



Dear Athlete:

Welcome to the inaugural Shenandoah Valley Sprint Triathlon!

On behalf of the Town of Luray, Page County, Luray-Page County Chamber of Commerce, Luray Downtown Initiative, United Way of Page County, EnduranceWorks, LLC and Set Up Events, we are **very** excited to welcome you to the Shenandoah Valley and Lake Arrowhead! Be sure to come into town the day before your race to get your race packet and check out the town as they really roll out the red carpet for the triathlon.

Please read this in its entirety, as it contains important race day information.

Finally, please remember to thank the volunteers on race day – they make the race!!!!

Train safe and see you soon!

David Glover, Race Producer
EnduranceWorks, LLC

Glenn Cook, Race Director
Set Up Events

Schedule of Events for Race Weekend

Date	Time	Event	Location
Fri 6/4	3-7 PM	Packet pickup	Appalachian Outdoors Adventures
	3 PM	Volunteer meeting (optional)	Modern Woodmen shelter at lake
	4 PM	Athlete Q&A with David Glover (optional)	Modern Woodmen shelter at lake
Sat 6/5	6 AM	Volunteer check in	Modern Woodmen shelter at lake
	6 -7:30 AM	Packet pickup	Modern Woodmen shelter at lake
	6-7:45 AM	Transition area open	Next to Ruritan Shelter at lake
	7:30 AM	Open water swim "pep talk"	Lakeside near boat ramp
	7:45 AM	Mandatory pre-race meeting	Lakeside near boat ramp
	8 AM	Race starts	In water start near boat ramp
	9:15 AM	First finisher	Near Modern Woodmen shelter at lake
11 AM	Awards ceremony	Ruritan shelter at lake	

Addresses of locations:

Appalachian Outdoors Adventures
(Packet pick up the day before race)
18 East Main St
Luray, VA 22835

Lake Arrowhead Park
(Race site, race day packet pick up)
265 Lake Arrowhead Rd
Luray, VA 22835

See www.setupevents.com for course maps and directions to the lake.

Triathlon Specifics

Arrival Time: Plan to arrive at Lake Arrowhead Park **no later than 7:00 AM** on race morning. **You will rack your bike on race morning.**

Packet Pick-Up:

- * Sat: 3-7 PM at Appalachian Outdoors Adventures (18 East Main St., Luray)
- * Sun: 6-7:30 AM at Lake Arrowhead (Modern Woodmen shelter)

NOTE: Photo ID is required to pick up your race packet. All relay team members must pick up their own race packet. NO PHOTO ID = NO PACKET = NO RACE

Race Start: The race will start in waves in the water near the boat ramp beginning at 8:00 AM on Sunday:

<u>Wave</u>	<u>Start</u>	<u>Swim Cap</u>	<u>Category</u>
Wave 1	8:00	Red	Men 39 and Under, Clyde/MC
Wave 2	8:04	Sky Blue	Women 39 and Under, Athena
Wave 3	8:08	Light Green	Men 40+, Novice Men
Wave 4	8:12	Purple	Women 40+, Novice Women, Relays

Body Marking: All participants must be body marked. Body marking will take place near the Modern Woodmen shelter (site of race day packet pick up) beginning at 6:00 AM.

Open Water Swim Pep Talk: Margaret “Mei Mei” Connor, Open Water Swimming Instructor, will give a special open water swim talk at 7:30 AM by the boat ramp. If you have any anxiety or questions about open water swimming, this is a great talk to attend!

Pre-Race Instruction Meeting: Important instructions will be given at 7:45 a.m. at the swim start. Please plan to be there. This meeting is mandatory.

Photo ID Required: Please remember that you will be required to show a photo ID in order to pick up your race packet. This is a USA Triathlon requirement. **It's very simple; no photo ID – no race.** Parents will need to accompany children under age 18. Every participant will be required to pick up his/her own race packet. This includes all relay team members.

ChampionChip Timing: This race will be timed using the Champion Chip timing method. Please make sure you read the Champion Chip timing instruction sheet available online. **All participants will be issued a Champion Chip timing chip on race morning.** Chips will be distributed on race morning next to packet pick up by the Modern Woodmen shelter. Please wear your timing chip on your left leg (away from chain side of bike). *** NOTE: You must have your run number with you in order to pick up your timing chip***

Course Maps: Course maps are available online on the race page.

Transition Area: The transition area will close 20 minutes before race start.

- The transition area is located in the grassy area above the stairs that climb up from the lake between Ruritan and Lion's shelters.
- Find your numbered bike rack and place your bike on the rack: 6 bikes per rack with 3 bikes per side. This works best when people alternate sides.
- No glass containers inside the transition area.
- **No bike storage the night before the race.** You will rack your bike on race morning in the transition area.
- **Participants only in the transition area.**
- Only the race participant will be allowed to remove his/her bike from the transition area.

Swim: Swim diagrams are available online.

