

Level Pebble Youth Triathlon

Hosted by the Flat Rock Community Center

Friday, August 19, 2022



DISTANCES:

100 or 200yd swim, 2- or 4-mile bike, 1.0- or 1.5-mile run

SCHEDULE:

Friday, August 19th:

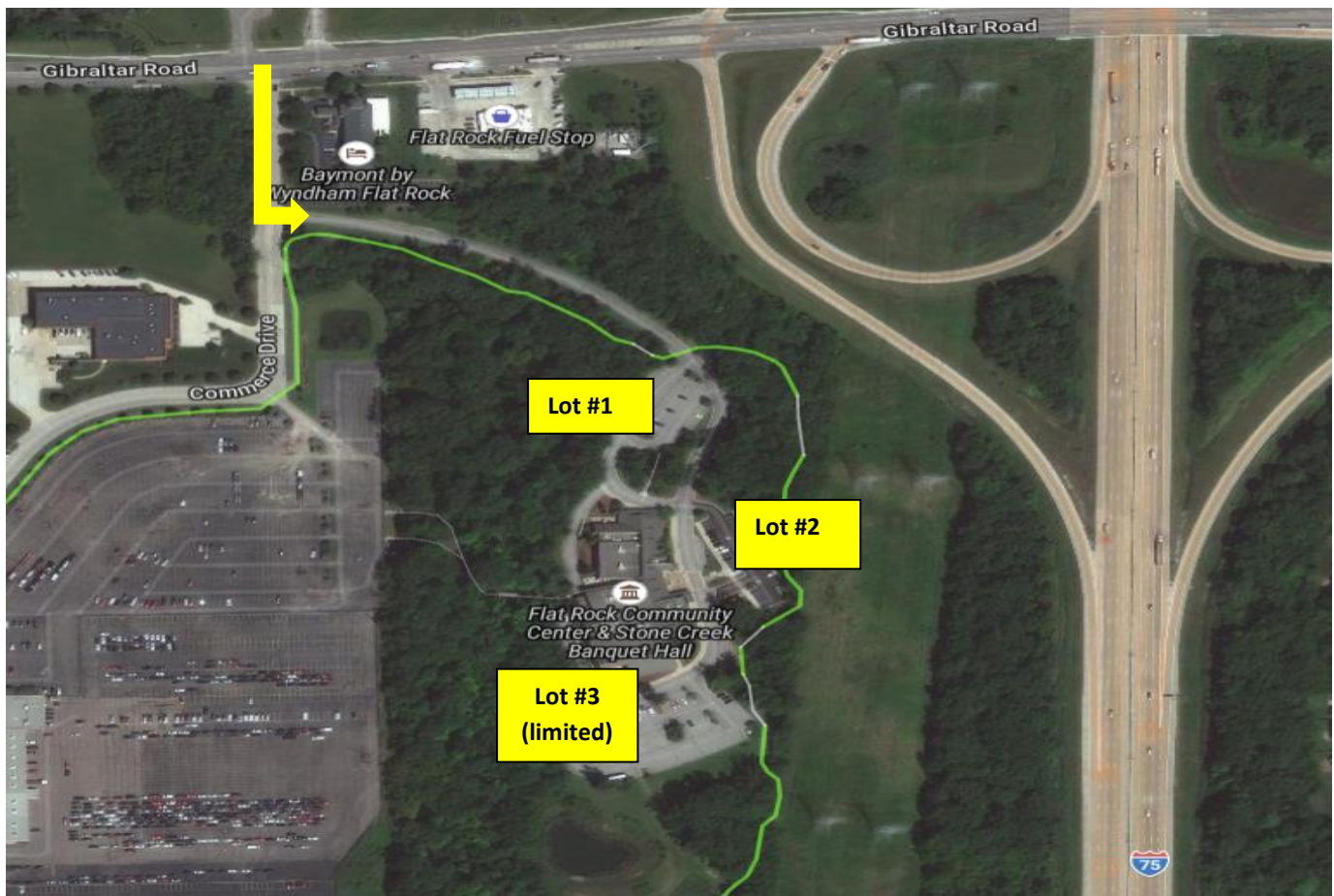
5:00 pm	Race registration, transition area opens, body marking.
5:45 pm	Transition closes; pre-race athlete meeting
6:00 pm	Triathlon time trial start

FINISHER AWARDS: ALL race participants will receive an award after crossing the finish line.

