

A Premier Triathlon on a Fast, Rolling Hills Course

Full & Half Distance · Aquabike



REDMIN
TRIATHLON OKC

Athlete Guide

SEPTEMBER 25, 2010
OKLAHOMA CITY, OK

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Redman means Oklahoma and Oklahoma is synonymous with courage, strength and determination. Triathlon embodies these qualities and the iron distance requires each person to bring everything they have and lay it on the line. We don't just race; we discover how deep our desire runs and how far we are willing to go to achieve our goals.

Oklahoma City is rapidly becoming a mecca for multisport. Heartland hospitality, central location and outstanding event management combine to make racing in Oklahoma special. You can pay more, and go bigger, but you can't find better. We created the Redman triathlon for you, the age group athlete. Our goal is to provide the best possible atmosphere for you to accomplish your dream. We won't rest until we are the best in the world.

The heart and soul of every event are the wonderful men and women that volunteer their time and talent to give you the race of a lifetime. Many of our staff are dedicated multisport athletes who sacrifice their own training and racing goals to put on this great event, and all have a passion for helping you as you reach for the stars. Everyone has a role and each role is critical to bringing the race to you.

Everything starts with leadership. Without vision, the people perish. David Wood returns this year as Executive Director of the 2010 Redman Triathlon. David has a passion for your experience and he invests himself completely in this event to make sure you have a great race. We are extremely blessed to have David and his outstanding executive committee, and together with them I wish you all the best in your journey.

“At the end of the day, accolades don't get you anywhere, performance and persistence do.”

It's this dictum that drives our dedication to establish and deliver a strong event.

As I reflect on this premise, my thoughts take me back to the awards banquet from the 2006 event. In my brief and emotional (‘cause you athletes are awe inspiring) comments, I mentioned that what drives the committee to hold a quality event is as simple as this: “As a group of athletes, we work toward putting on an event that we

would like to participate in ourselves. As long as we hold true to this idea, we can only hope that it meets the expectations of the participating athletes.”

So we keep our heads down, keep focused, and work at delivering an event that not only meets all our expectations (ours, the athletes’, and the volunteers’), but even more rewarding, exceeds those expectations.

It’s been an exceptional experience to be part of this event; the most important highlights include:

- Being surrounded all year long by an incredible and committed Planning Committee team, full of energy and ideas, always trying to build a better mousetrap.
- Being given the opportunity to develop friendships with, and be mentored by, outstanding leaders such as Thomas Hill.
- Basking in the glory of the efforts of the thousands of volunteers it takes to pull off an event of this magnitude.
- And, having the opportunity to interact and work with an exceptional and growing group of athletes.

We’re in the midst of preparation for the 2010 event; excited to have the opportunity to join you in another spectacular year of moving and motivational, personal and physical accomplishments.

We hope you will add your name to the list of the official Redman athletes.

Join us for a long day with a huge reward at the end!

Character cannot be developed
in ease and quiet.
Only through experience of trial and suffering
can the soul be strengthened,
vision cleared,
ambition inspired,
and success achieved.
-Helen Keller

Schedule of Events

Day/Date: Time: Event:All Listings Occur at Race Site, NE Corner Lake Hefner)

Thursday, 9/23	7-9am	Swim Area Open for Pre-Race Swim
Thursday, 9/23	6am-8pm	Base Area Set-up
Friday, 9/24	7-9am	Swim Area Open for Pre-Race Swim
Friday, 9/24	7am-2pm	Transition Area & Course Set-up
Friday, 9/24	2:30-8:30p	Packet Pick-Up, Form Turn-In, Etc.
Friday, 9/24	1:00-9pm	Transition Area open for Bike & Bag Check-in (Full, Half, AQB)
	4-8pm	Race Expo w/ Vendors (Near Race Transition Area)
Friday, 9/24	2-4pm	"Must Know" 5 minute Looping Power Point Presentation (Required for Packet Pick-Up) (Covers Course Info & Last Minute Changes)
	4-4:30pm	
	5-5:30pm	Comprehensive Pre-race Athlete Meetings (Includes "Must Know")
	6-6:30pm	(Athletes need only attend one) (Great idea for newbies and/or those with lots of questions)
	6:30-8:30	
		"Must Know" 5 minute Looping Power Point Presentation (Required for Packet Pick-Up) (Covers Course Info & Last Minute Changes)
Friday, 9/24	6:30-7pm	Pre-race Volunteer Meeting & Check-in
Saturday, 9/25	3-6am	Course Set-up
Saturday, 9/25	5-6:30am	Transition Area open for Bag Check-in (Bring Helmet)
Saturday, 9/25	7:15-7:45	Mass Start Full; Wave Start Half, Aquabike
Saturday, 9/25	8am-4pm	Race Expo w/ Vendors
Sunday, 9/26	10am	Awards Banquet for All Events (Marriott Northwest Expressway)
Sunday, 9/26	12-8pm	Event Tear Down, Clean-up, Vendor Pick-up

Race Director: David Wood 405-815-RMAN(7626)

info@redmantriathlon.com

Frequently Asked Questions

Is **REDMAN** associated with the worldwide series of Ironman races? NO. The Ironman North America Corporation is a private entity that produces and licenses the use of the name Ironman to produce iron-distance (full distance) triathlon events around the globe. Events with 'Ironman' in the title are licensed by Ironman North America corporation, while the term 'full-distance' is a generic term used to describe the standardized competitive distances of 2.4 mile swim – 112-mile bike and 26.2 mile run of an iron-distance triathlon.

The REDMAN Triathlon is a full distance, half distance, teams and Aquabike event, and is a private entity owned by Redman Triathlon, Inc.

When is the entry deadline?

The deadline to enter the event is September 1, 2010 @ 12:01am.

What is the cutoff number for entries?

Most years REDMAN will accept the first 1000 entrants, however, please see the registration pages for National Championship years' entrants by event. 2012 is the next National Championship year for Redman.

Requirements for entrants: You must have (if USAT licensed) a photo ID and current license to pick up your packet! ABSOLUTELY NO EXCEPTIONS! NO ID NO PACKET!!

You cannot pickup another entrant's packet!

No team member can pick up another's packet or pay the 1-day fee or produce the USAT license for inclusion.

What are the entry fees?

You must be USAT member OR pay one day \$10 license fee. This includes each team member at \$10 per participant.

Can I transfer my entry to another athlete if I choose not to race?

