







Letter to Athletes

Athletes, Spectators, Sponsors,

We are stoked to have you with us at the 19th Annual Got the Nerve? Triathlon and our return to Mt. Gretna! Please carefully review this race packet.

You should be proud of every minute that you have trained. Forgive yourself for those extra days of rest. You've dedicated a lot of time and made fiscal, social, and probably marital sacrifices for the love of this sport. As you step into the water, mount your bike, and have your moment of victory at the finish line, remember why you started.

Some of us are here looking for the win. Others are out there to stay shape and have fun. A few may be keeping demons in check, while others were given a second chance at life so they're LIVING. Many of you have shared your stories and reason for being here, and that helps motivate us to put on the best possible race for you!

A Special Thank You to all our sponsors for helping support such an amazing cause!

If you have a moment, please take a minute to visit them in person on race day. They help us support the IM ABLE Foundation.

A special thank you to all the countless groups that made today possible – Mt. Gretna Lake and Beach, Mt. Gretna Borough, South Londonderry Township, South Annville Township, West Cornwall Township, Mt. Gretna Fire Police, Campbelltown Fire Police, The Pennsylvania Chautauqua Association, Sound Results Entertainment, Mt. Gretna Pizzeria, LinMark Timing, and Conte Photography.

Lastly, a final "Thank You" thank you to Chris Kaag who started this movement nineteen years ago.

We hope you enjoy all the event and wish you all new PR's!!

Sincerely,

Nikos Phelps, Race Director

UTOPIAN EVENTS, LLC

RACE WEEKEND SCHEDULE – ALL EVENTS AT MT. GRETNA LAKE

(unless otherwise noted)

Friday, May 20th

	2	4-	7.20	
-	2pm	το	7:30	pm –

- ☐ Race Packet Pickup & In Person Registration
 - Must have Valid PHOTO ID.
 - Only you may pick up your packet.
 - Wrist bands must be put on at registration
- ☐ Limited On Site registration available from 2pm to 5pm (Additional \$25 donation to IM Able Foundation required for on site registration)
- 6-7pm Event Briefing
 - □ Walk through
 - □ Q&A

Saturday, May 21st

- 5:45AM to 6:45AM Race Packet Pickup
 - Must have Valid PHOTO ID
 - No one else can pick up your packet for you!
 - Wrist bands must be put on at registration
- 6:00AM to 7:35AM
 - o Transition Opens
- 7:15AM to 7:25AM
 - Mandatory Pre-Race Briefing in Transition Area
- 7:45AM Official Start (Olympic Distance followed by Sprint Distance)
- 9:15AM Post Race Food Service Begins
- 10:00AMish Awards!
 - Stick around to support all the incredible athletes.
- AFTER Awards Unofficial Official After Party
 - o Mt. Gretna Hideaway 40 Boulevard Street, Mt. Gretna, PA

REGISTRATION

- ☐ Online Registration is now closed.
- ☐ Limited On Site registration available from 2pm to 5pm (First come first served) (Additional \$25 donation to IM Able Foundation required for on site registration)

*You CANNOT register for the event on Race Day.

PACKET PICKUP

Packet pickup will be at Mount Gretna Lake, 130 Lakeview Drive, Mt. Gretna at the following times:

- Friday, May 20th 2:00PM 7:30PM
- Saturday, May 21st 5:45am to 6:45am

RACE DAY INFORMATION

Saturday, May 21st

Mt. Gretna Lake & Beach

130 Lakeview Drive

Mt. Gretna, PA 17064

INSTRUCTIONS FOR RACE PACKET ITEMS

Double-Check that you have these in your race packet. And be sure to bring them on Race Day:

- TIMING CHIP 🕔
 - ☐ Must be worn during the race
 - ☐ Fasten to your LEFT ankle
- Swim Cap
- Race Numbers (bib, bike, helmet)
- Event Wristband ID (must be put on at registration)

