



# OFFICIAL RACE GUIDE

Sunday, May 22, 2022

Grande Hills Estates



# WELCOME BACK!

## Welcome to the final edition of the Crawfishman Triathlon at Grande Hills Estates!

Thank you for joining us for the last dance, the swan song, the final edition of the Crawfishman Triathlon at Grande Hills Estates. Started in the early 80's, this race has taken many shapes over the years. It has been a sprint series, a long distance race that once was a qualifier for Kona, and has called many venues home.

Which brings us to this year and the final edition. After many generous years of allowing us to use their property for our parking lot, our friends have begun construction on their dream home. Coupled with the construction of other homes in the neighborhood we will no longer have a place for parking after this year's race. We are so grateful to everyone at Grande Hills Estates for allowing us to use their property for parking, their roads and lake for our race course, and especially to Christina and Dion McKinley for being the host of the race.

While our days of sprint triathlon sunset in 2022, FRESHJUNKIE Racing (FJR) is committed to providing exceptional endurance experiences across the south. Please check out the race calendar on the last page to see the many incredible places we produce events.

We can't wait to see you on Race Day and celebrate this final edition with you.

## MEET THE KREWE

### Event Organizing Committee:

Ray Castle : Medical Director

Emily Saucier : Volunteer Director

Jonathan 'Juba' Dziuba : Managing Director

Craig Sweeney : Strategic Partnerships

Patrick Fellows : Venue/Finish Director

Nan Urban : Communications/Athlete Services

Patrick O'Brien : Race Director

Mike Wattigny : Marketing/Creative Director

Matt Peralta: Logistics Director

Diane Weiss : Registration Director

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# CHARITY PARTNERS

The Crawfishman Triathlon and FRESHJUNKIE Racing are proud to support Ainsley's Angels through the Run Gulf Coast Fund.



## EVENT SCHEDULE

### Saturday, May 21

11:00 am - 4:00 pm      Pre-Race Packet Pickup

Academy Sports + Outdoors  
7205 Pinnacle Parkway  
Covington, LA 70433



### Sunday, May 22

6:00 am - 7:00 am	Race Day Packet Pickup
7:27 am	Announcements/National Anthem
7:30 am	Crawfishman Swim Start
8:30 am - 11:30 am	Post-Race Party presented by Michelob Ultra
10:30 am	Awards and Shirt Exchange Open

211 Churchill Downs Drive  
Bush, LA 70431



# PACKET PICKUP

## **PACKET PICKUP and REGISTRATION at ACADEMY SPORTS + OUTDOORS**

The 2022 Packet Pickup and Late Registration will be held at Academy Sports + Outdoors on Saturday, May 21st from 11:00 am - 4:00 pm.

## **RACE DAY PACKET PICKUP HOURS**

Sunday, May 22nd from 6:00 am – 7:00 am at the Race Venue: 211 Churchill Downs Drive, Bush, LA 70431

\*While we are offering race day packet pickup, we **STRONGLY** encourage you to have your packet picked up **BEFORE** race day. The race will start on time regardless of lines still at Packet Pickup.

## **WHAT TO BRING**

- Membership card printed from USAT website -OR- Membership card displayed digitally on smart phone -OR- Proof of purchase of one-day license

AND

- Photo ID

## **PROXY PICKUP**

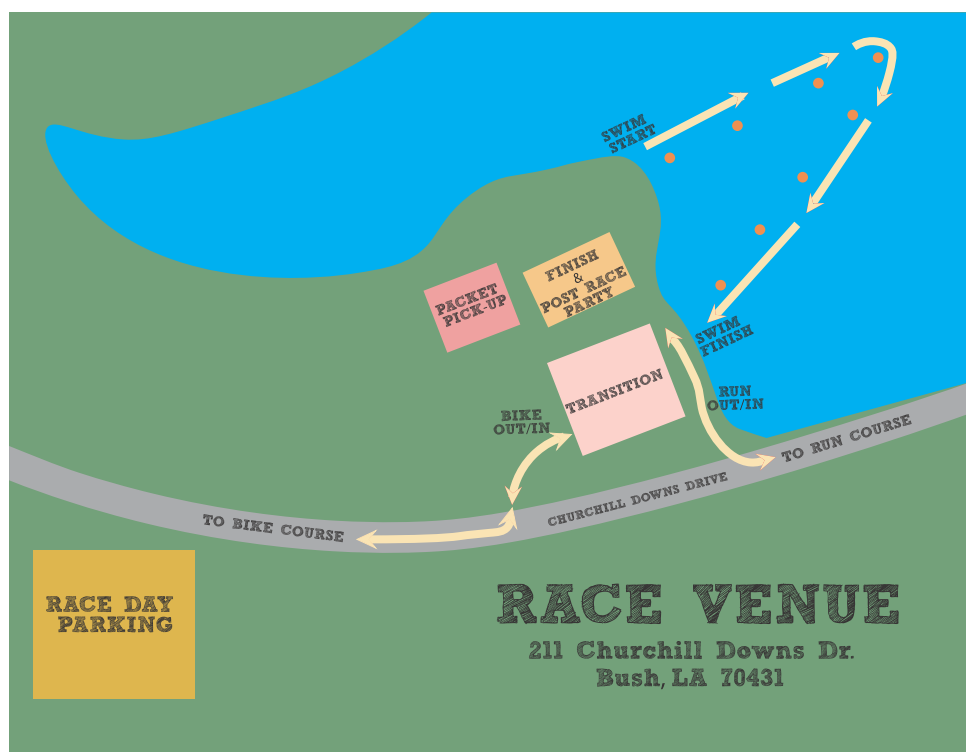
USAT does not allow for proxy packet pickup. **ONLY THE REGISTERED ATHLETE CAN CLAIM THEIR PACKET.**

