

Nat Greene's Revenge Triathlon and Duathlon Motus Off Road Triathlon

Lake Brandt Marina

5945 Lake Brandt Rd, Greensboro,
NC

October 7th, 2023



Nat Greene's
Revenge
TRIATHLON



MOTUS
NAT GREENE'S REVENGE

Timeline

Race Day Schedule, October 8th

On Road Triathlon and Duathlon

- 7:00 am - 8:15 am- Race-Day Packet Pickup
- 8:20 am - Prerace meeting at Transition Area
- 8:30 am - Race Start (**TRANSITION AREA CLEAR**)
- 11:15 am - Awards
- 11:00 am - Course Closes

Off Road Triathlon

- 12:30 pm - 1:45 pm - Race-Day Packet Pickup
- 1:50 pm - Pre-Race Meeting at Transition Area
- 2:00 pm - Race Start (**TRANSITION AREA CLEAR**)
- 5:30 pm - Awards
- 6:00 pm - Course Closes

Weather & Water Conditions

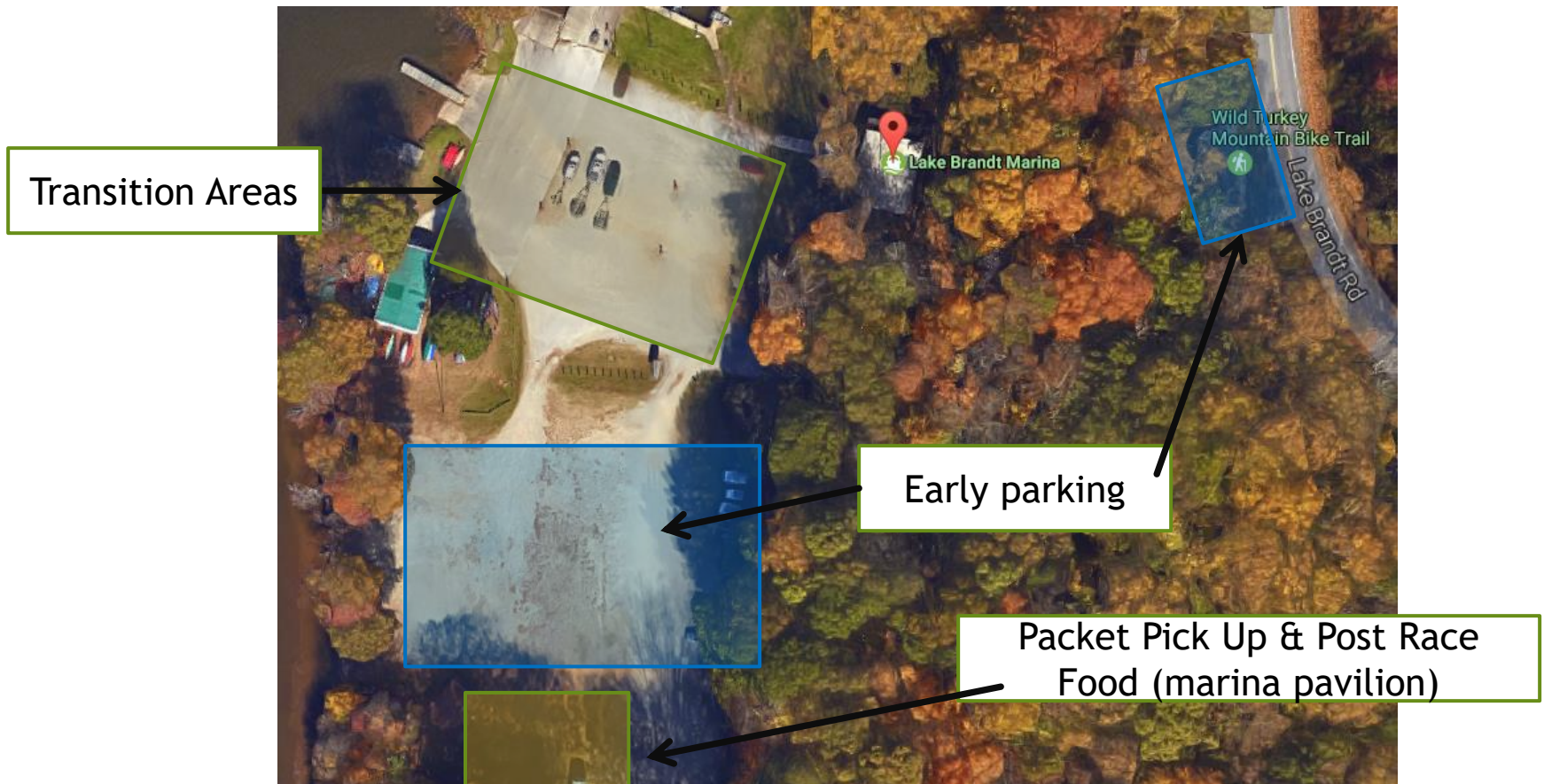


Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

CURRENT FORECAST

Parking

Take a look at the map below and on the next page to see where parking is available. The earlier you arrive, the closer you will be able to park. We have modified setup to allow for about 80 cars parked in the lower marina lot. Bear in mind, if you park at the marina, you will not be able to leave until the bike course is clear of athletes!



