

2009 WHITE LAKE HALF II

EVENT INFORMATION

Start Time: 7:00 AM

Packet Pick-Up:

Beginning in 2009, packet pick-up will be located in a new location. Packet pick-up is now in the new dining hall – located directly across from the covered pavilion down near the lake.

Friday, May 8th (2:00 PM – 7:30 PM) @ race site

Saturday, May 9th (5:00 AM – 6:00 AM) @ race site

NOTE: Photo ID mandatory in order to pick up race packet. All relay team members must pick up their own packets.

USAT Members:

USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up, will be required to pay the USAT one-day fee of \$10

Set Up Events – Going Green:

As part of our new initiative in 2009 to “go green”, we’re doing two things.

- 1) You will not be receiving a stuffed race packet at packet pick-up. We will provide you with a drawstring bag at packet pick-up for you to insert your race numbers, t-shirt, and swim cap. We will also have a table at the end of packet pick-up that will contain handouts and merchandise (HammerGel) from some of our loyal sponsors. We urge you to stop at that table and see what merchandise and valuable offers might be available to you. As a result of this new packet procedure, we will not be providing you with the printed event information sheets (this information). This means that you will not receive the course maps in your packet. Consequently, if you want to have printed course maps with you at the event, please print those off our website and bring them with you.
- 2) You will notice two large Waste Management Recycling bins. These bins will be placed at the covered pavilion where all the refreshments will be served. The purpose of these containers is to collect the thousands of plastic water bottles and aluminum soda cans that will be generated. One will be marked “Aluminum Cans” and the other will be marked “Plastic Bottles”. Please work with us and deposit the cans and plastic bottles in these containers, and ONLY cans and bottles. These are not dumpsters for trash.

Medical Form:

Please make sure you fill out the medical form and have it with you when you show up at packet pick-up. Turning in this form is mandatory – before you receive your race packet. If you don’t bring it with you (already filled out) – this will be one more thing you’ll have to do at packet pick-up. The medical form now appears as a separate link on the NCTS homepage – and also as a link on the White Lake Half race page.

Parking:

Participants may park in the designated parking lots – immediately adjacent to the transition area inside the grounds of the North Carolina FFA Center. When the FFA Center has been filled - parking volunteers will direct you to additional parking areas outside the FFA grounds. This additional parking is along Hwy 53 – west of the FFA Center.

NOTE: If you park inside the FFA center grounds – you will not be allowed to leave before 1:00 PM.

People Arriving on Race Day:

If you decide to arrive on race morning – you will be greeted by a volunteer at the front gate of the FFA Center. At the front gate – we will have an alpha list of all participants. Check that list – find your race number – go ahead and rack your bike in the transition area - then proceed to packet pick-up. We strongly suggest that if you decide to show up on race morning – you plan to arrive early. If you arrive late and have to stand in line at packet pick-up – don’t blame us if you have to wait to get your race packet.

Bike Check-In:

We will provide people with the OPTION of checking their bike into the transition area on Friday. Check-in will begin at 4PM. The White Lake Police Dept. will be monitoring the transition area from 4PM until 5AM on Saturday. If you do not want to leave your bike

and gear in the T.A. overnight, that's your choice. Bike check-in consists of simply racking your bike in your designated numbered bike rack location. There is no inspection process associated with Bike Check-in.

Body Marking:

All participants must be marked at the body marking area – located under the covered pavilion next to the lake and directly across from packet pick-up. Body marking will begin at 5:15 AM on race day.

ChampionChip Timing:

This race will be timed using the ChampionChip timing method. Please make sure you read the ChampionChip timing instruction sheet posted as a separate link on our website (NCTS homepage and event page). All participants will be issued a ChampionChip timing chip on race morning. Chips will be distributed on race morning at the green tent located under the covered pavilion next to the lake and directly across from packet pick-up. Chip distribution will begin at 5:15 AM on race day.

NOTE: You must have your run number in order to pick up your timing chip.

Dogs:

The North Carolina FFA Center does not allow dogs on their grounds. If you have a dog, you will be asked to leave the grounds.

Alcoholic Beverages:

The North Carolina FFA Center prohibits alcoholic beverages on their grounds.

Pre-Race Instructions/Meeting:

A pre-race meeting will be held at the race site at 6:00 PM on Friday (5/8). This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. Do not expect any instructions to be given on race morning at the swim start. This 6:00 PM meeting will be held under the covered pavilion next to the lake and directly across from packet pick-up.

Spectator Access During Race:

Once the race starts, nobody will be allowed through either of the front two gates to the FFA Center grounds. Please make sure any spectators know that their access into and out of the FFA Center property will be through the side entrance – located on the left side of the property (as you face the lake) all the way towards the lake – next to the lodge. This side gate is accessible from Clinton Rd. – which is the street that is immediately to the left (facing the lake) of the FFA Center property. Arriving spectators need to go to Clinton Rd. – walk down Clinton Rd. to the end – and enter through that side gate.

