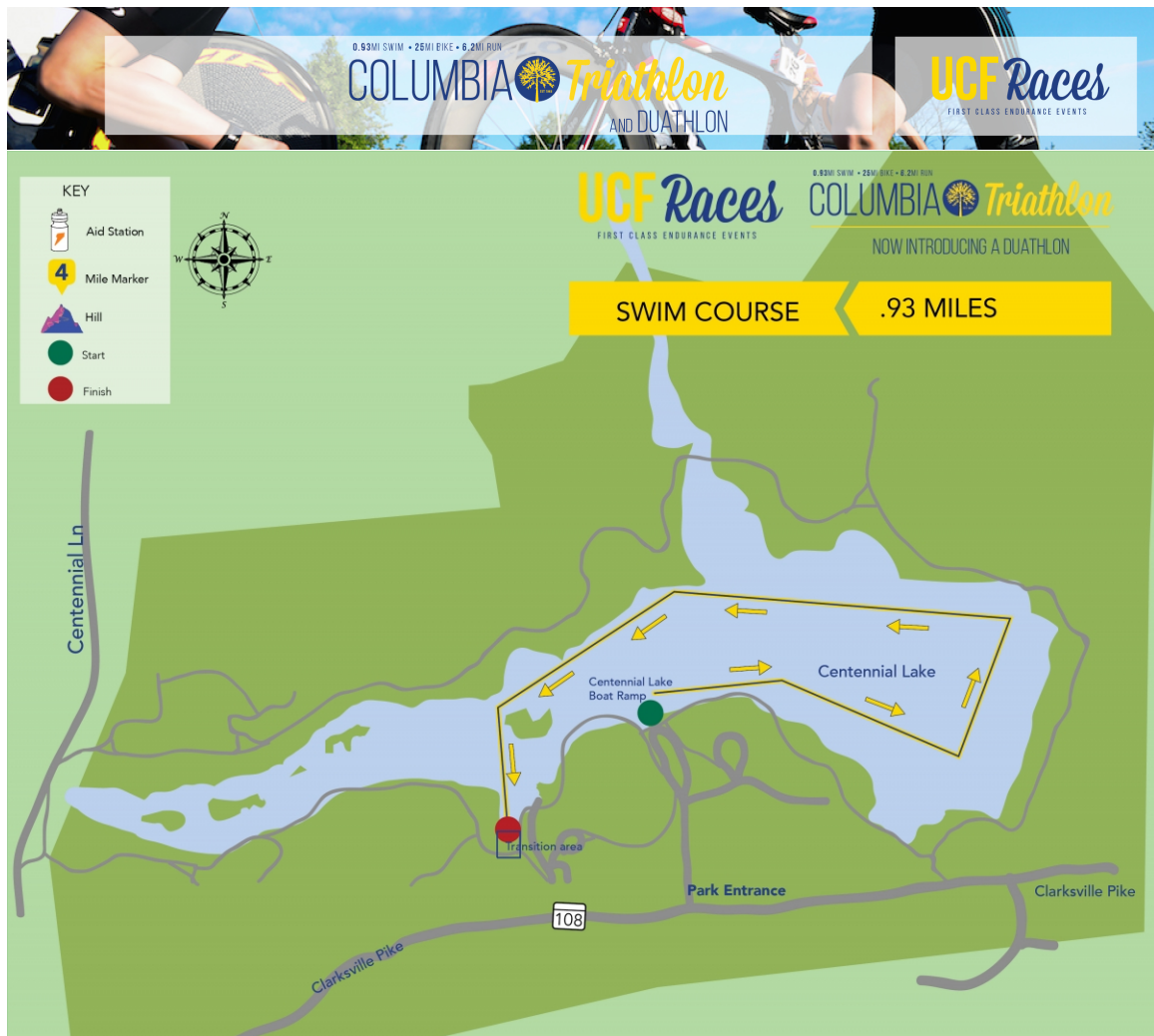
Swim Course Description & Rules

Course Description

The swim course is a .93 mile counter-clockwise rectangular loop marked by buoys in Centennial Lake which is fed by fresh water. Turns are marked by orange tetrahedron buoys. Average water temperatures in late May range from 65 to 73 degrees Fahrenheit. The highest recorded water temperature in May was 73 degrees.

See Swim Course Map on the next page.



