

Sprint and Olympic Distances

2021 Trivium Racing Multisport Series

Lake Brandt
NAT GREENE'S REVENGE TRIATHLONS
800 METER SWIM - 12.8 MILE ROAD BIKE - 3.25 MILE RUN
1800 METER SWIM - 16.8 MILE OFF ROAD BIKE - 3.1 MILE RUN
2 MILE RUN - 12.8 MILE ROAD BIKE - 3.25 MILE RUN
MOTUS OFF ROAD

Belews Lake
BELEWS LAKE TRIATHLON
700 METER SWIM
14.8 MILE BIKE
9 KILOMETER RUN
1800 METER SWIM
27 MILE BIKE
12 KILOMETER RUN

Oak Hollow Lake
HIGH POINT TRIATHLON
800 METER SWIM
12.4 MILES BIKE
3.1 MILES RUN

Lake Townsend
TRITOWN SPRINT TRIATHLON
700 METER SWIM
12.8 MILE BIKE
3.1 MILE RUN

TRIVIMUM
Learn more at
bitly.com/2021multisportseries



April 24, 2021

Carolina Marina
548 Shelton Road
Stokesdale, NC 27357

ATHLETE ZOOM MEETING

- There will be a *voluntary ZOOM meeting* for athletes on *Thursday at 7:45 pm.*
- Because.....who doesn't love a ZOOM meeting, am I right?!?!



- We will go over race and course details and happily answer any questions!
- A link will be sent via email on Wed or Thur.

Rules and Changes due to COVID-19

1. No person-to-person packet pickup. Packets will be pre-bagged and numbered with athlete's race bib, shirt, safety pins, and goodies. Packets will be taped to tri racks inside transition area according to your bib #.
2. Athletes will also get temperature checked and be asked a series of COVID screening questions upon entrance to transition area. Anyone who fails these checks will be turned away from the event. Please do not attend the event if you are feeling sick.
3. All attendees are required to wear a mask covering their nose and mouth at all times, other than when they are racing. Masks must be worn at the start line and put back on as soon as you finish.
4. Please maintain 6 feet of distance between yourself and anyone not from your household at all times.
5. There will be no race day registration. Online registration will close at midnight the night before the race.
6. Results and splits will be available online immediately using your phone or computer; there will not be any Results Kiosks onsite.
7. **No spectators will be allowed.** Please make sure to follow this rule. The county will shut the entire event down if we go over our limit. If you have friends or family that want to be at the event, they are welcome to volunteer and can [sign up here!](#)
8. All food will be prepackaged. After finishing the race, please stay in the transition area, your car, or in small groups away from the finish line.
9. No headphones.

Timeline

Race Day Schedule, April 24th

- 6:15-7:45 am – Race-Day Packet Pickup inside the Transition Area
- 7:15 am – Athletes may enter water to warm up
- 7:45 am - Prerace meeting at Transition Area
- 8:00 am – Race Start (**TRANSITION AREA CLEAR**)
 - 8:00 am Olympic Distance Swim Start
 - 2 athletes starting every 10 seconds
 - 8:20 am - Sprint Distance Swim Start
 - 2 athletes starting every 10 seconds
- 11:00 am – Estimated Start of Awards
- 12:30 am - Triathlon Course Closes

Parking

Parking attendants will help you park on race day. There are multiple places to park your car. **Keep in mind that no cars are allowed to leave until after all bikes are in. Cars parked in the orange areas cannot leave until all runners are in.** Please plan ahead and leave ample time to park and get to the start line.



Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race and will need to body mark themselves with a black sharpie before arriving on race day.

1. Right Calf – Age or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left Calf – Event
 - **O** – Olympic Distance
 - **S** – Sprint Distance
3. Left and Right Arm – Bib Number



Timing Tag and Bib Instructions

- In your packet, you will find an orange timing tag and Velcro strap. This is how we record your splits during the race.
- **You must have this around your left ankle at all times during the race.**
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (**there will be a \$20 fee for lost tags**).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion of the race. It must be on the front of your torso when you cross the finish line.**

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.

