

RYANMAN

2017



**SWIM
BIKE
RUN**

ATHLETE GUIDE
SUNDAY / OCTOBER 8, 2017
RYANMAN.COM

Presented by



cspire

JOURNEY TO BECOME A RYANMAN

MEET YOUR RACE DIRECTORS

Allen Joiner
General Race Director
River Hills Bank Swim Course

Arash Sepehri
Farm Bureau Bike Course
Race Director

Chuck Ferguson
Fleet Feet Run Course
Race Director

Joel Neely
Transition & Finish Line
Race Director

Austin LaSource
MS Sports Medicine Medical Tent
Race Director

Brad Barker
Volunteer Coordinator
Race Director

Leslie Owens
Race Director

TABLE OF CONTENTS

| | |
|----------------------------|-------|
| WEEKEND SCHEDULE | 3 |
| PACKET PICKUP | 4 |
| RACE DAY INFORMATION | 5-6 |
| AID STATIONS | 6 |
| RACE TIMING AND CUTOFFS | 7 |
| RACE RULES | 7 |
| RACE NUMBER | 8 |
| TRANSITION | 9 |
| POST RACE INFORMATION | 10 |
| SWIM COURSE | 11 |
| BIKE COURSE | 12 |
| RUN COURSE | 13 |
| FREQUENTLY ASKED QUESTIONS | 14-16 |

WEEKEND SCHEDULE

SATURDAY, OCTOBER 7, 2017

| START | END | EVENT | LOCATION |
|----------|---------|------------------------------------|-------------------|
| 12:00 PM | 6:00 PM | Packet Pickup | The Bike Crossing |
| 12:00 PM | 5:00 PM | Volunteer Briefing (every 2 hours) | The Bike Crossing |
| 3:00 PM | 4:00 PM | Race Briefing | The Bike Crossing |

SUNDAY, OCTOBER 8, 2017

| START | END | EVENT | LOCATION |
|----------|---------|------------------------------|----------------|
| 5:00 AM | 6:40 AM | Transition Opens / Closes | Lakeshore Park |
| 6:45 AM | | Race Start | Lakeshore Park |
| 10:00 AM | 4:30 PM | Athlete Post-Race Food | Lakeshore Park |
| 1:00 PM | | Bike & Gear Recovery | Lakeshore Park |
| 3:00 PM | | Awards Presentation Ceremony | Lakeshore Park |

PACKET PICKUP

PHYSICAL ADDRESS

The Bike Crossing
115 W Jackson St.
Suite 1-D
Ridgeland, MS 39157

PACKET PICKUP PROCEDURE

Packet pickup will be at The Bike Crossing on Saturday, 10/7/17. There will be no packet pickup on race morning. To claim your packet you will be required to show a photo ID and your USAT license, you will not be allowed to collect your packet and timing chip without them. You must also be present at packet pickup. You cannot send someone else with your information to collect your packet and timing chip.