Parking (Continued)

Piedmont
Trailhead

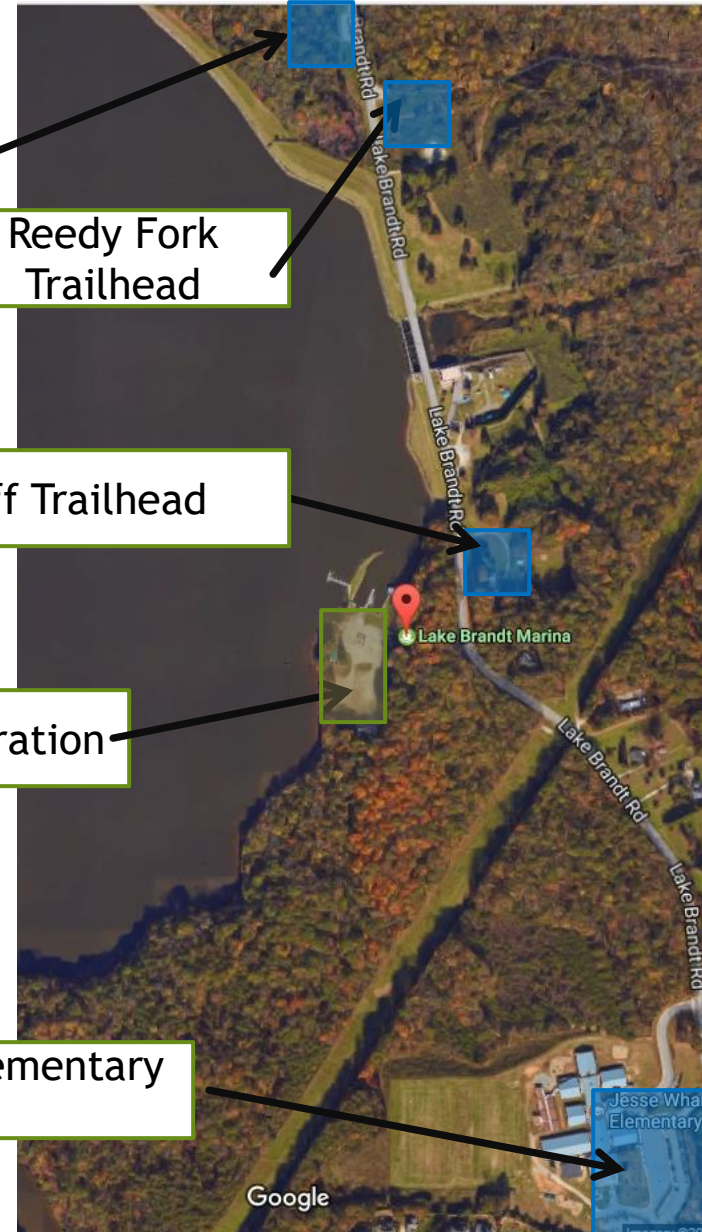
Reedy Fork
Trailhead

Laurel Bluff Trailhead

Please leave time to
park your car and make
your way to transition
area/registration if you
are parking further
away.

Transition area/registration

Jessie Wharton Elementary
School



Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race and may body mark themselves with a black sharpie before arriving on race day. We will also have markers and volunteers available to help with body marking on race day.

1. Right Calf - **Age (on Dec 31, 2022)** or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left Calf - Event
 - **D** - Duathlon
 - **T** - Triathlon
3. Left and Right Arm - Bib Number



Timing Tag and Bib Instructions

- ▶ After you pick up your bib, you will need to pick up an orange timing tag and Velcro strap in a separate line by showing your bib number. This is how we record your splits during the race.
- ▶ Secure the chip to the strap via the instructions on the right.
- ▶ You must have this around your left ankle at all times during the race.
- ▶ Timing chip must be OUTSIDE a wetsuit.
- ▶ 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.



Relay Teams

- ▶ Relay teams will receive:
 - ▶ 1 Timing Chip
 - ▶ 1 Running Bib
- Chip must be passed between athletes in transition at your bike rack space
 - **PLEASE** be sure to stay at your rack and out of the way of other athletes moving through transition
- The Runner is the only athlete that needs the running bib, no one else needs to wear the bib
- Athletes can be in any order of the relay, your team decides what order and what disciplines your athlete will participate in. (Teams can be of 2 or 3 athletes.)