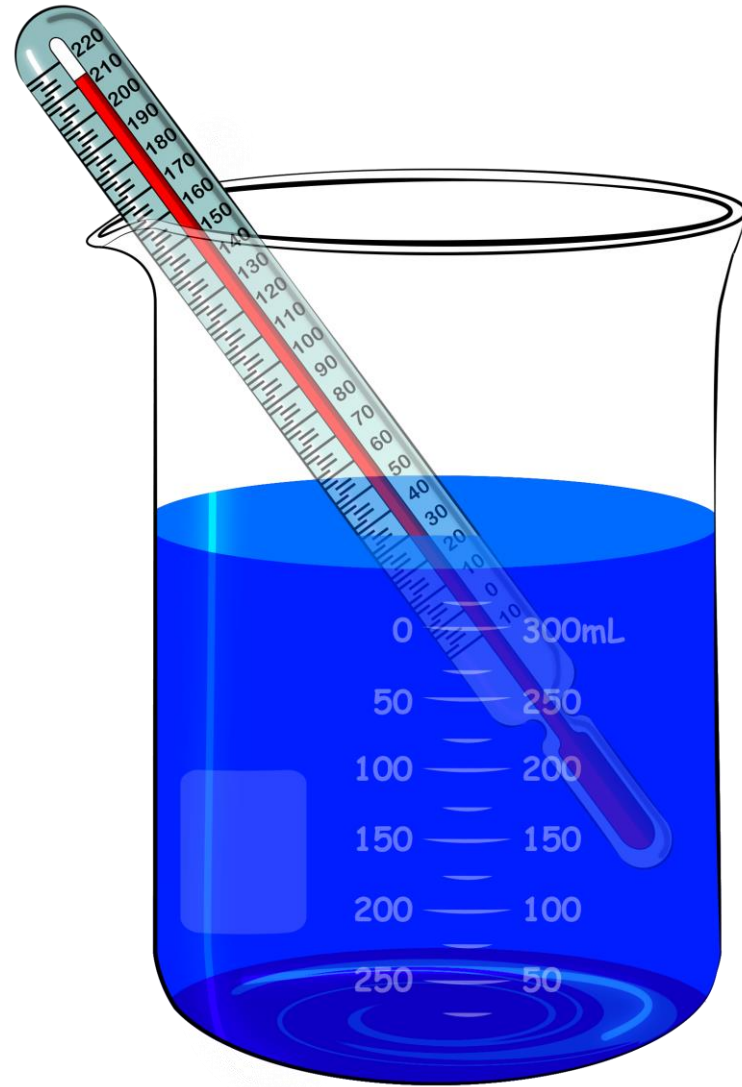


Social Distancing on the Course

- The race will be a ***TIME TRIAL start***. **2 athletes will start every 10 seconds.**
- Athletes will line up for the swim start with a minimum of 6 feet between each athlete. Spots will be marked with cones along the start line.
- **We will have two distinct transition areas for the race based on race distance.** Athletes will not be allowed out of their transition area except while racing or warming up. Transition area spacing will exceed USAT's COVID guidelines with a 15 foot aisleway instead of 10 foot. We will also exceed their Covid Guidelines with only 4 athletes per rack instead of 6. The side of the bike rack that your packet bag is on, is the side you *must* rack on.
- Once you complete your race, please remove your gear from transition area and return it to your vehicle...OR...hang out in your section of transition area. Always be aware of others who are still racing and listen to volunteers if they ask you to wait.

Water Temperature

- As of April 19th, the water temperature at Belews Lake is 71°F.







