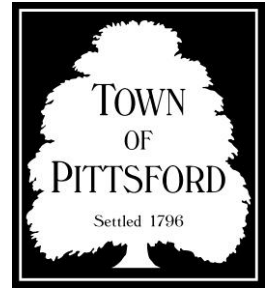




# PITTSFORD TRIATHLON

## RULES OF CONDUCT



### SWIM

- Please report to the pool 15 minutes before your swim start time.
- Line up numerically for accurate and efficient start time. Your start time has been determined by this number – if you miss your start time; you will have to go to the end of the total swim line and start there. The clock is ticking!
- Do not dive into the pool. Please enter the water feet first. Upon entering the pool, get your goggles on and ready to go when the starter says go. **NO WET SUITS!**
- If a swimmer touches your ankle from behind (do not stop) allow him/her to pass. Continue to swim and they will pass you on the left. PLEASE DO NOT IMPEDE ANOTHER ATHLETE'S PROGRESS!
- Exit the water safely using the ladder or the side of the pool. Take your time and **walk** to the exit. The pool deck and hallways are slippery!

### BIKE

- Your Helmet must be fastened before leaving the transition area.
- You may walk or run your bike to the mount/dismount line. NO BIKE RIDING IN THE TRANSITION AREA.
- Always ride in the right hand lane and keep 3 bike lengths between you and the cyclist ahead of you – No drafting!
- Passing only on left. Do not remain in the left hand lane. It is advisable to make the person you are passing aware of your presence. Simply say "Passing on your left." If you are passed you must drop back and re-pass only on the left. Do not speed up and re-pass on the right hand side.
- DO NOT RIDE 2 ABREAST. This blocks other cyclists from passing safely. Visit with your friends after the race please.
- If you have bike problems, pull over to the right hand side of the road.
- Keep in mind that **you are sharing the road with cars. It is your responsibility to maintain position. Do not put yourself in conflict with an automobile.** Do not cross the yellow or centerline of the road.
- **All traffic control devices (stop signs, traffic lights) must be obeyed unless police or fire officials are controlling traffic and direct you to proceed.**

### RUN

- You must have your race number affixed to your clothing for the run portion of the triathlon.
- Keep in mind that **you are sharing the road with cars. It is your responsibility to maintain position. Do not put yourself in conflict with an automobile.**
- There will be orange cones placed along the run route, please stay to the left of those cones.
- Obey all traffic control devices (stop signs, traffic lights) unless police or fire officials are controlling traffic and direct you to proceed.
- Please exit the finish chute immediately so that other finishers are not held up and race timers can do their jobs efficiently.

**NO HEADSETS ALLOWED ON ANY PORTION OF THE COURSE.  
RECEIVING ASSISTANCE FROM ANYONE OTHER THAN RACE DESIGNATED SUPPORT IS NOT ALLOWED.  
NO SPECTATORS IN THE TRANSITION AREA AT ANY TIME. NO EXCEPTIONS!**