Clydesdale and Athena

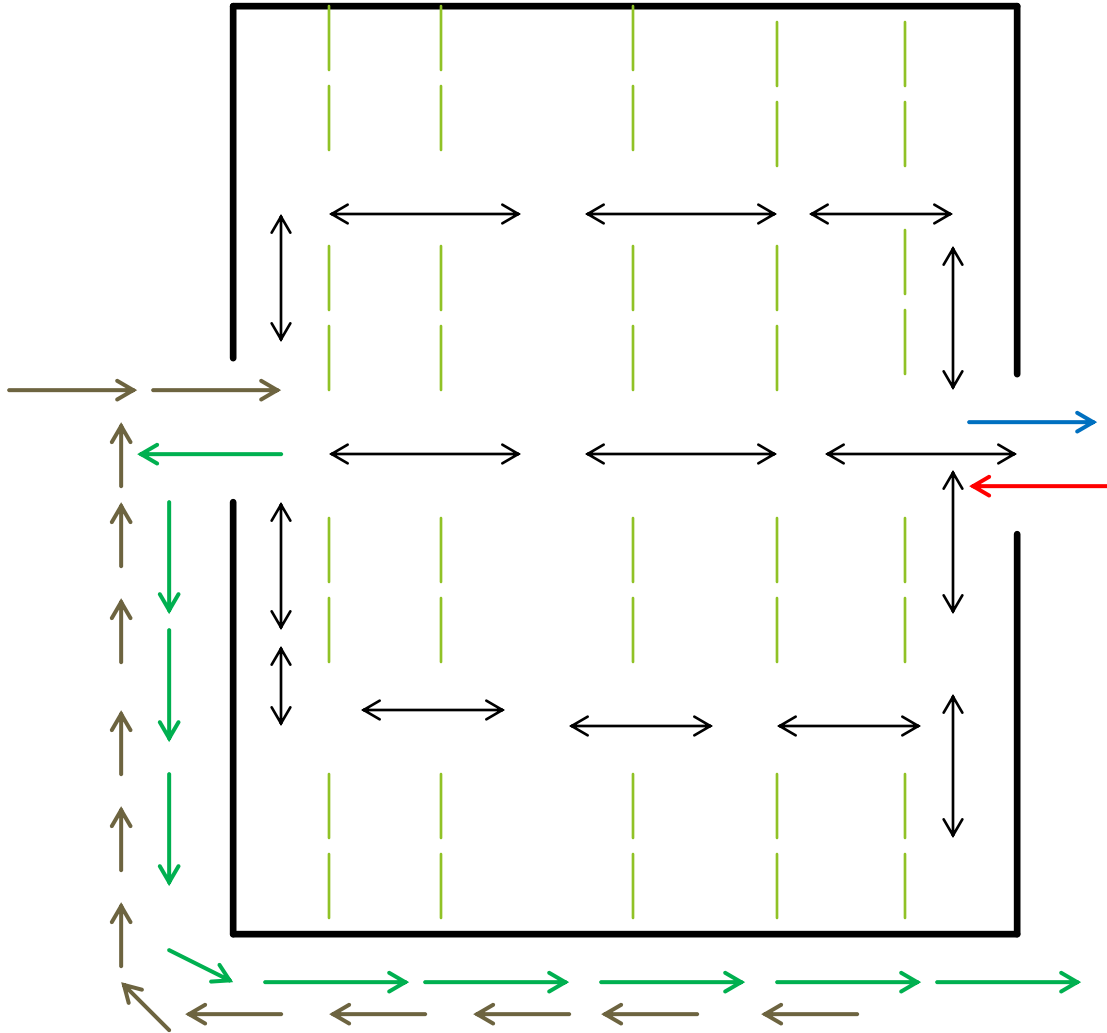
- ▶ Athena category requirements:
 - ▶ Female
 - ▶ Weight of 160lbs or more
- ▶ Clydesdale category requirements:
 - ▶ Male
 - ▶ Weight of 220lbs or more
- ▶ Master Clydesdale category requirements:
 - ▶ Male of age 40+
 - ▶ Weight of 220lbs or more
- ▶ **Anyone registered in these categories will have a MANDATORY weigh in at packet pick up.**



USA Triathlon Requirements

- ▶ This is a USA Triathlon (USAT) sanctioned event. All athletes are required to show ID in order to pick up their packet - no exceptions.
- ▶ Please familiarize yourself with the [USAT competitive rules](#) to make sure that you are compliant.

Transition Area Road & Off Road



↔ = flow of traffic

→ = Swim In/Run In

→ = Bike Out

→ = Bike In

→ = Run Out

Transition Area

Transition area will be immediately in front of you once you exit the water. Coming out of the water the Swim In entrance will be straight ahead and clearly marked. *Duathletes will run around the south end of the transition area after the first run and enter close to the water.* A few things to remember if you are new:

Put your helmet on before grabbing your bike

Do not bring your entire living room into transition, it is a tight space, and you only need a few things.