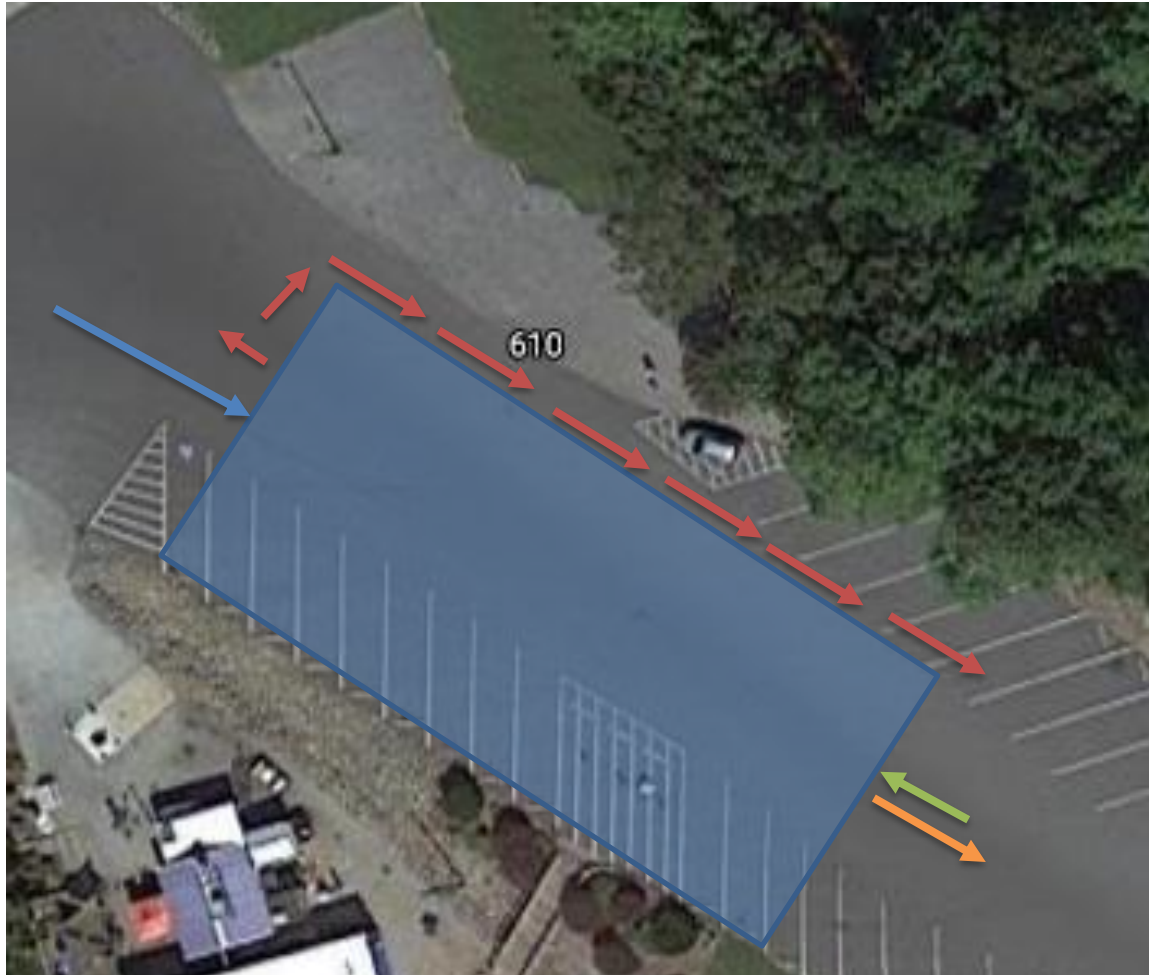
Swim Start

The swim start will be a ***Time Trial*** start. Athletes will line up and 2 swimmers will start every 10 seconds. There will be a break between the Olympic Distance final swimmer to enter the water and the first Sprint Distance start to spread out the field. During the Olympic Distance start, the Sprint Distance athletes will be lined up to await their time trial start.