No. You may NOT transfer your race entry to another athlete. Any athlete attempting to race under the name of another athlete will be disqualified, and no refunds will be issued. For liability insurance purposes and to ensure the safety of all athletes, REDMAN Triathlon must have accurate personal information for every athlete.

What lodging accommodations are available near the event?

See Accommodations link in the sub-navigation bar under the Athletes section.

What is your plan for event photography?

REDMAN is proud to announce that we have chosen a photographer for the 2010 event. A professional photographer from our own ranks will be handling the photos this year! James Randell Photography will be the vendor for this years athlete pictures! You can expect a quick and quality response from James and his crew! The home page of the web site will post when the photos are ready for viewing, as well as our FaceBook pages.

What are the cutoff times on the course?

Due to restrictions of municipal permits, race insurance, volunteer staffing and the danger of cycling in darkness, all participants must remain on pace to complete REDMAN in 17 hours.

Exact cut off times and locations are as follows:

Swim 2.4 miles / 3.8km The swim cut off time is 2 hours, 30 minutes after the race start at 7:15am.

Bike 112 miles / 180km The bike course cutoff time is 6:30 pm. At that time any bikes remaining on the course will be picked up and transported to transition by the SAG crew. Police support leaves the bike course at 4:30pm. Athletes must adhere to all traffic laws that any moving vehicle is subject to. Redman Triathlon, Inc. will not be held responsible for your safety after the cutoff time.

Run 26.2 miles / 42km The run course will close at 12:15am, 17 hours after the race start. If you choose to continue on the course, you are proceeding at your own risk. The REDMAN event is not responsible for your safety or your aid.

SWIM

Is this a mass start race?

Per tradition in full-distance events worldwide, the experienced REDMAN Full-Distance Athletes will all start together with the Individual & Full Teams and Full Aquabike Athletes. The half male and female and 'beginner' waves will launch in waves 2, 3, 4 and 5. As an added safety measure we'll again use the 5th wave as our "beginner swimmer" wave. This wave will consist of athletes that are new to triathlon, or who may classify themselves as beginners. To create the safest swimming environment and to appropriately keep track of athletes, each wave will "stage" in a pre-swim corral. As your wave color is called, you will move into the chute and prepare for your swim there. Each athlete will be allowed to enter the water only after crossing the chip/timing mat at the water entry. You will assemble in the water between a set of start buoys in the lake so there will be plenty of room to avoid disturbance from other swimmers fighting for position. Slower swimmers may choose to start in the rear to avoid disturbance from attempted passing early in the swim.

What is the swim course like?

The 2010 swim course will be a counter clockwise looped course that will be parallel the shoreline and will be visible to athlete support groups and the event staff. Half distance athletes will complete one loop, while full distance athletes will complete two without exiting the water in between.

What is the expected water temperature at Lake Hefner?

The estimated race day temperature is 75-78 degrees. The main variable is the summer air temperatures in Oklahoma City. There is no outflow from the lake except for the municipal water usage. Lake Hefner draws its water from another lake in the area.

Is there any current in the water?

There is no current in Lake Hefner.

What are the considerations for a swimmer who gets in trouble during the event?

You will be escorted/supervised throughout the swim by a series of lifeguards on/in various craft that each cover a particular section of the course. Also in the water at the exterior and interior of the course will be roving kayaks. In addition, jet skis and a powerboat will be available if quick evacuation is necessary.

An ambulance will be standing by in the immediate vicinity of the event throughout the day and night. If you encounter any difficulty, raise your hand and a lifeguard will paddle to you for assistance. You can hang on the side of the paddleboard to catch your breath without penalty. The event medical staff will be in contact with the water support personnel to be abreast of any emergency that might possibly occur.

BIKE

What are the bike courses and road surfaces like?

Please see the course map for the actual route of the bike course. Please note that the full distance course consists of four complete loops of the course whereas the half distance will require two loops of the course, and loops very near the transition area. The bike course will consist of the normal asphalt or concrete surface. Athletes will see a significant improvement regarding ride quality with the course changes for 2010. There are a couple of rough areas which will be discussed in the Athletes Meetings on Friday. They are very manageable and pales in comparison to dealing with the chip and seal of prior years' courses.

One area athletes must be very aware of during 2010 is the exchange on Meridian and 122nd. This area contains a No Pass Zone and will be heavily controlled via police, volunteer presence, and race officials. Care should be taken on the turns and awareness maintained at a high level during this crossing.

How severe is the climbing?

This event is advertised as a rolling hill - fast course. It will not include any significant climbs. The elevation gain from transition to the bike turnaround is listed on the website in an elevation map, under the Athletes and map tabs.

What is the traffic control plan?

We have been able to coordinate with the Oklahoma City Police Dept. to provide adequate support at all major intersections. Police support on the bike course ends at 4:30 pm. The other areas will be manned by volunteers. Once outside the city limits the Oklahoma and Canadian County Sheriff Departments will patrol the course.

What is the location and content of the bike course aid stations?

Bike Aid Station 1 (BAS-1) will contain a fully stocked aide station as well as a bike maintenance area and special needs bag storage area. This aid station is located approximately 300 yards into the course after the mid-course bike turnaround (located near transition). Bike Aid Stations (BAS-2E, BAS-2W, BAS-3N, BAS-3S) located approximately seven miles apart will have, Hammer Gels, Hammer Endurolytes, Lemon-Lime Gatorade Endurance Formula and of course, plenty of water, bananas, etc. In addition each of these aid stations will include a "Porta-Potty" as well as trash

and recyclable containers. Please refer to the bike course map for the logistics of the aid stations.

Can I utilize a special needs bag on the bike?

You will also have the opportunity to have a special needs bag to be located at Bike Aide Station 1 (see above paragraph for more information). Your bike course special needs bag will be included in your race registration bag. Fill it with desired items, taking care to select items that are durable for transport. You will turn in your bag the day before the race at bike check-in.

As a courtesy to the volunteers we strongly encourage you to make Friday gear check in a priority, however gear bags may also be checked in between 5-6:30 am on Saturday. Upon closure of the bike course, bike special needs bags will be transported to the Gear Claim Area located in the SE corner of the transition area. Every effort will be made to gather personal items on each course. Any remaining personal items will be available in the Gear Claim Area on Saturday and then again on Sunday morning. Any unclaimed items after noon on Sunday will be considered forfeited property.