- You will swim one loop in a clockwise direction - the buoys will be on your right at all times. Yellow buoys are the turn buoys. Orange buoys are for sighting.
- The water temperature for Lake Arrowhead was 74F on 5/29 and is expected to be mid to high 70's on race day. USA Triathlon guidelines regarding wetsuits will be followed:
 - For water temperatures above 78F up to 84F, wetsuits are permitted, but individuals wearing wetsuits are not eligible for age group or overall awards.
 - Wetsuits not permitted if water temperature >84F.
 - ***Please do not contact us about water temperature before the race.*** We will post preliminary water temperatures on the race websites (www.luraytriathlon.com and www.setupevents.com) the week of the race, but the final decision will be made on race morning by the Head USAT Official.
- If for any reason you are having difficulty, roll on to your back and wave a hand in the air. A boat will come by to assist you. You will not be disqualified if you hang on a boat to rest. If you get on the boat, you are coming in.
- This is a wave start swim with approximately 100 athletes per wave. Times will be posted at packet pickup.

Bike:

- Lollipop shaped bike course (single loop).
- Bike course maps are available online.
- The course will be marked with orange spray chalk arrows and directional signs at the turns.
- ***Hard shell helmets must be worn and must be fastened before leaving the transition area and whenever you are on your bike (including warm up!)***
- ***No drafting!*** Draft Marshals will be on the course and drafting will be enforced!
- ***No headphones, earphones or any radio-type devices are allowed.***
- ***No blocking!*** Always stay to the right to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided go on the top tube of the bike near the handlebars. Helmet numbers provided must be affixed to the front of your helmet.
- Police will be positioned at the appropriate corners to stop traffic. Volunteers will be at all corners wearing orange vests and holding orange flags. It is ultimately your responsibility to know the course.
- ***This bike course will be open to traffic – BE ALERT and BE CAREFUL!*** Minimal traffic is expected on race day, but always be alert.
- Please note that there will be no aid stations on the bike course. Water will be available in transition area if you need to fill your water bottles.

Run:

- Out and back run course.
- Run course maps are available online.
- The course will be well marked. There will be directional signs at every turn on the run course. Look for these directional signs. They are yellow with black arrows. Simple rule of thumb: If you don't see one of these directional signs – keep going straight.
- Aid stations will be located at the beginning of the run and approximately every mile. There will be water approximately every mile on the run course.
- ***No headphones, earphones or any radio-type devices are allowed.***
- The run is on paved roads. The road section will NOT be closed to traffic, however we expect it to be very light. ***Please stay alert, run on the left side of the road facing traffic and move to the side if a car comes by.***

Relay Teams:

- Each relay team will be give one time chip to be worn by the swimmer at the start of the swim.

- The swimmer will transfer the team's timing chip to the biker at their designated bike rack location in the transition area.
 - The biker will transfer the team's timing chip to the runner at the same location – your designated bike rack location in the transition area.
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General Information

Parking: All participants will park in the lot down near the lake. Just follow the directions of our parking volunteers on race morning.

Spectator Viewing: There are plenty of places to view the swim start, transitions and finish in the park. We encourage you to stay within the park during the race to minimize congestion on the course.

Meals in town: Local Restaurants will be offering special pre-race pasta meals for athletes on Friday night. Be sure to check out specials at places like the Victorian Inn (www.woodruffinns.com), Mimslyn Inn (www.mimslyninn.com).

Benefiting Local Organization: Each year, in appreciation for the support of the local Luray and Page County communities in hosting the event, the triathlon gives back a portion of the race proceeds to benefit the local communities. In 2010, the Page County Chapter of the United Way will once again be the primary beneficiary.

Hotel Information: Please see the website (www.luraytriathlon.com) for lodging options or contact the Luray-Page County Chamber of Commerce for help with finding a hotel, campsite or cabin: 540-743-3915 or 1-888-743-3915 or visit them at: www.luraypage.com.

Weather: The race will be held regardless of the weather conditions. Please plan accordingly.

Weekend Entertainment: Live music will be playing next to the transition area all morning.

If you're in town for the weekend, the Café Society Band will be playing from 5 PM to 7 PM on Saturday night on the Ruffner Plaza in downtown Luray (FREE). Main Street Singers present "Great Songs from the 20s, 30s, & 40s" at the BB&T Center for the Performing Arts on Friday and Saturday at 7:30 PM.

For more information about these events and other events this weekend, please visit www.luraypage.com or call: 888-743-3915.

Food and Drink for Athletes, Volunteers and Spectators: A variety of free food and drinks will be offered to athletes and volunteers after the race including: peanut butter and jelly sandwiches, pretzels, potato chips, apples, bananas, oranges, cookies, Gatorade, sodas, water etc.

Volunteers will also be selling food and drinks to spectators and athletes as a fundraiser for the United Way of Page County. Food includes: grilled chicken, hamburgers, Gatorade, sodas, etc.

Race Photographs: Jenny Ruley Photography (www.jennyruleyphotography.com) will be the official race photographer this year.

Awards Ceremony: The awards ceremony will be held at the Ruritan shelter at Lake Arrowhead immediately following the last athlete crossing the finish line, estimated to be about 11 AM.

If you can't be present to collect your award, please make arrangements to have someone pick it up for you. Awards can be mailed out afterwards but there will be a \$20 shipping and handling charge.

Results: Complete results with splits will be online at www.setupevents.com by Monday at 9PM.

Missing Gear: Should you misplace a helmet, wetsuit, etc, and we have it, there will be a \$20 shipping and handling charge to send it back to you.

Of course, a very special thanks to all our Triathlon partners!



See www.luraytriathlon.com and www.setupevents.com for links to all our race partners...