



ramblin' rose

celebrating the empowerment of women

Frequently Asked Questions

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GENERAL INFORMATION

What is the distance of the Ramblin' Rose Women Only Triathlon?

The Race consists of a 250 yard pool swim, 9 mile bike ride and 2 mile run.
All distances are approximate and vary slightly at each venue.

How old must I be in order to enter?

Participants must be at least 10 years old.

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.

Where can I find course maps and parking maps?

Please refer to your venue specific website for all maps related to the event.

A friend of mine wants to volunteer for the event - who should she contact?

That's GREAT news! We need volunteers to ensure a safe and successful event. Please thank your friend for his/her interest and refer them to the Ramblin' Rose website, where they can click on the big pink [VOLUNTEER](#) button to register online.

CATEGORIES

Can I participate as part of a Relay Team?

Yes. Relays of 2 or 3 are available. You must ALL check in at packet pick up, however you do NOT need to check in together. Each relay member must have either an annual or one-day USAT license.

What are the award categories & who gets awards?

Top 3: Overall, Masters, Relays.

Top 3 Age groups: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65-69

Top 1 age groups: 70-74, 75-79, 80 & over

What does "AGE UP" mean?

Per USAT rule, "All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event."

I have special physical needs - may I participate in Ramblin' Rose?

Please contact the Event Director directly and we will be happy to try to meet your needs.

TRAINING PROGRAMS FOR RAMBLIN' ROSE

What if I need help training?

Do not worry. [Triangle Multisport](#) is the Official Coaching Partner of the Ramblin' Rose Women's Triathlon Tour. You can purchase a basic, intermediate, or advanced 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.

How do I set up my transition area?

This is a great question and something you should practice BEFORE the race as there is no right or wrong way to do this. Most important is that you have everything you need (see Gear Checklist below)! Triangle Multisport often does a pre race Transition Clinic at PPU and depending on the venue - there are often Transition Clinics in the weeks before the race that you will get an email about. Please check your venue specific website for dates.

USAT MEMBERSHIP INFORMATION

What is USAT and why must I be a member to race?

USA Triathlon is the sanctioning authority for more than 3,000 diverse events, ranging from grassroots to high-profile races nationwide. All races sanctioned by USA Triathlon require each participant to purchase a one-day \$10 membership. This membership triggers insurance to be in effect for each participant on Race Day. The \$10 USA Triathlon One-Day Membership fee will automatically be added when you register online.

What if I am a USAT Triathlon member?

If you are an annual USA Triathlon member and provide your member # when you register online and you will not be charged the additional \$10 for the USA Triathlon One-Day Membership fee. Annual members must present membership card during Race Materials Pick Up to prove membership and avoid this charge.

TIMING CHIP INFORMATION

How does the 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 including your transition times.

When do I pick up my chip?

You pick your chip up the morning of the race. There is no chip pick up the day before at Packet Pick Up.

Where do I wear the chip?

A neoprene strap is used to strap the chip to your LEFT ankle. We will provide a strap for you on race day unless you prefer to use your own!

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. Straps are also available for purchase at many triathlon/running stores.

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. If you lose your chip, you will still be timed though your splits won't be recorded and you will be held responsible for the cost of replacing it.

How does my relay use a timing chip?

The swimmer will hand off the timing chip (along with the velcro neoprene strap) at your assigned bike rack and then the biker will hand off the timing chip to the runner as well. Each relay member must wear the chip on the left ankle.

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.

REGISTRATION, REFUNDS & WEATHER

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.

Can I transfer my race number to another person?

Race entries are non-transferable between events, years, and individuals. No exceptions will be made!

What if I can't participate? What is the refund policy?

If you are unable to participate for any reason, you will be able to request a 50% refund until exactly one month to the day prior to race day (ex. April 22nd would be the deadline for a May 22nd event). Refund requests received after this deadline will not be processed for any reason.

Upon completing and sending the Refund Request Form available on the Ramblin' Rose website, you will receive an auto-reply as a confirmation that your request was successfully submitted. A refund check will be mailed out during the week of the race. Please do not contact us regarding your refund request status, unless you have not received your refund check by the week AFTER the race.

Note: USAT Membership fees are not refundable.

What is the inclement weather policy?

We look forward to a fun and safe triathlon, however sometimes the weather conditions may affect those plans. In the event of rain, and the absence of any lightning, our goal is to proceed with the full triathlon. If there is lightning in the area, the event is placed into a weather hold for thirty minutes following each lightning occurrence. If the lightning has departed the area, the race can proceed as planned. If there is still evidence of the potential for lightning in the area, the race may be converted into a duathlon (bike-run format) by canceling the swim portion of the event. Ultimately it is up to the race director to decide what is safest for all participants. We will not give refunds in the event of inclement weather and rescheduling the event is not possible.

Thank you for your understanding of these policies and we appreciate your participation.

What if a race is canceled?

Circumstances beyond the control of the Event Director (e.g. severe weather, changes in governmental policies affecting the event course, acts of God such as fire or flood or similar unforeseen circumstances) could cause substantial modification or even cancellation of the event you are entering. In the event of a race cancellation, there will be **no refunds** to participant or any reimbursement for event related expenses incurred by participants.

Will I be able to sign up on race day?

Most events will fill to capacity prior to race weekend, however, IF there are still slots to be filled, you will be able to register during normal Packet Pick-Up hours, including on race day.

