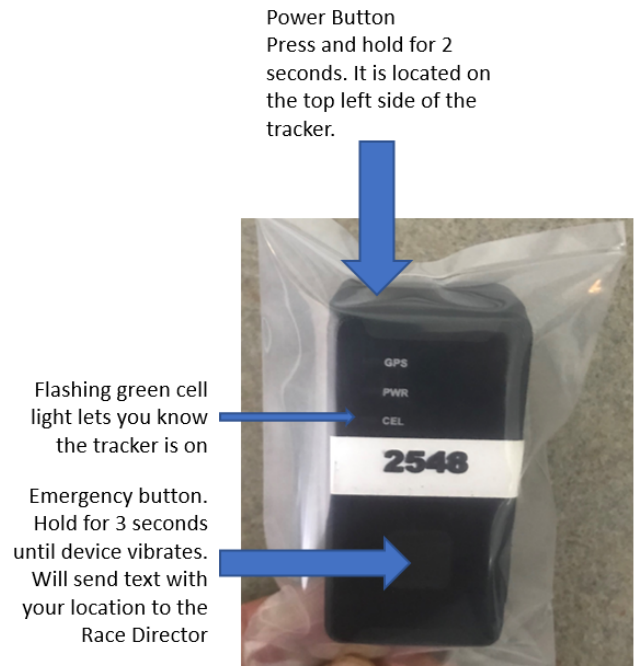


## Tracker Instructions

This event will use a GPS tracker to locate you along the course. Below are instructions on how to turn on and wear your tracker.

In some cases, your event organizer will have already turned your tracker on for you. You can tell if the tracker is already turned on if it has a green flashing light on the front. If the event organizer has instructed you to turn on your own tracker, follow these steps.

- Do not turn the tracker on until about 20 minutes before you start the event.
- Turn on the tracker in an area where you have cell service.
- Your tracker has been charged and is ready to use.
- Do not remove the tracker from the plastic bag. This helps waterproof/sweatproof it.
- To turn on your tracker, push the button on the top left. Hold it for about 2 seconds and then release it. The button is hard to see, but it is there.
- In a few seconds, blue, green, and red lights will flash. The green light will flash rapidly at first. When it slows to a steady flash that means tracking has started. The blue light (GPS) will come on occasionally which indicated that the GPS is working.



Keep tracker in bag

## Carrying the tracker

When you carry the tracker, it must have a clear view of the sky to ensure it can get a fix on your location and send your location to the tracking map. To ensure this:

- If you have a pack, place the tracker in a top outside pocket and make sure nothing covers it. Use a pocket that you will not go in and out of during the race to prevent accidentally dropping or losing the tracker.
- You can also tape the tracker to the shoulder strap of your pack. If you tape it near where the shoulder strap meets the pack, you will not notice it and it will be in a perfect location to track your progress.
- If you are using a handheld water bottle, you can tape the tracker to the backside of the hand strap so it sits on the back of your hand.
- For bike events, you can put the tracker in your jersey pocket.
- For multisport events with belt, make sure the tracker is located on your back so visible to the sky during the swim and bike.
- Do not place the tracker in the bottom of a bag.
- Do not place the tracker in a pant pocket.
- Watch a video here to see how to turn on the tracker and carry it correctly: [https://youtu.be/XJe\\_yD42kts](https://youtu.be/XJe_yD42kts)

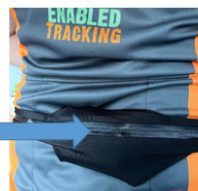
Use electrical tape to attach the tracker to the shoulder strap of your pack



Place in outside pocket that you won't need to access during the event



Belt



Bike jersey pocket

