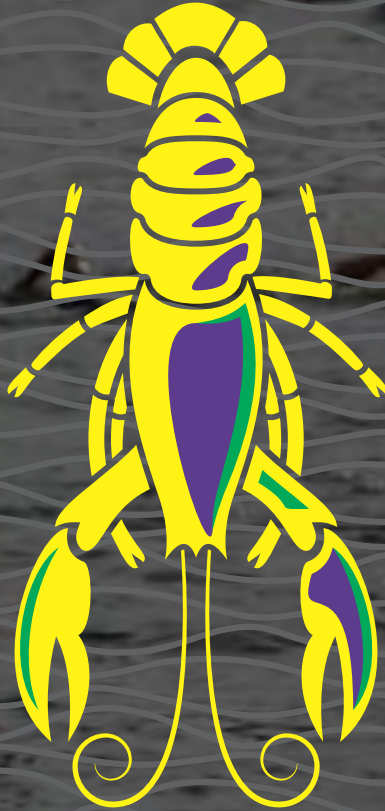


2nd Annual Last Ever



# CRAWFISHMAN

PRESENTED BY

*Michelob*  **ULTRA**

# OFFICIAL RACE GUIDE

May 20-21, 2023

Grande Hills Estates

# WELCOME BACK!

## Welcome to the 2nd Annual Last Ever Crawfishman Triathlon at Grande Hills Estates!

Last year we thanked you for joining us for the last dance, the swan song, the final edition of the Crawfishman Triathlon at Grande Hills Estates. Then, in a twist of fate, we were granted one more opportunity to produce the event. Thus, we are happy to give you the 2nd Annual Last Ever Crawfishman Triathlon presented by Michelob Ultra. 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.

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 hosts of the race. The future of the event is uncertain but we look forward to making the most of the 2023 edition of the race.

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 the 2nd Annual Last Ever Crawfishman Triathlon presented by Michelob Ultra (and if you know a major sponsor who wants to keep triathlon alive please send them our way)!

## MEET THE KREWE

### Event Organizing Committee:

Amanda Becnel : Partnerships Manager

Patrick O'Brien : Race Director

Doug Cain : Permitting & Security Director

Matt Peralta : Logistics Director

Ray Castle : Medical Director

Nan Urban : Athlete Services Director

Jonathan 'Juba' Dziuba : Managing Director

Mike Wattigny : Marketing/Creative Director

Patrick Fellows : Experiential Director

Diane Weiss : Registration Director

Kelly Goff : Marketing Coordinator

# LETTER FROM THE RACE DIRECTOR

The 2nd Annual Last Ever Crawfishman Triathlon 2023 is here and we are excited to be able to do this race at least one more time! If you are a guest from out of town or are new to the event, welcome to Crawfishman and we hope you enjoy the beauty that this course provides. For those returning we are grateful to have you back.

We are one of the longest running and last standing sprint distance triathlons in the area. Your tireless hours of training come together with our months of preparation and culminate at the finish line and post-race party. This weekend is really a celebration of your hard work, and we hope you fully embrace the experience.

Our team at FRESHJUNKIE Racing believes that providing exceptional events for our participants can inspire that desire to train and make healthy choices. So please enjoy the event and tell your friends and family to come see it. You never know who YOU will inspire to be the best version of themselves. That's the reason behind us having the kids race on Saturday afternoon. We want our kids and your kids enjoying the sport that brought so many of us together forming friendships through fitness in a fun and inclusive environment.

Thank you for participating in our event. Our team at FRESHJUNKIE Racing is proud to provide you this event and we are truly grateful that you choose to participate.



A handwritten signature in black ink that reads "Pat O'Brien". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Patrick O'Brien  
Race 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

## Friday, May 19

4:00 pm - 6:00 pm Pre-Race Packet Pickup



Academy Sports + Outdoors  
7205 Pinnacle Parkway  
Covington, LA 70433

## Saturday, May 20

1:00 pm - 4:00 pm Pre-Race Packet Pickup

211 Churchill Downs Drive  
Bush, LA 70431

4:00 pm - 6:00 pm Crawfishman Kids Triathlon

211 Churchill Downs Drive  
Bush, LA 70431

## Sunday, May 22

6:00 am - 7:00 am Race Day Packet Pickup

211 Churchill Downs Drive  
Bush, LA 70431

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

# PACKET PICKUP

## PACKET PICKUP and REGISTRATION at ACADEMY SPORTS + OUTDOORS

The 2023 Packet Pickup and Late Registration will be held at Academy Sports + Outdoors on Friday, May 19th from 4:00 pm - 6:00 pm and at the Race Site on Saturday, May 20th from 1:00 pm - 4:00 pm.

