



# Indian Creek TRIATHLON

**JUNE 13, 2021 – WOODWORTH, LA**

# RACE GUIDE

# RACE DETAILS

The Indian Creek Triathlon was founded in 2000 and has been a local favorite sprint-distance triathlon for two decades. FRESHJUNKIE Racing acquired the race in 2014 and continues the race's tradition by promoting the beauty of the course, the Indian Creek Recreation Area, and the fun of sprint-distance racing. Come enjoy a fresh, clean swim in a beautiful lake, a rolling bike course on well-maintained and pine-shaded roads, and a flat and fast run course inside the beautiful park.

## PACKET PICKUP

We encourage all athletes to pick up their packets **BEFORE** Sunday. This will make race morning easier for you and for our team.

### Locations and Times

**Saturday - Alexandria**  
**June 12, 2021**

Location:  
Academy Sports + Outdoors  
3205 S. MacArthur Dr., 71301

Times:  
12:00pm - 4:00pm



**Sunday - Indian Creek Recreation Area**  
**June 13, 2021**

Location:  
Transition Area  
100 Campground Rd., Woodworth, LA 71485

Times:  
6:00am - 7:00am



## LATE REGISTRATION

Online Registration will remain open until the race starts. You can register online and go to packet pickup to claim your packet. Registration on Sunday, June 13 is \$120.

You **MUST** be able to show valid USAT membership or purchase a one-day license for \$15 if registering in person. You can pick up your packet at either of the above locations, but SWAG is **NOT** guaranteed to people registering at packet pickup or race day.

# RACE DETAILS

## **RACE DAY PACKET PICKUP**

Packet Pickup will be available on race morning at the race site from 6:00am to 7:00am. Lines can be long so if you do have to pick up race day, please come early! Remember that transition closes at 7:15am and the race starts promptly at 7:30am.

## **WHAT DO I NEED TO BRING WITH ME TO PICK UP MY PACKET?**

- 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

## **CAN I AUTHORIZE ANOTHER PERSON TO PICK UP MY RACE PACKET?**

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

## **RACE DAY SCHEDULE**

**6:00 - Transition, Packet Pickup, and Race Day Registration opens**

**6:45 - Water support on the water, swim warm up allowed**

**7:00 - Packet Pickup and Race Day Registration closes**

**7:15 - Transition closes (everyone OUT)**

**7:20 - Pre-race announcements on the beach**

**7:30 - Race Starts (start details below)**

**8:50 - Anticipated first finishers**

**9:30 - Transition expected to open (closed until last bike is off the course)**

**10:15 - Anticipated final finishers**

**10:30 - Awards available for pick up**

**11:00 - Party on, but we will start to pick up**

## **COURSE CUTOFF TIMES**

**Swim Cut Off - 8:40am**

**T-1 Exit Cut Off (Begin the bike leg) - 8:45am**

**Bike Finish Cut Off - 10:15am**

**T-2 Exit Cut Off (Begin the run leg) - 10:20am**

**Run Finish - 11:30am**

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# DIRECTIONS

100 Campground Rd., Woodworth, LA 71485

Google Maps will tell you to turn on Forestry Rd. - **DO NOT DO THIS**

## From I-49:

Take exit #73 (Hwy 3265 / Robinson Bridge Rd.)

Travel WEST along Robinson Bridge Rd. for ~2.0 miles

Turn LEFT onto Indian Creek Rd. and travel ~1.3 miles

Turn LEFT into Indian Creek Recreation Area

The transition area is ~2.0 miles down this road on the left

Parking is a 1/4 mile PAST transition

## DO NOT SPEED AT ANY POINT WHEN YOU GET OFF THE INTERSTATE

The police take their speed limits VERY seriously and that is a good thing. Safer roads for you to ride on....

## PARK ADMISSION

You will pass a guard house along the road into the park. Please let them know you are racing, and you will not have to pay. If any spectators are coming to watch, there is a \$7 fee per car to get into the park. Please understand that these fees keep this park open and beautiful and are a small price to pay for this venue. FRESHJUNKIE Racing pays the entrance fee on the athlete's behalf for every racer that enters the park, but spectators in separate vehicles need to pay.