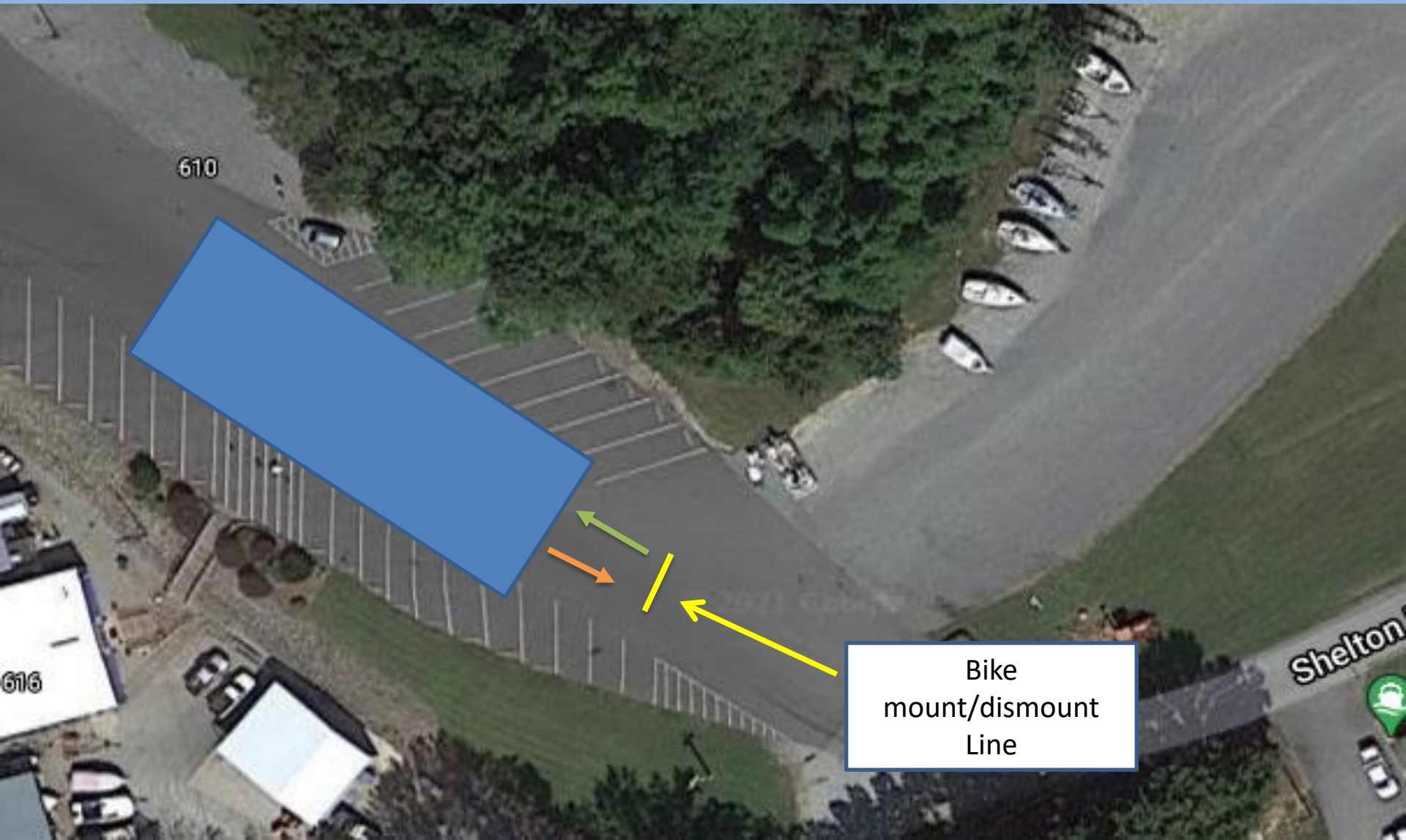
Transition Area

- Swim In 
- Bike Out 
- Bike In 
- Run Out 



There will be timing mats at both ends of the transition area. In order to get your splits, ***you must cross those mats as you enter/exit the transition area***. Please be mindful of all barriers and keep your gear in your marked spot only.

Bike Mount and Dismount



Map of Coned Bike and Run Lanes on Shelton

Map of Aid Station on Campsite Road

AID STATION: Water and Breakthrough Nutrition

Olympic distance athletes will pass this 4 times.
Sprint distance athletes will pass this 2 times.

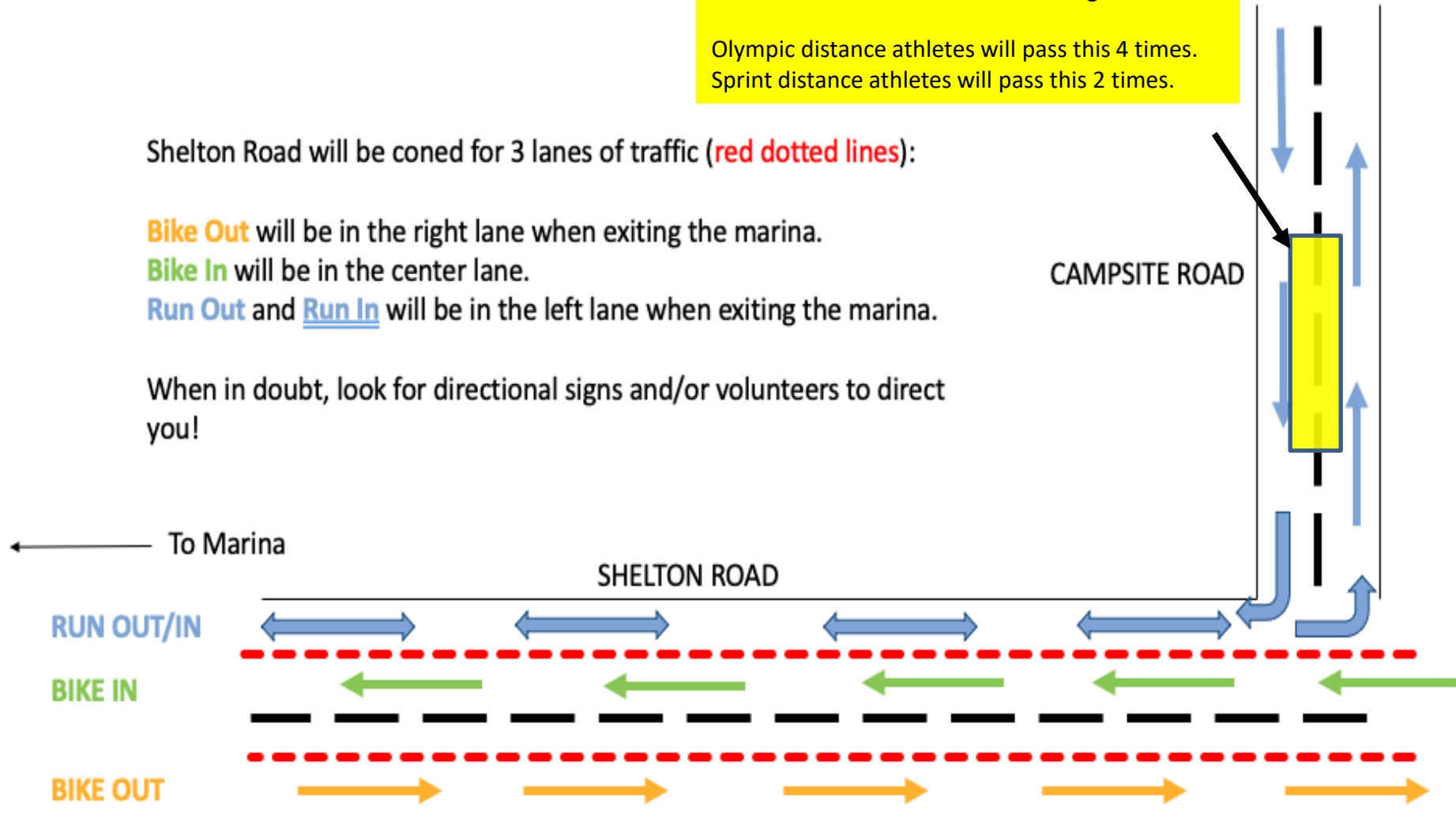
Shelton Road will be coned for 3 lanes of traffic (**red dotted lines**):

