

# HUDSON HIGHLANDS GREENWAY TRIATHLON

## RULES & REGULATIONS

These Rules & Regulations (“Rules”) govern the administration of the Hudson Highland Greenway Triathlon (“Event”) and are binding on all persons who enter or participate in the Event or any portion thereof. These Rules are intended to protect the health, safety, and well being of participants and to promote and maintain sportsmanship, equal opportunity, and fair play. These Rules shall be interpreted and construed in a manner consistent with their purpose. Any violation of these Rules, even if no advantage is gained, shall result in a time penalty, to be assessed at the sole discretion of the Race Director, unless the Race Director in his sole discretion determines that the violation was substantial and resulted in an unfair time advantage, or that the violation constituted an endangerment, in which event the Race Director may disqualify the violator.

### Preparation and Training

No person shall participate in the Event unless such person is trained adequately for the Event, as might be expected of a prudent person entering a similar competition, and is in excellent health, based on recent training, recent physical examination by a licensed medical doctor, and generally accepted standards of good health.

### General Conduct

At or during the Event, or while at the Event sites, all participants must act in compliance with these Rules; conduct themselves in a matter that is not offensive to fellow participants, spectators, officials, or volunteers; treat all participants, officials, volunteers and spectators with fairness, respect, and courtesy; refrain from the use of abusive language or conduct; and after violating any of the Rules, report such violation to the Race Director or retire from the Event. Any participant who consumes or is under the influence of alcohol or drugs at or during the Event shall be immediately disqualified and discharged from the Event.

### Race Conduct

*Entire Course.* Participants, whether solo contestants or relay teams, must cover the prescribed course of the Event in its entirety. It is each participant’s responsibility to know the course. The roads and waterways throughout all portions of the Event course will be OPEN to the normal flow of vehicular, pedestrian, and boat traffic.

*Unsportsmanlike Conduct.* Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official.

*Obstruction.* Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant.

*Unauthorized Assistance.* No participant shall accept from any person (other than an Event official, agent, or contractor) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle, or bicycle parts.

*Re-entry.* Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure.

*Race Numbers.* Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course.

*Unfair Advantage.* No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants.

*Abandoned Equipment.* No participant shall leave any equipment or personal gear on the race course.

*Unauthorized Accessories.* No participant shall, at any time during the Event, use or wear a hard cast, headset, radio, or any other item deemed dangerous by the Race Director.

*Glass Containers.* No participant shall utilize any glass bottles or glass containers at any time during the Event.

*Unauthorized Equipment.* No participant shall use any equipment which the Race Director determines to be

improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants.

*Endangerment.* No participant shall commit any dangerous act which could cause injury to any participant.

*Indecent Exposure.* Public nudity at any time during the Event is prohibited.

*Withdrawal.* Upon withdrawing from the Event or failing to complete any portion of the Event, a participant shall immediately notify a race official.

## **Running Conduct**

A participant must run or walk the entire portion of the run course. A participant who gains forward progress by crawling shall be disqualified. Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the prescribed course. Bearing in mind that the roads throughout all portions of the Event course will be OPEN to the normal flow of vehicular and pedestrian traffic: While running on the road-running portion of the running course, all participants shall run only on the shoulder of the road and only on the side of the road prescribed for each portion of the road-running course. The responsibility of knowing and following the prescribed course rests with each participant. All participants must obey all traffic laws while on the shared-use road-running course. No participant shall cross a public road except where designated as a race-route road crossing. All participants shall come to a complete standing stop at each race-route road crossings and shall not proceed to cross except at the direction of the designated crossing wardens.

## **Cycling Conduct**

Bearing in mind that the roads throughout all portions of the Event course will be OPEN to the normal flow of vehicular and pedestrian traffic: While cycling, all participants must stay to the extreme RIGHT-hand side of the roadway at all times. All bicycles shall be propelled only by human force and human power. Other than pushing a bicycle, any propulsive action brought on by use of the hands is prohibited. Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants. The sole responsibility of knowing and following the prescribed cycling course rests with each participant. All participants must obey all traffic laws while on the cycling course. All participants shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case shall a cyclist cross a solid yellow line indicating a no passing zone. No cyclist shall endanger himself or another participant. Any cyclist who intentionally presents a danger to any participant or who, in the judgment of the Race Director, appears to present a danger to any participant shall be disqualified. All participants shall exercise extreme caution and shall decrease speed if necessary in passing the site of any cycling accident. A participant may dismount, but shall not interfere with other cyclists. No participant shall use, wear, or carry a headset, radio, or headphones.