Have arrangements been made if I'd like to ship my bike to the event?

We will again partner with Sports Express for athlete bike and gear shipments. Visit them at **www.sportsexpress.com** and check out their quality options and reasonable pricing.

Use the promotional code: REDMAN when placing your order for shipping and receive a 15% discount. Have questions about how the whole shipping thing works? Give them a call at: 800-357-4174. One of our exceptional local bike shops, Schlegel has been designated as the shop to receive and rebuild athlete bikes before the race. Although you will be responsible for the shipment of your bike (Sports Express), you may ship the bike to:

Schlegel Bicycles
Attn: Redman Triathlon
900 N Broadway,
Oklahoma City, OK 73102

This exceptional shop will accept, unpack, re-assemble and perform a standard tune-up (no additional parts) for \$70.

Please give them a call before shipping the bike, so that they can prepare for the arrival of your bike.

Schlegel Bicycles phone number: 405-232-4040

Is there a bike shop nearby?

Our Bike Shop Sponsor Schlegel Bicycles will be on-site for the expo as well as providing bike mechanics during registration and bike check-in on Friday and for last minute maintenance on race day. If you arrive earlier you may visit one of the fine Schlegel shops. For location and phone number visit www.schlegelbicycles.com.

RUN

What are the locations and contents of the aid stations?

Basic medical supplies including a first aid kit, Vaseline, etc will be at each aid station. Each station will also have at least one port-a-potty. Basic food supplies will also be available at each station. Those supplies include Lemon-Lime Endurance Formula Gatorade, water, Hammer Gels, Hammer Endurolytes, salt, etc. A First Aid Tent will be located at the far end of the run course for basic first aid needs. Please refer to the run course map for the logistics of the aid stations.

Can I utilize a special needs bag on the run?

You will also have the opportunity to have a special needs bag transported to the run course, near Run Aid Station-1. Your run course special needs bag will be included in your race registration bag. Fill it with desired items, taking care to select items that are durable for transport (avoid bananas or other delicate items). Consider warm garments for running in declining evening temperatures. You will turn in your bag the day before the race at bike check-in. As a courtesy to the volunteers we strongly encourage you to make Friday gear check in a priority, however gear bags may also be checked in between 5-6:30 am on Saturday. You will retrieve your run special needs bag adjacent to the transition area at the 13-mile mark of the run. You may have to retrieve the bag yourself if the area is congested with athletes. Upon closure of the run course, run special needs bags will be transported to the Gear Claim Area located in the SE corner of the transition area. Every effort will be made to gather personal items on each course. Any remaining personal items will be available in the Gear Claim Area on Saturday and then again on Sunday morning. Any unclaimed items after noon on Sunday will be considered forfeited property.

Where is a good place for my family/friends to watch the run?

The half distance athletes will make two loops, while the full distance athletes will complete four, all from the transition area. This run pattern allows for more spectator friendliness in that spectators can easily view full distance runners four different times during their run, without having to take any quick trips in the car to the far end of the run course. Further details will be provided at packet pickup if needed.

Will there be auto, bicycle or pedestrian traffic on the course?

The lake will be closed to recreational boating, swimming and other craft for the event. The bike course will be closed to vehicle traffic along the Hefner Dam road. Detailed traffic control plan is discussed in the bike FAQ's. The bike trail will be closed to all pedestrian and bicycle traffic for the duration of the event. You will share the trail only with fellow REDMAN run competitors.

REGISTRATION

Do I have to qualify to enter the event?

No.

Do I get a refund if I can't race? If you wish to withdraw your entry, you must notify **REDMAN** Triathlon in writing via land mail. If you withdraw before March 20th, 2010, you will receive a refund not to exceed 25% of your registration fee. Thoughtful consideration goes into this policy. As athletes we do understand injury and life circumstances and how they influence, sometimes negatively, our best laid plans. However, the costs of the event do not subside or change significantly with a withdrawal. Because of the enormous costs associated with the production of an event of the caliber and scope of the **REDMAN** Triathlon we are unable to grant refunds. We do appreciate your understanding, look forward to your participation in the event, and hope that you give the same thoughtful consideration of the event before signing up.

AWARDS

Age Group awards will go three deep, male and female, in the following categories:

17-19 (signed parental consent for those under 18)

20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74

Hand Cycle*
Physically Challenged**
Professional

Awards will also go three deep in the following categories:

Overall Male and Female

Masters Male and Female

Grand Masters Male and Female

AquaBike

Clydesdale (*male over 200lbs*) age 39 & under – and – age 40 & over

Athena (*female over 160lbs*) age 39 & under – and – age 40 & over

Relays: Coed, All Male, All Female

*Hand Cycle division

This division consists of athletes who will use a hand-cranked cycle on the bike segment and a racing chair on the run.

**Physically Challenged division

Those not eligible for the hand cycle division will compete in the physically challenged division. All entrants must have completed a half-distance or greater event prior to REDMAN .

In an effort to produce a less wasteful event we have chosen to take a different approach to the awards process this year. Each year we throw away nearly 1/3 of all

award plaques, due to going unclaimed. This year we will switch to a certificate presented at the banquet or via e-mail. Subsequent to the race, athletes will coordinate personalizing & receiving their customized award directly with our awards company. All age division winners need not be present at the awards ceremony to receive their certificates for awards.

PRE-RACE

Can I practice on the REDMAN courses prior to the event?

There will be 2 practice swims prior to the event. (See the event schedule) You will be able to bike the outer portion of the bike course (north of Memorial Rd.) at any time prior to the race. The run course will be a closed course and will be open for running at any time.

TRAINING

What is the average training volume of an iron-distance event participant?

A survey of Hawaii Ironman entrants in 2000 indicated average weekly training volumes of 11,300 meters swimming, 232 miles cycling and 48 miles running. This is a substantial training load for someone with a career, family or other responsibilities. While there is a vast difference of opinion on how to best prepare for an event as daunting as REDMAN, there are some important training guidelines that are universal for all athletes.

1. You must approximate the challenge of the event in training
2. You must avoid overtraining, burnout; injury and illness to have a successful event

These two tenets seem mutually exclusive! Indeed it is a difficult balance to prepare your body for a full-day event and not get overtired in training.

Where can I get some expert advice and guidance for how to prepare properly for REDMAN?