## PARKING

DO NOT park along the main road or around the transition area. You will be parked in your own way on the race course and may get towed. Instruct your family and friends of this as well. There will be PARKING signs and an attendant to help guide you to your spot.

## PHOTO PRO TIP

Want more pictures? Want better pics?

- Make sure your bodymarking is clearly visible (photographers snapping pics at swim exit)
- Display your bike number clearly
- Wear your race number on the front of your torso (don't put it on your race belt and then slide it behind you)



# **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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# COURSE INFORMATION

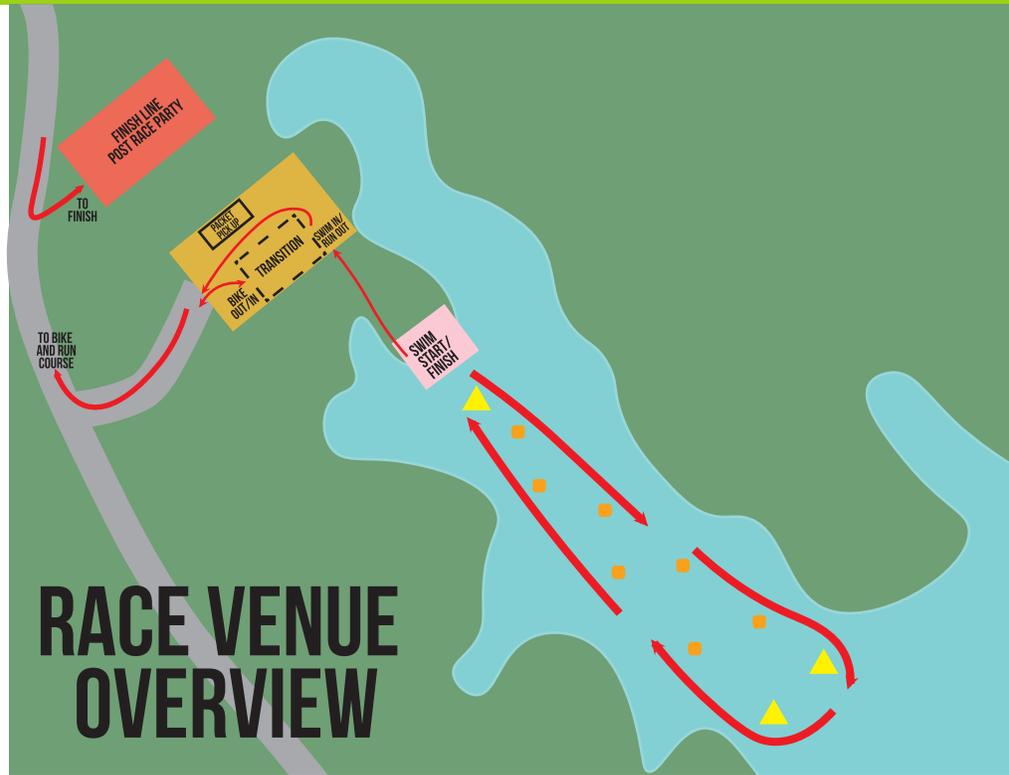
## TRANSITION AREA

The Transition Area for the race is located at the "little beach" parking area. The surface is asphalt that has seen some deterioration over the years. The race crew will blow off loose gravel, trash, pine needles, etc. the day before the race. Transition opens race morning at 6:00am and closes promptly at 7:15am. There is no bike check-in prior to race day.

When you check your bike into the transition area on Sunday morning, your bike number must be on your bike. After the race, only you, the athlete, can remove your bike from the transition area. We will be

matching your bike number to your ankle band number upon exiting transition after the race. Only registered athletes with an ankle band will be allowed in the transition area. Make sure your handle bars have bar-end plugs before checking into the transition area race morning.