Do not get on your bike until you have exited transition area, and reached the “bike mount line” - at the bottom of the driveway to the marina

Before the race, make a mental note of where your bike is so that you can find it quickly while tired.

Bike racks will be numbered in a six number range. Your bib number corresponds to the rack you should be on.

This is a full race. Triathlon racks can fit 8 bikes, we will be requiring 6 per rack to fit everyone, do not spread out and do not take up more space than is allotted to you.

How to Rack a Bike Properly

- ▶ Take a close look at this picture. Every other bike is racked in the opposite direction with the opposite wheel on the ground. This gives everyone the most space on the rack.
- ▶ Place your bike the opposite direction of the bike next to you. Your equipment should go on the side of your bike's down wheel
- ▶ **Bike Support**
Get Outdoors Pedal and Paddle will be on-site to provide any bike support you need before, during, or after the race!



Course Details

Duathlon

First Run

Duathletes will start their run at the finish line and run out of the marina. Athletes will turn right onto Lake Brandt Rd. Then left onto Trooper Rd. Athletes will continue to the turnaround, and head back to the marina. Once athletes have re-entered the marina, they will run around the south end of transition and enter transition on the end closest to the water.



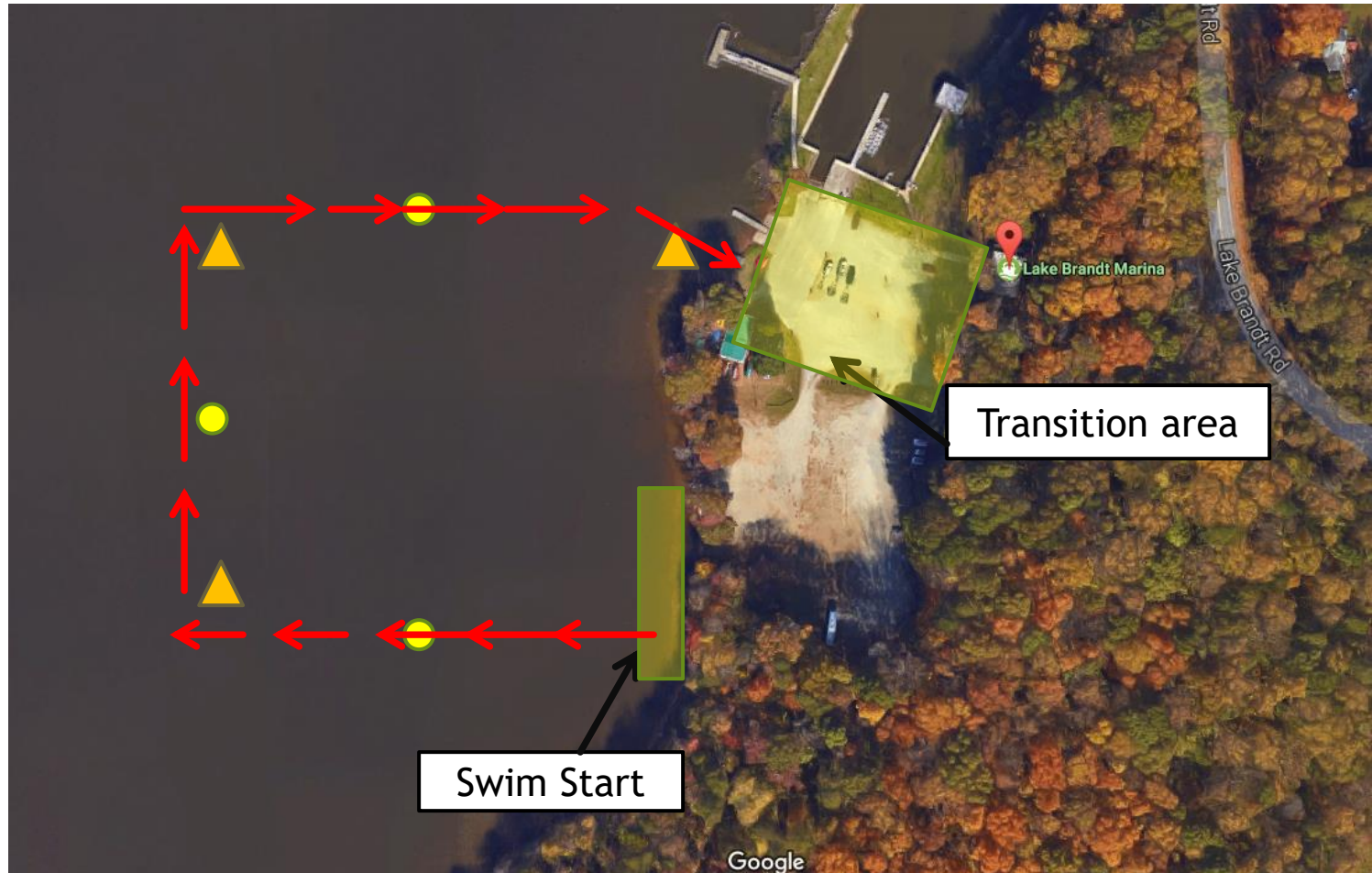
Triathlons

Swim Start

- ▶ The swim start will be a “rolling” time trial start, with 2 athletes at a time. Athletes will line up by bib number, you will be able to move forward or backward in line as needed.
- ▶ Large orange buoys are turn buoys and you **MUST** keep them on your right. Small Yellow buoys are sight buoys and can be passed on either side.
- ▶ If you are a weaker swimmer, or new to open water swimming start to the back. *Nervous swimmers: Please ask for a special cap so our water safety personnel will keep an extra eye on you!*