REDMAN sincerely desires that you are well-trained for the event and enjoy the preparation process as the main benefit of your entire experience. Consider the event one big party to celebrate your commitment and devotion to a healthy, fit lifestyle. Race hard and enjoy yourself regardless of the result! In order to enjoy yourself fully, it is highly recommended that you work with a coach or group of Triathletes during your training. There are many excellent triathlon coaches that coach athletes remotely – their

advertisements can be seen in publications like Triathlete and Inside Triathlon magazine.

USAT – Race Rules & Regulations

It is mandatory that you bring ALL of the following with you to **REDMAN** registration:

Official Photo ID, Passport or Drivers License – NO ID – NO PACKET!

USAT Card / Canadian Tri Card or equivalent

If you do not bring these items with you, you will NOT be able to pick up your race bag.

You must come in person, and you cannot pick up for anyone else, NO

EXCEPTIONS!

Registration Process

1. Start at the USAT booth first. Show your USAT card or pay the one-day \$10.00 fee and sign the waiver.
2. Clydesdale and Athena divisions weigh in.
3. Pick up Race Bag. Your race bag will contain the following:
 - ? Race Numbers: Bike Frame Number, Bike Helmet Number; to be placed on the front of your helmet, Run Bib Number to be worn on the front of the athlete. During race years where Redman provides temporary tattoos in lieu of body-marking, you will also receive temporary tattoos (race number, age group, and sponsor) with detailed instructions as to application and placement.
 - ? Swim Cap
 - ? Athlete Accreditation Wristband: it is MANDATORY that you wear your wristband at ALL TIMES! This is the only pass that you will receive to get into all race areas and the awards brunch. You will not be able to enter any of these areas without your wristband!
 - ? Safety Pins: You must have at least 8. You can pick these up at the registration desk. Athletes who have not pinned or incorrectly pinned their numbers will not be allowed to leave the transition area. DO NOT PUT SAFETY PINS THROUGH THE RUN NUMBER TEAR TAG AT THE BOTTOM.
 - ? Numbered Stickers: Full-Distance: Please clearly attach these numbers to the SWIM TO BIKE TRANSITION BAG, BIKE TO RUN TRANSITION BAG, BIKE SPECIAL NEEDS BAG, RUN SPECIAL NEEDS BAG, DRY CLOTHES BAG. Half-Distance and Aquabike: A single white numbered sticker will be included to aid you in identifying a bag that needs to be identified as yours.

- ? Bags. Full-Distance Bags will contain the following: One each: Swim to Bike Transition Bag, Bike to Run Transition Bag, Bike Special Needs Bag, Run Special Needs Bag, Dry Clothes Bag.

Place your pre-race warm up clothes in your dry clothes bag and take them to the designated area. In the special needs bags athletes can put in the following: BIKE SPECIAL NEEDS, anything special that you will require while on your bike ride, from nutrients or anything special. RUN SPECIAL NEEDS, Nutrients and anything else that you feel you might need during your marathon run. You should also consider putting in an old, throw away shirt and pants, as you may want them for after the sun goes down.

NOTE: Upon closure of each course these bags will be transported to the Gear Claim Area located in the SE corner of the transition area. Every effort will be made to gather personal items on each course. Any remaining personal items will be available in the Gear Claim Area on Saturday and then again on Sunday morning. Any unclaimed items after noon on Sunday will be considered forfeited property.

Label your Gear:

Please label every piece of clothing and gear, including both shoes with your first and last name, before leaving home. Remember to also label all race morning warm-up clothing.

Timing:

REDMAN will be timed using a chip timing system. Every athlete will be issued a chip. You must proceed to the timing tent to get your chip after entering the transition area the morning of the race. GET THERE EARLY! If you own your own Chip you must bring it with you to registration to have it scanned. You must also notify **REDMAN** registration staff of your chip number, please e-mail **REDMAN** at info@redmantriathlon.com. DO NOT FORGET YOUR CHIP ON RACE DAY. You cannot race without your Chip. If you have any problems or issues, please go to the timing tent on race morning. If you lose your chip, or fail to return it, you will be charged a \$35.00 lost chip fee.

Personal Safety:

When training for any type of an event, you should always train with at least one other person, especially while swimming. You and your training partner should always wear a brightly colored swim cap while in the water, to aid in seeing you. While biking and running, please stay as close to the shoulder as possible to put as much distance between you and vehicles. Drivers in the rural areas that **REDMAN** will be held are not accustomed to large packs of cyclists on the roads. Be aware that while you are training on streets and trails at the event location, the other people sharing the roads and trails

are the same people that you will be relying on for your support and emotional needs on race day; so be courteous and aware of your surroundings and those around you as you are training.

Information Booth:

The information booth will be open during the normal hours of the packet pick up. This is where you will go if you have questions about the race course, transition area and or cut off times for the race.

Mandatory Pre Race Meeting:

YOU MUST ATTEND ONE OF THE THREE SCHEDULED Pre-RACE MEETINGS! The race course and rules will be explained to you by USAT Officials and Race Organizers. This is the perfect time for you to ask any specific questions you may have. Athletes whose first language is that other than English may stay after the meeting to ensure that they understand all rules and have had all of your questions answered thoroughly. **This Pre Race Meeting is essential if you are an athlete who has not competed in more than 3 Triathlons of any given distance. It is even more vital for those that are competing as a team. Eliminate your anxieties and confusion by making this a priority for each team member.**

Bike Check-In & Gear Bag Check-In:

BIKE CHECK-IN to the transition area must occur after registration on Friday between the hours of 1-9:00pm. You must attend one mandatory athlete meeting: choose one of three scheduled at 4-4:30, 5-5:30, or 6-6:30 conducted near the transition area on Friday. We strongly encourage athletes, as a courtesy to the volunteers, to check in all bags (Special Needs, etc.) on Friday night as well.

RACE DAY TRANSITION CHECK-IN (Bags Only, No Bikes) is open from 5-6:30am. All athletes must be through the security gates before 6:30am. Be sure to allow time to pick up your timing chip at the timing company table.

ONLY ATHLETES!!! with ID bands may enter the REDMAN transition area.