MARKERS & STICKERS GUIDE

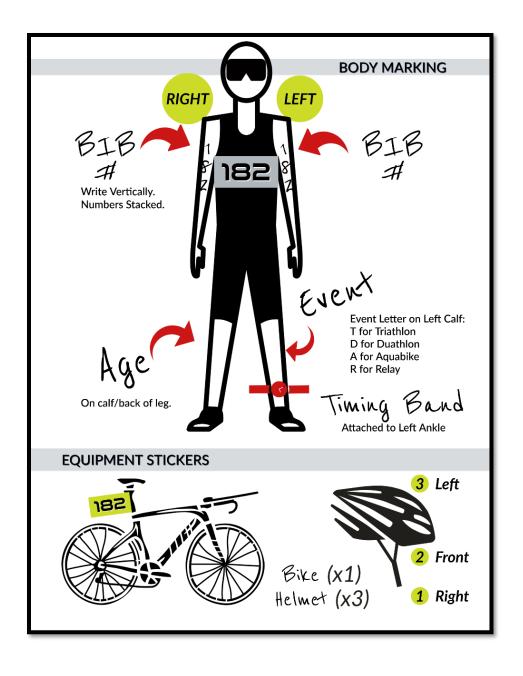
(!) Note: We're not offering on-site marking and asking that you mark yourselves PRIOR to arriving to the event. Please carefully review your marking locations and information below:

BIKE SEAT POST 19TH ANNUAL GOT THE NERVE? TRIATHLON Strand Cap Left, Right SWIM CAP Left, Right

- ☐ Race Number Both Arms
- ☐ Age Right Calf
- □ Left Calf
 - T for Triathlon
 - D for Duathlon
 - A for Aquabike
 - R for Relay
- ☐ Use a BOLD BLACK MARKER, like a Sharpie®.
- ☐ Wipe your skin clean to remove any oily residue prior to marking. Visibility is important. If you mark yourself incorrectly, use eye makeup remover, makeup remover or baby oil to erase and try again. Lotion or coconut oil on a cotton ball may work as well.

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BODY MARKING & STICKERS



POST RACE

MEALS

Athletes and Volunteers -- Your wrist band is your meal ticket to allow you to get a meal and beverage from the food tent.

RESULTS

Results can be reviewed using the following QR Code. Any issues with results (incorrect or missing) must be contested within 75 minutes of finish or they will be considered final.



PHOTOS

Conte Photography will be capturing the excitement and energy of the day. A limited number of photos will be posted to the Utopian Events Facebook Page soon after the race. The remaining photos will be loaded approximately two (2) weeks after the race to the Utopian Events Facebook Page courtesy of Northwestern Mutual. All photos on the page will be branded (not watermarked) and available for FREE Download.

If you would like non-branded photos, they will be available for purchase via an online store. 5% of the cost of every purchase will be donated back to the IM Able Foundation.

COVID PRECAUTIONS

- **Limited on-site body marking** Please try to body mark PRIOR to arriving to the race site following the directions on the previous page
- AID STATIONS ARE NOW FILL STATIONS Aid stations will now be fill/pickup stations. Our volunteers will work to fill cups ahead of time, but they will NOT be handing them directly to you. Please grab a cup on the table. If none are filled at the time, please fill an empty cup OR please bring your own water bottle.
- Trash cans will be available at the swim staging area for disposal of masks
- If you do not feel well, we ask you to PLEASE STAY HOME.



SWIM & SWIM MAPS

Safety Rules

Swimmers will start in Time Trial format with athletes starting every couple of seconds
Please "self seed" – faster athletes/swimmers closer to the front – this will help prevent
people getting swum over
Elite Wave Athletes are to start at the front of each group.
Olympic Distance Athletes will start first and there will be a brief pause before the sprint
athletes begin.
IM ABLE Athletes will start between the Olympic and Sprint Athletes.
You are REQUIRED to wear the swim cap in your packet. If you have a Latex allergy,
please notify race staff accordingly.

SWIM SAFETY – We got you covered!

Kayaks and Canoes
Certified Lifeguards
EMS on Site

Olympic Distance:

Time Trial start beginning at 7:45AM (Elite to start at front)

IM ABLE Athletes

Beginning between the Olympic Distance and Sprint Distance

Sprint Distance:

Time Trial start beginning after Olympic Distance athletes begin their second lap

WATER TEMPERATURE & WETSUITS

Water temperature will be taken the morning of the event to determine if it will be wetsuit legal.

We anticipate the water temperature to be in the mid 60s on race day!