*Type of Helmet.* All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC). Helmets manufactured prior to March 10, 1999 must meet or exceed the safety standards of (i) the American National Standard Institute (ANSI Z-90.4), (ii) The Snell Memorial Foundation (Protective Headgear for Bicycle Users), or (iii) ASTM F-1446 or F-1447, and which is clearly labeled by the manufacturer as satisfying such standards.

*Chin Strap Violations.* The helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted.

*Position Fouls.* No participant shall position his bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance ("drafting"). While on the cycling course, participants shall not work together to improve performance, efficiency, or position by teamwork or other joint conduct.

(a) *Illegal Positioning.* While on the cycling course, no participant shall permit his drafting zone to intersect with or remain intersected with the drafting zone of another participant or that of a motor vehicle. With respect to a motor vehicle (including authorized race vehicles), it is the athlete's responsibility to move out of the vehicle's drafting zone or to continually communicate to the vehicle to move away.

(b) *Definition of Drafting Zone.* The term "drafting zone" shall refer to a rectangular area seven (7) meters long and two (2) meters wide surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a moving motor vehicle, the "drafting zone" is a rectangular area extending 15 meters to each side of the vehicle and 30 meters behind the vehicle.

(c) *Right-of-Way*. A participant is generally entitled to assume any otherwise proper location on the cycling course provided that the participant arrives in the position first without contacting another participant. When taking a position near another participant, however, a cyclist shall not crowd the other participant and shall allow reasonable space for the other participant to make normal movement without making contact.

(d) *Blocking*. Cyclists who have established the right of way must not block or obstruct the progress of another participant.

(e) *Passing*. A participant who approaches another cyclist from the rear or from another unfavorable position bears primary responsibility for avoiding a position foul even if the cyclist being approached decreases speed. A participant must not attempt to pass another cyclist unless adequate space is available and the athlete is confident of his/her ability to pass the other cyclist. All passing is to be done to the left of the cyclist being overtaken unless otherwise specified.

(f) *Position*. Except for reasons of safety and when no advantage is gained, all cyclists shall keep to the right of the prescribed course unless passing.

(g) *Being Overtaken*. When the leading edge of the front wheel of one cyclist passes beyond the front wheel of another cyclist, the second cyclist has been "overtaken" within the meaning of these Rules. A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist shall first move completely out of the drafting zone of the other cyclist before attempting to re-pass the other cyclist. In no case, however, shall a participant move into the path of another participant possessing the right of way.

(h) *Exceptions*. A participant may enter the drafting zone only when entering the drafting zone from the rear, closing the gap, and overtaking all within no more than 15 seconds; or when reducing speed for safety reasons, for course blockage, for an aid station, for an emergency, when entering or exiting a transition area, or when making a turn of 90 degrees or more; or

*Bicycle Specifications*. All bicycles and bicycle equipment used in the Event must conform to the following specifications:

(a) Length cannot exceed two meters, and width cannot exceed 75 centimeters.

(b) The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters.

(c) A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle, and the cyclist must not have the capability of adjusting the saddle beyond these limits during competition.

(d) The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters and no more than 65 centimeters, except that in the case of bicycles for taller participants (where the distance between the center of the chain wheel axle and the top of the saddle is greater than 80 centimeters), the front-to-center distance cannot exceed 68 centimeters and, in the case of bicycles for shorter cyclists (where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters), the front-to-center distance cannot be less than 50 centimeters. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.

(e) There must be no protective shield, fairing, or other device on any part of the bicycle (including frame, wheels, handlebars, chain wheel, and accessories) which has the effect of reducing resistance.

(f) No additional equipment, whether it is worn under the competitor's clothing, over the competitor's clothing, or is otherwise attached to the athlete's body, which has the effect of reducing wind resistance is permitted.

(g) The front wheel may be of a different diameter than the rear wheel, but the front wheel must be of spoke construction. The rear wheel may be either spoke or solid construction. Wheel covers shall only be permitted on the rear wheel.

(h) No wheel may contain any mechanism, which is capable of accelerating the wheel.