Swim Course & Rules:

Course Length: 2.4 Miles / 3.8 km Start Time: 7:15 am Cut Off Time: 9:45 am / 2.5 hours from the start of the race
1. Each swimmer must wear the swim cap that is provided for you
2. No flotation devices of any kind allowed, no fins, no aqua socks and no paddles
3. Swim goggles or a face mask may be worn
4. No individual escorts are allowed in the water with you, the swim course will be monitored by kayaks and life

guards. 5. Wetsuits are strongly recommended for REDMAN as the water temperature should be (typically is) in the 70 degree range. 6. You will not be penalized or disqualified for asking for or using assistance during the swim. 7. The swim course will close 2.5 hours from the start of the race, at 9:45 am. ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY THE TIMING TENT IMMEDIATELY. Our first concern is for the safety of each and every swimmer. A complete search of the swim course will be made following the last swimmer on the course. Visual assistance will be provided by the life guards, kayaks, and other water craft.

Swim to Bike Transition:

After exiting the swim, you have the option to have your wet suit stripped. Following the wet suit strip, proceed through swim exit and then into the change tents. Athletes may dress for the bike portion of the race in changing tents or at their bike rack. We do strongly urge you to consider the impact your changing may have on traffic moving through the bike lanes. This suggestion is for your safety as well as our race staff. NO PUBLIC NUDITY ALLOWED! Personal nutrients are permitted if carried on your person, in a front pack or in your gear bag. Sunscreen will be available in the changing tents.

Bike Course & Rules:

Course Length: 112 Miles / 180 km Cut off Time: 6:30 pm.

Drafting:

USAT course marshals will issue the standard penalties for drafting. Draft marshals do not have to warn athletes that they are drafting to issue the penalty. Athletes may not learn of the penalty until the end of the race. The USAT head course marshal will post all penalties at a designated area. If you would like to appeal a penalty you may do so the morning after the race, and you will be given an appeal form to fill out. Ultimately it is the racers responsibility to make sure you are not drafting and to maintain a safe bike course by abiding by the rules and not drafting.

1. No tandem or recumbent bikes allowed. No fairings or any other devices designed to exclusively reduce air resistance. Disk wheels and wheel covers will be permitted.
2. Position Fouls. In conjunction with the rules set forth in this section, a participant is not permitted to position his bicycle in the vicinity of another moving vehicle to be able to benefit from reduced air resistance. While on the bike course athletes will not be allowed to work together to improve performance, efficiency or position through teamwork or other joint conduct. A time penalty shall be imposed for any violation of this section.

- a. Illegal Positioning: Except where provided elsewhere in these rules, while on the bike course, no participants shall permit their drafting zone to intersect with or

remain intersected with the drafting zone of another of another participant or that of a motor vehicle. In regards to motorized vehicles, this includes race vehicles, it is the athlete's responsibility to move out of the vehicle's drafting zone into two equal parts. With respect to a moving vehicle, the "drafting zone" is a rectangular area extending 15 meters to each side of the vehicle and 30 meters behind the vehicle.

b. Definition of Drafting Zone: The term "drafting zone" shall refer to a rectangular area of seven (7) meters long and two (2) meters wide surrounding each bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a moving motor vehicle, the "drafting zone" is a rectangle area extending 15 meters to each side of the vehicle and 30 meters behind the vehicle.

c. Right-of-Way: An athlete is generally entitled to assume any proper location on the bike course provided that the athlete arrives in the position first without contacting another participant. When assuming a position near another athlete, a cyclist will not crowd the other athlete and will allow reasonable space for the other participant to make normal movement without making any contact.

d. Blocking: Cyclists who have established the right of way, may not block or obstruct the progression of another athlete.

e. Passing: An athlete who approaches another athlete from the rear or from another unfavorable position bears primary responsibility for avoiding a position foul even if the cyclist being approached decreases speed. An athlete must not attempt to pass another cyclist unless adequate space is available and he is confident of his ability to pass the other cyclist. All passing is to be done to the left of the cyclist being overtaken unless otherwise specified.

f. Position: Except for reasons of safety and when no advantage is gained, all cyclists shall keep to the right of the prescribed course unless passing.

g. Being Overtaken: When the leading edge of the front wheel of one cyclist passes beyond the front of wheel of another cyclist, the second cyclist has been "overtaken" within the meaning of these rules. A cyclist who has been overtaken bears the primary responsibility for avoiding a position foul and must immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist must move completely out of the drafting zone of the other cyclist before attempting to re-pass the other cyclist. Under no circumstances will you be allowed to move into the path of another cyclist possessing the right of way.

h. Exceptions: A participant may enter the drafting zone without penalty only under the following conditions:

1. When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than 15 seconds.

2. When cyclist reduce speed for safety reasons, for course blockage, aid station, an emergency, when entering and exiting a transition area and making a 90 degree turn; or when USAT or the head referee expressly excludes a section of the bike course from the position foul rules because of overly narrow lanes, construction, detours, or a similar reason.

3. Traffic Laws: All athletes must obey all traffic laws while on the bike course, unless otherwise directed by a USAT Official, race marshal or police officer. Unless otherwise directed in the sentence above, all athletes must come to complete stop when required by traffic signs or traffic signals and you shall not proceed through intersections unless such intersections are clear of oncoming traffic. In no case shall an athlete cross a solid yellow line indicating a no passing zone. Any violation of this section shall result in disqualification or a time penalty as determined by the head referee.

4. Race Numbers: Athletes must wear their race numbers at all times while on the race course. Race numbers issued by **REDMAN** identify the official contestants in the race. A bike frame number will be issued for placement on the bike frame and must remain on the bike throughout the race. Folding, cutting or intentional alteration of any kind, or failure to wear the race number is strictly prohibited and may result in disqualification. Your TriTats temporary tattoos will be received in your packet complete with instructions, and should be applied prior to race morning.

5. Helmets: All athletes must wear protective head gear while on the bike course. The helmet must be unaltered and must meet or exceed the standards of the American National Standards Institute (ANSI Z-90.4), or ASTM-F-1446 or F-1447, which will be clearly labeled by the manufacturer as meeting or exceeding such needs. Removal of protective head gear, shall constitute an impermissible alteration in violation of this section. Any violation of this section will constitute an immediate disqualification from the race. The helmet must be fastened correctly, using the chin strap at all times, while on the bike, and must not be unfastened until the athlete has dismounted the bike. Any violation of this section while the athlete is in the transition area, shall result in a variable time penalty, any other violation of this section will result in disqualification.

6. Individual Support: No individual support of any kind is allowed. Ample aid and food stations will be provided. Friends, family members, coaches or supporters of any kind may NOT bike or drive alongside athletes, may not pass food or other items to athletes

and should be warned to stay clear of all athletes to avoid the disqualification of an athlete. Bags will be provided for the Special Needs Station located near mid-point on bike course. All unclaimed bags will be discarded after the station closes.