The Swim Course - All On and Off Road Triathlons



Bike Mount and Dismount

- Bike out for all races will run along a carpeted path to the marina driveway and will mount their bikes at the bike mount line. Once on your bikes, athletes will bike up the marina drive hill. At the top **ROAD BIKERS** will go **LEFT** onto Lake Brandt Rd. **TRAIL BIKERS** will go **RIGHT** onto the trail. Look for signs and listen to volunteers!
- All racers will enter the park again at the top of the marina hill and dismount their bikes at the bottom of the hill. You will then run your bikes on the carpeted path into transition area.



Dismount LINE

Mount LINE

Bike Course Violations

There will be monitors on the course looking for these common violations:

Drafting- While on the bike course, you must keep at least three bike lengths behind the athlete in front of you. If you move closer than three bike lengths you are in the draft zone and must now pass. Once passing, you have 15 seconds for your front wheel to pass the front wheel of the athlete you are overtaking. Once this occurs, the overtaken athlete must drop back out of the three bike length draft zone before attempting to re-pass. The penalty for this violation is a variable time penalty.

Blocking- Athletes must ride to the right-hand side of the road unless passing. Riding on the left side of the road without passing is considered blocking as you are interfering with other athletes ability to ride the course. The penalty for this violation is a variable time penalty.

Abandonment- All of the gear you take onto the course must stay with you. Clothing, hats, bottles, tubes, CO2 cartridges, gels, bars, garbage, etc. The penalty for this violation is a variable time penalty.

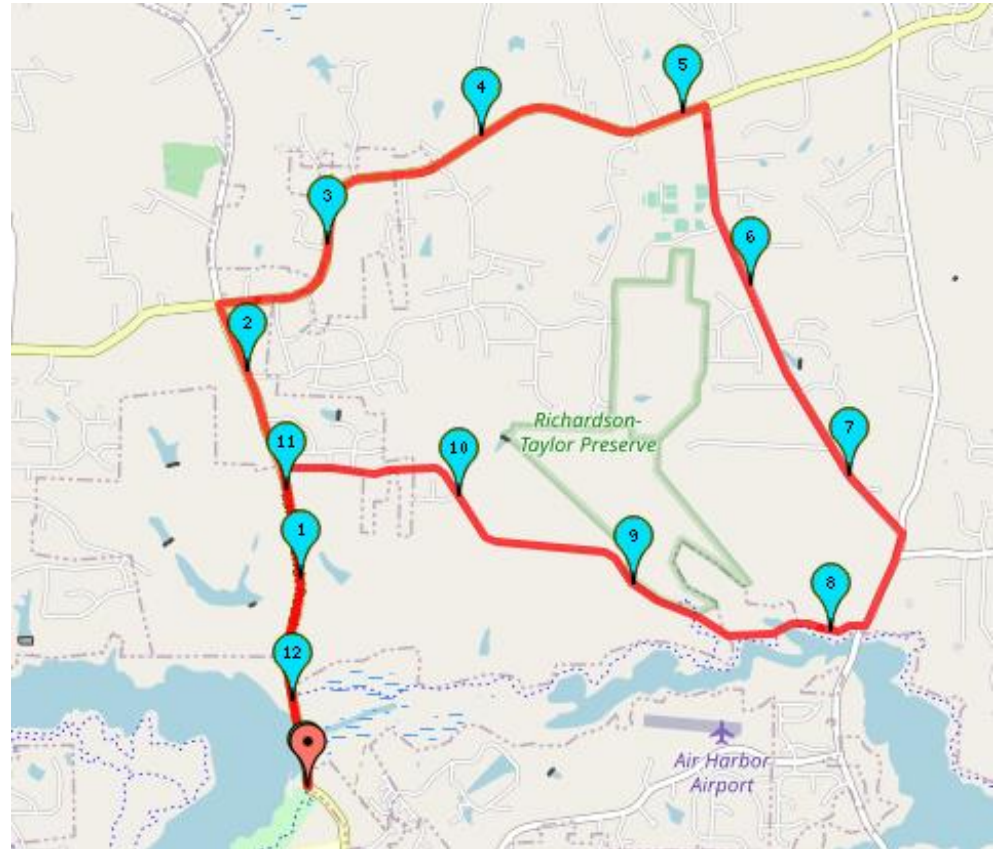
<https://trainright.com/the-5-most-common-triathlon-rule-violations-and-how-to-avoid-them/>

On Road (Tri and Du) Bike

The Road bike course is the same as in previous years.