## **LATE REGISTRATION**

Late registration is available during packet pickup unless the race sells out.

## **PARKING**

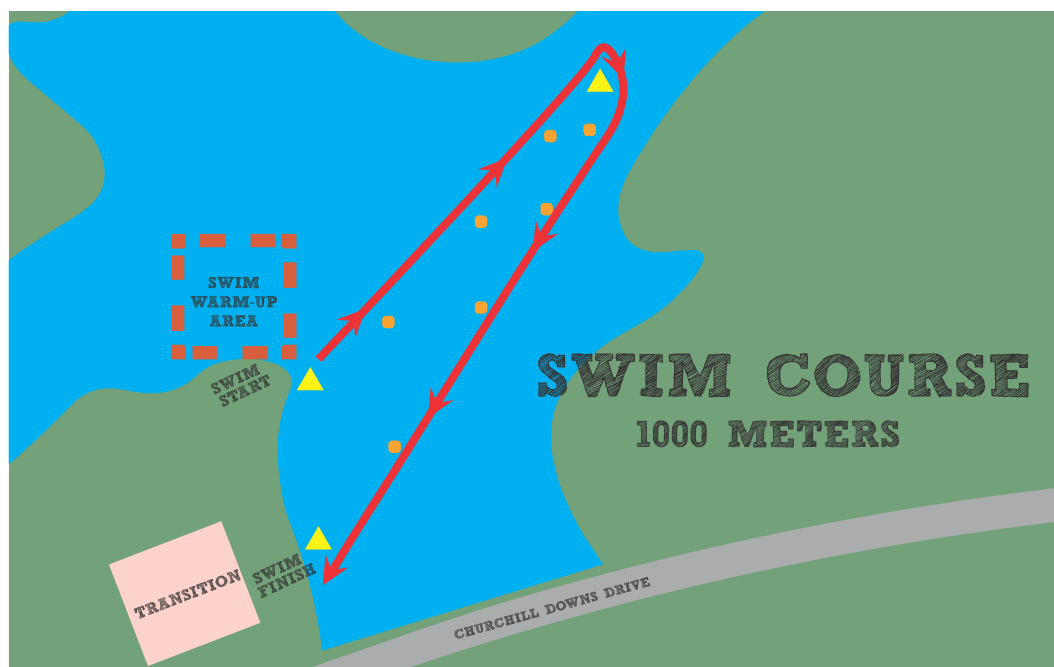
Parking is available in the lot on the corner of Churchill Downs and Whirlaway Ct. (past the race venue on the left). Please look for staff directing where to park vehicles and please respect the property.



# SWIM COURSE MAP

## SWIM COURSE

This year we will utilize a rolling swim start instead of mass wave starts. Swimmers will be asked to self seed themselves by anticipated swim finish time or average 100 meter pace time. Faster swimmers will be seeded in the front and slower swimmers will be seeded in the back. All swimmers **MUST** cross the timing mat that will be located at water's edge to begin the race.



Swimmers will enter the water one swimmer every 3 seconds. The first swimmer will go at 7:30am when the cannon is shot and the last swimmer should enter the water before 7:50am. We think this change will make a safer and more enjoyable swim for all of our participants.

### USA Triathlon Wetsuits rules:

4.4 Wetsuits. Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to, and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wetsuits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater.

Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.



