

# Ramblin' Rose

swim \* bike \* run \* finish

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## Frequently Asked Questions

### What is packet pick-up?

At packet pick up you will receive your race numbers, a t-shirt and other goodies. We'll also have an information booth with course maps and critical race day information. Packet pick-up will be available the day before the race as well as on the morning of the race. If you choose to wait until race day, we highly recommend that you plan to arrive early (between 6:00-6:30 AM).

### What is body marking?

On race day volunteers will mark your arms and legs with your race number and race category. This will help race officials and photographers identify you during the race and at the finish line.

### Are there host hotels associated with the Ramblin' Rose Triathlons?

Yes, every year we partner with local host hotels that provide discounted group rates. Please refer to the event website for host hotel contact information and direct links.

### Do I have to arrive early even if my assigned swim time is not until later?

Yes. The transition area will close 15 minutes before the start of the race. Please plan to arrive early (6:00 AM) and remember to bring some water, refreshments, and warm clothes.

### How can I be sure that I'm registered?

First, you should receive a confirmation email when you register. Second, a confirmed participant list will be available on the registration website.

### Are there relays?

Yes. Relays of 2 or 3 are available. You must check-in together at packet pick-up. Each relay member must have either an annual or one-day USAT license.

### Is there an Athena category?

Yes. You must weigh 150+ pounds to be eligible for this category.

### Is there a Novice category?

No. Since the vast majority of Ramblin' Rose participants are beginners, this award category is not applicable.

### What are the distances for the swim, bike, and run portion of the event?

Ramblin' Rose events are super-sprint triathlons. They consist of a 250 yard swim, 9 mile bike, and 2 mile run.

### What should I wear?

Most participants will do the entire event in their swimsuit. Many women will throw on a running singlet or t-shirt after they exit the pool plus some pull on bike/aerobic shorts. Unless you've trained for the bike and run without socks on, we recommend that you wear socks. Be sure to check out the Race Day Equipment Checklist posted under the Training section of the RR website.

### Why do I need to provide a swim time when I register?

Race day participants will jump in the pool one at a time. The starting order is fastest to slowest. This ensures that you are more likely to share the pool with participants of similar speed. For a guide on what your swim time should be, be sure to check out the event website.

### Can I use a mountain bike or hybrid bike?

Absolutely! We recommend that you get road tires (slicks) put on your wheels rather than knobby thick tires. This will make it easier to ride. If your bike is old, please be sure to have it checked by a bike shop prior to the race as any bikes that are potentially unsafe will not be permitted.

### I am from out of town and I need to rent a bike. Is that possible?

Likely. For most of our events, we partner with local bike shops for race day technical support. If they have rental bikes available pre-race, we will post this on the RR website.

### Will the bike course be closed to traffic?

No. Police and volunteers will help secure major intersections, but you are responsible for your own safety. Please stay to the right side of the road and always be aware of traffic and other participants around you. The race starts early, so chances are that traffic will be minimal.

### Will there be aid stations on the run course?

Yes, water and electrolyte drinks will be provided at the halfway point of the run.

### What if I need help training?

Do not worry. Triangle Multisport is the official coaching partner of the Ramblin' Rose Women-Only Triathlon Tour. You can purchase a basic training plan from them when you register online. These plans will also be available for sale via the Ramblin' Rose website. To learn more about Triangle Multisport be sure to check out [www.trianglemultisport.com](http://www.trianglemultisport.com).

### How do I join USAT?

Go to [www.usatmembership.org](http://www.usatmembership.org).

### How does chip timing work?

Each athlete will wear a "chip" that transmits data to the receiving antenna when the athlete crosses a timing mat. This will allow you to get accurate splits as well as an official finish time.

### Where do I wear the chip?

A neoprene strap is used to strap the chip to your LEFT ankle. Where and when do I pick up my timing chip?

You can pick up your timing chip at the timing chip table near the transition area on race morning at the race site.

### Do I need to wear the chip for the entire race?

Yes, timing mats will be set up to record splits for each leg and transition. If you do not have the chip on when you cross the finish line you are not guaranteed a finish time.

### Can I keep my chip?

No, the chips must be turned in at the end of the race. Volunteers will be at the finish line to help with removal. If you lose your chip, you will be held responsible for the cost of replacing it.