

**The ChesapeakeMan Ultra Triathlon
Cambridge, Maryland USA
September 27, 2008**

Rules & Regulations

Swim

Course Length — 2.4 miles/3.9 km

The Swim start will take place at the Hyatt Regency Chesapeake Bay Resort Beach at 7:00am. This time may change due to local weather conditions. The course will be single length to finish at the boat ramp at Great Marsh Park. On your way you will pass under two bridges, Rt 50 and the old fishing pier. There will be a line of buoys to assist with line of site. The start will be a mass start and will not employ waves. Any Physically Challenged entrants will start 3 minutes after this mass start.

1. Each swimmer must wear the colored swim cap provided by CTA. Wearing swim goggles or a face mask is recommended, but optional.
2. No fins, paddles, snorkels, or flotation devices of any kind allowed. Traditional wetsuits are allowed and are encouraged. Shoulders and thighs must be completely uncovered for numbering race morning prior to the start at the Hyatt.
3. Please be sure your timing chip is properly fixed on your ankle.
4. No individual paddlers or escorts allowed. Course will be adequately patrolled by surfboards, kayaks and patrol boats and the USCG.
5. Swimmers will be required to have race officials mark race number on both shoulders and thighs. PLEASE DO NOT APPLY SUNSCREEN OR VASELINE TO AREAS BEARING YOUR RACE NUMBER. Numbers may be washed off AFTER swim but must remain on during swim.
6. Time penalties may be imposed on athletes not behind the official start line 5 minutes prior to race start.
7. Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification. A line of boats will flank the river side of the swim route.
8. Any assistance required during swim will result in disqualification, unless a problem is encountered during the swim start, in which case contestants may return to the beach and receive assistance from course officials without penalty.
9. Swim course will be CLOSED 2 hours and 20 minutes from *start of race. Contestants still in the water after this time will be disqualified and will not be permitted to continue in the event under any circumstances.
10. After the swim, contestants must pick up their bike gear bag. This is a security measure designed to maintain an accurate count of swimmers in

and out of the water. All swimmers exiting the swim finish at the boat ramp will be chip timed there.

11. After the swim, contestants must dress for the bike portion of the race in designated changing tents only. No dressing will be allowed in the bike holding area as it impedes traffic through the bike lanes. Public nudity is prohibited.

Bike

Course Length — 112.4 miles/181 km

1. BIKE REGISTRATION IS MANDATORY and will be completed during the athlete registration process. All bikes will be racked on Fri., Sept 26 at Great Marsh Park.
2. All contestants are required to ride road/racing bikes. Mountain bikes, beach cruisers and bikes with coaster-type brakes are prohibited.
3. No tandems, recumbents, fairings, solid wheels, wheel covers or any add-on device designed exclusively to reduce resistance are allowed. Any new, "unusual", or prototype equipment will be subject to a determination of legality by the Bike Director and/or USA Triathlon.
4. All bikes will be checked in on Friday prior to race day. Race officials reserve the right to reject any bike not meeting safety standards. If bike does not meet safety standards, contestant will be required to correct problem before participating in race. Once bike is checked into holding area, only small covers on the seat and/or computer will be allowed. Large plastic bags which cover the entire bike will be permitted.
5. Absolutely NO DRAFTING of another bike or any other vehicle is allowed. Contestants must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed. Overtaking riders may move to the left for up to 15 seconds, but must move back into the right lane after passing or if the challenge fails. Riders must keep a 10 meter distance between bikes except when passing. An overtaken rider must fall back 10 meters before attempting to regain the lead from a front running bike. Marshals may issue a stop-and-go on the course, in addition to a 3-minute time penalty for drafting and blocking violations. Time penalties will be served in a penalty box at the bike/ run transition. More on this rule to follow. Two position violations will result in disqualification.
6. Shoes must be in the bike gear bag or secured to bike pedals. Shoes may NOT be beside the bike. Shoes and shirt must be worn at all times on the bike.
7. Each contestant must wear the ChesapeakeMan issued race number at all times while on the course. Bike number must be placed low on BACK of rider's jersey where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.