# ***FREEDOM FROM BACK & NECK PAIN IS CLOSER THAN YOU THINK.***

*Charles Anderson Baton Rouge, LA- Patient of Dr. Eric K. Oberlander, Dr. Samir K. Patel, & Dr. B. Glenn Kidder*

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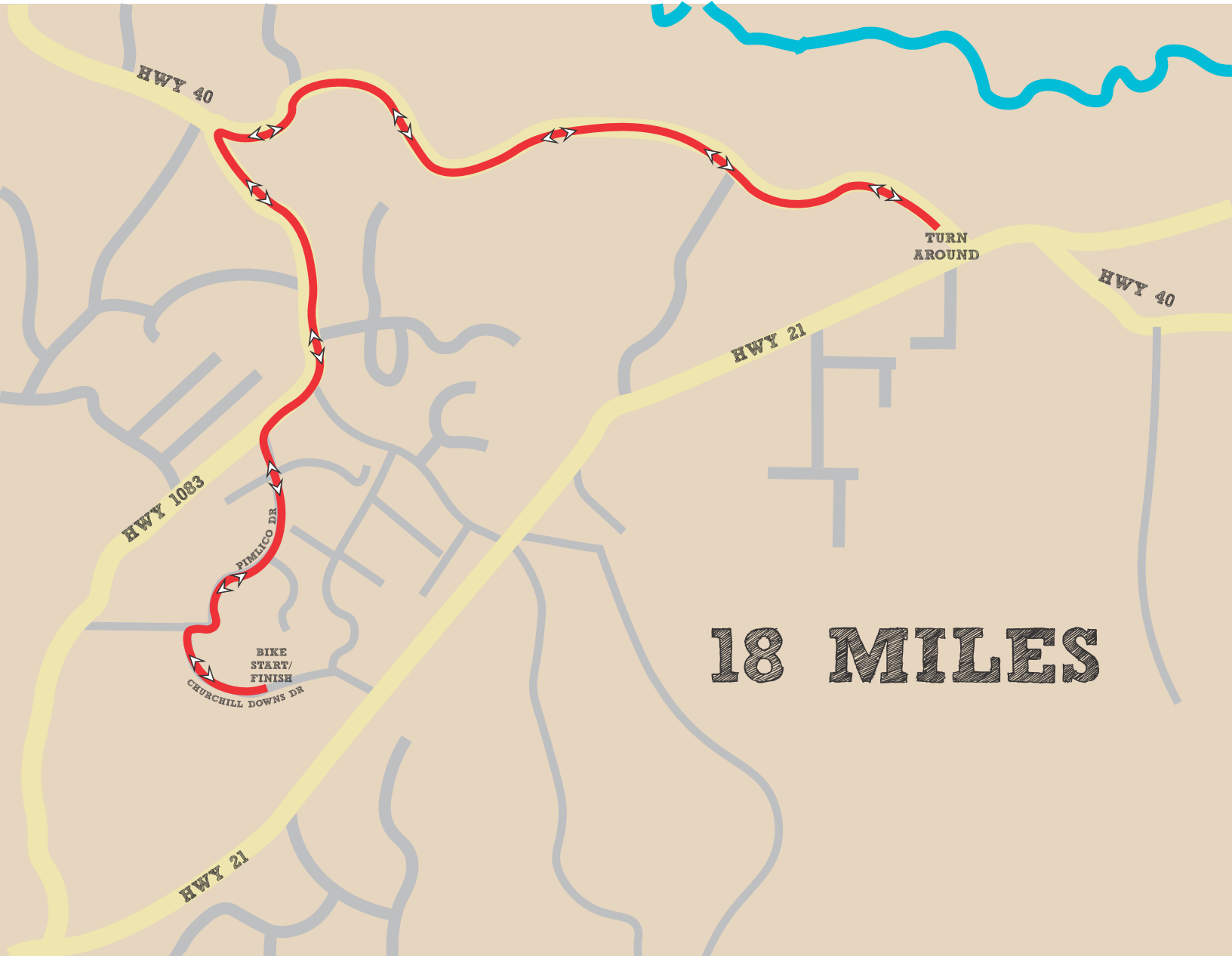


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# BIKE COURSE MAP



## BIKE COURSE

The bike course is an 18 mile out and back with some 90 degree turns, please be cautious of gravel at all turns. Cyclists exit the back entrance of Grande Hills Estates and turn right onto HWY 1083 about 2 miles into the course. After another 2 miles, cyclists turn right onto HWY 40 and continue just before the intersection with HWY 21. All participants will make a 180 degree turn around and return on the same route back. There is no bike bottle exchange or water stations on the bike course.





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# RUN COURSE MAP

## RUN COURSE

The run course is a 4 mile out and back that follows Churchill Downs Drive to Fairgrounds Blvd. The course is hilly and features two (2) aid stations with water and electrolyte fluids. Please be respectful of the neighborhood and utilize trash cans.





# HAVE FUN OUT THERE

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or to find your nearest store.





# PHOTOGRAPHY TIPS

Did you know that you will receive FREE digital photography at all FRESHJUNKIE Racing events?

Want to make the best possible photos? Follow these simple tips for great pics!