7. Bike Repair: Each athlete will be INDIVIDUALLY RESPONSIBLE for any repairs or maintenance of your bike. Each athlete should be prepared to handle the repair needs or mechanical breakdown of your bike. Technical vans/roving bike support will be on the course to assist with emergency repairs whenever possible, such as replacement of tubes, tires, chains, etc. Technical vans will roam the course throughout the day, but are limited in number. Be prepared! If you require medical assistance, medical vans will pick you up and take you back to the medical tent, where you will receive treatment. If you have a technical problem or have bonked then the medical vans and technical vans will only take you to the next aid station. The Sag vehicles can take you back to the transition area if you still require it. We will not leave any athlete stranded on the road. We will have radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further help.

8. Bikers are expected to heed directions and instructions of all race officials, Oklahoma City Police officials and public officials.

9. Athletes may walk your bike if you need.

10. Bike Inspection: is NOT mandatory and will not be provided at bike check-in. Athletes are responsible for your own bikes, and making sure that your bike is in working order.

11. Headsets and headphones are not allowed during any portion of the event. You will be disqualified if an occurrence is found!

12. Bike Course Closure: The bike course will close 6:30 PM. Bike Aid Stations are located approximately every 7 miles. It is your responsibility to slow for safety for safe nutrient line handoffs. There will be water, Endurance Formula Gatorade, Clif Bars, Hammer Gels and Hammer Endurolytes. It is very important that you do not toss water bottles, sponges, cups or nutrient bags on the side of the road or along the bike course. Bike bottles must be tossed toward the bottle drop at the entrance and or exit of each aid station. **Any athlete seen purposely discarding anything from their bike, will be disqualified from the race.** A progressive time penalty will be assessed for any athlete inadvertently or unknowingly discarding trash or lost water bottles, equipment (tires,

tubes) on the course. Bike Special Needs Bags will be available near the turnaround point of the bike.

Bike to Run Transition

Full Medical facilities will be available to you at the bike to run transition. Athletes requiring or needing medical assistance at this point in the race may not be allowed to continue. The Medical Director's decision is final. Both transition times will be included in your bike split. **Please inform friends and relatives to stay off the Bike/Run Course for athlete safety.**

Marathon Course & Rules Course Length:

26.2 Miles / 42km Cut Off Time: 12:15 am / 17 Hours from start of race

1. You can only Run, Walk or Crawl to the finish. No other form of movement will be allowed.
2. Runners, you must wear your race number at all times while on the run course. Race numbers issued by REDMAN identify you as an official athlete participating in this race. Altering the race number in anyway, by cutting, tearing, folding or marking in any way, is PROHIBITED, AND MAY RESULT IN DISQUALIFICATION! Race Numbers must be worn on the front of the athlete/runner where it is clearly visible at all times.
3. No individual support vehicles or non-participant escort runners (**NO PACING**) are allowed on the run course. This is an individual endurance **event, and this applies to all "Relay Teams"**. If you are part of a Relay Team, which ever leg of the event you are doing, either swimming, biking or running, these portions are still an individual endurance portion and your team members are not allowed on the race course to assist you in any way. Individual support vehicles or non-participant escort runners will result in your disqualification. A non-participant escort runner also includes participants who have withdrawn from the race or who have been disqualified, athletes that have already finished the race, or members of your Relay Team who have already finished their portion of the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be told and warned to stay completely off race course and clear of all athletes to avoid the disqualification of an athlete. It is the athlete's responsibility to reject any attempts to follow or assist you. It is allowed for an athlete who is still competing to run with other athletes who are still competing in the race.

4. Runners are expected to follow the direction and instruction of all race officials, volunteers and public authorities.

5. Contestants will still be on the run course after dark. Self-illuminating light-sticks/glow sticks will be available at all run stations. All athletes still on the run course after dusk will be required to carry or attach at least on one light-stick/glow stick for the remainder of the race.

6. **REDMAN** race course will close 17 Hours from the start of the race at 12:15 am. Runners still on the run course after 12:15 am will be given the opportunity TO FINISH THEIR INDIVIDUAL RACE. Run stations are located approximately every mile and the mileage is marked. At each aid station, there will be water, energy drink, HammerGel energy gels, energy bars, bananas, fig bars, cookies, salt cubes, and sugar cubes. The run special needs bags will be near the 13.1 mile point. It is encouraged that you put an old sweater/sweatshirt in your gear bag and tie it around your waist during the remainder of the run; you may need it as air temperatures drop quickly after sundown. Upon closure of the run course, run special needs bags will be transported to the Gear Claim Area located in the SE corner of the transition area. Every effort will be made to gather personal items on each course. Any remaining personal items will be available in the Gear Claim Area on Saturday and then again on Sunday morning. Any unclaimed items after noon on Sunday will be considered forfeited property.

POST RACE INFORMATION:

Finisher's medals will be presented to you at the finish line! Remember – to receive your finisher's shirt, continue up the finishers chute to the supply tent. See the Transition Map for exact location.

PROTESTS:

You must file your protest within 60 minutes of finishing the race. Advise your finish line catcher if you wish to file a protest.

MASSAGE:

Walk at least five minutes prior to getting a massage. This will help in the prevention of cramping. Pick up your dry clothes bag and change immediately out of your wet clothes. NOW you are ready for your massage.

SECURITY:

Transition area is designed for easy viewing access for friends and family members without them actually being inside the transition area. Only race crew persons

displaying security tags will be allowed inside the transition area. **Please note that due to this rule, your family and friends must wait outside the transition area until you are ready to join them.**

POST RACE EQUIPMENT PICK UP

Following your massage, transition crews will be available to assist you in claiming your gear. Athletes will have the opportunity to pick up their bike and equipment at various times throughout the event. Please listen for the announcement to be made and quickly enter and exit the transition area to not impede other athlete's still progressing to their next discipline.

LOST AND FOUND

Lost and found items will be available for claiming at Race Directors RV until Sunday morning.

NOTE: numbering every item with your race number will assist in the return of your items to you.