(i) Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury.

(j) There must be one working brake on each of the two wheels.

(k) All aspects of the bicycle must be safe to the user and to other participants in the Event. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels.

## **Kayaking Conduct**

Paddlers must be experienced boat handlers and know how to perform a "wet exit" (i.e., how to get out of the boat if it capsizes). Any paddler deemed inadequately experienced by the water safety personnel may be pulled from the race at the staff's discretion. A kayaker experiencing difficulty and in need of assistance shall raise his/her paddle overhead and blow his/her whistle. If necessary, kayakers should paddle to shore with their equipment and wait for help. Do not abandon your equipment (boat, paddle, etc.). Contact Race staff at Dockside if you leave the Race. No kayaker shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance. Kayakers who do not finish the kayaking portion of the Triathlon voluntarily or involuntarily may finish the rest of the race (if not deemed in need of medical attention) but will not be qualified as an official finisher. All paddlers must stay within the designated lanes of the race course marked by staff kayaks (viz., to the east of straight lines of sight between Dockside and the westernmost extremity of Little Stony Point and between the latter and the conspicuously marked turnaround boat moored off the southeastern corner of Bannerman's aka Pollepel Island) and stay well out of the shipping lane in the center of the river. All paddlers must have been marked on their arms with their race numbers by the check-in official. All paddlers must carry a whistle (provided on race-day), wear a PFD, and carry a paddle float and bilge pump. Shoes or sandals must be worn when launching and landing.

## **Transition Area Conduct**

Only participants wearing properly displayed race numbers and designated Event officers shall enter any Event transition area at any time prior to, during, or after the Event. A participant must reduce speed to an acceptable and safe level when approaching or leaving the transition areas. On approaching a transition area, cyclists must dismount at the verge of any lawn or grassy area on which a marked transition area is established and must push or carry the bicycle along the designated lane over the lawn past the electronic timing device and into the bicycle corral. All participants shall place equipment only in the bicycle or kayak corral and shall at all times keep their equipment confined to such properly designated areas. On leaving a transition area, each cyclist must push or carry her/his bicycle along the designated route over the lawn or grassy area past the electronic timing device and onto the asphalt driveway before mounting the bicycle.

*Bicycle Placement.* After completion of first leg of the cycling course and before beginning the running and kayaking segments of the race, each participant must place her/his bicycle in an upright position on the proper bicycle rack assigned to the participant's race number inside the bicycle corral.

*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.

*Glass Containers.* Any participant who brings any glass container into the transition area shall be disqualified.

## **Race Officiation**

The race officials at the Event shall consist of a Race Director, Marshals, and a Head Timer. The race officials shall conduct the Event in accordance with these Rules and shall uphold and enforce these Rules in an impartial manner. Beginning with the start of the Event and until all scores are finalized, the decisions of the Race Director are final and binding with respect to all competition matters pertaining to the Event.

*Race Director.* The Race Director shall be empowered to interpret and enforce these Rules; to supervise and control the general conduct of all participants, to require that a participant withdraw from the Event, and to intercede during a competition at any stage to ensure that the Rules are observed; to invoke and impose penalties for violations of these Rules; to make decisions on any point not specifically covered in these Rules; to instruct, direct, assign duties to, and delegate authority to all other race officials; to overrule any Marshal or other race official on any point of interpretation of these Rules, and to resolve differences of opinion between or among Marshals or other race officials; to examine the equipment or other items of any participant at any time to check compliance with these Rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized. The Race Director shall have the following duties and responsibilities: to wear distinctive clothing or other means of identification; to establish an officials' headquarters located near the finish of the Event; to process violations reported by Marshals diligently and as soon as possible and shall review every violation with the appropriate reporting Marshal; to determine the relative severity of any offense or violation; to assess an appropriate penalty; to submit all appropriate data which affect final results to the Head Timer for incorporation into final race results.

*Race Marshals.* Race Marshals will be assigned to the run, cycle, and kayak portions of the Event and to the transition areas and will follow all instructions of the Race Director. Race Marshals shall have jurisdiction over

all persons in their respective areas of assignment. Race Marshals shall enforce these Rules by reporting violations to the Race Director in writing. The Race Director, and not the Race Marshal, shall assess penalties. *Head Timer.* The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of official race results.