- Look up. Keep an eye out for our Official Race Photographers. They will be on course and at the Finish Line dressed in reflective vests capturing images of you.
- Clearly display your bib number at all times. This means having it on the center of your torso on your outer most garment. It doesn't help if it's on a racebelt facing backwards.
- Thumbs up, arms above your head, peace signs, V for victory...whatever it is, have fun!
- Most importantly: Smile!  
(Remember you paid to do this)



## COURSE SAFETY

### EVENT ALERT SYSTEM (EAS)

The color-coded Event Alert System (EAS) status - ranging from Low (Green) to Extreme (Black) based primarily on weather - will be communicated by way of public address announcements, digital notifications, and color-coded signs/flags at the Start/Finish Line and Aid Stations.

### AID STATIONS AND EMS

Medical personnel will be stationed at each aid station along the race course to monitor and treat any athlete who is injured or in distress. Aid stations also offer water, Powerade, and portable toilet facilities. Local EMS will also be providing medical support throughout the race course.

### MEDICAL SUPPORT

Each medical tent will be staffed with teams of medical professionals and equipped with emergency equipment and supplies. The Main Medical Tent is located just past the Finish Line.

Alert Level	Event Conditions	Recommended Actions
Extreme	Event Cancelled / Extreme & Dangerous	Participation stopped / Follow event official instructions
High	Potentially Dangerous	Slow down / Observe course changes Follow event official instructions Consider stopping
Moderate	Less Than Ideal	Slow down / Be prepared for worsening conditions
Low	Good	Enjoy the event / Be alert



# AWARDS

Results and awards can be looked up at our RESULTS tent located in the Post-Race Party area. The QR code is printed on the participant bibs that can be scanned by smartphones that will jump directly to the RESULTS page of the website. Please allow some time after you finish to let results become official. Because the event is chip timed, your placement may continue to update for several minutes after you finish the race.

Awards categories can be found on the [AWARDS](#) page of our website. All awards must be picked up at the event. Awards can be claimed as soon as there are adequate results available from the timers (approximately 10:30am). The Award ceremony will only mention Overall Awards and the Tri-Club Challenge Awards. No awards will be shipped post-race.

## TIMING & SCORING

### RESULTS

Results will be posted on our website immediately following the race at:

<https://www.crawfishmantri.com/Race/Results/104749>.

Your timing chip is in your ANKLE strap. **DO NOT** remove the timing chip/strap until you have crossed the finish line.

The Crawfishman Triathlon is a USA Triathlon sanctioned event and follows USAT rules. For a complete list of rules, including the most commonly violated penalties, visit <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules>.

## POST-RACE PARTY

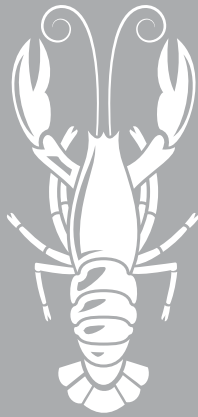
You don't have to be in a hurry to leave after you cross the finish line. Right after the finish line, athletes exit into the Post-Race Party (voted Best Post-Race Feast by Triathlete Magazine). Bring your lawn chair, find a shady spot and enjoy the delicious food whipped up by Rand-Isle BBQ, and ice cold Michelob Ultra (21+). The Post-Race Party goes until 11:30 am.



**Swim.Bike.Run.Party.**

The Post-Race Party is open to the public, but the food and beer is reserved for participants. Runners must have ID present or have presented an ID at check-in for a beer wristband.





# CRAWFISHMAN TRIATHLON

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RACING

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# FRESHJUNKIE™ RACING

**Indian Creek Triathlon** *Woodworth, LA*  
**Northshore Half Marathon** *Mandeville, LA*  
**Huey P. Long Bridge Run** *Elmwood, LA*  
**Battleship 12K** *Mobile, AL*  
**Baton Rouge & Tammany Turkey Trot**  
*Baton Rouge, LA and Covington, LA*  
**Tiger 10K** *Baton Rouge, LA*  
**Mississippi Gulf Coast Marathon** *Biloxi, MS*  
**Louisiana Marathon** *Baton Rouge, LA*  
**Mardi Gras Mambo** *Baton Rouge, LA*  
**War Eagle Run Fest** *Auburn, AL*  
**Skyway 10K** *St. Petersburg, FL*  
**Amazing Half Marathon** *Baton Rouge, LA*  
**Tuscaloosa Half Marathon** *Tuscaloosa, AL*

**June 12, 2022**  
**October 9, 2022**  
**October 15, 2022**  
**November 13, 2022**  
**November 24, 2022**  
  
**December 4, 2022**  
**December 10-11, 2022**  
**January 14-15, 2023**  
**February 4, 2023**  
**February 19, 2023**  
**March 5, 2023**  
**March 11, 2023**  
**March 25, 2023**

For more information about FRESHJUNKIE Racing and our other events, check our website at  
[www.freshjunkieracing.com](http://www.freshjunkieracing.com)