## RACE DAY PACKET PICKUP HOURS

Sunday, May 21st 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

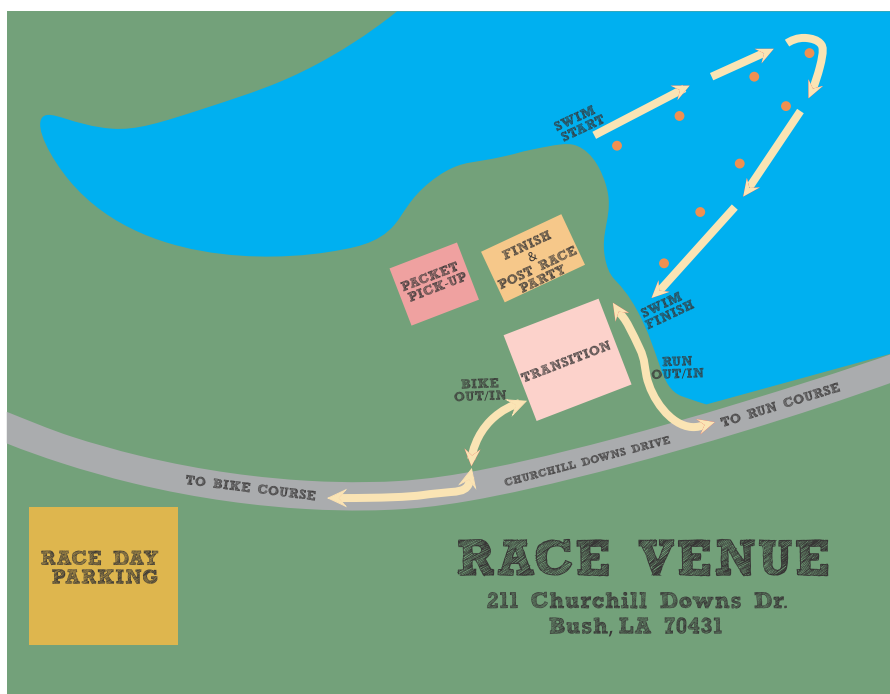
USAT does not allow for proxy Packet Pickup. **ONLY THE REGISTERED ATHLETE CAN CLAIM THEIR PACKET.**

## LATE REGISTRATION

Late registration is available during Packet Pickup unless the race sells out.

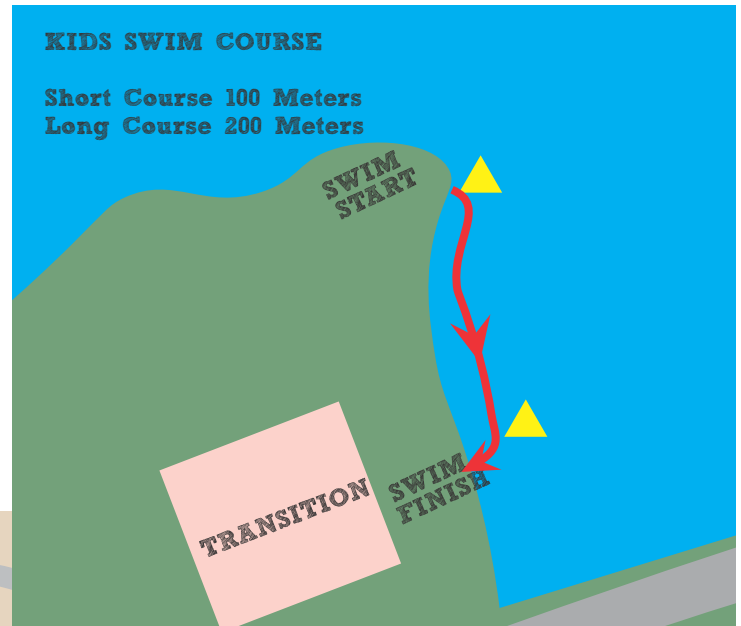
## PARKING

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.