8. ANSI or SNELL or CPSC approved helmet is required during the entire bike race including in and out of transition area. Any contestant riding without an approved helmet or chin strap not fastened will be disqualified. Alterations to hardshell helmet which affect its integrity are not allowed.
9. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches or supporters of any type may NOT bike, drive or run alongside contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all contestants to avoid disqualification. It is incumbent upon each contestant to reject immediately any attempt to assist, follow or escort.
10. Bags will be provided for the Special Foods Station located at your transition area at the high school after you complete the first loop of the bike course which is about 66 miles Special Foods Station is for nutritional purposes ONLY, and ONLY food items will be allowed in the bag. All unclaimed bags will be DISCARDED after station is closed.
11. Each contestant must be individually responsible for repair and maintenance of their own bike. Assistance by anyone, including other athletes, other than ChesapeakeMan technical support officials will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support DOES NOT include the normal changing of flat tires.
12. Contestants are expected to heed directions and instructions of all race officials and public authorities.
13. The ChesapeakeMan Bike course will be closed 10 hours 30 minutes after the mass swim start.

Run:

Course Length — 26.2 miles/42.2 km

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear number at all times on the course. Race numbers issued by the ChesapeakeMan identify the official contestants in the race. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Run number must be placed on FRONT of runner securely attached. Race belts may be worn. Shoes and shirts are required on the run segment at all times.
3. This is an INDIVIDUAL event. No individual support vehicles or non-contestant escort runners are allowed. Teamwork as a result of outside assistance that provides an advantage over single competitors is not allowed. Ample aid and food stations will be provided. Individual support vehicles or non-contestant escort runners will result in disqualification. A non-contestant escort runner includes contestants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all contestants to avoid

disqualification. It is incumbent upon each contestant to reject immediately any attempt to assist, follow or escort.

4. Bags will be provided for a Special Foods Station located near the 9 mile mark. Special Foods Station is for nutritional purposes ONLY. All unclaimed bags will be discarded after Special Foods Station is closed.
5. Follow the directions and instructions of all race officials and public authorities.
6. Since the majority of contestants will still be on the course after dark, runners will be REQUIRED to wear reflective materials on the front and back of their shoes and clothing. ALL contestants still on the course at dusk will be required to carry or attach at least one lightstick for the remainder of the race.
7. The ChesapeakeMan Run course will close 17 hours after the start of the race. Support services are not available after course closure.

Rules Applying To All Segments of Race

1. Contestants are expected to heed directions and instructions of all race officials and public authorities.
2. Course marshals shall have authority to disqualify contestant.
3. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
4. No contestant may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with the intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification, and will result in a one-year suspension for a first offense.
5. The Medical Control Rules set forth by USA Triathlon, in harmony with the International Olympic Committee (IOC) regulations and policies on banned substances, will be binding on all contestants. In addition, other rules and regulations, even if not yet recognized by the IOC may be instituted, which if such occurs, you agree to abide by. Contestants may be requested to undergo drug testing procedures, before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.
6. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any ChesapeakeMan event in the future.
7. If contestant decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the Timers at the finish lines of the swim course at the boat ramp or the bike/run course at the high school and turn in race number immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after

- withdrawing from the race may result in contestant being prevented from competing in any CTA event in the future.
8. The ChesapeakeMan reserves the right to make rule changes at any time provided all athletes are notified in writing or email and/or at the pre-race mandatory meetings.
 9. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to our web site at www.tricolumbia.org
 10. As a USA Triathlon sanctioned race, the ChesapeakeMan will subscribe to all USA Triathlon rules, including the disbursement of prizes. Specifically, professional triathletes may not win age group awards.
 11. Participating athletes must hold a USA Triathlon membership. One day membership must be applied for as a condition of acceptance into ChesapeakeMan via the entry form online. If you are applying as a professional athlete, you must include proof of pro status with your application.
 12. Communication devices , ie radios , cell phones, head sets, of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
 13. CTA does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification .

PROTEST PROCEDURE — Any contestant who wishes to lodge a protest regarding a decision of the race administration or the conduct of another competitor(s) must file a written protest with the Rules Enforcement Committee within 30 minutes of completing or withdrawing from the race.

