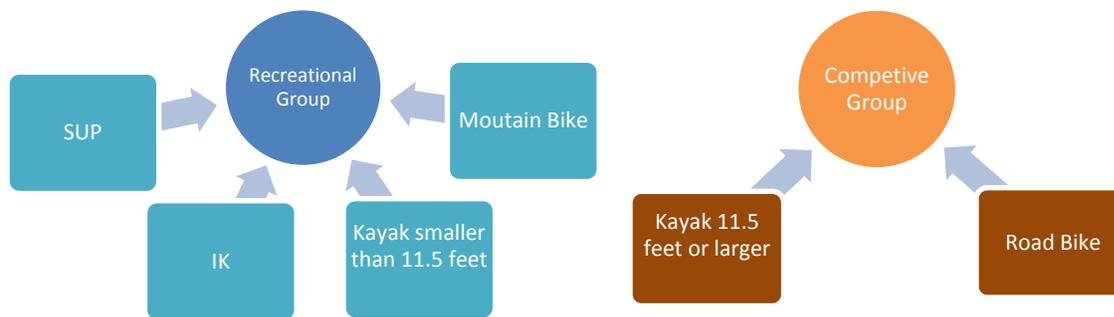


KERN RIVER FESTIVAL SPRINT TRIATHLON FREQUENTLY ASKED QUESTIONS

Where and when do I register?

Competitors may register either online at www.kernfestival.com or on-site at Riverside Park in Kernville on April 18 and 19th (there is also limited registration on the morning of the event, but please be nice to us and try to register before). Competitor who register online before April 16th get \$5 off the general registration price!

What Equipment Grouping Should I Enter?



I'd like to participate, but I don't have my bike or boat with me, what do I do?

What were you thinking?! Both [Sierra South Sports](#) and [Mountain & River Adventures](#) are offering special Festival Rates on the rental of IKs, SUPs, boats, and mountain bikes. Contact these outfitters directly.

I can run and bike, but I don't have whitewater experience, what can I do?

For safety reasons, you must have whitewater experience to participate in the paddling segment of the race. However... there are often paddlers looking for runners & bikers. Contact us early and we'll try to pair you with a paddling ringer!

My team member wants to do two of the three triathlon segments, is that okay?

Yes, teams can have 2 or 3 members.

Can I participate both as an individual and as a team at the same time?

Yes... we're all about participation. Go for it! You'll be given two bibs, one for your team race and one for your individual race. For scoring reasons, you can only do the bike segment for your team, hand-off

your team bib and continue on as an individual (wearing the individual bib). Please notify us in advance of your plans to compete as both.

Are there any special rules for the event?

Wear a PFD and helmet during the paddling segment. Wear a helmet and **don't draft** during the bike segment. Have fun!

For teams, how do we transition from one event to the next?

Once you reach the end of your segment, you remove your bib and pass it to your partner. Think of the bib as a baton that is passed-off in a relay race. It is okay to help your team members put the bib on, but you must wait for them in the transition area (in other words, you can't run ahead to meet them).

The bib is hot; do I have to wear it?

The bib must be clearly visible when you cross the finish line in the paddling segment (or we won't be able to score you). In the other two legs (run and bike) you don't have to wear it, but you must carry it.

Can I draft in the bike or boat segments?

No.

Can I wear headphones during the race?

No, while on the road, it's considered a safety hazard.

Is it okay if people help me during the race, for example give me water bottles, etc?

Nope, you're on your own – EXCEPT, your team members can help you put the bib on.

Where should my equipment be located before the race?

All boats should be at the put-in (just downstream of KR3 [SCE Powerhouse](#)) in the transition area **before** the racer's meeting. An attendant will be available at the put-in to instruct you.

All bikes should be in the transition area in [Riverside Park](#) **before** the racer's meeting. An attendant will be available in the transition area to direct you.

What do I do with my bib after the race?

Bibs are returned to the registration area (but, first pickup your bike from the transition area!).

I'm leaving my bike in the transition area during the run and paddle segments, how do I know it's secure?

Someone will attend the bike transition area until an hour after the race completes (or until all bikes have been returned). All bikes are tagged with a number which matches your bib, when you pick-up your bike you must show your matching bib number to the attendant and sign-out the bike. Disclaimer: Kern River Festival and its organizers are not responsible for loss of equipment.

When does the race start?

Racer's meeting is at 8am, followed by the race at 8:30 prompt. Drop off your boat at the Boating Transition Area (just downstream of KR3 [SCE Powerhouse](#)) **BEFORE** the boater's meeting.

When is the awards ceremony?

Right after the race... but, give us a few minutes to put the labels on the medals...

I still have questions, who do I ask?

Contact Donni, Judy or Dana at Sierra South Sports at 760-376-3745 or email festival@sierrasouth.com