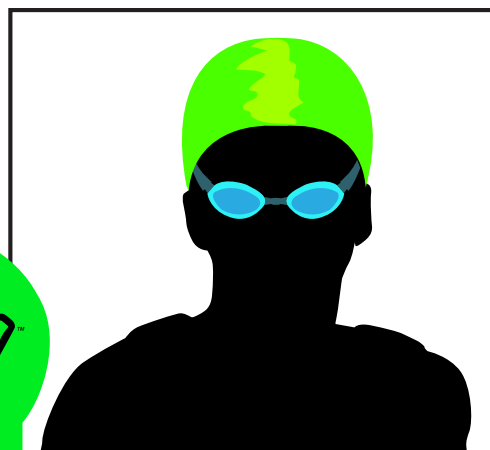


HOW TO WEAR YOUR NUMBERS

HOW TO PROPERLY WEAR YOUR RACE NUMBERS.

SWIM CAP All swimmers must wear the swim cap given to them in their packets. Each age group wave start is identified by the color cap they're wearing and highly visible in the water by our kayaks and lifeguards.



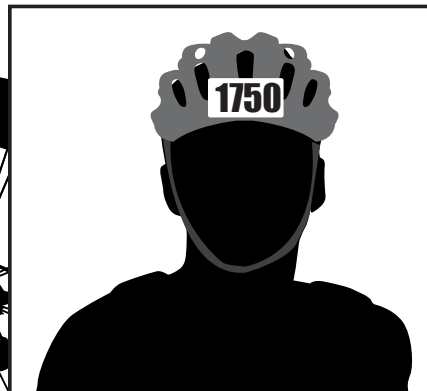
EVENT SWIM CAPS

HELMET STICKER

All athletes must wear a number (peel from sticker sheet) on the front of their bike helmet.

BIKE SEAT POST STICKER

All cyclists must adhere their bike seat post sticker (located on the sheet shown below) to their bike seat post. Wrap the entire piece around so it matches up and then press it together on itself. It should look the same on both sides.



HOW TO WEAR YOUR NUMBERS



ARM TATTOOS All participants must put their temporary arm tattoos on each arm going vertical from the shoulder down. When properly placed they should be slightly viewable from the front, not just the side. Be sure to read the instructions on the tattoos before applying. To remove use baby or olive oil.

RUN BIB NUMBER All runners must wear their run bib on the run portion of the event. It must be worn on the front and forward facing at all times. It can be pinned on with safety pins or worn around your waste with a race belt. It is not required on the swim or bike.

TIMING CHIP All athletes wishing to receive a time must wear a timing chip (with ankle strap) around their left ankle. The number on the top of the chip should match your race number.



TRIATHLON RUN BIB