# CRAWFISHMAN KIDS TRIATHLON

We will utilize a rolling swim start to get the kids course underway. 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. Staff and volunteers will watch swimmers along the route.



The bike course will follow the same route as the Crawfishman Triathlon on Sunday, but with much closer turnarounds.

The Long Course will turnaround before exiting Grande Hills Estates, while the Short Course turnaround is located shortly after the turn north on Pimlico Drive.

The run course will also follow the same route as the Crawfishman Triathlon on Sunday, but with much closer turnarounds.

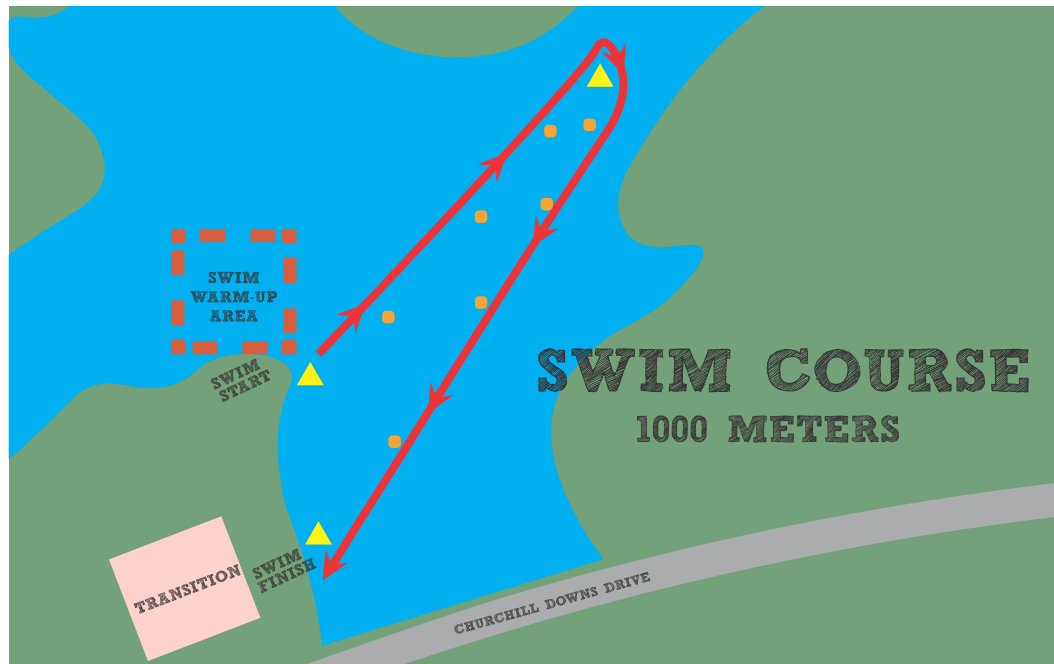
The Long Course will turnaround on Churchill Downs Dr. shortly after Seattle Slew Court, while the Short Course turnaround is located just past Grande Hills Blvd. (entrance to the neighborhood). Staff and volunteers will watch athletes along the bike and run routes.