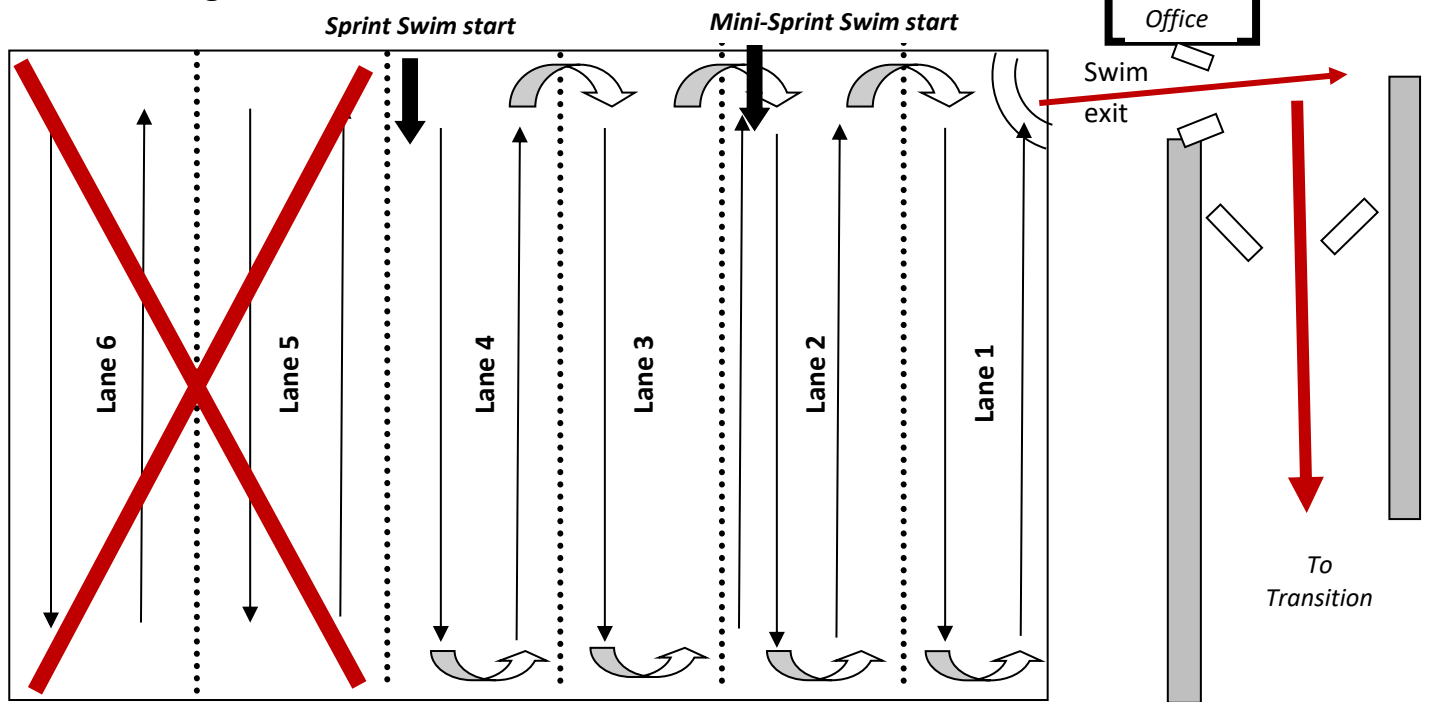
TIMING: Each race participant will be officially timed including all run, bike, and transition splits.
Results will be posted on <https://levelpebbletri.weebly.com/> and [webscorer.com](https://www.webscorer.com)

RACE LOCATION: Flat Rock Community Center (1 Maguire St., Flat Rock, MI 48134)

PARKING: Available in 1st or 2nd lots (limited parking in lot #3).



Triathlon Leg #1: 100 or 200yd Pool Swim



Swim participants will self-seed (fast → slow) according to 100-yard swim time. If you don't know your 100-yard swim time, please start near the back.

The "serpentine swim":

- 1) Begins in shallow end of Lane 4 or 2 with a time-trial start (one swimmer every 30 seconds).
- 2) Swim down the right side of the lane, and return alongside the other side of the same lane
- 3) Swim under lane line at shallow end and repeat until reaching the ladder of lane 1.
- * pass slower swimmers on the left and move back to the right side.
- 4) Immediately exit through doors outside to transition area.

SWIM REGULATIONS: Participants must move forward on their own (may hold lane line or the wall to break, but not pull themselves forward). Participants unable to complete the swim will be allowed to continue onto the bike leg but will not receive an official result or age-group award.

Transition Area:

Racers MUST wear helmets while in contact with their bike and walk bikes out of transition past the MOUNT LINE. For safety, no biking allowed inside transition. Race officials will enforce transition rules.



Bike Safety/Regulations:

- Helmet must be worn for the entire ride.
- Stay to the right side of path/road so that riders may pass you safely. Pass others on the left only when clear ahead (never on curved sections) and always talk ("passing on the left").
- Due to safety concerns, absolutely no side-by-side riding allowed on roads.
- If passing a competitor, you must actively pass the rider ahead.
- If you are passed by a competitor, you must drop before attempting to repass again.
- There may be light car traffic on Woodruff Rd. Please stay to the right when possible.
- Turns will be clearly marked with colored arrows.
- Listen to police, race officials, and volunteers who will help keep you on course!
- Failure to follow course directions may result in an unofficial race finish (not eligible for awards).

Level Pebble Bike Course:

Mini-Youth Sprint Bike Route: 2 Miles



Turn-by-turn directions: Exit transition onto grass path to Downriver Linked Greenways (DLG) bike path. Turn right along DLG bike path to Woodruff Rd. Turn right on Woodruff to PINK turn around. Return on Woodruff to bike path and return to transition. Helmet number (provided) must be worn on front of bike helmet. **Total: 2.0 miles**

This aerial map shows the Pebblebrook area. A blue line with red arrows indicates a travel route. The route begins at the top right near Smith Creek, proceeds south, then turns west, then south again, and finally west towards Silver Creek. Key locations labeled include Community Park, Huron Baptist Church, and Olmstead Rd. Highway markers for 2, 3, and 76 are visible.

Run #2

Distance: 1.0 or 1.5 Miles