Spectator Food & Beverage:

Please make sure that all spectators know that Papa Bear catering will be selling food and drinks. The food and drinks located under the covered pavilion are for participants and volunteers only. Papa Bear Catering will be set up alongside the covered pavilion. Please help us out with this. We want to make sure that we have enough food and drinks for all participants and volunteers.

Merchandise Expo:

The merchandise expo will be located in the new dining hall – same location as packet pick-up.

Inside-Out Sports will be represented as well as our own Set Up Events merchandise. Included in this assortment will be new White Lake logo'd merchandise, Set Up Events logo'd merchandise, and NCTS logo'd merchandise. We will also have literally thousands of new race shirts and sweatshirts dating back to events from the late 90s. If you have a favorite event shirt that was lost or just wore out, this might be the place you can find a replacement. In addition to that, the bargains are not to be believed. We'll be selling much of this "old, but new" merchandise for bargain basement prices. This includes hundreds of performance (technical) shirts from 2007 and 2008 events.

Also, for the first time, we'll be able to process credit card transactions at the merchandise tent, so it won't be necessary to bring cash – although cash will certainly be accepted.

The merchandise tent will be open during the following hours:

Friday: 2PM – 8PM
Saturday: 5AM – 4PM
Saturday: 6PM – 8PM
Sunday: 6AM - Noon

Awards:

The awards ceremony is scheduled for 3:00 PM. If you can not attend the awards ceremony, please have someone pick up your award. We will not mail out awards.

Results:

Results will be posted continuously during the day beginning about an hour after the first finisher. Results will be displayed at the blue triangular shaped “kiosk” that will be set up under the covered pavilion where the post race refreshments will be served. We will update results every half hour. Complete results including splits will be posted on the Internet by 9:00 PM, Monday, May 11th - Website address: www.setupevents.com.

Transition Area:

- ◆ All participants will have a specific numbered bike rack location. Find your numbered bike rack and then find your specific space on that rack. You’ll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number.
- ◆ Participants may rack their bikes in the transition area on Friday beginning at 4PM. We will have police on duty from 4PM on Friday until 5AM on race morning.
- ◆ Participants only in the transition area.
- ◆ Only the race participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment.
- ◆ It is a USAT rule that if you ride your bike up to the transition area prior to the race – you must be wearing your bike helmet.
- ◆ Two Wheeler Dealer will be providing bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.
- ◆ During the race, if you’re a participant and you need to get into the T.A. after you have finished racing, please use the designated “Transition Area Entrance/Exit”. The transition areas entrances and exits are now clearly identified through the use of inflatable. If you are not racing, DO NOT enter or exit the T.A. through the “Swim Finish”, “Run Start”, “Bike Start”, or “Bike Finish” inflatable arches.

Swim:

- ◆ Swim diagram is available on the White Lake Half I event page on our website.
- ◆ This will be an “in-water” start – located at the end of the “left-side” pier.
- ◆ Water temperature will be posted on the website by 9PM on Thursday night. (USAT wetsuit rules will apply)
- ◆ The finish will be at the end of the “right-side” pier. Swimmers will exit at the wooden ladders at the end of the pier.
- ◆ Be prepared to be at the swim start no later than 6:45 AM
- ◆ Swim caps have been provided and must be worn.
- ◆ If you need assistance during the swim - roll over on your back and put your hand in the air
- ◆ If you need to hang on to a watercraft during the swim – please make sure you are not hanging on to one of the motorized safety boats. You may hang on to one of the kayaks, canoes, or surfboards without penalty – however if you hang on to the side of one of the motorized watercraft – you will be taken out of the water and disqualified.
- ◆ There will a number of port-a-johns located on the way to the transition area. There will be a location before you get to the port-a-johns to place any of your personal items – should you need to change. Use the port-a-johns if you need to make a complete change of clothing. Most of us would prefer not to see any naked triathletes running around in the transition area.