Information and Communication:

1. There will be a designated area for **REDMAN** information and communications.
2. There will be information about athletes on the course, dropouts, injuries, and will be posted when available along with results.
3. Personal messages will be posted here, but we cannot guarantee delivery of messages.
4. A Medical Information Board will be posted here as well for urgent messages. Please review this board periodically throughout race day, if your athletes' number is posted, speak to a volunteer member who will assist you in providing more information regarding their circumstances.
5. The Finish Line area is very congested and fast paced. In order to maintain athlete safety, NO family, children, spouses, friends, fans, etc will be allowed into the finish line area/chute.
6. You will be able to reunite with your athlete after they have finished the race. Athletes and families can get together for photos and hugs outside the transition area. **To avoid frustration for your group, you should have a pre-planned meeting place.**

7. The Information area will also serve as a reunite area for racers and their families and friends.

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. In order 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.

While on your bike, always have your chinstrap securely fastened - 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.

**Jürgen Heise
Head Referee**

MOST COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing. 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 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-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:

Headphones, headsets, walkmans, iPods, mp3 players, 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

Distance Category	1st Offense	2nd Offense	3rd Offense
Short or Sprint	2:00 minute	4:00 minutes	Disqualification

Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

TRANSITION AREA RULES

RULE #1: If you are on your bike, you **MUST** have your helmet on and chinstrap snapped at all times...before, during, and after the event. Failure to comply: **DQ!**

RULE #2: ALL BIKES IN ALL EVENTS MUST BE RACKED BY 9PM FRIDAY NIGHT. You must have registration bracelet and bike number mounted on bike to enter transition area. Bikes will be inspected prior to entering transition. No spectators, pets, family members, friends, or helpers allowed in transition area at ANY time. This is a Participant Only Zone! There will be professional cycling personnel available to help with mechanical problems that occur in transition.

RULE #3: Transition opens Saturday morning at 5 AM. You must have your race number to be body marked. **YOU MUST BE BODY MARKED OR HAVE YOUR RACE NUMBER TO ENTER TRANSITION ON SATURDAY MORNING. ADDITIONALLY HELMET INSPECTION WILL BE PERFORMED PRIOR TO ENTERING TRANSITION ON SATURDAY MORNING. HELMET MUST BE CPSC CERTIFIED.**

RULE #4: Once you enter and rack your bike, you will not be allowed to remove it before the race to warm up. No large bags will be allowed to remain in transition and no equipment, bags, or personal items may be left at the end of the rack. After you complete the race, you will not be allowed back into the Transition area until the last biker has racked their bike and the Race Director has given the *All Clear* to retrieve your belongings. Clean up your corral area when you remove your bike and equipment. No glass, no foul language, no littering, no nudity, no loitering!

RULE #5: Observe the Mount/Dismount line. You cannot mount your bike until both wheels are completely beyond the line. You must be off your bike before the front tire reaches the dismount line. Failure to comply will result in a time penalty.

RULE #6: Maximum of 6 bikes per rack. The majority of the bike must be in the participants corral. If racked by handlebars the rear tire must be in the participants corral. If racked by seat the front wheel must be in the participants corral. Your personal bike corral is a very confined space. Respect other's equipment, do not touch or move anyone else's bike or equipment.

Medical Information

Medical Information:

To ensure the health and safety of the athletes competing in **REDMAN** Triathlon, years of planning have been undertaken by dozens of professionals. Ultra endurance athletes face specific medical conditions unique from the day-to-day problems people face. Review the following information. Be prepared, through appropriate training, knowledge and prevention, you are your best ally for a safe and healthy race.

A Full Distance triathlon pushes the physical limits of human endurance, beyond what the body can withstand. Yet race statistics are an outstanding 92% of completing the race. Still, many athletes need medical care on race day.

Several conditions have been documented in triathletes:

1. Dehydration: To maintain an adequate circulatory volume and blood pressure, triathletes must ingest an adequate amount of fluid replacement. During the course of a race this intense, it can be difficult to drink enough. Dehydration may cause cramping, muscle ache or other performance derailing symptoms. You may feel more fatigued. A dehydrated athlete may have problems related to temperature, and balance. Adequate rehydration is a balance. Know your own body, use what has worked for you in the past during training. Also note, that ingesting excess free water may cause other problems, such as disturbances of your electrolytes.
2. Respiratory/Asthma: If you have a history of breathing problems and difficulties or wheezing when exposed to allergies, please consult your doctor about possible prevention measures.
3. Temperature problems/Hypothermia: The weather is predicted to be warm/hot, or it may be cool with rain, or it could possibly be unseasonably cold with rain and or

snow showers. Bring extra gear, stay hydrated and be flexible, even the weatherman does not always know what is in store for us with the weather forecast.

4. Trauma: Avoid it at all costs. Be aware of other traffic on the bike and run course. Check your bike brakes, to make sure they are in working order, check your tires and check your helmet.
5. Special Conditions: If you have special medical concerns, such as allergies, or chronic medical problems, please bring them to the attention of the race medical staff so we can be prepared if you need emergency medical care. If you have a medical alert tag, please wear it. Also, please note any special conditions on your registration application. Help us to help you and be prepared.

There will be a medical tent in the transition area, near the finish line. In addition there will be medical personnel at the run turnaround, and at the bicycle maintenance and fluid “hand up” (located West of the turnaround on the bike course). Medical supplies will be available at every aid station on the bike and run course. Seeking medical care does not automatically result in medical disqualification. After discussion, the following rules and decisions have been made for 2010 **REDMAN** race, to ensure the athletes’ safety:

1. Intravenous Fluid Replacement: Because of the large number of REDMAN registration, we expect the Medical tent to be used to its fullest extent. Please expect that there will be strict guidelines for IV fluid replacement. This is to ensure that the sickest or neediest athletes will receive immediate and efficient medical treatment on arrival at the medical tent. Whenever possible, oral fluid replacement will be given in preference to IV fluid replacement. Please abide by the decision of our Triage team in this regard.
2. Late Finishers: If you finish the race after midnight, please be aware that there will be only a skeleton medical staff on stand-by at the medical tent. Also note that treatment at the hospital is expensive so please make sure you have valid medical insurance.
3. Family and Friends at the Medical tent: No family or friends will be allowed access to the Medical Tent. Because we expect the medical tent to be used to its fullest capacity we will not have room for anyone other than athletes and medical staff. Rest assured that you will be given prompt and continuous reports and updates of an athlete’s condition at Information area.

4. Fluid Replacement: Important, you should know your own fluid replacement needs and requirements. Do not overextend yourself on race day, we want you to enjoy your REDMAN experience and finish the race safely!