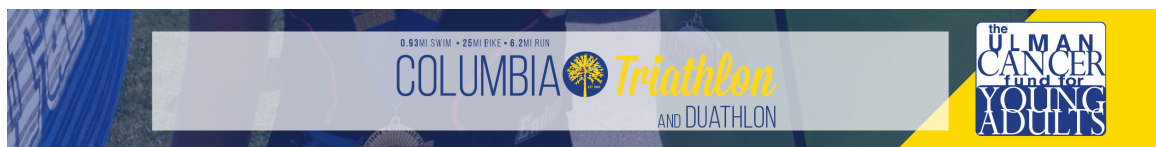


Rules

The swim cutoff time is 55 minutes after the start of the last swim wave.

All USAT Rules are in effect including Article IV, pertaining to Swim Conduct and Wetsuits. [Click here](#) for a complete listing of all USAT Rules and [Here](#) for a list of USAT approved skinsuits and speedsuits in any temperature.

1. Athletes must wear swim cap provided to participants at packet pickup.
2. Athletes may not use any artificial propulsion device of any kind including fins, gloves, paddles. Use will result in disqualification.
3. Swim goggles and face masks may be worn.





4. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress.

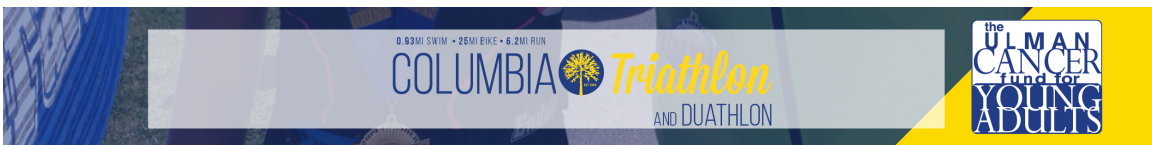
Regarding Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wetsuits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. The AAC has set the wetsuit maximum temperature for elites at 68 degrees for swim distances less than 3,000 meters and 71.6 degrees for distances of 3,000 meters or greater. Effective January 1, 2013, any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

Note: When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

Bike Course Description & Rules

Course Description

The bike course is a challenging, 25 mile route through the rolling countryside and farmlands of Howard County, including four moderate climbs along well maintained, and paved, two lane roads. There will be 2 Aid Stations located at Ten Oaks Road Circle, at the 8 mile and 174 mile points offering spring water and Gatorade Endurance. There is no public urination permitted.





Please familiarize yourself with the route shown below, as it is the athlete's ultimate responsibility to know the course.



Rules

Based upon permits issued for roads on the course, and safety concerns, all cyclists MUST have reached the return leg of Route 108 by 11:00 a.m. The remainder of the bike course will close at that time, and all cyclists, except those on the return leg of Rt. 108, will be removed from the course.





Please note that the bike course is open to traffic during the course of the race. 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 for ANY reason. Cyclists must obey all applicable traffic laws at all times.

USAT rules are in effect including Article V- Cycling Conduct. [Click here](#) for a complete listing of all USAT rules.

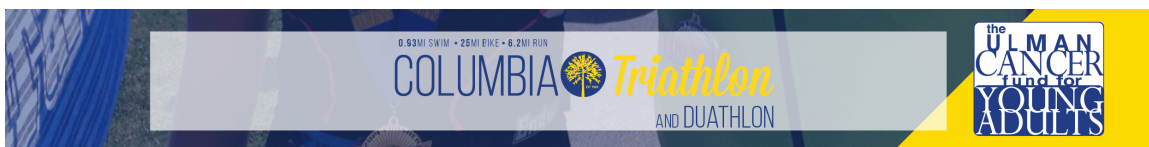
1. Athletes must remember to wear a bike helmet number on the front of their helmet.
2. Athletes must have a number fixed to their bike frame and visible from the left side.
3. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used, and helmets must be worn at all times while on your bike before, during and after the event. Violation will result in disqualification.
4. Chin straps must be buckled at all times when on your bike. DO NOT unbuckle your chin strap unless you are off your bicycle. Violation while on the course will result in disqualification.
5. DO NOT LITTER! Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy supplement wrappers, bike parts or clothing, may ONLY be discarded at aid stations.

Please remember that local community members use the bike course roads. You are an ambassador for the sport and the event. While on the course, please be courteous to local residents. While training, please follow these recommendations:

Ride single file for safety and to allow motorists to proceed without delay or frustration. Obey local traffic laws.