Turn by turn directions:

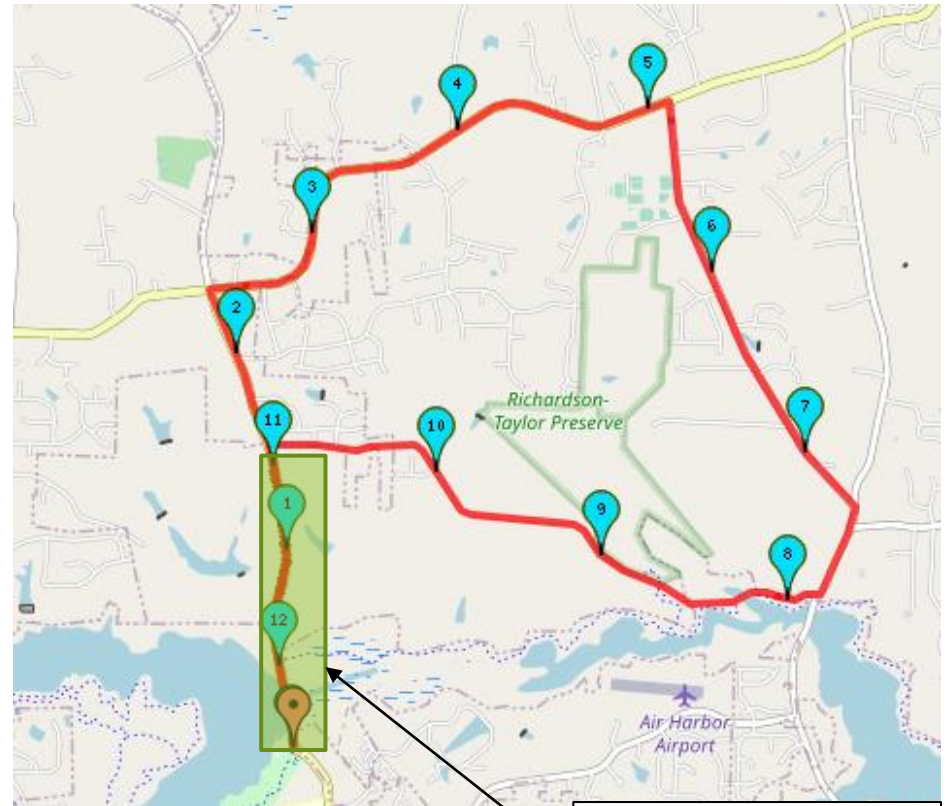
- ▶ Left out of the marina onto Lake Brandt Drive
- ▶ Right onto NC-150
- ▶ Right onto Spencer Dixon Rd.
- ▶ Right onto Church St.
- ▶ Right onto Plainfield Rd.
- ▶ Left onto Lake Brandt Drive
- ▶ Right into Lake Brandt Marina



Each corner on the bike course will have a police officer, a volunteer, a sticker telling you to turn, and a sign telling you to turn...you won't get lost! Please be aware, while Lake Brandt Rd is closed to traffic, the other roads will have vehicle traffic. The police will stop cars at the intersections, but still be your own advocate on the roads!

Lake Brandt Rd & Plainfield Rd Intersection

There is a point in the course where athletes may cross over each other, at the intersection of Lake Brandt and Plainfield. To alleviate this, we will be making athletes bike on the wrong side of Lake Brandt (which is closed to traffic for the race) until they pass Plainfield. There will be volunteers and signs helping navigate.