78F and below - Wetsuits are allowed for all athletes
78F – 84F - Athletes choosing to wear a wetsuit will not be eligible for awards
Above 84F – Wetsuits NOT allowed for anyone

WATER QUALITY

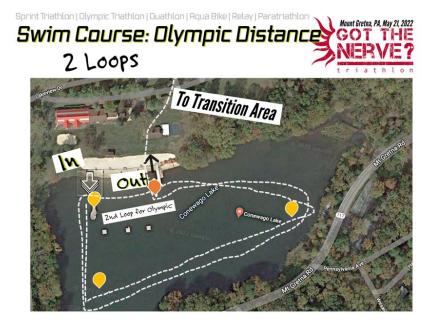
- We will be testing the water quality prior to the event. If the water tests show risk to athletes, we will be cancelling the swim portion according to USAT rules.

SWIM COURSE

All swim courses will be COUNTERCLOCKWISE triangles with an OUT OF WATER Start.
YELLOW TRIANGLE buoys must be always kept on your LEFT.
ONE ORANGE TRIANGLE buoy will signify the finish of the swim and must be kept to
your RIGHT
The sprint course will be a single COUNTERCLOCKWISE open triangle with turns at the
first TWO (2) TRIANGLE BUOYS. Swimmers will then swim towards the ORANGE
TRIANGLE Buoy
The Olympic Course will be TWO (2) COUNTERCLOCKWISE loops with turns at the
YELLOW TRIANGLE BUOYS. The first loop will go around all three YELLOW TRIANGLE
Buoys. The 2 nd loop will exit at the ORANGE TRIANGLE Buoy after going around TWO (2)
YELLOW TRIANGLE Buoys

MAPS: Swim Course

NOTE: Map drawn using actual swimmer data. You are welcome to swim straighter than this!





Sprint Triathlon | Olympic Triathlon | Ouathlon | Aqua Bike | Relay | Paratriathlon

	There is NO WATER ACCESS or practice swim prior to the event start. This includes the week and day before the race as well as the morning of the event. There is no swim warmup available prior to the swim. Athletes entering the water prior to the start of the event will be disqualified. NOTE: Dogs are not allowed INSIDE the fenced in Lake Area	
ASSI	STANCE & RESCUE	
	Swimmers may receive stationary rest assistance along the swim if needed. Athletes may hold onto a kayak, boat, or paddleboard along the way, but may in no way receive forward motion along the course by anyone other than themselves. Course officials and medical personnel reserve the right to remove participants from the course if determined medically necessary.	
IF, you don't feel comfortable doing the swim:		
	No big deal. Please just notify a Utopian Events Official. Black shirt or hoodie, with green Utopian Events logo. "CREW" on back. You can still proceed with remaining segments, i.e., bike and run or the duathlon.	
During	g the swim you are having difficulties, or unable to continue, please know your options:	
	STAY CALM Swim to shore (if feasible) and notify a race official Get the attention of a water support volunteer: - Wave your cap, get to them, do what you need to do. - Please then notify a race official after safely on shore. Float on your back (Wetsuits help!) until someone can get to you. If you start the swim and <i>do not complete it on your own</i> , according USAT rules, you will not be allowed to continue with the remaining segments of the race.	
SWI	M ACCESSORIES	
	Goggles, face masks, and snorkels may be worn. Fins, gloves, paddles and flotation devices are NOT permitted.	

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WATER ACCESS

BIKE COURSE

The Bike course is **OPEN** to traffic and will have volunteer and traffic professional support throughout. Please stay to the right of the lane when not passing other athletes.

(!) C	AUTION:
	Please exercise EXTREME CAUTION LEADING INTO TURNS o
	FOR OLYMPIC ATHLETES: You will continue past the lake entrance for your 2 nd loop of the course. You will enter back into the lake entrance AFTER your 2 nd loop
	Yield to any athletes as you enter the course.
BIKE	RULE:
	The DISMOUNT line will be immediately before the Transition Area
	PLEASE STAY ALERT FOR VEHICLES THAT ARE ON THE COURSE!
	This is a NON-DRAFTING Individual event so please familiarize yourself with position violations:
	Always ride on the right side of your lane to avoid an ILLEGAL POSITION OR BLOCKING Penalty
	Keep approximately 4 bike lengths (7 meters / 23 feet) between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING penalty
	Once you enter into the 7-meter area, you must exit within 20 seconds by completing a pass to avoid a DRAFTING Penalty.
	Always pass on the left of the cyclist in front of you. Never on the right side to avoid an ILLEGAL PASS
	If passed, you must drop back four bike lengths/7 meters before attempting a re-pass to avoid an OVERTAKEN or DRAFTING Penalty

Other Common rules.