Do not use private property as a toilet. Wait to use a public restroom.

Do not litter; keep energy bar/gel wrappers with you until you find a trashcan.





Friends and family should refrain from painting on the roads and defacing public property.

Run Course Description & Rules

Course Description

The unique 6.2 mile run course is widely regarded as one of the most challenging in triathlon. Climbing and encircling Centennial Lake, it passes through a local neighborhood and consists of three moderately steep climbs including the legendary "Gatorade Hill", and one 12% climb. There are 6 aid stations offering spring water and Gatorade will be offered at select stations (at run out and Gatorade Hill). The course is marked on race day with signage, but is not marked beforehand. Please familiarize yourself with the course as it is ultimately the athlete's responsibility to know all courses. The run course is USATF Certified (Number MDO200435)





Rules

USAT Rules are in effect including Article VI- Running Conduct.

1. Runners will not be allowed to begin the run leg after 11:15 a.m.
2. All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.
3. Headphones, headsets, Ipods, mp3 players or personal audio devices, etc. are not to be carried or worn at any time during the race.



4. The responsibility of knowing and following the prescribed course rests with each participant.

Duathlon Run Course Description

Course Description

Those interested in participating in a Run, Bike, Run now have the option to do so at Columbia, with a course offering a 2.2 Mile Run, 25 Mile Bike and 6.2 Mile Run. The 2.2 Mile Run is a reverse loop encircling the lake, starting at the race finish line and ending in the transition area.

Duathlon Course Map





Columbia Triathlon Elite Amateur Division and USAT Rankings

Columbia Triathlon Elite Amateur Division

The division of the Columbia Triathlon currently named “Elite Division” is meant solely for those amateur triathletes who want to race against the whole field and note in their respective Age Group.

We review all entrants to this race division and will remove those who we feel may not belong there. If you wish to race in the Elite Division, we may ask you to provide prior race results to document your claim of “Elite” status.

For the Columbia Triathlon, we require that you be able to achieve the following finish time in order to race in the Elite Division:

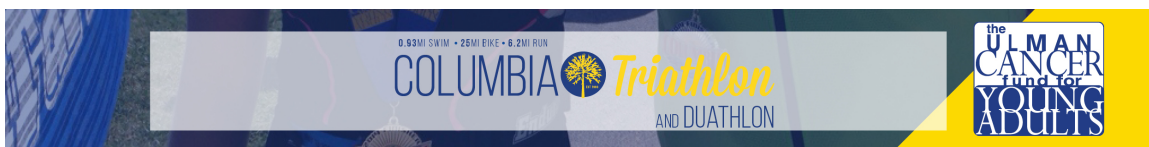
Men: 2:10 (two hours 10 minutes) or less

Women: 2:30 (two hours 30 minutes) or less

Current USAT Age Group Member National Rankings Policy

All UCF Races events have received an exemption from USAT that affects the USAT member age group national rankings. Age group participants at UCF Races events may request to be seeded in the Elite Wave, if they meet the pre-race requirements as noted above. This wave is NOT for those who simply want to start in an earlier swim wave. If the racer is selected/qualifies for the Elite wave, the participant’s race points used for USAT ranking purposes will be calculated based upon the USAT “pacesetters” in that Elite wave.

All other age group participants racing in their designated 5-year group will have their race points calculated based upon the USAT “pacesetters” in the various respective age group waves. The USAT ranking are expected to be initially released in July when member race points from all events will be combined for age group rankings without regard to the wave starts. This





procedure is in contract to the previous years, when age group participants were denied races points at events, if they started in the Elite wave.

Current USAT Mid-Atlantic Age-Group Rankings Policy

In order to best conform to the USAT policy, USAT-MA will award race points and rank all age group members regardless of their start wave at these exempted events based upon the first age group Mid-Atlantic male and female finishers.

Rules

Athlete's Responsibility

It is each athlete's responsibility to know, understand, and abide by all rules and regulations pertaining to this event. This Is a USAT sanctioned event.

Please visit <http://www.usatriathlon.org/about-multisport/rulebook.aspx> for a completes set of competitive rules.