RACE BRIEFING

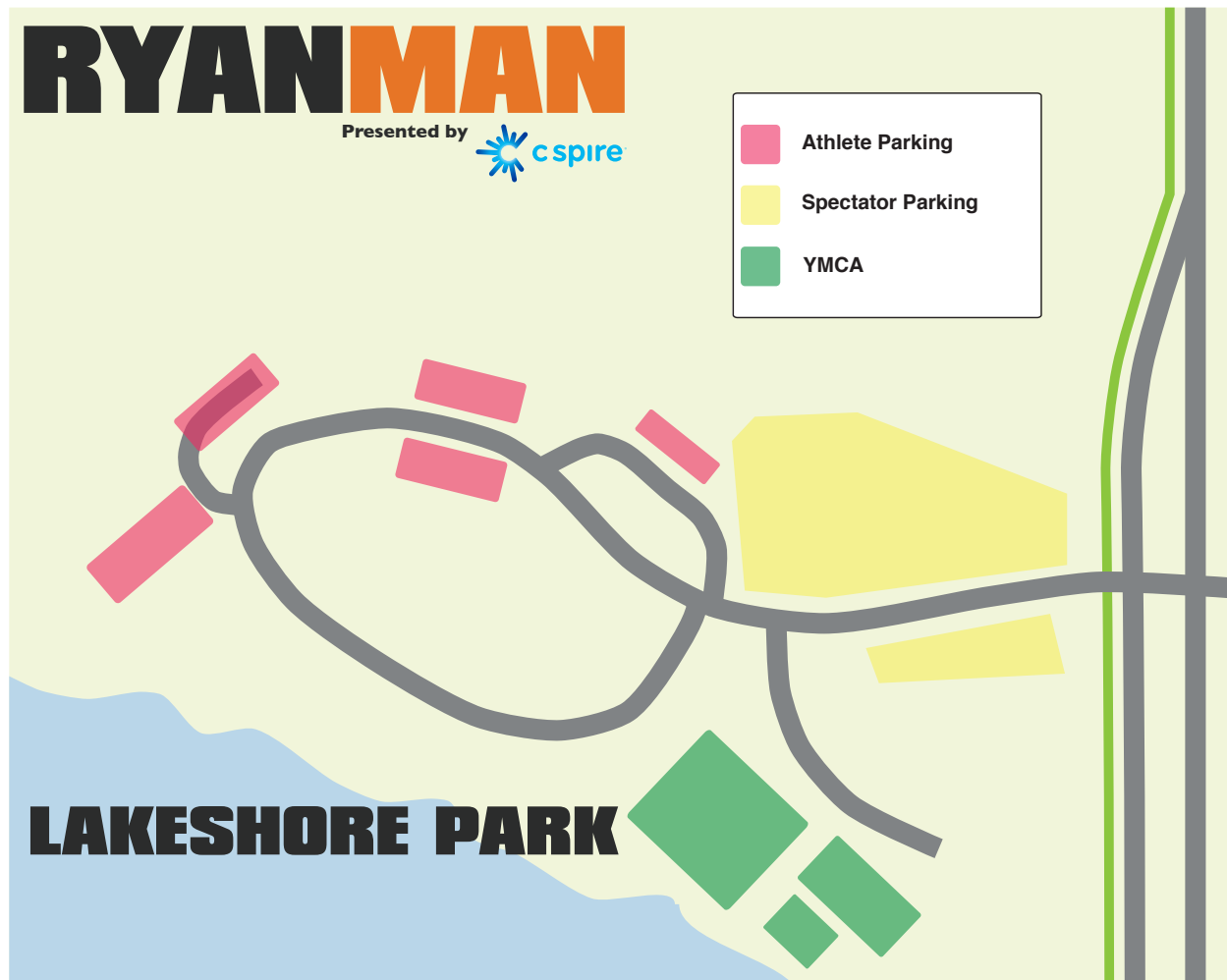
An optional race briefing will be held during packet pickup at 3:00 p.m. We will discuss the courses, aid stations, rules, and any pertinent information that arises. In addition, race directors, and race officials will be present during the meeting to answer any of your questions.

RACE DAY INFORMATION

PHYSICAL ADDRESS

Transition, Start, & Finish
6023 Lakeshore Park
Brandon, MS 39047-6006

PARKING



Athlete parking will be in the red colored lots shown on the map above. These lots will open at 4:30 a.m. and will close at 6:30 or when they are full. Athlete parking will reopen at 1:00 p.m. for athletes who wish to leave before then please park in the spectator parking lots. Spectator parking is shown in yellow on the map above. Spectator parking will be open for you to come and go throughout the race. Please notice that there is one entrance and one exit to the park this entrance and exit is also utilized by the athletes in the race, so parking will yield to race traffic.

RACE DAY INFORMATION

RACE MORNING PROCEDURE

Transition opens at 5:00 AM on race morning. You will be allowed in at that time to setup your gear at your designated location. Body marking will begin at 5:00 AM outside of transition. Do not number yourself expecting to bypass check-in. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete's age as of December 31 of this year which corresponds with the age division in which the athlete will compete in on race day. You will not be permitted in the transition area on race day without your body marking. Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked. Transition closes at 6:40 a.m. All athletes must be out of transition and headed to the swim before this time.

AID STATIONS

There will be three strategically placed aid stations on the bike and twelve aid stations about a mile apart along the run course. Aid stations will offer **Gu Tri Berry Energy Gel & Gatorade Lemon Lime Sports Drink**. Additional offerings will be as follows.

BIKE

Water
Bananas

RUN

Water
Cola
Oranges
Bananas
Pretzels

RACE TIMING & CUTOFFS

The race will officially end 8 hours and 30 minutes after the final wave start. Aid station stops, transitions, etc., will be included in your total elapsed time. The following cut-off times apply for each segment of the race.

RIVER HILLS BANK SWIM COURSE

The swim course will close 1 hour and 10 minutes from the time the last swim wave starts. Each athlete will have at least 1 hour and 10 minutes to complete their 1.2 mile swim. Individual athletes who take longer than the allocated time to complete their swim will receive a DNF.

FARM BUREAU BIKE COURSE

The bike course will close 5 hours and 30 minutes after the last swim start. Participants taking longer than the allotted time will receive a DNF.

FLEET FEET RUN COURSE

The run course will close 8 hours and 30 minutes after the last swim wave start. Participants taking longer than the allotted time will receive a DNF.