Physically Challenged Division Contestant Rules

Supplemental rules and regulations pertaining to the Physically Challenged Division:

Swim

1. CTA reserves the right to seed contestant at swim start, i.e. early start, late start, designated wave, etc.
2. Contestant may use wetsuit during competition. Each athlete must notify CTA in advance of all swimwear and accessories to be used during the swim for prior approval. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by CTA

Bike

1. Handcycles are allowed. Equipment will be subject to the same inspection process as required of other competitors to insure compliance and mechanical safety.
2. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the USATriathlon competition, including no add-on device(s) which reduce wind resistance or to enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.
3. Contestant is required to maintain control of his/her bicycle/handcycle and to operate same at a reasonable speed so as not to endanger the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/ handcycle in a dangerous or reckless manner will be grounds for disqualification.
4. ANSI or SNELL approved helmet is required during the entire bike race including in and out of transition areas. Any contestant riding without an approved helmet or chin strap not fastened will be disqualified.
5. Event drafting rules will apply to this division. DRAFTING IS PROHIBITED.
6. There must be at least one working brake (generally on the drive wheel) capable of safely stopping/slowing the handcycle.
7. All bicycles shall be propelled by contestant's arms and/or hands
8. Bicycle specifications as to length, height, width, number of wheels, "front to center" distance with respect to handcycles to be determined. In the interim such vehicles shall conform to those in general use and shall be subject to inspection by the referee before the event to ensure safety and fair competition.

Marathon

1. Contestant is required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be used.
2. Racing Chair Specifications:
The racing chair shall have at least two large wheels and one small wheel. The racing chair design must not incorporate any device to enhance its aerodynamic capacity. (NOTE: "Racing chair design does not include wheels"; all wheels may be spoke solid or composite construction, wheel covers are permitted.) The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm. and the maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm. Only one plain, round, standard type handrim is allowed for each large wheel. No mechanical gears or levers shall be allowed that may be used to propel the chair. There is no limit on the length of racing chair. Only hand operated mechanical steering devices will be allowed. Athletes must ensure that lower limbs are securely held in place during a race. Competitors may receive technical advice from cycle computer type devices installed on their own racing chairs.

3. A reasonable speed so as not to endanger the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a racing chair in a dangerous manner will be grounds for disqualification.
4. ANSI or SNELL approved helmet is required during the entire racing chair/run segment including in and out of transition areas. Any contestant riding without an approved helmet or chin strap not fastened will be disqualified.

General Information

1. It is mandatory in your application process to submit a statement of health from your primary care physician prior to acceptance and registration into this event. Failure to comply with this requirement may result in forfeiture of your start position.
2. Outside aid and/or individual escorts are grounds for disqualification. Any escorts needed, such as in the swim section, shall be provided by the event, and may not be an associate of the contestant.
3. Race organization will /may select qualified individuals to assist contestant in transition areas. These individuals will be allowed to assist the athlete in transition from the water to their handcycles, and from their handcycles to the racing chair. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by USAT/CTA.
4. Contestant will not be allowed to place his/her own technical support on race course. Contestant must rely on the established event program for such support. Contestant may provide any "special" tools or components he/she may deem necessary for the routine maintenance of his/her equipment. To the extent such assistance is necessary, the personnel manning the support vehicles may assist the contestant in dismounting and mounting his/her bicycle/handcycle; however, all repairs must be performed by the contestant to the same extent as any other contestant. A complete spare bicycle/ handcycle may not be carried or provided by the technical support crew. Contestant may carry tools and/or spare parts as he/she feels appropriate. Support other than what is supplied by race officials will be considered "outside aid" and is grounds for disqualification.
5. As with all other contestants, private communications systems on the race course will not be allowed.
6. Individual media coverage during the race will not be permitted unless approved in advance by race officials.
7. Contestant is required to conduct himself/herself in the same spirit of cooperation, good sportsmanship and non-interference with other contestants and race officials as is expected of all contestants in a triathlon event. And, to the same extent as other contestants, departures from or violations of this spirit are grounds for disqualification and removal from the event.

8. Contestant must clearly understand that he/she is solely responsible for his/her activities, and the risks they engender, during his/her stay in the event region and, in particular, during any pre-race training activities he/she undertakes in preparation for the event.
9. All contestants must attend a pre-race meeting. Failure to attend a scheduled meeting may result in forfeiture of a start spot.
10. The race committee and CTA reserves the right to modify the above rules as necessary, as long as such changes are communicated to the contestants in writing or at pre-race meetings.
11. Any decision concerning any rule interpretation or enforcement by the race committee or CTA shall be final.