Below is a list of the USAT's *Most Commonly Violated Rules and Penalties*:

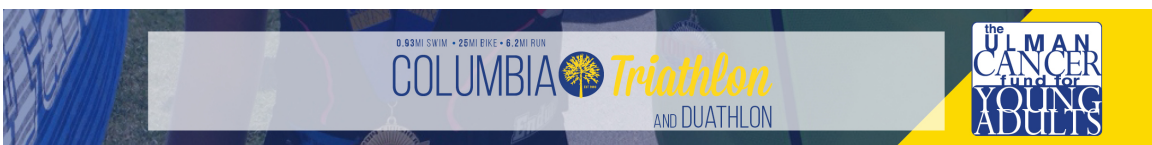
1. Helmets:

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. ChinStraps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.





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

3. Outside Assistance:

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

Penalty: Variable 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: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

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

Penalty: Variable 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 for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-LikeConduct:

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:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race Numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable 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. Wetsuits:





Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature

of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. 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: Variable time penalty **Variable Time Penalties**

1st Offense

2:00 minutes 2:00 minutes 4:00 minutes 6:00 minutes

2nd Offense

4:00 minutes 4:00 minutes 8:00 minutes 12:00 minutes

3rd Offense

Disqualification Disqualification Disqualification Disqualification

* Please note that those entered in the Athena or Clydesdale divisions may be required to weigh in to verify their eligibility at packet pick up and at the event. There may be challenges by other athletes at the Awards Ceremony.

Medical Information & Coverage





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 membership 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 a 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.).

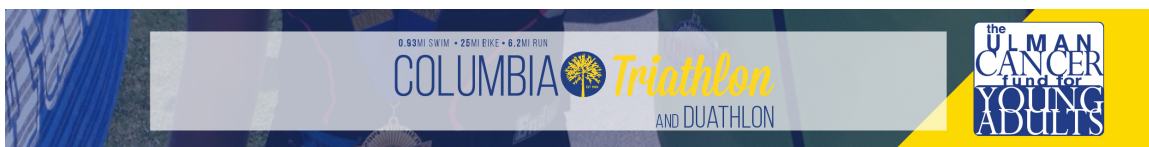
Athlete completes a medical claim form.

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 for a copy of the form.

Athletes will pay a deductible. All athletes using USA Triathlon insurance will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Coverage limitations - 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 membership or one-day permit and were injured through participation in a USA Triathlon sanctioned event.

Please email questions to sanction@usatriathlon.org or call the group benefits department at 770-449-5559





Medical Information & Coverage

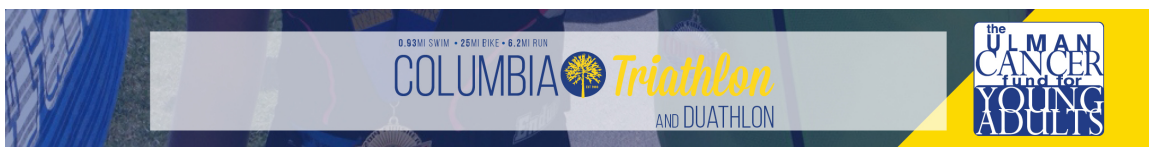
Important Medical Information

Please be advised that all medical expenses incurred are the sole responsibility of the athlete, not UCF Races. USAT provides secondary coverage via USAT annual membership or the purchase of one day event insurance.

Please be aware that participation in endurance events poses particular dangers and risks. Athletes should realize that running, bicycling, swimming and other portions of such events are inherently dangerous and represent an extreme test of a person's physical and mental limits. These dangers include, without limitation, dehydration, hyponatremia, sunburn exhaustion, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; and other situations beyond the immediate control of the Event Organizers.

The following symptoms or conditions may pose a significant risk to those who participate in this event: high blood pressure, obesity, heart problems, diabetes, a family history of heart disease, chest pains, extremely high cholesterol levels, major surgery, acute illness, or a history of smoking. CTA/UCF Races advises participants to consult with their physician to determine if they have any undiagnosed illness that would preclude them from exercising, if they have a lifestyle or family history that is known to predispose them to sudden cardiac episodes or other exercise related medical problems, and to advise them if they are healthy enough to participate in this event.

Please ask for medical assistance if you have any inkling that you might need help. Medical personnel will evaluate you, and will do all they can to keep you





in the race. They will withdraw you only if you require transportation, IV fluids or if medical personnel feel that your continued participation will result in serious harm or death. Please be advised that medical personnel shall have the ultimate and final authority to remove a participant from the race if the participant is judged to be

Personal Safety

Safety Tips

Please follow the following safety tips to help reduce the odds of illness or injury.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes.