RACE RULES

The RyanMan is a USAT sanctioned event and as such we will have USAT officials on course to enforce the rules and pass out penalties where necessary. Please review the USAT most common rule violations at:

<http://www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx>

RACE NUMBER

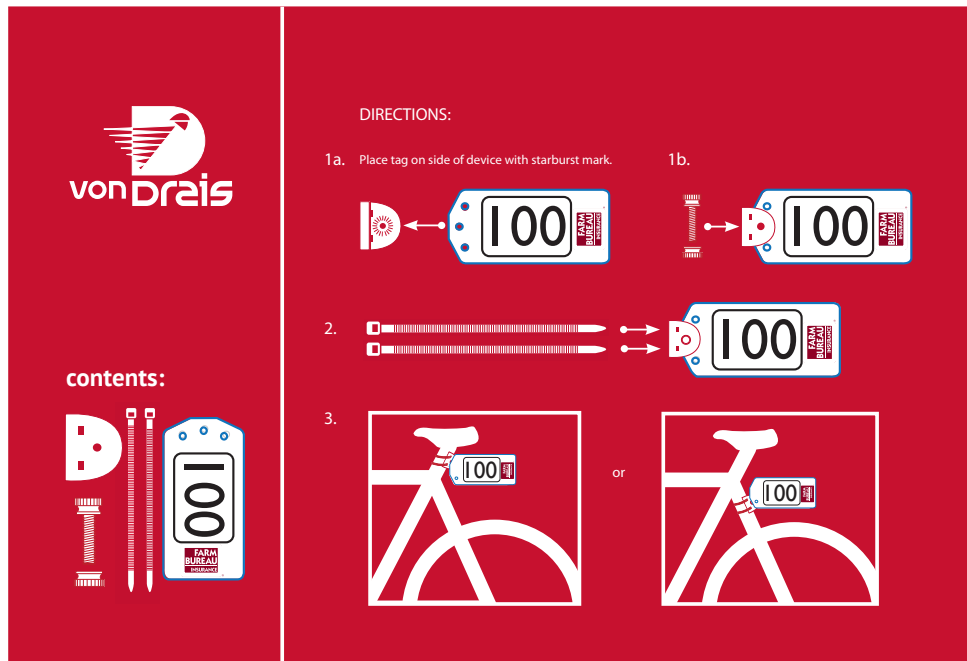
At packet pickup each participant will receive their race number, a race bib with their number, and a bike tag with associated sticker.

BODY MARKING

Race Numbers are to be marked on your body in the required locations. Participants must have their race number marked on both of their upper right and left arm, as well as the side of their right and left calf. Participant's race age (their age by December 31) or relay division ("R") must be marked on the back of their left calf. Body marking will be made available to participants at transition on race morning.

BIKE TAG

While on the Farm Bureau Bike Course, the provided bike stickers must be visible on both sides of your bike. The Farm Bureau bike tag is the most convenient way to display your race number and ensure the sticker does not damage your bicycle; however, the stickers may be applied directly to the bike if desired.



BIB NUMBER

While on the Fleet Feet Run Course, your race bib must be worn at all times and facing forward. Participants may choose to wear a race belt with the bib number attached to it, or simply pin the bib number directly onto their shirt.

TRANSITION



Transition will be located at the south side of the park. You will always be entering transition (swim in & bike in) from the west side, and exiting transition (bike out & run out) from the east side.

SWIM COURSE

The River Hills Bank Swim Course is a single 1.2 mile triangle course that will start and end at the beach area at Lakeshore Park. Pre-race swim warm up is at your own risk and will be allowed until 6:40 AM. The swim will start in 3 waves: Relay, Male, and followed by Female. Your time will begin when your wave starts. The swim cutoff time will begin with the start of the last wave. If you are an age group participant and a relay participant you should start in your age group wave. If you are not comfortable starting in a pack please hang back on the beach until the participants in your wave have entered the water. The swim will consist of three turns making the course a triangle, ultimately leading the participants back the beach. There will be 4 large orange triangular buoys marking the turns and the entrance / exit. Smaller round green buoys will be used in between the turn buoys. All buoys must be kept on your right while swimming. At the end of the swim, athletes will swim between two large yellow cylinder buoys. Once athletes exit the swim they will run a short distance through the grass to transition which is located in one of Lakeshore Park's parking lots. See Ryanman.com for higher resolution maps.

WET SUIT INFORMATION

The RyanMan is a USAT sanctioned event and as such we will follow USAT recommendations regarding wet suits. Per the USAT rules: "Each age group participant shall be permitted to wear a wet suit 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 wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit."