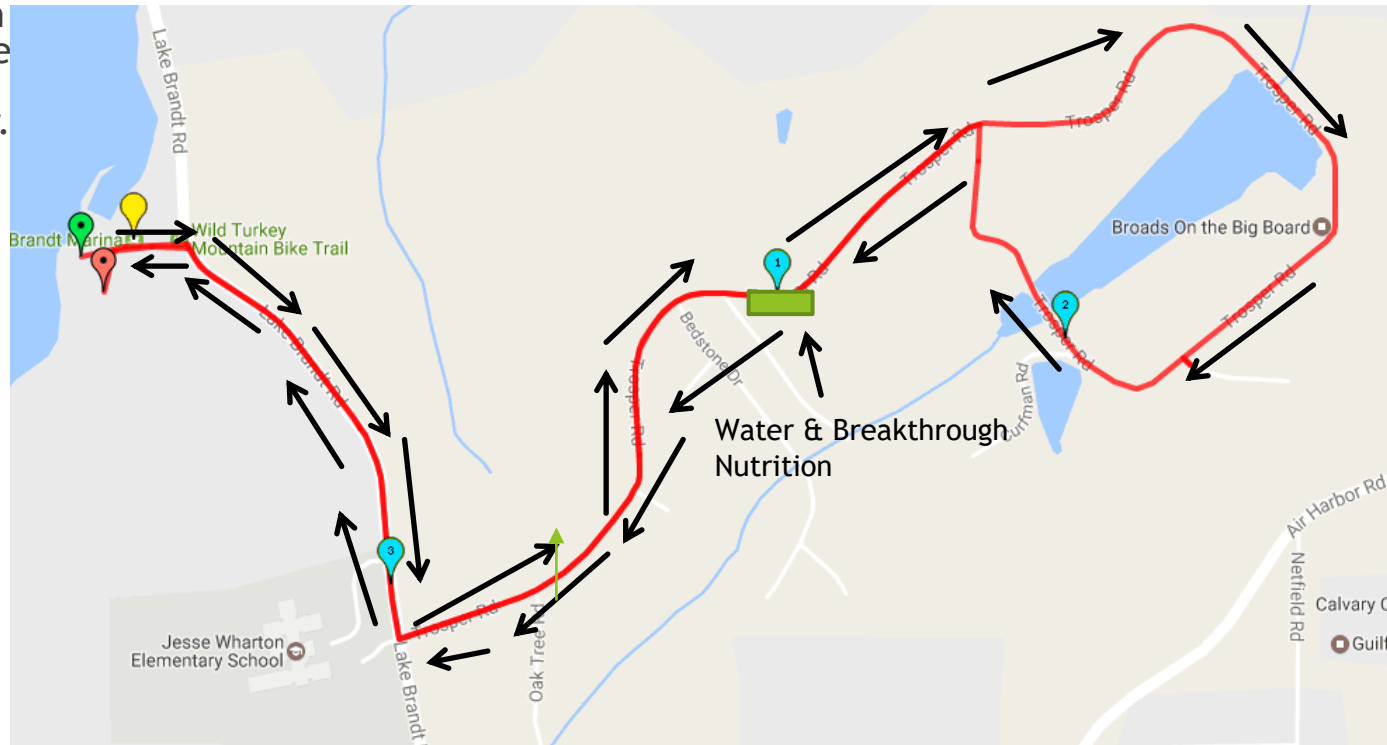
Ride on Left
side of Road

On Road Run Tri & Du 2nd Run

This run will start and finish at the marina. Remember that this run course is 3.25, not a 5K. This course is hilly. The course will be marked with turn signs, but please make sure you are familiar with the course before race day.

Course Turn by Turn:

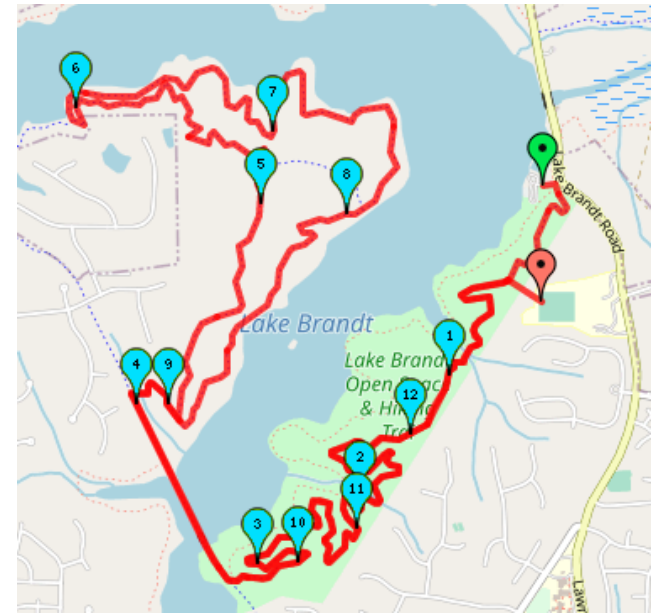
- ▶ **Right out of the marina**
- ▶ **Left onto Troser**
- ▶ **Do a loop of Troser Rd.**
- ▶ **Left to get back onto Troser**
- ▶ **Right onto Lake Brandt Drive**
- ▶ **Left into Marina parking lot**
- ▶ **Left to finish line**



The run course will have signs, stickers and volunteers to direct you around the course. You will reach the water stop at mile 1 and mile 2.25. Remember this is not a 5K it is a 3.25 mile run!