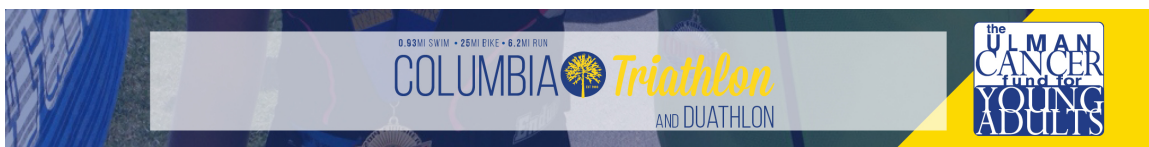
Rinse goggles of any excess defogger solutions to avoid eye irritation.

If you spend the months before an event in a cooler climate than the race location, consider an acclimation period prior to the race to reduce the chance of dehydration and electrolyte imbalance.

Do not deviate significantly from your familiar and proven routine for training, nutrition and equipment prior to the race, and remember to obtain adequate salt and hydration intake during training as well as during the event itself. We recommend that you begin hydrating heavily several days prior to and during the event, and that you drink enough water so that your urine is clear, colorless and copious by race day.

Please notify staff at check in if there is any change to your medical status or medications taken from the time when you originally registered for the event. Always train with at least one other person (especially in open water). Always wear a brightly colored swim cap while training (especially in open water). Notify your friends and family of your whereabouts.

When training, please bike and run on the shoulder or in a designated bike lane, and always ride single file. Obey all traffic laws (stop at stop signs, signal when turning, etc.).





You should always carry identification with you while training. You might want to consider a [Road ID bracelet](#).

Pre-Event Swim Advisement

Centennial Park is unavailable for pre-event swim practice.

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards just prior to the swim portion of the race, you will be swimming in a natural body of water that is subject to hidden hazards including but not limited to underwater obstructions, indigenous marine life and underwater plant life. Please note that the swim start ramp does tend to be slippery due to the growth of algae. Take extra care when entering and exiting the swim segment.

Post-Race Information

Celebration Village and Post-Race Food

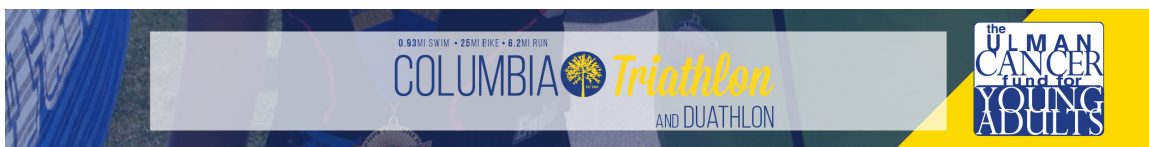
Celebrate your finish at the post-race party and athlete's food tent from 9:30 a.m. – 12:30 p.m. located in the lower parking lot area, near the boat ramp. Food is for athletes only and your wristband will provide you access.

Enjoy healthy and organic post-race food options from Whole Foods Market Columbia.

Post-Race Massage and Relaxation

Take a break at the VitaCoCo Relaxation Station and refuel with VitaCoCo coconut water.

Enjoy complimentary massage therapy and physical therapy consult from Orthopedic Associates of Central Maryland and Living Wellness.





Race Results

Links to the official timing results will be posted on the [UCF Races](#) website under Awards and Results.

Race Photography

GameFace Media is the official Columbia Triathlon event photographer, with FREE downloadable, shareable photos provided to you courtesy of race sponsor, ClearShark. A link to view and download your free event photographs will be shared by ClearShark. To help ensure that you get the best pictures possible, be sure to have your race number visible at all times and smile when you cross the finish line.

Lost and Found

Lost and Found areas will be at the UCF Races Information Tent near the finish line and at Transition.

Medical Tent

The medical tent is for athletes only. Overcrowding in the medical tent hinders medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the tent.

Removal of Gear from Transition

All bikes and gear must be removed from transition by 1:00pm. Only athletes wearing their race wristbands may remove belongings. Others will not be allowed to enter.

Awards

The Awards Ceremony is scheduled for 11:30 a.m. in the lower parking lot area. Please note that results at the event are not final.