Bike Out will be in the right lane when exiting the marina.

Bike In will be in the center lane.

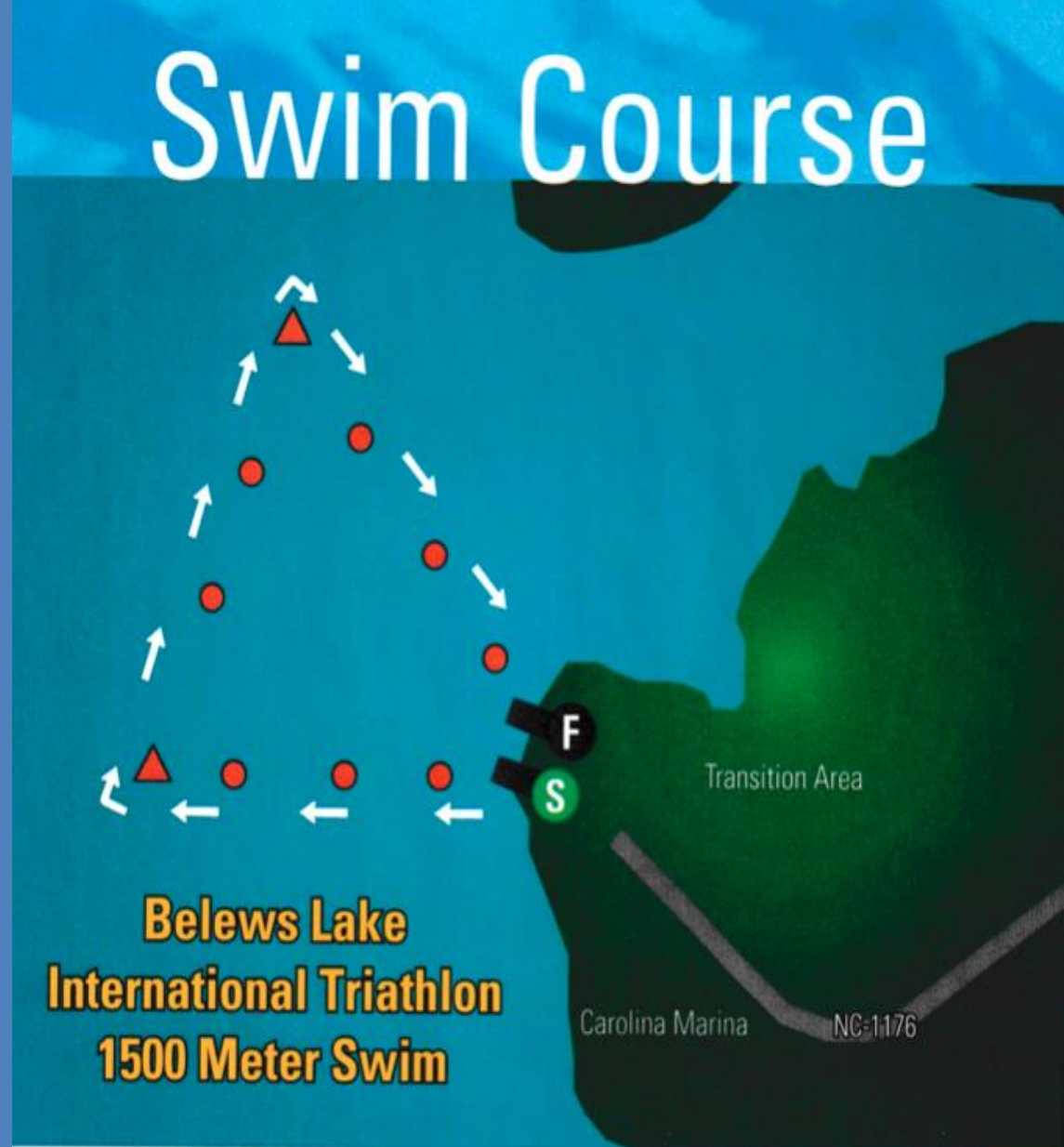
Run Out and **Run In** will be in the left lane when exiting the marina.