Is there a waiting list?

There are no waiting lists.

PACKET PICK UP

What is Packet Pick-up?

At packet pick up you will receive your race numbers (for your shirt, helmet and bike frame), 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 should I bring with me to Packet Pick-Up?

- a valid Photo ID
- Your USAT Triathlon Membership Card **IF** you are an annual member to prove membership and avoid being charged.

Can someone else pick up my packet for me?

No. Participants must present their photo ID, and, if appropriate, their USA Triathlon annual membership card at time of Packet Pick-Up. Per USA Triathlon rules, each participant must pick up their own packet. **NO EXCEPTIONS.** Relay team members need not all come at the same time - but each member of a relay team must present their ID at packet pick up.

RACE DAY

When should I arrive?

We encourage ALL participants, regardless of swim start time, to arrive at least 90 minutes before the start of the race.

Do I have to arrive early even if I am not swimming 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.

Will there be a bag check?

In some venues there will be a bag check; please check the website for your specific venue to find out.

What is body marking?

Either at packet pick or 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.

Why does the transition area remain closed during the event?

USA Triathlon Federation Rule 7.4 – Obstruction and Interference: "No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the Transition Area". The Local Race Director will use their best discretion on when the Transition area will be accessible to athletes to pick up their gear and leave Race site. The Transition area may be entered by athletes only.

What should I bring with me on race day?

- Race numbers (shirt, bike, helmet)
- Swim suit or triathlon-specific attire
- Goggles (2 pairs in case one breaks)
- Bike
- Bike helmet with your assigned race number affixed to the front
- Race number pinned to Running shirt
- Small towel
- Footwear for biking and running
- Socks
- Sunglasses
- Snacks
- Bottled water
- Hat or visor
- Sunscreen
- Spare tube (optional)
- Swim cap (optional)
- Sports watch (optional)
- Bike pump (optional)

THE SWIM, THE BIKE & THE RUN

How do you determine when I will swim?

Starting in 2011, swimmers will be asked to simply rate their swimming ability on a scale of 1-10, with 10 being the strongest, during the registration process. This data will determine the official starting ORDER for race day participants. By eliminating the previous requirement of having participants enter (and then later edit) their predicted 100 yard swim time in order to create a swim start time assignment, this will dramatically reduce confusion and potential anxiety. We hope you will find this to be a positive change.

May I use floats during the swim?

USA Triathlon Federation Rule 4.9 Illegal Equipment states: Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.

May I swim any stroke?

Yes. Any swim stroke is permitted.

What if I want to pass someone? Or someone wants to pass me?

If you want to pass someone in the pool, gently touch their foot to indicate you want to pass and they should kindly wait at the end of the pool while you go ahead. Likewise, if you feel someone touch your foot, please swim to the end of the lane and let the swimmer behind you go ahead.

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.

What if I get a flat tire?

It is highly recommended that you learn how to fix a flat tire on your own, and that you bring everything you would need with you in case you did have a flat tire. However, should you still need assistance, a local bike clubs and/or bike retailers will be out on the bike course and they will do their best to get you back on track.

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 sport drink will be provided at the halfway point of the run and in some cases at one other point on the run course. Please bring your own water bottle for the bike course.

Can I listen to my ipod or mp3 player during the bike or run?

No. Any participant who at any time uses, wears or carries a headset, radio, headphones, personal audio device, or any other item described in the USA Triathlon rule book will be assessed a variable time penalty. Listening to music while competing is unsafe for you and those around you.

What should I wear?

Race attire is personal preference however, many participants will do the entire event in their swimsuit. Some will throw on a running singlet or t-shirt after they exit the pool plus some pull on bike/aerobic shorts. You may also wear a "tri-suit" which is either a one piece suit or a separate top and bottom that you can wear for the swim, bike and run. It is not recommended that you wear anything new on race day if you haven't worn it during your training, including socks. Be sure to check out the Race Day Gear Checklist posted above.

RESULTS & AWARDS

When can I find out my results?

Unofficial results will be posted during the event on the Results Kiosk. Following the event, all results will be posted on the Ramblin' Rose website within 24 hours.

When is the awards ceremony?

The awards ceremony will begin when most participants have finished. While we do our best to make sure everyone has finished, it is often not possible to wait for all participants to cross the finish line as we are often under time restrictions with the venue, police, and other event partners.

Will my award be shipped post-race if I am not present at the award ceremony?

Sorry, we cannot ship unclaimed awards! However, if you have a friend at the awards ceremony she/he may claim it for you.

SPECTATOR GUIDELINES

Where should I tell my family and friends to cheer for me?

We encourage you to bring your cheering squad with you on race day! Spectators are very important to the participants and bring an energy and enthusiasm that can't be beat! Look for an email with your venue specific spectator guide during race week. However, please remind your family and friends that the **Transition Area IS CLOSED to anyone who is NOT a participant DURING the event. NO EXCEPTIONS!**

LOST AND FOUND

Do you have a lost and found?

Ramblin' Rose Events is not responsible for any items lost during a race.

Always refer to the Ramblin' Rose Event Website for the most updated and accurate information for your venue. If for some reason, you did not find an answer to your question here, please contact our Event Team:

General Information: info@ramblinroseevents.com

Registration Information: registration@ramblinroseevents.com

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