Once bikes are checked into the transition area on Sunday morning they cannot be removed from the transition area until the last cyclist completes the bike portion of the race and is out on the run course. Bike warm ups are not allowed once your bike is checked into transition. All participants must wear a bike helmet at any time they are seated on their bike. You will get body marked on race morning outside of the transition area. After 11:30am the race site is broken down and transition is no longer secure. Please be courteous and remove your trash as you exit transition post-race.



## WHERE DO THESE STICKERS GO?



**HELMET STICKER GOES FRONT  
AND CENTER ON HELMET**



**BIKE STICKER GOES ON SEATPOST**

# COURSE INFORMATION

## 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. Official water temperature will be taken on Race Morning and announced over PA system.



## 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.



# COURSE INFORMATION

## BIKE COURSE

[Link to online Bike Course Map](#)

The bike course is a 20 mile out and back with some 90 degree turns, please be cautious of gravel at all turns. There is no bike bottle exchange or water stations on the bike course.

There is one road that goes into and out of the park. You will be biking out and biking in on this road. Campers and other Indian Creek Park users will also be trying to get into and out of the park on race day. PLEASE be alert and careful. We will be communicating with vehicles and asking them not to pass any bikers. USE CAUTION if you try to pass a vehicle. There can potentially be two-way vehicle traffic so you should NOT cross the center line. Stay on the right side on the way out and the right side on the way in (normal lane usage).

The course is open to traffic. We have police and volunteers at corners and intersections, but know that we can't keep all vehicles off the course. It is your responsibility to ride safe and be alert. Stay on the far right side of the lane unless you are actively passing another rider.

You DO NOT have to wear your race bib on the bike. Make sure your frame sticker is placed on your bike and that your helmet sticker is placed ON THE FRONT of your helmet.

Please pay close attention to the **Mount & Dismount line**. You are not allowed to be on your bike until after crossing the mount line and must get off your bike before crossing the dismount line.

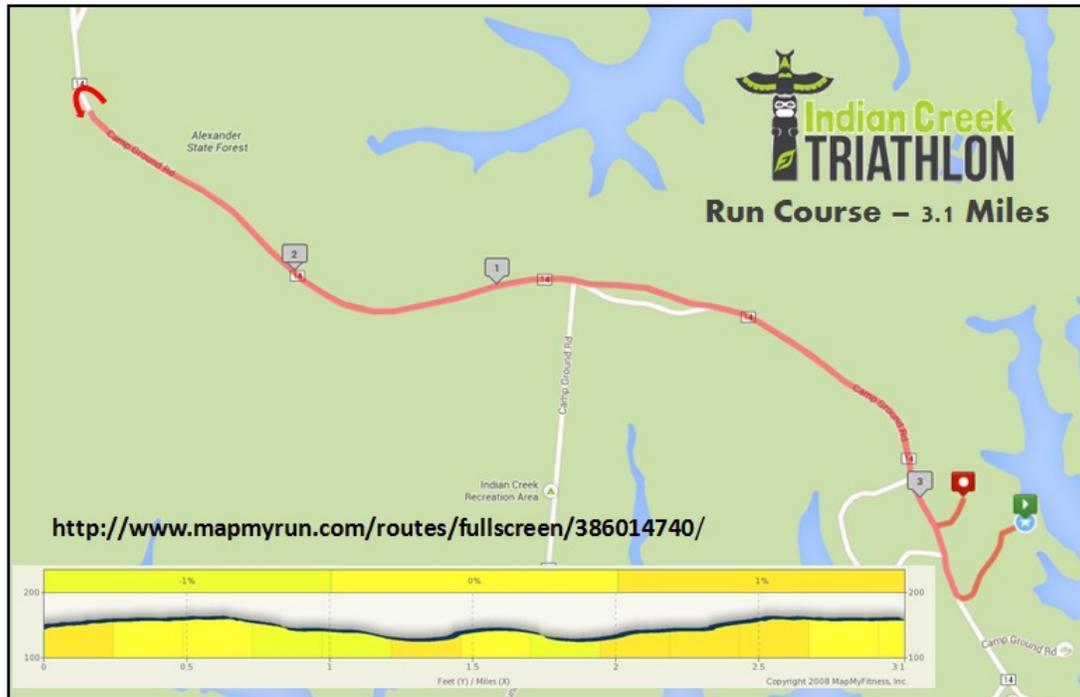


# COURSE INFORMATION

## RUN COURSE

[Link to online Run Course map](#)

The run course is a 3.1 mile out and back that follows Campground Rd. The course is flat and features one (1) aid station with water and electrolyte fluids that runners will pass twice. Please be respectful of the park and utilize trash cans.