When in doubt, look for directional signs and/or volunteers to direct you!



Olympic Distance

* In the event an athlete is removed from the swim course by boat – that athlete will be **REQUIRED** to pass a *medical safety screening* by medical personnel before he/she is allowed to leave the marina.



START



FINISH



LAKE



DIRECTION

Olympic Distance

The Olympic distance bike course is a 2-loop course.

- Head out of the marina on Shelton Rd.
- Turn right onto Ellisboro Rd.

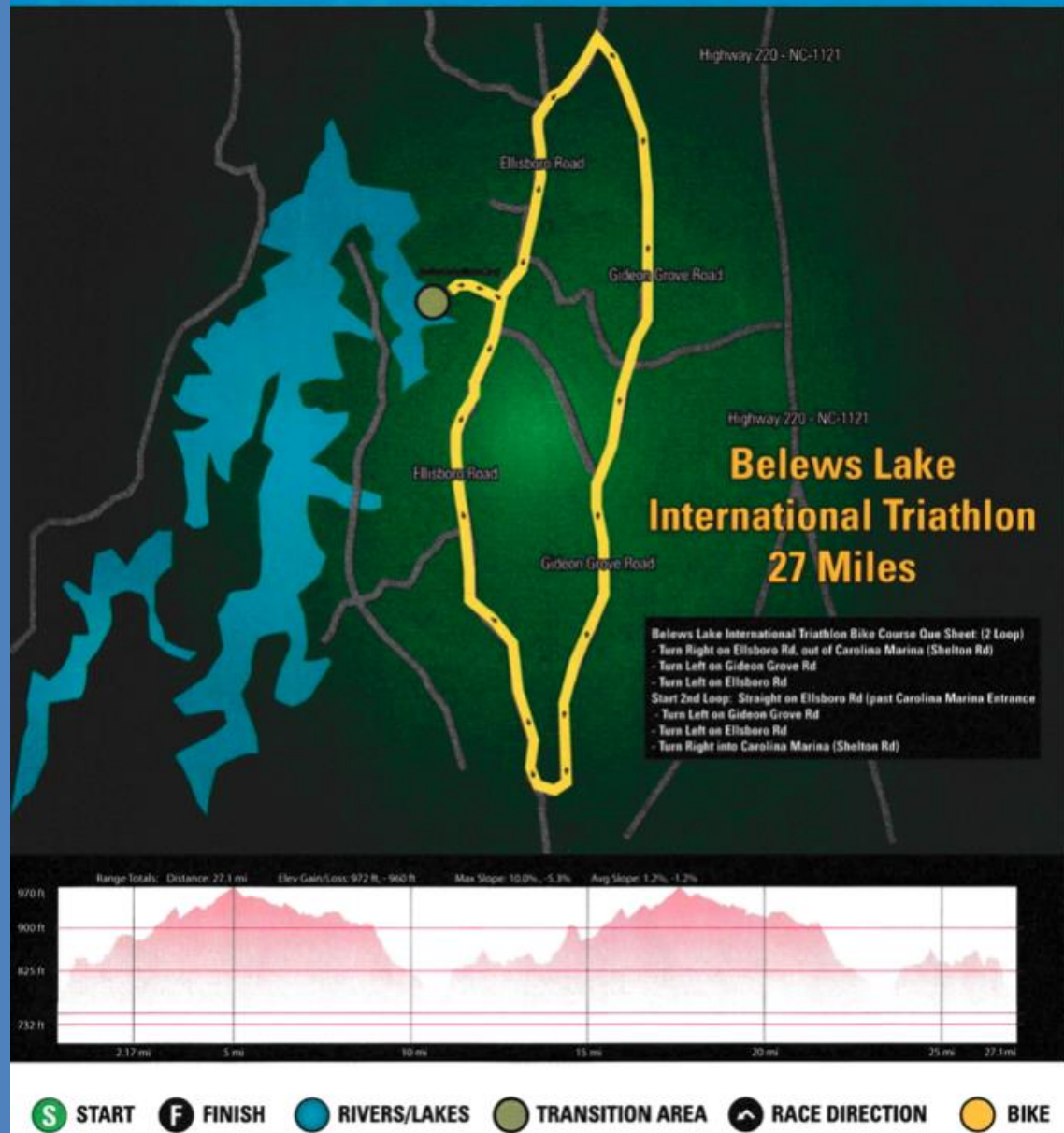
(note: when turning right onto Ellisboro there will be a merge lane created with cones to keep 2nd loop Olympic Distance athletes from running into people leaving the marina)

- Turn left onto Gideon Grove Rd.
- Turn left onto Ellisboro Rd.

***Begin 2nd loop** (continue straight on Ellisboro Rd past the marina entrance.

- Turn left onto Gideon Grove Rd.
- Turn left onto Ellisboro Rd.
- Turn right into Marina Entrance/Shelton Rd.

