Frequently Asked Questions
Triathlon Events

Q. Can I get a refund or transfer my entry?
A. All participant entries are non-transferable and non-refundable. You may not transfer or sell your race number to another person and we do not offer deferrals to events in the next season or another event in the series. There are no exceptions to this policy so please don't ask for one.

Q. What is a race packet?
A. A race packet is your formal race number and any accompanying goodies that come with it. This race number is how the race staff and safety personnel keep track of you on race day. Your number needs to be visible throughout the event. You will be body marked with your number, you will be given a number to wear on the front of your body on the run and a helmet sticker to wear on the front of your bike helmet and your bike number on your bike center or seat post.

Q: Can someone pick-up my race packet for me?
A: No.

Q: Are strollers, dogs, bicycles, headphones, in line skates, roller blades or skateboards allowed on the course?
A: For the safety of all participants we do not allow strollers, dogs, bicycles, roller blades or skateboards on the course.

Q: Are headphones allowed?
A: No.

Q. Why am I a year older in my registration packet?
A. All USAT races, including the Iron Girl, will use the "Age Up Rule" for award distribution and ranking. The age up rule means you are racing based on your age as of 12/31/2014. This action aligns regular U S age group racing with the method used by USA Triathlon for its National Rankings USA Triathlon for its National Rankings Program.
Q. What is USAT Membership?
A. Iron Girl events are sanctioned by USAT, the governing body for the sport. Membership or a one-day permit provides participants with excess accident insurance for that race day. Participants MUST bring proof of annual membership or purchase a one-day permit. Participants who do not bring/show proof of membership must purchase a one-day OR will not be allowed to race. If you purchased the one day license when you registered, your name will be on a list we have and you do not need to bring anything other than photo ID.

Participants who forget their USAT membership cards will have four options:

- Go” back” and get your card.
- Print off a temporary membership card from the USAT web site at www.usatriathlon.org
- Purchase a $12.00 one-day license at packet pick-up
- Renew your annual membership online and bring proof of renewal.

Q. What do I wear?
A. Wear something you can COMFORTABLY swim, bike and run in. Practice in your race wear (and get it wet before riding/running in it so you know it doesn’t cause chafes or wedgies while wet). You can add clothing to your body during transitions but you cannot strip down in the big field and get naked to change (and there is no changing tent).

Q. What time do I need to arrive on race day?
A. At least 90 minutes before the race starts. The key is you need to be at the event venue to allow yourself time to park, set-up transition and be ready by the first wave start for the event.

Q: Where does my timing chip go?
A: Your timing chip will be attached to your ankle with a velcro strap that is provided with the chip. When you pick up your race packet, there will be directions on the envelope. No timing chip, no finish time! You must return your timing chip after the event chip after the event, or you will be charged or you will be charged.
Frequently Asked Questions
Triathlon Events

Q: Where does my race bib go?
A: Please affix your race bib to the FRONT of your shirt or with a race belt. We need to see that bib number at all times on the run. Do not wear the race bib during the swim.

Q: What if the weather is bad on race day?
A: Triathlons will be held in light rain but not lightning or high winds. Barring a major hurricane predicted, we do not make weather decisions regarding the race until race day. At that time we will meet with safety and local police to either adapt the race or cancel the event. Athlete safety is our primary concern. There are no Rain Dates if the event is canceled and there are NO REFUNDS.

Q: Why is there no RAIN DATE?
A: Triathlons are expensive and complex events to organize, involving local permits, police, support and coordination. Doing this type of event is very difficult and we are permitted for one date only.

Q: What is a transition area?
A: The transition area is a designated area where you can lay out all your equipment. Even though each athlete will have her own space, this area can become very congested after the swim portion and before the run. In this area the athletes move from the swim to bike and the bike to run.

Q: What are T1 and T2?
A: The transition areas, T1 and T2, are terms used when speaking about transition 1 and transition 2. After you finish your swim you will approach T1 to get yourself ready for the bike portion (swim to bike). After the bike you will approach T2 to get ready for the run (bike to run). You will go to the same transition area during the race.

Q: What can be checked into transition with your bike?
A: You are only allowed to check in your helmet and shoes when you check in your bike. Bring your bag and any food and/or liquids on race morning to set at your transition.
Frequently Asked Questions
Triathlon Events

Q. What are the bike techs there for?
A. Bike support will pump up your tires, fix flat tires, and help with mechanical issues after your bike has been checked into the transition area.

Q. Who is allowed in transition?
A. Only participants with an affixed athlete wristband.

Q: What is drafting?
A: Drafting is a technique of riding your bike in a close pack. In a non-drafting race, a person can be penalized for riding in the drafting zone: an area approximately 4 bike lengths long and 6 feet wide surrounding each cyclist. The advantage of drafting is that you will be able to increase your speed and decrease your effort due to a decrease in wind resistance. Not only is drafting dangerous, but a drafting cyclist has an easier ride when the person in the lead is doing all of the work. Because we want your Iron Girl experience to be enjoyable and safe, we prohibit drafting on the bike portion.

Q. What gear do I need to do the race?
A. You need a bike and certified helmet, running/walking shoes, goggles, athlete wristband, and your race number. We also suggest, a change of clothes, sunscreen, sunglasses, socks, extra fluids to drink pre-race and during transition and a towel.

Q: What if I need to use the restroom before, during or after a race?
A: There will be Port-O-Lets throughout the race venue and located on course.

Q: Do I need a wetsuit for the event?
A: Following USAT rules - wetsuits will be allowed up to 78 degrees water temp. After 78 degrees to 84 degrees you can wear a wetsuit but you will not be eligible for age group awards. Please note we will do an official water temperature reading on race morning to determine if the swim will be wetsuit legal.
Frequently Asked Questions
Triathlon Events

Q. Where do I get on/off my bike during the race?
A. When you come out of the swim, run to your bike, put on your helmet and race gear and unrack your bike. RUN WITH YOUR BIKE OUT OF TRANSITION AT THE BIKE EXIT. When you cross the MOUNT/DISMOUNT line you can get on your bike. When you return, you will need to get off your bike again before crossing this line. It is well marked and easy to see. Run with your bike back to the bike rack and re-rack your bike, get your run gear and head out the RUN EXIT.

Q. What happens if my bike totally breaks and I can’t finish the bike course?
A. Notify a race official and we will arrange for a ride back to the transition area for you as soon as are able. Report immediately to the Timing tent and turn in your chip (make sure to tell them who you are, don’t just put your chip on the table). You will not be allowed to continue on the course.

Q. When are awards?
A. We try to wait until the last racer is off the course to start awards but we may start awards before then. We have tentatively planned for the awards to be around 10:00 a.m. You must be present to get your award.

Q: Will I receive an award for completing the race?
A: Whether you finish first or last, all race participants will receive a custom finisher’s medal as soon as you cross the finish line. We believe all athletes should be awarded for their success.

Q: Where can I find results after the race?
A: Results will be posted at www.IronGirl.com on the event specific Web site under the results tab. Your personal finishing time will be also be emailed to you following the race.