



**5th Annual
Tiger Tri at Wittenberg University
Sunday, October 11, 2015 at 10:30 a.m.**

RULES for the Tiger Tri:

1. Helmets must be worn at all times while on your bike. Chin straps on the helmet must also be buckled at all times when on a bicycle. This means before, during, and after the event. You will be disqualified from the race if you are caught on the bike without a buckled helmet during the race.
2. Yield to normal bike path traffic. Adhere to all pedestrian laws and obey all traffic control devices unless otherwise advised to do otherwise by an authority, such as a Springfield or Wittenberg Police Officer.
3. All participants are to remain on the sidewalk except during the bike course. Be prepared to stop and yield the right of way to all emergency vehicles if necessary anytime during the race.
4. You may not receive assistance other than that offered by race and medical officials or LMT's. This race is a test of your own fitness and ability.
5. Place all equipment in the designated "transition area" and bike corral. You must put your bicycle in an upright position while in the bike corral. You may not interfere with others' equipment.
6. Do not draft. You should leave at least 3-5 bike lengths of space between you and the person in front of you when cycling in this race. Keep to the right-hand side of the lane, bike path, or road while on the course unless you are passing. Do not block other riders from passing you.
7. You are required to stay on the prescribed course and you may not cut the course. This violation will put your safety in danger and will get you disqualified. Cyclists must obey all applicable traffic laws at all times. Don't forget to do two loops of the run course.
8. Please use sportsman-like conduct. You will be disqualified if any foul or abusive language is used at anyone during the race.
9. No headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices may be used during this race.
10. All participants must sign a waiver in order to participate (parents or guardians must sign for anyone under 18). All participants must also wear a timing chip during the race in order to receive a finishing time or credit for completing the race.
11. Wetsuits are not permitted. Snorkels and fins are also not permitted. No equipment that gives you extra forward propulsion (such as fins or a motor) is permitted during this race.