There will be no duplication of awards. Elite Amateur division athletes are not eligible for Age Group Award.

Triathlon





Top 5 Overall Male and Female
 Top 3 Male and Female in each age group
 Top Masters Male 40+

Top Masters Female 40+
 Top GrandMasters Male 60+
 Top GrandMasters Female 65+
 Top Clydesdale 39 and Under
 Top Clydesdale 40+
 Top Athena 39 and Under
 Top Athena 40+
 Top 3 Male, Female and Coed Relay Teams

Duathlon

Top 5 Overall Male and Female
 Top 3 Male and Female in each age group
 Top Masters Male 40+
 Top Master Female 40+
 Top GrandMasters Male 60+
 Top GrandMasters Female 65+

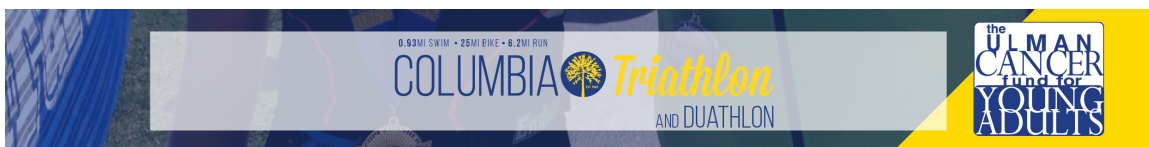
Age Groups:

*Age groups are designated per USAT regulations

16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Columbia Triathlon participants in all race categories will receive a finisher's medal along with a 2016 participant shirt.

If you qualify for an award and are unable to attend the awards presentation, you may either have someone pick it up for you or kindly send us a check in the amount of \$10 (P&H) to have it sent to you. Make check payable to: The Ulman Cancer Fund and mail to Attn: UCF Races





Awards 1215 East Fort Avenue, Suite 104. Awards cannot be mailed until a check is received. Allow up to 4 weeks to receive the award. Requests for awards received after November 1 of the year in which the race took place will not be fulfilled.

About the 2016 Club Challenge

Athletes vying for the right to be called the “best club” in the Mid-Atlantic will compete in the 33rd Columbia Triathlon, Olympic distance race, and represent clubs while competing for awards in performance and participation categories. Winning clubs in both categories will be recognized by the Ulman Cancer Fund with a \$2500 scholarship awarded to a young adult impacted by cancer, in the name of each club.

Club Challenge Official Details & Rules

Performance Competition:

-Trophy presented to the fastest* club.

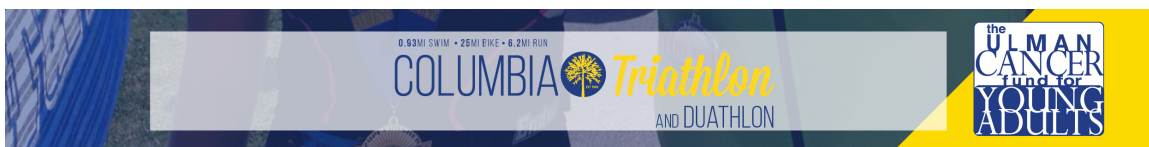
*Fastest is determined by the average time of the top 10 times from the registered members of your triathlon club.

- Official Team Rules:
 - Each team member must compete in all 3 events: swim, bike and run. No relay teams will be eligible for consideration in the Club Challenge.
 - Each team will consist of 10 athletes—made up of at least 3 women.
 - Times counted in the total to be averaged, will be the first 10 members across the line that registered and chose your club in the drop down box in registration. (Note- at least 3 women’s times will be included in the top 10).

Participation Competition:

-Award presented to the club with the greatest number of registrants.

- Official Team Rules:
 - Club members must select their club in the drop down box in registration in order to be counted into team total for the participation category of the challenge.





Awards

The Participation and Performance award winners will be announced at the end of the Awards ceremony onsite at the race. Official Scholarship presentation will take place at a later date with the UCF Races Staff and Club representatives.

Thank you to our Sponsors and Community Partners

Sponsors



Community Partners





Iron Girl[®] COLUMBIA PRESENTED BY



This One's for the Girls!

Join us on Sunday, August 7, 2016
Register Today at ucfraces.org



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Follow us on Facebook, Instagram and Twitter for a chance to win awesome race day prizes!



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