



Race Reminder

Date: Spring 2018

From: Gary Morgan, Race Director

To: Morgan's Little Miami Triathletes

ATTENTION! IMPORTANT COURSE UPDATES!

Due to the Strout Road Bridge closing, it has eliminated the ability to hold the half triathlon; we do hope to have it back in the Fall when the bridge has been repaired. The bridge outage will also cause us to have to cross the bridge in Morrow at the beginning of the run. Participants will access the bike path at Morrow and proceed north to Killer Hill as part of the running route.

NOTE: This Race Reminder can also be found at www.racedmc.com for your partner to see. In addition there are directions, a note about road conditions, weather updates, and "Tips and Tricks" to make the event more enjoyable,

This packet was mailed on or before Friday, May 25. Entries received after Monday, May 21 at 7pm will have their race numbers and shirts held and will be available for pick up at Morgan's Livery on Sunday, June 3 starting at 6:00 AM and then drive up to park at the Ft. Ancient Museum Center.

The Morgan Family looks forward to your participation on Sunday, June 3, in Morgan's 39th Annual Little Miami Triathlon Series Event. We can still take more teams. If teams still need to register, then go online at www.getmeregistered.com. Start times will most likely be after 10:00AM and

are posted at www.racedmc.com. Please accept my best wishes for a successful race and as always, the Morgan Family and I appreciate your participation.

This packet contains several important items, including shirts (if ordered), race numbers for each competitor, meal tickets (if ordered) and starting time (printed on the race number). We would suggest keeping your numbers in a safe place until race day. This packet is being sent to only one of the team members. It's important that you call your partner and let him know that you have received it. If you have any questions about your registration, please contact Don Connolly (results coordinator) at 513-474- or racedmc@gmail.com

We have several housekeeping matters you should keep in mind as race day approaches:

1. You should arrive at the Ft. Ancient State Memorial, our starting point, no later than 9:30 AM, regardless of your start time. In general, you should arrive 1.5 hours ahead of your start time. Participants arriving after this time will pay a \$7-per-car parking fee, (per our agreement with the Ohio Historical Society). It will also reduce the risk of accidents with participants starting the bike leg, which begins at Ft. Ancient.
2. We suggest you car pool if at all possible; this speeds entry to the park site.
3. We have added portable restrooms at the bike staging area. All other areas have their usual complement of units.
4. Please check all the info on your race number. **BE SURE TO WEAR THE CORRECT NUMBER. NAMES, START TIMES, ETC. ARE ON THE BACK OF THE NUMBER ON A LABEL.**
5. On the last line of the race number label are your shirt sizes, if ordered; then your division: MM is male/male, FF is female/female, MF is male/female, PC is parent/child, OP is open (bringing their own canoes), MA is masters (combined ages =>80), CN is centennial (combined ages =>100), KRM is kayak male run (single person), KRF is kayak female run(single person), KWM is kayak male walk, KWF is kayak female walk, RW is one partner walking and one running, and WA is both walking, followed by your team name. Your start time is listed on the 3rd line. We have started the kayaks and walking teams before 8 AM so that the runners start times wouldn't be pushed later into the morning. The Open division (own canoes) will start at 7:30 AM.
6. If there are changes to the data then call Don Connolly at 513-474-1399 or racedmc@gmail.com so that he can get the changes into the computer. You can also make changes at the livery desk on the

morning of the event.

7. Please wear the race number on the front of what you will be wearing to finish line. We will not remove the chip on the back on your race number after you finish – it is disposable. Wear the number on your chest area so that we can get a good read for your result.
8. We will have chip timing at the finish only. At the finish line the chip will be read by radio frequency to get your final finish time. We will have a large lcd screen just beyond the finish that will display your team results and tablets for your individual results: www.timingspot.com. If you included your text number when you registered online then your your result will be texted to you. We will not have timing arches anywhere else on the course.
9. The meal is provided for the registered Triathletes as part of your registration fee. Family members and friends can also take part in the meal for \$10. If spectators want to order a meal, please do so by June 1 via Get Me Registered. Otherwise, have friends/family bring a picnic if they want to join you after the race at the after party.
10. One of our sponsors, Bishop Bicycles, will be at the top of the hill near the bikes if you need any minor repairs or tire inflation. Contact: Bishops Bicycles in Milford at 313 Main Street: phone 513-831-2521. Please use them for any of your cycling needs!
11. You do not need to “check –in” on the day of the event. Just get your canoe/kayak, & paddle and life jackets and line up as your start times are called.
12. Please note: all results will be posted on the web on Sunday evening at www.racedmc.com or www.timingspot.com. Please email the timing company off the results page if there are changes. If you included a text when you registered online then your result will be texted to you immediately after you finish.
13. Plaques for divisional winners will be mailed 9 days after the event.

I would also like to pass along a few rules of the road for both first-

timers and veterans alike.

- Utilize all water stations.
- Place canoes and equipment in designated areas upon completion of the canoe event to prevent accidents.
- Failure to wear your bike helmet during the cycling portion will result in immediate disqualification.
- Carefully follow all signs and all instructions given by race officials along the bike segment. Ride single file on the right.
- You must dismount on the pavement before the finish banner and run/walk to the finish banner. You are not finished until you have crossed under the finish banner. Failure to do so may result in disqualification.
- Yield to all traffic and obey all traffic signs. Traffic cannot be stopped.
- Always ride on the right side, never in the middle of the road. Always ride single file unless passing.
- Please use portable restrooms before you go biking. We have gotten complaints from residents that could jeopardize this event.
- Footwear: to keep feet and shoes dry, some tri-athletes cover their shoes with a plastic bag or take dry shoes in a plastic bag with them to change when they get out of the canoe. Shoes left at the canoe drop site will be taken back to the party after the race.
- Race officials may postpone or alter the race depending on weather and river conditions. Please remember we have a variety of skill levels to consider along with the river conditions. For example, wet roads may cause elimination of the bike segment or high water may force cancellation of the canoe leg. The race director reserves the right to postpone the event altogether due to weather conditions. We attempt to make a decision as early as possible. We know a number of you have extended travel times.
- We will attempt to make a decision of postponement if necessary, as early as possible 18 hours before, 15 hours before, 12 hours before or by 5 am (depending upon circumstances of the possibility of postponement) on the morning of the event.

- A postponed race will be rescheduled on the Sunday two (2) weeks later (Sun., June 17 if needed). In case of bad weather, go to www.racedmc.com or call Don Connolly at 513-474-1399 or check our Morgans Little Miami Triathlon facebook page for updates. Remember to keep clicking the “refresh” button to capture the updates.

If you have any questions, please feel free to email me at gmorgan5@cinci.rr.com

Please refer to www.racedmc.com for a list of these instructions, tips, tricks, and road conditions of Ward-Koebel Road, and a list of start times at www.racedmc.com

The Morgan family appreciates your participation and encourages you to visit their website www.MorgansCanoe.com to learn more about your host and great activities for your family.