# 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 Wetsuit 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.







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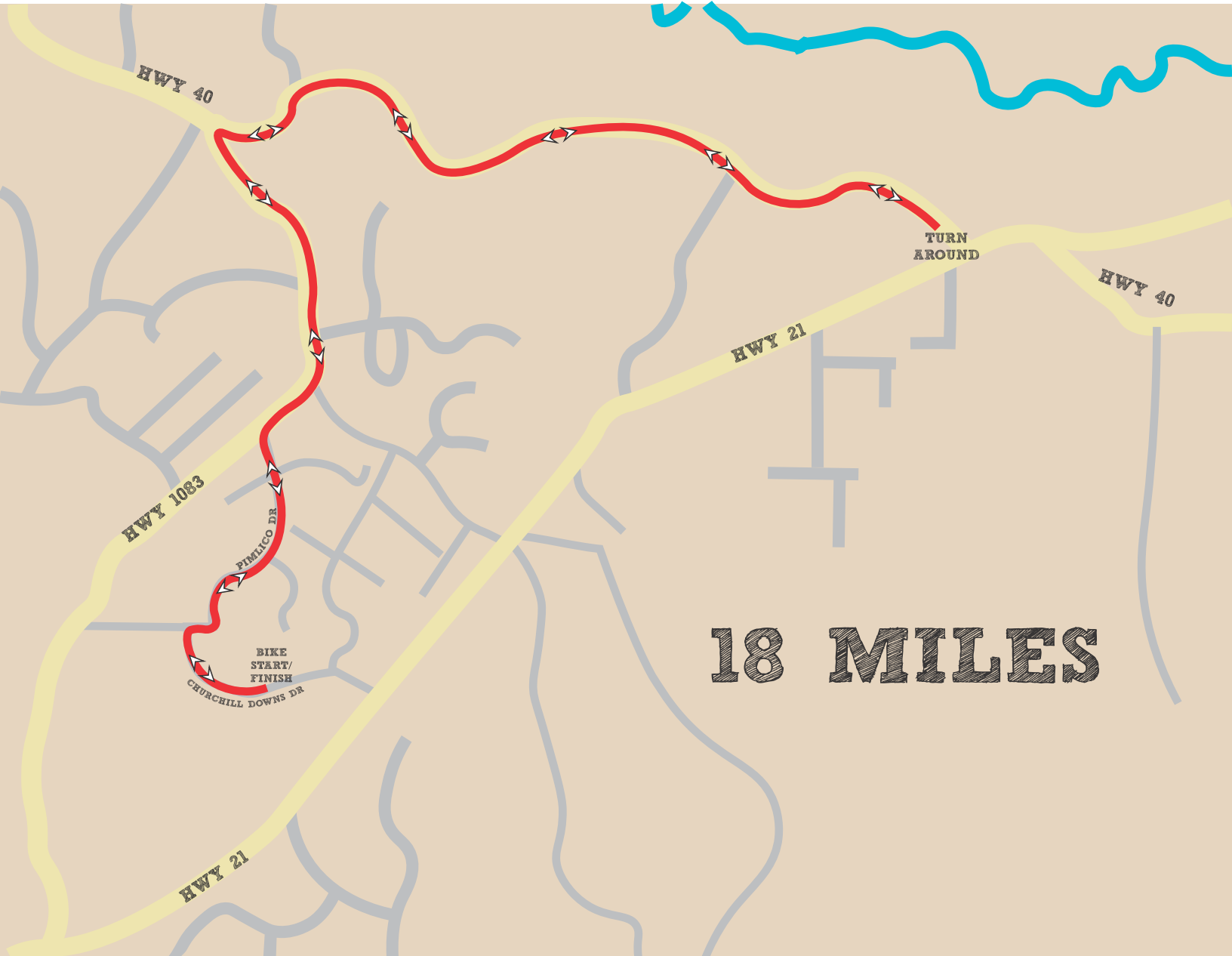
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# BIKE COURSE MAP



## 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. Cyclists turn right onto Hwy. 40 and make the turnaround just before the intersection with Hwy. 21. All participants will make a 180 degree turn around and return on the same route back. There are no bike bottle exchange or water stations on the bike course.