Bike Course



Olympic Distance

The Olympic Distance run course is 2 loops (with the loop starting at the turn onto Campsite Rd).

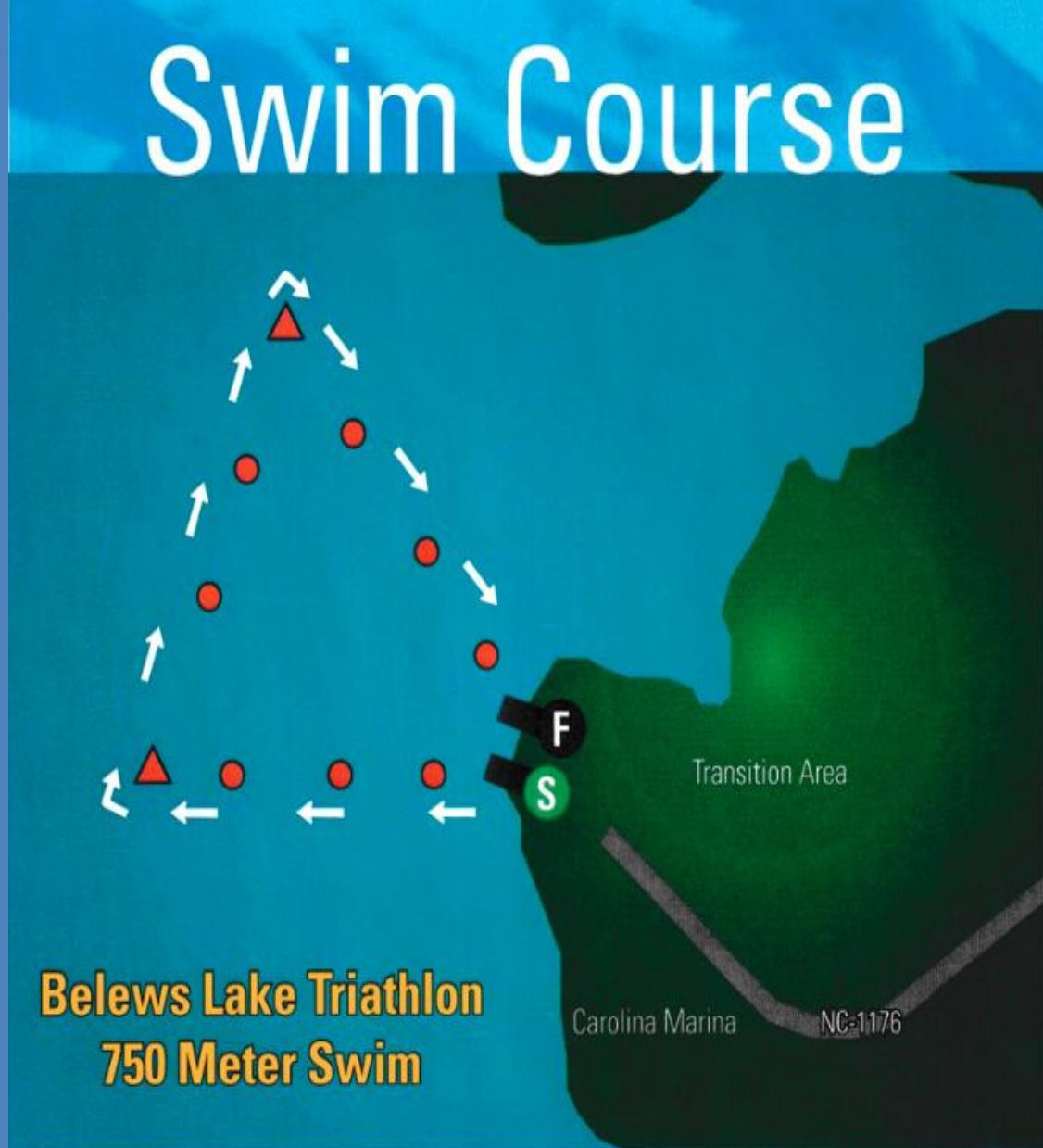
- Athletes will run out of transition and out of the marina on Shelton Rd.
- Turn left onto Campsite Rd.
- Continue until turnaround point near lake.
- Turnaround
- Continue on Campsite Rd to turnaround at intersection of Campsite Rd & Shelton Rd.
- Turnaround
- Continue on Campsite Rd to turnaround point near lake for a second time.
- Turnaround
- Continue on Campsite Rd
- Turn right onto Shelton Rd
- Veer right towards finish line

Run Course



Sprint Distance

* In the event an athlete is removed from the swim course by boat – that athlete will be **REQUIRED** to pass a *medical safety screening* by medical personnel before he/she is allowed to leave the marina.