## COURSE CUT OFF INFORMATION

Race times are restricted to limit our impact on local roads. Participants will not be able to continue in the race after the times listed below. No race services including medical, aid stations or traffic control are available after the cut off times.

Swim Cut Off - 8:40am

T-1 Exit Cut Off (Begin the bike leg) - 8:45am

Bike Finish Cut Off - 10:15am

T-2 Exit Cut Off (Begin the run leg) - 10:20am

Run Finish - 11:30am

The finish line remains open until 11:30am (assuming a 7:30am start). Participants must cross the finish line by 11:30am in order to be considered “official finishers.” The course is opened to traffic on a rolling schedule as participants make their way to the finish. In order to ensure safety, a Sweep Vehicle follows the race route to pick-up participants who are unable to maintain paces required to make the cut off times. Participants are required to board the Sweep Vehicle when so instructed by Race Officials. For your safety, the Police Department does not allow participants to continue once the course has been re-opened to traffic. Keep in mind that race services, including water stations and medical aid, will be discontinued once the Sweep Vehicle comes through.



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# RESULTS & AWARDS

## OVERALL AWARDS

The top finishers in the Sprint Distance Triathlon (800 meter swim) will receive an overall award in the following categories:

- Overall Male and Female (1st, 2nd, and 3rd)
- Masters (40+) male and female (1st Only)
- Grand Masters (50+) male and female (1st Only)
- Great Grand Masters (60+) male and female (1st Only)

## AGE GROUP CATEGORIES

1st, 2nd, and 3rd place males and females in each of the following categories will receive an age group award: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+\*

\*\*if there are runners over the age of 89, an additional age group category will be created for the appropriate 5 year window.

## TRI CLUB CHALLENGE

The FASTEST Tri Club is awarded the Tri Club Challenge award. The fastest team is calculated from the top 5 finishers from the club using Cross Country Meet scoring rules (1st place = 1 point, 2nd place =2 points, etc. Lowest score is the Champion).

**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). There are no award ceremonies. No awards will be shipped post-race.**

## RULES OF COMPETITION

The Indian Creek Triathlon is produced by FRESHJUNKIE Racing (FJR). FRESHJUNKIE Racing events are organized and directed under USA Triathlon Multi-sport Competitive Rules. FJR enforces these rules and participants are expected to be familiar with and comply with these rules. [A list of the most commonly violated USA Triathlon rules can be found here.](#) Additionally, entrants must also comply with FRESHJUNKIE Racing rules and regulations.



### SAFETY

**Event Officials:** All participants must follow the instructions of event officials (FJR staff and volunteers). For participants' safety, no skates, skateboards or animals are permitted. Costumes covering the face, or any non-formfitting, bulky outfit extending beyond the perimeter of the body, are not permitted. FRESHJUNKIE Racing reserves the right to change the details of the event, including delaying, canceling, or suspending the race due to inclement weather or other potential safety risks. Participants must retire at once from the race if ordered to do so by event officials, medical staff, or any governmental authority, including firefighters and police officers.

**Sportsmanship:** Any participant who conducts himself or herself in an unsportsmanlike manner or who is offensive in action or language to event officials, other participants, volunteers, or spectators may be disqualified. Protests concerning the conduct of participants will be accepted for up to 24 hours after the posting of results by contacting an event official or sending an email to our communications team. [Click here for a link to the full Indian Creek Triathlon RULES OF COMPETITION.](#)

# BATTLESHIP

# 12K



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# Indian Creek TRIATHLON

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