## COMMITTED TO COMMUNITY

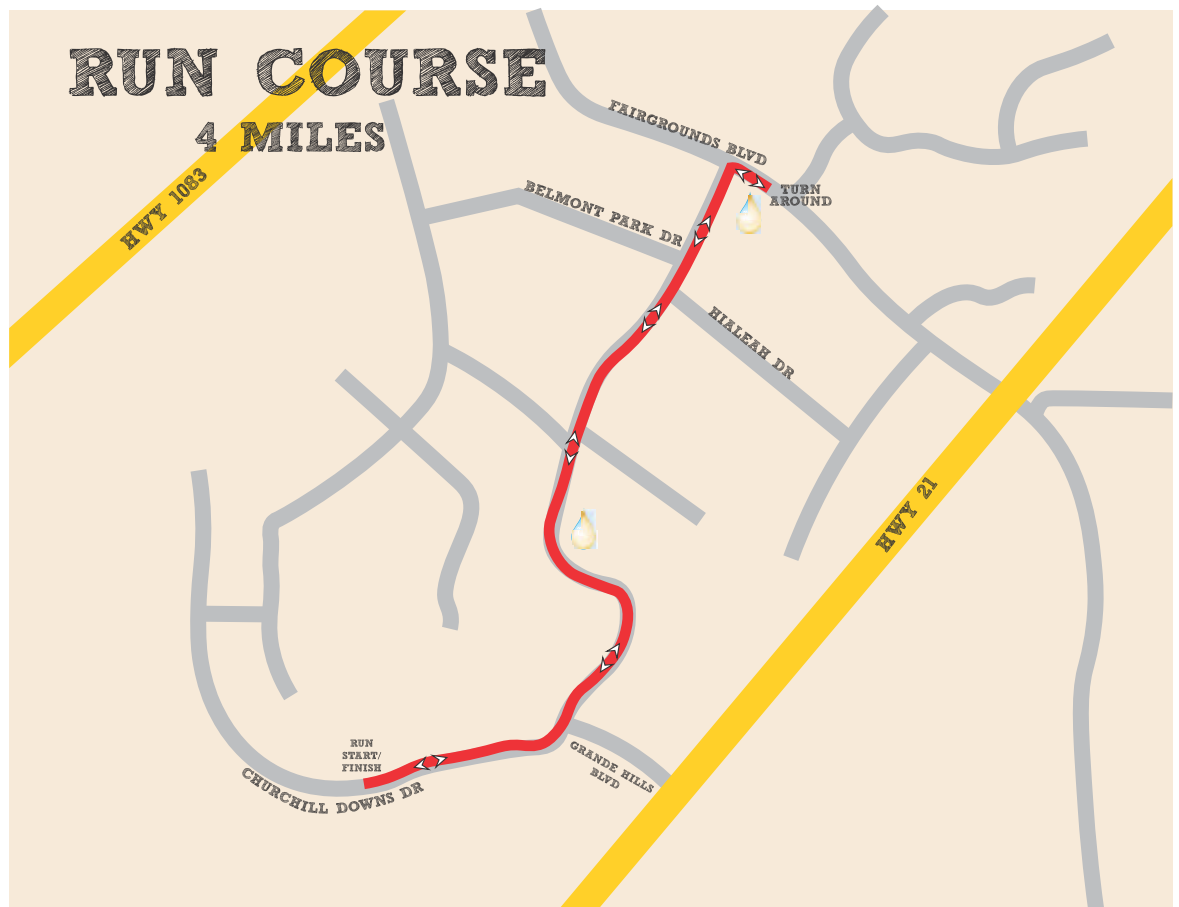
At Olin, we are a community of 8,000 dedicated professionals in twenty countries serving customers worldwide. Olin's global reach is complemented by our local commitment to the communities where we work, live, and play. We are grateful for the opportunity to collaborate with communities to make a difference in people's lives. Our employees volunteer their time as long-time residents who care for and inspire one another. We also care for the environment by developing innovative solutions to reduce our energy and carbon footprint, carefully steward resources, and promote safe practices.

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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.



## LABOR DAY 2023



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# 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!

- **Clearly display your bib number at all times.** This means having it on the center of your torso on your outermost garment. It doesn't help if it's on a racebelt facing backwards.
- 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.
- 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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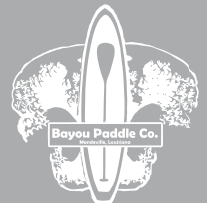
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## Northshore Half Marathon *Mandeville, LA*

## Huey P. Long Bridge Run *Elmwood, LA*

## Battleship 12K *Mobile, AL*

## Baton Rouge & Tammany Turkey Trot

*Baton Rouge, LA & 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*

## Tuscaloosa Half Marathon *Tuscaloosa, AL*

September 1-3, 2023

October 8, 2023

October 21, 2023

November 19, 2023

November 23, 2023

December 3, 2023

December 9-10, 2023

January 13-14, 2024

January 27, 2024

February 18, 2024

March 3, 2024

March 30, 2024

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