SEVERE HYPONATREMIA IN ULTRA ENDURANCE ATHLETES:

CAUSES, PREVENTION AND EARLY DETECTION:

There have been many athletes with symptomatic hyponatremia (low blood sodium concentration).

Severe hyponatremia is rare but a life-threatening complication of ultra endurance athletic events.

WHAT IS HYPONATREMIA?

To remain healthy, the body requires the concentration of sodium to be regulated within a very narrow range. The body achieves this through the kidneys, which are able to adjust the concentration of sodium in the blood by varying the amount of water released from the body. To do this, when deprived of water, the body secretes a hormone called anti-diuretic hormone (ADH) which instructs the kidneys to conserve water. On the other hand, when an excess of water has been ingested, ADH secretion is shut off, allowing the kidneys to release the extra water. ADH may be secreted in amounts that are inappropriate to the body's needs for water conservation. For example, some vomiting and nausea and severe pain can cause ADH to be released beyond the body's normal needs, resulting in abnormal water retention and lowering of the serum sodium concentration. Mild hyponatremia may cause no symptoms, or may be associated with headache and mild confusion. As serum sodium concentration falls, headaches may become more severe, and confusion more obvious, to the point of disorientation with unusual and inappropriate behavior.

In severe cases, severe hyponatremia can lead to collapse, convulsions, and rarely death.

Causes Of Hyponatremia In Ultra Endurance Athletes:

Experienced Ultra Endurance Athletes know that dehydration is one of the greatest risks they face, and have learned to overcome this through proper and ample fluid replacement during races. We know now, that it is possible to over hydrate your body. Less experienced athletes are at the greatest risk, however even the most fit and well trained athletes may develop hyponatremia.

Contributing Factors To Hyponatremia

Some of the following factors should be considered in explaining the complex subject of hyponatremia. Note that not all ultra distance athletes respond in the same way to the stress of endurance races:

1. Conditioning/Training: Less trained or conditioned athletes are at the highest risk. Factors could include, increased water intake, trapping of fluid in the gut, more frequent nausea and vomiting and prolonged race time.
2. Excessive ingesting of water to replacement solution: All athletes should determine and know their own fluid replacements needs during racing and training, and should be warned not to exceed these needs during a race.
3. Trapping of fluid in the Intestinal Tract: Sustained intense workouts can shut down normal gut function, which allows for the replacement of fluids ingested to accumulate in the gut. After the race or sustained work out the gut will resume functioning, this may lead to rapid absorption of a large volume of fluid, suddenly lowering your blood sodium concentration to possibly dangerous levels.
4. Inappropriate ADH Secretion: Nausea, vomiting and severe pain are triggers for ADH release. These symptoms can be more severe in less trained and conditioned athletes.
5. Non Steroidal Anti-Inflammatory Drugs (NSAIDs): There are many examples of this group of drugs, some of which can be purchased without prescription. These drugs can contribute to hyponatremia by a direct action on the kidneys.
6. The type of fluid replacement used does not seem to be a factor. It is the other factors listed above, related to conditioning, volume of fluid intake, gut trapping of fluid, pain and or nausea and vomiting, and NSAIDs which may set the stage for hyponatremia. Again, each athlete should know his or her own preferred replacement fluid and how much to ingest, how to use it properly, and do not make changes to that during training or racing. All **REDMAN** competitors are responsible for medical expenses arising from their participation in **REDMAN**, either from an accident or illness. Ambulance transfers to the hospital and treatments in the Emergency Room are very expensive and competitors should ensure that they have full medical insurance coverage. Payment by check or cash upon discharge from the hospital will be necessary. The reason for this is many insurance companies will not pay claims for out of country residents, but may reimburse the patient for medical

expenses incurred. You may want to call your health insurance company and find out their policies on this.

The following services will be provided at no charge/cost to **REDMAN** athletes:

1. Ambulance coverage on the race course
2. Ambulance transport from the race course to the medical tent at the transition area
3. Volunteer time donated by doctors, nurses, massage therapists, on the race course and in the medical tent
4. All medical supplies received either on the race course or in the medical tent.

REDMAN competitors are urged to purchase proper medical insurance coverage in preparing for participation in **REDMAN**.

REDMAN hopes you train safe, and we look forward to seeing you at the starting line in 2010!!

Good Luck!

Course Maps

Please visit the website to download and familiarize yourself with the courses!!

www.redmantriathlon.com/Athletes/Maps/tabid/73/Default.aspx

Information for Spectators

Suggestions for the Sideline Athletes

While many participant supporters know how to prepare themselves for this event (because they know they have their own challenging event in front of them), some supporters have never been a part of the sideline support for a triathlon or an endurance event of this length or logistical challenge.

This is a list of suggestions from wives, husbands, girlfriends, boyfriends, family, police, event coordinators and all other contributors to this sport. We have too often seen the supporter suffering as much or more than the athlete-the athlete has someone handing them food, water and medical attention when the supporter has to fend for themselves. Please review this and take any suggestions you feel will assist you in your crucial assistance of the great athletes doing this event.

Beforehand:

Find out the athletes goal times for each event to help you know when to be looking for them at transition or on the course. That would be estimated swim time, bike time, run time and total time goal. Get the athletes race number, their clothing colors and their bike color-brand so they can be spotted easily while moving. Remember, you will have just a few seconds to identify them to cheer them on and/or take their picture. Organize what you will be taking for following the athlete and your own support.

- Camera with extra batteries, film, memory card
- Sunscreen, bug spray
- Water, beverages
- Watch: to time your athlete and keep track
- Snacks
- Something to sit on-chair/blanket-this needs to be lightweight in case you have to carry it any distance
- Something to entertain the children/adults-pass time.
- You may be waiting for many hours to see your athlete.
- Comfortable shoes-you may be walking long distances to get to different areas of the course.
- A carrying bag or backpack that can be hauled easily

- Cash-sometimes you can't use your debit card to purchase items on the course
- A cell phone to contact, update other supporters of you and your athlete

On Race Day:

Try to park in an area that is close to the race course but if you need to move your car, make sure it is in an area that will not be blocked to traffic after the race begins. Be ready to cheer loudly and a lot! The supporters are a large part of why these races are so inspirational. Thank you for all you do to keep this sport so great!

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Thank you to all Redman 2010 Sponsors and Friends
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Notes Page