BIKE COURSE

The 56-mile Farm Bureau Bike Course is an out and back that begins at the transition area in Lakeshore Park. Athletes will exit the park and then head north into scenic rural Rankin County. Rolling hills and some technical turns will greet the athletes along the way. The route has all the elements of a great course, and will treat the beginner and more experienced cyclist to a ride to remember. As the athletes near the end of the ride, they'll return back to the transition area at Lakeshore Park. See Ryanman.com for higher resolution maps and turn by turn cue sheets.

BIKE COURSE AID STATIONS

The Farm Bureau Bike Course will have aid stations at approximately miles 12.5, 28, and 43.5. The aid stations will be stocked with bottled water, bottles of Gatorade, bananas, and Gu Energy Gels.



RUN COURSE

The Fleet Feet Run Course is a 13.1-mile loop that takes athletes around Pelahatchie Bay on the multi-purpose trail for a flat and fast experience. There will be a short out and back on Fannin Landing Circle. Athletes will easily be able to navigate the friendly multi-purpose trail ultimately crossing the reservoir at mile 12 and finishing inside of Lakeshore Park. See Ryanman.com for higher resolution maps and turn by turn cue sheets.

RUN COURSE AID STATIONS

The run course aid stations will be laid out approximately every mile. The aid stations will be stocked with water, Gatorade Lemon Lime, bananas, oranges, Gu Tri Berry Energy Gel, pretzels, and cola.



POST-RACE INFORMATION

GEAR RECOVERY

Mandatory Bike and Gear Check-Out begins at 1:00 PM in transition; no one will be allowed to remove any items from transition prior to 1:00 PM. You are required to reclaim your bicycle and gear after the race. You must have your bib and race markings in order to enter transition. If you are unable to personally claim your bicycle and gear, a family member or friend can do so by presenting your Bike Check-Out ticket provided in your race packet prior to race day. If your bags are not reclaimed by 5:00 PM RyanMan will not be responsible for any items left overnight.

BURGER & BLUES ATHLETE FOOD

Athlete post-race food area is open from 10:00 AM to 4:00 PM. The athlete post-race food area is for volunteers & athletes only; your bib and race markings provide you with access as well as one food plate from Burger and Blues. Spectator Food can be purchased from the Burgers and Blues Food Tent.

AWARD CEREMONY

The Awards Ceremony is scheduled for 3 p.m. at Lakeshore Park. Don't miss out on claiming your award!

FREQUENTLY ASKED QUESTIONS

GENERAL

When is Packet Pickup?

The Saturday before the race (10/7/16).

Is there a mandatory race briefing?

There will be a race briefing at packet pick up the day before the race. It is not mandatory.

Can I ride or run the courses now?

We encourage all participants who can to ride the courses before the race.

Are there cut off times?

Yes, see the dedicated section above.

What is the race start time?

6:45 AM

Will there be finisher medals?

There will be finisher medals for all finishers.

How will the race be timed?

Each racer will be provided a timing chip. The chip will mark a split every time the participant crosses a timing mat.

Can my secretary/friend/teammate/doorman/nanny pick up my race packet?

No. Only the athlete can pick up his or her packet.

Do I have to check my bike on Saturday?

No. You will bring your bike and set up your transition area race morning.

FREQUENTLY ASKED QUESTIONS

RELAY

How many participants are required to make a relay team?

A relay team must consist of 2-3 people.

Can a racer doing the individual race participate on a relay team?

Yes. This option is only available for the swim leg of the race. The participant doing the individual race would complete the swim with two chips and hand off the relay chip at T1. Chips must be worn on separate legs, and it is recommended that the relay chip be worn on the right ankle.

What are the relay categories?

There will be a male division, female division, and a mixed division.

Can members of a relay team pick up all of their team members packets? Can I pick up my friend's packet?

No. Every participant must pick up their own packet, and sign their own waiver.

SWIM

What kind of start is the swim?

The swim will be a 3-wave start from the beach area at Lakeshore Park. Waves will be Relay, Male, and then Female.

What is the expected water temperature

The 2016 Ryanman was wetsuit legal; however, as this is a young event we do not have any significant historical data to help predict the water temp.

Am I allowed to warm up in the water prior to the start?

Yes.

BIKE

How many aid stations will be on the bike?

There will be 3 aid stations on the bike course.

What will be offered at the bike aid stations?

Water, Gatorade, and Gu Energy Gel.

FREQUENTLY ASKED QUESTIONS

RUN

How many aid stations will be on the run?

There will be 12 aid stations on the run course.

What will be offered at the run aid stations?

Water, Gatorade Lemon Lime Sports Drink, and Gu Tri Berry Energy Gel will be offered at select run aid stations. Bananas, oranges, chips, pretzels, and flat coke will also be offered at other select locations.

If there are any other questions not answered by the FAQs above please contact the race director at racedirector@ryanman.com.

“RACE SMART, RACE FAST!” - K.G.

