
EVENT REGISTRATION / CONFIRMATION

Online registration is available via Lin-Mark Sports. Use the "ONLINE REGISTRATION" link from our website. If you choose to mail in your registration please print entry form provided with this info packet ("one day" USAT membership application also provided if needed).

Fill out form in its entirety and mail your check or money order to:

OC Tri-Running Sports Inc.

P.O. Box 1642

Berlin, MD 21811

It will take approximately 7-10 days from post mark date to process your registration. Online registrations are processed immediately. NO day of registrations for this event.

Confirm your registration entry by using the "REGISTRATION CONFIRMATION" link on our website.

This event is a USAT sanctioned event. Anyone participating in this event must be a USAT member. "One Day" memberships are provided with this info packet, if you are not a current USAT member you must complete this form and send in with registration. One day adult fee is \$12.00, under 18 is \$10.00.

RACE PACKET PICKUP

Packet pickup times are:

- Saturday, June 2nd 12:00pm-6:00pm at a location to be announced soon.
- Sunday, June 3rd 5:30am-6:15am at Assateague Island State Park, race transition area.

YOU MUST PICK UP YOUR OWN PACKET!

Please do not send someone to pick up your packet for you. If you cannot make the scheduled pickup times then simply arrive early race morning! USAT has strict guidelines on how race packets are handled. Packets can only be given to proper participant. Please keep this in mind when planning your event schedule.

PARKING

Parking available at Assateague Island State and National Parks.

AGE GROUPS AND AWARDS

Assateague Assault Triathlon Awards are as follows:

1st 2nd 3rd place overall male

1st 2nd 3rd place overall female

1st 2nd 3rd place age group male

1st 2nd 3rd place age group female

Age groups are:

Under 20 * 20-24 * 25-29 * 30-34 * 35-39 * 40-44 *
45-49 * 50-54 * 55-59 * 60-64 * 65-69 * 70-74 * 75-79
* 80-84 *

Awards ceremony will start at approximately 9:30am

Awards will not be mailed!

WAVE START TIMES WITH AGE GROUPS

Race starts at 7:15am! First wave will go off at that time. The wave starts are as follows:

Wave 1: 30-34, 40-44 men 7:15am

Wave 2: 30-39 woman 7:18am

Wave 3: 29 & under, 55 & up men 7:21am

Wave 4: 29 & under woman 7:24am

Wave 5: 35-39, 45-54 men 7:27am

Wave 6: 40 & up woman, relay teams 7:30am

HOTEL AND CAMPING ACCOMMODATIONS

Go to www.ocvisitor.com or call: 1-800-626-2326 for hotel information

Camp sites available right on run course, great for spectators. Go to:

www.assateagueisland.com/assateague_camping.htm.

FLUID STATIONS AND PORT-A-POTS

There will be a fluid station with water, and energy drinks on the run course only. Port-a-pots located around the transition area along with restroom facilities at the State Park Information Building adjacent to the transition area.

PHOTOGRAPHY

Photography will be provided by Delmarva Photo and will be available for purchase after the race. Visit <http://www.backprint.com/delmarvaphoto>.

REFUND AND TRANSFER POLICY

Entry fees are non-refundable and non-transferable for this year's event, no exceptions. Once we have received your registrations form and have processed all information all entries are final

BONKING OUT

If you cannot finish the race, please head to the nearest volunteer or course marshal, they will be located at various spots on the course(s). Let them know you are not able to finish and for what reason, medical assistance needed or equipment malfunction, such as flats on your bike, etc. They will call for a sag vehicle to transport you back to the Start/Finish area. As soon as you return, report to the medical tent. You will need to remove your chip and hand it to a volunteer or staff member. There is a \$35.00 charge for any chip that is not returned.

RACE BIB AND BODING MARKING

You must be body marked prior to race. When entering transition area to set up and rack your bike you will be asked to show your bib number to a volunteer who then will mark your bib number on your right tricep and the back of your right hand. You will not be allowed to enter transition area until you are marked. Your race bib number must be securely fastened to the front of your body at the start of the run portion of the race. Your larger bike sticker will go on the top tube or seat stem of your bike, and the smaller sticker must be placed on the front of your certified bike helmet. Helmets are MANDATORY! Make sure all numbers are clearly displayed. Our course marshals and photographers will need this number to identify you. Your run bib number must match your bike bib number in order to exit transition area after your race is over. Your bib is also your ticket to any complimentary post race activities so do not remove or trade your bib once your race is over.

PROHIBITED ITEMS ON COURSES

The following items are **not** allowed on any course for any reason. These rules exist for your safety as well as others on the course(s). Help us provide you with the best race possible.

- no in-line skates or roller blades.
- no pets of any kind.
- no strollers or baby joggers.
- no music devices such as mp3s or ipods.

Anyone found in violation will be removed from the course(s) immediately.
