



September 10 – 12, 2010
ATHLETE GUIDE
www.NationsTri.com

**DON'T FORGET TO
WATCH THE
COURSE BRIEFINGS
ON YOUR ATHLETE
SERVICES PAGE!**

Sports & Fitness Expo

WHEN: Friday NOON – 8:00 PM and Saturday 9:00 AM – 7:00 PM

WHERE: Washington Hilton (1919 Connecticut Avenue NW, Washington, DC)

WHAT: Registration, course briefings, packet pick up, exhibitors, Official race merchandise, volunteer check in

WHAT TO BRING: Photo ID and USAT card (if applicable). You will not be able to pick up your packet without photo ID, NO EXCEPTIONS!

There will be a **BIKE VALET** for athletes to check their bikes during the expo outside of the T Street Entrance to the Hilton. Leave your bike with us while you're inside. No bikes will be allowed into the hotel. Security will be provided.

TREK Guided Bike Rides from Hotel to Transition Area

WHEN: Saturday 12:30, 2:00 PM, 3:30 PM, 5:00 PM & 6:30 PM

WHERE: Departs from the T Street entrance of the Washington Hilton (near the Bike Valet)

Athletes are welcome to join the Trek Guided Bike Rides on Saturday from the Washington Hilton to the Transition Area for bike racking and swim practice. Take the shuttle from the Transition Area back to the Hilton when you're done. **No bikes allowed on the shuttle buses.**

Bike Racking

WHEN: Saturday 1:00 PM – 8:00 PM

WHERE: Transition Area (West Potomac Park)

WHAT TO BRING: Your bike, your bike decals

All athletes must check their bikes on Saturday prior to the race, no exceptions! Bike racking must be done after you have picked up your race packet at the Sports & Fitness Expo and received your race weekend wristband. Nation's Tri volunteers will be body marking at this time, so avoid the rush on race morning and get body marked when you rack your bike.

Swim Practice

WHEN: Saturday 1:00 pm – 4:00 PM

WHERE: West Potomac Park

WHAT TO BRING: Your swim suit, a towel, goggles, anything else you need to swim.

Athletes must check in at the tent near the dock prior to getting into the water and all athletes must be out of the water at 4:00 PM. You may NOT enter the water after 3:45 PM. Remember to check out with a volunteer when you get out of the water.

Athlete-Only Shuttle Buses

SATURDAY

Shuttle buses will run between the Transition Area and the Washington Hilton for bike racking and swim practice from NOON – 8:00 PM. Look for the shuttle bus signs on the west side of the Transition Area near the intersection of Ohio Drive and West Basin Drive and at the T Street entrance of the Hilton for pick up and drop off locations.

SUNDAY

Shuttle buses will run from two locations to the Transition Area from 4:30 AM – 6:15 AM on race morning: (1) Washington Hilton and (2) the Old Convention Center Parking Lot (entrance on 9th and I St NW).

Shuttle service will be available after the race to bring athletes from the Transition Area back to either the Hilton or the Old Convention Center Parking Lot. Buses will depart the Transition Area starting at approximately 2:00 PM, once the roads re-open.

THERE ARE NO BIKES ALLOWED ON THE SHUTTLE BUSES AT ANY TIME.

Bib Numbers, Swim Waves, Water Temperature

Athletes will receive their bib numbers and swim start time on their personalized Athlete Services Page available at www.NationsTri.com. Find your personal page by entering your last name or bib number. Verify that all of your information is correct before race day. And don't forget to watch the online course briefings while you're there!

The average water temperature of the Potomac River in September is 70 degrees. Therefore, we anticipate that the race will be wetsuit-legal. If this is in fact the case, many athletes will choose to wear wetsuits, though not all. Wetsuits will not be required. The final determination will be made on race morning when the water temperature is taken.

Race Morning

The transition area opens at 5:00 AM on race morning. Once you arrive, you will need to get body marked and pick up your race chip. Look for signs directing you to these areas. Bike mechanics will be available to help out with some last minute adjustments. The transition area will close at 6:55 AM, so make sure you have all of your gear set up before then. Find the swim corral labeled with your swim wave and cap color, make sure you are in your corral at least 10 minutes before your wave starts. The National Anthem will be played at 6:55 AM and the first swim wave will enter the water at 7:00 AM. Please pay close attention to the swim wave announcements and cap colors – don't miss your wave!

Aid Stations

There are five aid stations located at approximately each mile marker along the run course and one aid station in the transition area. All aid stations will serve water and Powerade. The aid station at mile 1 will serve GU and the aid station at mile 3 will serve GU Chomps.

Race Morning Parking

DO NOT DRIVE TO THE TRANSITION AREA ON RACE MORNING. Parking is VERY, VERY limited. **NO DROP OFF'S OF ANY KIND ON INDEPENDENCE AVENUE.** We recommend using the athlete shuttle or parking in one of these locations:

- Lots A, B and C on Ohio Drive SW by Buckeye Drive accessible via Maine Ave SW, 15th St or 395 S. Lots are approximately 800m (15 min walk) from the transition area. 15th St and Maine Ave close race day at 6 AM. You can only access the lot via 395 S thereafter
- Arlington National Cemetery parking lot then walk over Memorial Bridge
- Off street metered parking around National Mall area with one and two hour time limits



JetBlue Finish Festival

After you cross the finish line, return your race chip, grab some Powerade and Dasani water and make your way into the JetBlue Finish Festival. On your way in, stop at the JetBlue Timing Receipts Tent to pick up your unofficial results. Stop in the AT&T/Samsung Call Center to call your family and friends and decide on a place to meet up. Visit the Audi Progress Pavilion to watch your ZumTri Race Review and see how you did against your friends and rivals! Hang out, enjoy the band, drink some Muscle Milk, eat some food and get a post-race massage.

The Transition Area will reopen for bike removal at approximately 9:30 AM. ONLY YOU can pick up your bike and you must have your race bracelet on to get it out of the Transition Area.

Official sponsors

