**About the Course**

**Swim:** 500-meter swim in the EWU Pool (20 lengths of the pool, 10 times up and back). Swimmers will count their own laps or provide their own lap counter.

**Bike:** 10-mile ride beginning at the bike staging area in the Jim Thorpe Fieldhouse. Swimmers will follow carpet runners in hall to staging area. Bikes will go to Washington Street via access road by EWU Tennis Courts where they will go south (right). Route will follow Wash. St. to First Street/Hwy 904 where bikes will turn west (right). The bike turnaround is at the intersection of Hwy 904 and Graham Road (SW of Cheney, approx. 4.5 miles out of town). Signs will warn motorists of bike traffic while spray chalk will let bikers know the mileage remaining on the outward leg. Bikers must go beyond the Bike Turn-Around sign before retracing their route back to the bike staging area. Riders must follow all rules of the road. No drafting, pass on the left when safe.

**Run:** 3.1 miles beginning from the bike storage area (Fieldhouse). Runners will follow the orange cones or spray chalk from the rollup door on the west side of the Fieldhouse, through the upper parking lot (Lot #12 above football stadium), out onto Washington St. where they will turn north (left). Runners will follow Washington St until the Run Turn-Around sign and then retrace their steps to the finish line behind the SW corner of the Fieldhouse. When crossing the finish line, runners will give their race number tag to the race timer/recorder.

**Water Locations:**
- Bike Staging Area * Run Turn-Around
- Finish Line Area (Fruit & snacks provided at that location as well as water)

**Race Rules & Information**

**Under 18 Participants:** Any person under the age of 18 and receiving permission from the race director to participate, must have an adult with them at all times on both the bike and run segments of the race.

**Swim:**
- **Swimmers:** 20 pool lengths or 20 minutes, whichever comes first
- Participants are placed in swim heats based on swim times, 2 per lane
- No swim aids allowed
- Walk on the pool deck at all times
- Changing of clothes must be done in the bike transition area
- No clothes allowed in the pool locker areas

**Bike:**
- **ANSI approved helmets (buckled) required**
- Cyclists must obey all traffic laws
- No drafting on the bike route
- Use the left side when passing
- Stay out of traffic - Do Not Cross Center Line!
- Cyclists in need of assistance should wait for the course monitor vehicle for help

**Run:**
- **Runners will hand their race tag to the finish line person as they cross the line**
- All runners must wear official race number on their front and in plain view
- Outside assistance is not allowed

**Official Info Sheet**

27th Annual
IRON EAGLE TRIATHLON

Sunday, May 31st, 2015

ENTRIES accepted at the door from 6:45-7:30am
8:00am Mandatory Pre-Race Meeting on the Pool Deck; Race Heats begin immediately after

Bike Staging Area will open at 6:30 am

500 METER SWIM
10 MILE BIKE
3.1 MILE RUN

T-Shirt Deadline: 5/15/15