

# 2010 Lake Logan Triathlon Festival

## Featuring the USAT Aquathon Mid-Atlantic Regional Championship

### OFFICIAL EVENT DETAILS



#### Arrival Time

Arrive at event site no later than 5:45 AM for the International event on Saturday and 6:15 AM for the Sprint and Aquathon events on Sunday. Make certain you arrive in plenty of time. Incoming traffic on the two-lane road will be very heavy.

#### Parking

There will be ample parking available at event site. Participants will park on the large grass airstrip just over the bridge on the left, past the entrance to the transition area. This is a short walk from the TA and the event finish. Volunteers will be on hand event morning to direct you to the proper parking locations. There will be NO parking allowed in the area near the transition area or on the side of the roadways adjacent to the event site. **Any cars parked along the side of the road will be towed. Equipment drop-offs are not allowed.** Please proceed directly to the parking area upon arriving at the event site.

#### Packet Pick-Up/Registration

Friday, August 6, 2010 4:00PM – 7:00PM @ Haywood Regional Health & Fitness Center  
74 Leroy George Drive Clyde, NC 28721

#### *International, Sprint and Aquathon Events*

Saturday, August 7, 2010 5:15 AM – 6:30 AM @ Event Site  
154 Suncrest Mill Road  
Canton, NC 28716

#### *International Event Only*

Saturday, August 7, 2010 3:00 PM – 6:00 PM @ Event Site  
*Sprint and Aquathon Events*

Sunday, August 8, 2010 5:45 AM – 7:00 AM @ Event Site  
*Sprint and Aquathon Events*

#### Body Marking

All participants must be marked at the body marking area – located on the tennis courts near the transition area. Body marking will begin at 5:30 AM for the International event and 6:30 AM for the Sprint and Aquathon events.

#### Timing System

This will be a ChampionChip timed event. You must collect your timing chip on event morning at the orange timing chip tent located on the tennis courts near the transition area. You must show your run bib in order to collect your chip. Failure to collect and wear your timing chip will result in DQ. **If you do not return your timing chip to the finish line you will be charged a \$30 replacement fee. YOU WILL RECEIVE 5 SPLITS (Swim, T1, Bike, T2 and Run). Aquathon athletes will receive 3 splits (Swim, Transition, and Run)**

#### Cut off Times

The timing systems and finish line for the International event will close 4 hours after the start of the final wave.

The timing systems and finish line for the Sprint and Aquathon events will close 2 hours 15 minutes after the start of the final wave.

#### Transition Area:

- ◆ No bike storage the night before the event.
- ◆ Participants only in the transition area.
- ◆ No glass inside the transition area.

- ◆ Bike rack assignments will be made – look for your numbered rack. Rack anywhere on your numbered rack
- ◆ 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. The mount/dismount line will be at the main road as soon as you reach the pavement.
- ◆ Bike tech support will be provided the morning of the event near the transition area.

### Swim:

- ◆ The swim diagram is found on the Set Up Events web site.
- ◆ The International and Aquathon events will swim a clockwise 1500 meter rectangle course.
- ◆ The Sprint event will swim a clockwise 500 meter rectangular course.
- ◆ All races will be an in-water start at the dock.
- ◆ The water temperature will be taken race morning to determine if wetsuits will be legal.
- ◆ There will be a variety of watercraft on the swim course during the swim. If you feel it's necessary and you need some assistance, wave your hand above your head.
- ◆ All athletes will finish the swim by swimming beneath the roadway bridge and into the mouth of the river feeding the lake. This is where athletes will exit the water and run a short distance into the transition area. It should be noted that the water past the bridge is much cooler than the water in the lake.
- ◆ You must wear your swim cap provided at packet pick up.

### Bike:

- ◆ Bike course map is available on the Lake Logan event page on our website.
- ◆ The bike course will be well marked with orange pavement arrows on the pavement at all turns, as well as bright neon orange signs (with blue arrows).
- ◆ Mileage points will be marked on the pavement in orange spray chalk (5, 10, 15, and 20 miles).
- ◆ This course is open to vehicular traffic – BE ALERT! Traffic is typically very light on event day but please be aware there will be traffic. Police and firemen will be positioned on the course to stop vehicular traffic where necessary.
- ◆ There will be one water bottle handoff location on the International course only – at the 11.7 mile mark (Water).
- ◆ No drafting! Drafting will be enforced! USAT officials will be on site
- ◆ Hard shell helmets must be worn and helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Bike frame numbers that are provided must be attached to your bike and must be visible at all times on the bike.
- ◆ Helmet number must be affixed to the front of your bike helmet.
- ◆ There are plenty of volunteers and public safety officers along the course but it is your responsibility to know the course.
- ◆ You will have to walk/run your bike to the Bike Out sign at the Transition Area entrance before mounting. You will have to dismount at the entrance to the Transition Area upon completing the bike leg. There is a short 50 yard run to the pavement before you may mount your bike and a short 50 yard run back to TA once you dismount your bike. This run is on grass.

### Run:

- ◆ Run course map is available on the Lake Logan event page on our website.
- ◆ Athletes **MUST** run on the left hand side of the road at all times during the run (Into traffic). Failure to do so = DQ!
- ◆ Each mile will be marked (1,2,3,4, and 5)
- ◆ You must wear the event number (with the pull tag) that is provided – **ON YOUR FRONT**. Failure to have your run number displayed clearly on the front of your body as you cross the finish line will result in a two-minute penalty.
- ◆ Aid stations will be located approximately every mile.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ This is an out and back run. 5K out and 5K back for the International and 1.55 miles out and 1.55 miles back for the Sprint and Aquathon. Run number verification will take place at the turnaround.

### Relay Teams:

- ◆ Swimmers will tag bikers at the bike rack. The timing chip exchange will take place at this point.
- ◆ Bikers will tag runners at the bike rack. The second timing chip exchange will take place at this point.

**Awards:** Award presentations will begin immediately after the last finisher completes the event. You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out. We expect the awards ceremony to begin at 11:00 AM for the International event and 10:00 AM for the Sprint and Aquathlon events at the gazebo near the transition area.

**Results:** We will do our best to have the International results online Saturday afternoon. The Sprint and Aquathlon results will be posted Sunday evening.. (**Web site address: [www.setupevents.com](http://www.setupevents.com)**)

**HAVE A GREAT TIME!**



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TRIATHLON DEVELOPMENT SERIES