Sprint Distance

The Sprint bike course begins with athletes leaving the marina on Shelton Rd.

-Turn right onto Ellisboro Rd.

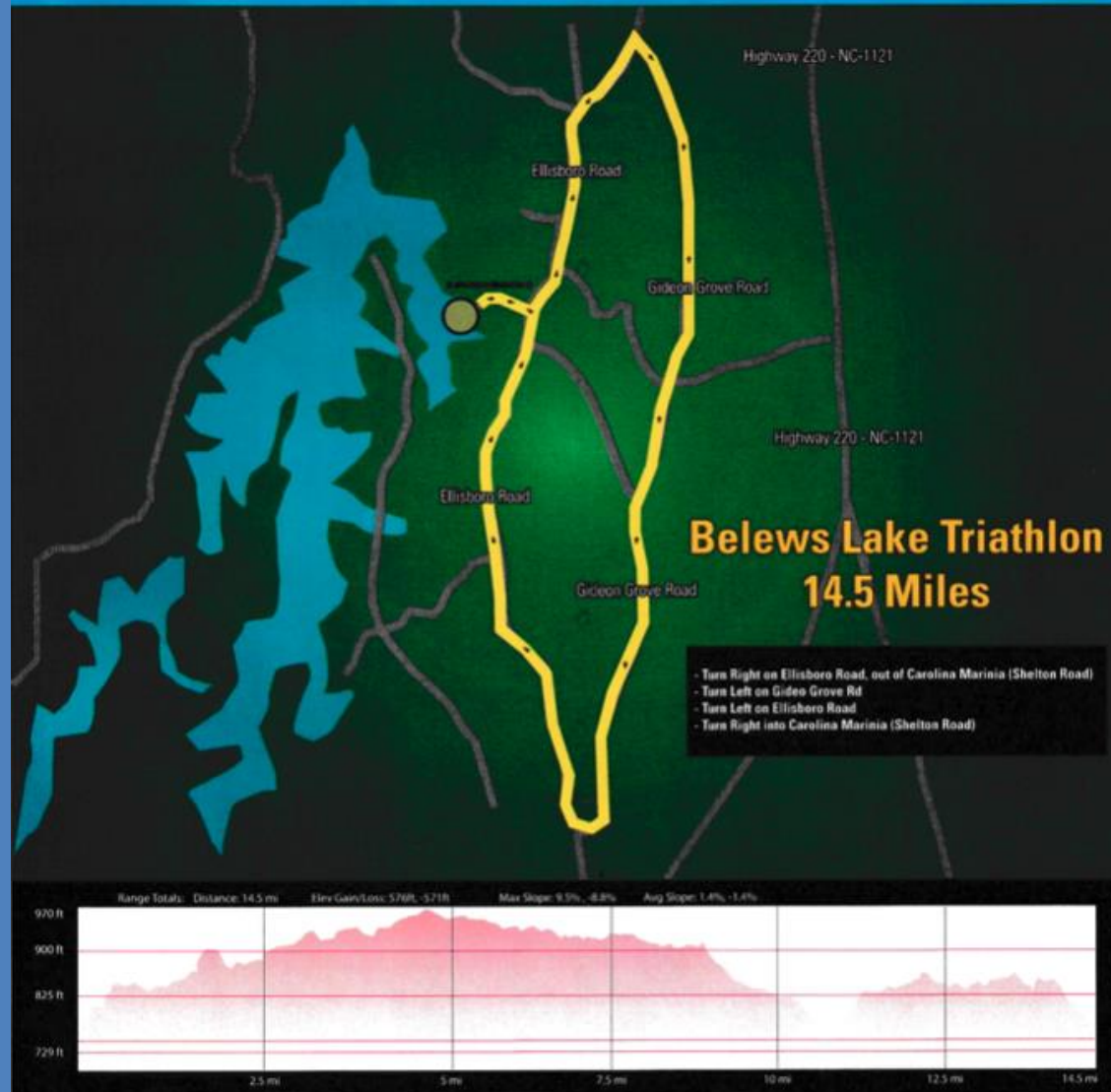
(note: when turning right onto Ellisboro there will be a merge lane created with cones to keep 2nd loop Olympic Distance athletes from running into people leaving the marina)

-Turn left onto Gideon Grove Rd.

-Turn left onto Ellisboro Rd.

-Turn right into Marina entrance on Shelton Rd.

Bike Course



Sprint Distance

The Sprint Distance run course is an out and back (no loops).

- Athletes will leave transition and the marina on Shelton Rd.
- Turn left onto Campsite Rd.
- Turn left onto Kingfisher Rd.
- Continue to turnaround on Kingfisher Rd.
- Turnaround
- Turn right onto Campsite Rd
- Turn right onto Shelton Rd
- Veer right to finish

Run Course