2009 White Lake Half 2 WAVE START

<u>Wave</u>	<u>Group</u>	<u>Start Time</u>	<u>Cap Color</u>
1	Open Males, Open Females, Masters Open Males, Masters Open Females	7:00 AM	Royal (black)
2	Men 35 – 39	7:05 AM	White
3	Men 25 – 29, 30 - 34	7:10 AM	Navy
4	Men 40 - 44 Clydesdales	7:15 AM	Yellow
5	Women 34 & Under	7:20 AM	Sky Blue

6	Men 24 & Under, 45 – 49	7:25 AM	Forest Green
7	Women 35 – 39, 40 - 44	7:30 AM	Purple
8	Men 50 & Over Masters Clydesdales	7:35 AM	Silver
9	Women 45 & Over Athenas	7:40 AM	Royal (white)
10	Novice Men & Novice Women Masters Novice Men & Masters Novice Women Relay Teams	7:45 AM	Neon Green

Bike:

- ◆ Bike course map is available on the White Lake Half event page on our website.
- ◆ NO DRAFTING! USAT officials will be on the course.
- ◆ Hard shell helmets must be worn and helmets must be fastened before mounting your bike.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Two Wheeler Dealer will be providing pre-race tech support.
- ◆ Two Wheeler Dealer will be providing two “Sag” vehicles on the course during the race.
- ◆ Bike frame numbers that are provided must be attached to either the top tube or the rear tube of the bike near the handlebars.
- ◆ Helmet numbers must be attached to the front of your helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ Police and volunteers will be present at all corners. Police will also be patrolling the course.
- ◆ All turns will be marked with bright orange signs (w/blue arrows), and orange spray chalk arrows on the pavement.
- ◆ Mile points will be marked in orange spray chalk on the road (Miles 5,10,15,20,25,30,35,40,45,50)
- ◆ Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.
- ◆ Water bottle handoff locations will be located at mile 18, mile 31, and mile 45. Water only – “factory” packaged Deer Park water.
- ◆ Please make sure you drop empty water bottles ONLY at the water bottle handoff locations. Also, do not throw any trash on the bike course – this will result in a DQ. Any bottles dropped at the water handoff locations will not be returned to you.

Bike Course Description:

- This is a 56-mile loop with virtually no hills. The first 4 miles on Hwy 53 and Lake Rd. takes you through "downtown White Lake" on excellent paved surfaces.
- At Hwy 41 - cyclists will turn right and go 8 miles on excellent paved road surface.
- At Hwy 210 - cyclists will turn right for a 20-mile stretch down Hwy 210. This road surface is excellent. This is the portion of the ride where you will probably have the wind in your face - unless something unusual happens.
- At Hwy 53 - cyclists will turn right and go 5 miles to Over Lyon Rd.
- At Over Lyon Rd. - cyclists will turn right and ride down Over Lyon Rd. until it dead-ends into a cul-de-sac. The cul-de-sac will provide a wide area to make your turn-around for the two miles back to Hwy 53. This will be the roughest road surface you will encounter. This section is necessary to get the 56-mile distance.
- At Hwy 53 - cyclists will turn right for the 15 miles back to the FFA Center. This road surface is pretty good.
- Traffic on the entire bike course will be light - especially the 20-mile stretch on Hwy 210 – however be aware that the course will not be closed to vehicular traffic. You must be careful and alert at all times.

Run Course:

- ◆ Run course map is available on the White Lake Half event page on our website.
- ◆ NOTE: This is a new run course for 2009. The new course takes you 6.5 miles around the lake and then back.
- ◆ Large NC DOT cones will be used to separate vehicular traffic from runners. The cones will be placed on the solid white line that denotes the bike lane. The bike lane is approx. 3-4 feet wide, but has a flat grassy strip that runs along side of it - offering runners plenty of room to pass oncoming runners. It is mandatory that you stay inside these traffic cones. Failure to do so will result in a severe penalty imposed by the USAT officials.
- ◆ You must wear the race number (with the pull tag) that is provided.
- ◆ Your run number must be visible on the front of your body when you cross the finish line (2 minute penalty if it's not)
- ◆ All mile points will be marked (mile 1 – 12)
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ We will have a chip timing mat at the turn-around point.

- ◆ When you approach the finish line you will cross over some timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.

Run Course Aid Stations:

- 1) Aid stations will be located every mile.
- 2) The aid stations are set up to handle two-way traffic - as participants will go by each station twice.
- 3) All aid stations will be stocked with the following: water, Heed, flat Coke, ice, HammerGel, E-Caps, oranges, salty snacks, Hammer Nutrition energy bars, and cold hand towels.
- 4) If you take a towel and run with it – please deposit it at the next aid station. Don't throw it on the ground as our volunteers will have to pick them all up. There will be a place for you to throw them at each aid station.
- 5) Each aid station will have a port-a-let and first aid kits.
- 6) PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.

Relay Teams:

- ◆ Both tags will be made at your designated bike rack location.
- ◆ Make sure that each relay team member transfers the Velcro ankle band containing the timing chip.

Post Race Refreshments:

“Papa Bears” Catering will be on hand to serve all participants after the race. We will also have soft drinks, water, bananas, oranges, and a variety of cookies, candy, and salty snacks. All food and drinks are free to all participants. Refreshments will be served under the covered pavilion down near the lake.