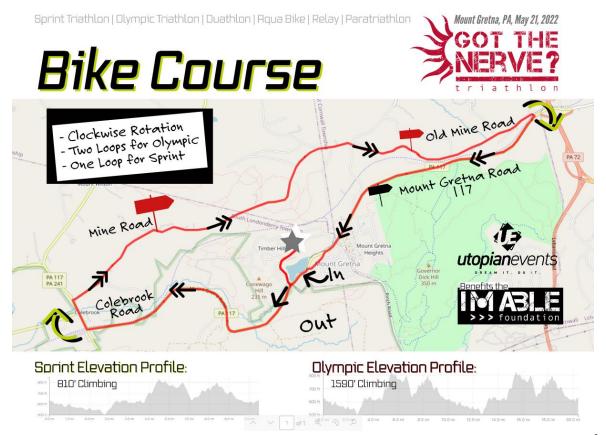
- HELMETS are required and must be secured with a fastened chinstrap.
- RACE NUMBER Your race number must be secured on your seat post or frame.
 Your race numbers must also be on the front and sides of your helmet.
- LITTERING DO NOT THROW ANYTHING on the bike course trash, peach pit, ANYTHING. We are guests in the community and want to keep it clean.
- Please treat fellow athletes, volunteers, and spectators with respect! Not doing so is considered Unsportsmanlike conduct and may result in a DQ
- o DO NOT CROSS THE YELLOW LINE ON THE ROAD: this will result in a DQ

UNAUTHORIZED EQUIPMENT – seriously

- □ No cell phones
- Audio players
- Headphones
- □ Ear Buds
- ☐ Aeroplex etc
- □ Electric Bikes

OUTSIDE ASSISTANCE

□ Non-racers may NOT ride or run alongside others or assist you in any way.



RUN

The run will take place on a combination of roads, rail trails, and some grass sections. *Please* stay to the right of the run course as much as possible to avoid potential injury.



Sprint Triathlon | Olympic Triathlon | Duathlon | Aqua Bike | Relay | Paratriathlon

Run Course: Olympic Distance





DUATHLON

- 1st Run of Olympic Duathlon will turn around at the Sprint Triathlon turn around point.
- 1st run of Sprint triathlon will turn around at the 1.25km mark.

FYO (Fill your own) AID STATIONS

Water will be available via FILL stations. Therefore *you will be responsible for Filling your OWN Water. We will have cups at the station, or you may carry your own*.

Volunteers will be making sure the water jugs stay full.



TRANSITION AREA

- Bikes must be racked in your designated numbered spot prior to and after the bike
- Bikes must be racked by their seat with the front wheel facing outwards.
- Please be courteous of others in transition with your space.
- All items should remain **BEHIND** the front wheel to keep the aisles clear.
- Helmets MUST be ON and buckled when your bike leaves the rack.
- ABSOLUTELY NO RIDING OF YOUR BIKE IN THE TRANSITION AREA.
 - ☐ All Athletes MUST proceed to the MOUNT line to get on their bikes.
 - ☐ All Athletes MUST dismount PRIOR to the DISMOUNT line to get off their bikes.
 - ☐ Any athlete riding their bike in transition will be immediately disqualified
- ONLY ATHLETES, VOLUNTEERS, AND CREW WEARING EVENT ISSUED WRISTBANDS ARE PERMITTED IN TRANSITION.
- For SECURITY, Bikes may only be REMOVED from transition with the matching numbered wrist band.
- TRANSITION will only be open to active racers. Please be patient to allow athletes a chance to continue with their race. When transition opens, please be courteous of active racers and give them the right of way and clear passage.

TRANSITION MAP

Transition Map





Mount Gretna, PA

Sprint Triathlon | Olympic Triathlon | Duathlon | Aqua Bike | Relay | Paratriathlon

SPONSORS

