Off Road Bike Course

- ▶ A few things to keep in mind:
 - ▶ The trails should be relatively empty but they are not closed to recreational users.
 - ▶ If a faster biker approaches from behind, please be a friendly racer and give the person room to pass.
 - ▶ No headphones/music on the bike
 - ▶ There is one short area on Owls Roost where there is two-way bike traffic. The bridge, and the area has been widened to allow for two way traffic.
 - ▶ As of 10/5/21, the City of Greensboro thinks there's a good chance the trails will be open for biking. But there is still rain in the forecast for the week leading up to the event and if trail conditions are unsafe, the race will be changed to an Aquathon (swim and run) and will still receive points in the MOTUS series. We will send another update after checking with the trail authorities on Friday. Athletes will have until Friday at 10pm to switch to the on-road triathlon if they would prefer that. No event transfers will be allowed on race day.



BIKE

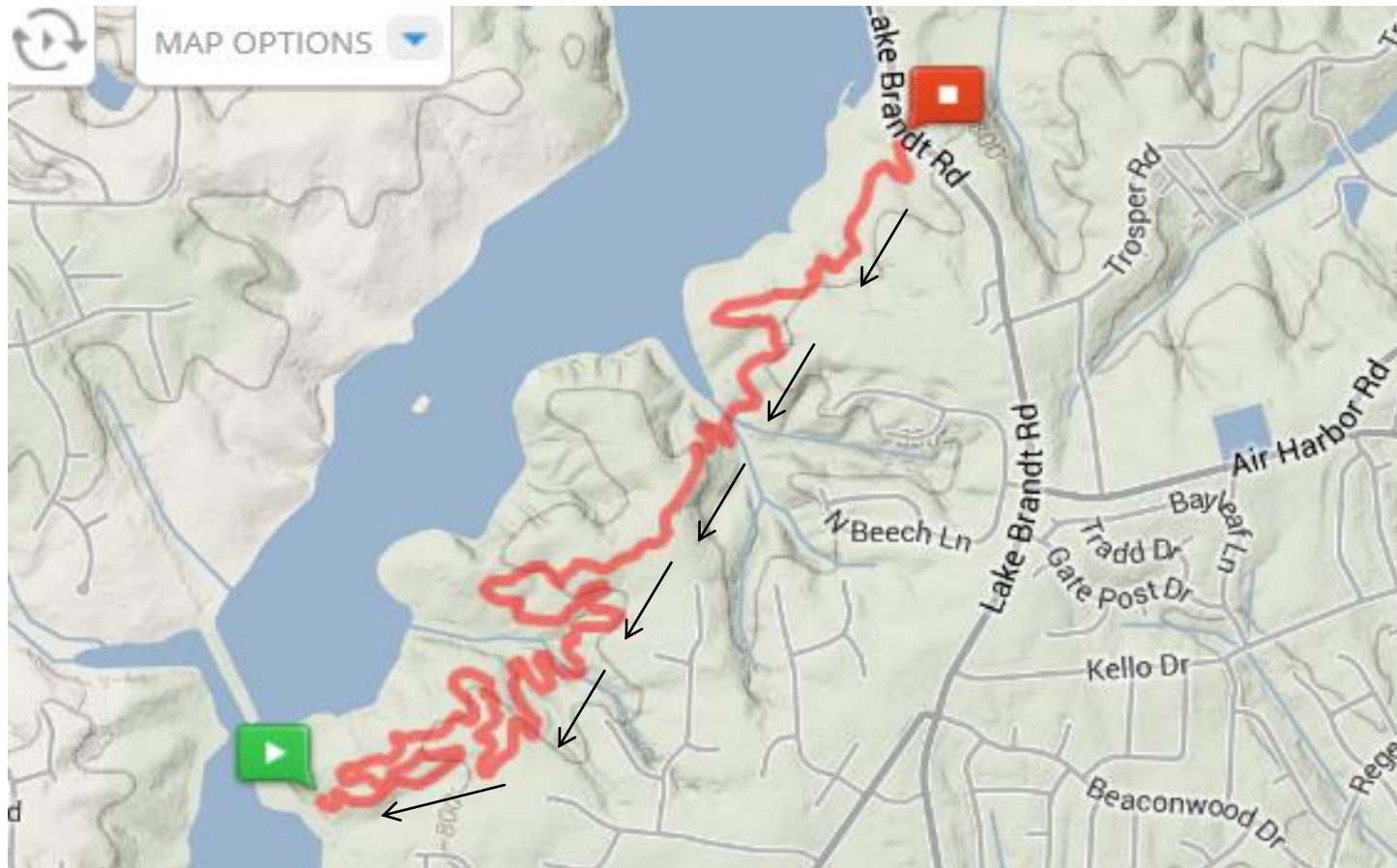
PLEASE DO NOT DESTROY. WE WILL REMOVE
IMMEDIATELY FOLLOWING THE EVENT.

BIKE

Athletes will follow
BLUE signs on the
bike course!

Off Road Bike Course 1st Section

First section of trail: Follow the signs for the Wild Turkey Trail. We will also have Blue turn arrows on the course. When exiting the trail, you will make an immediate right hand turn on the Greenway to access the Owl's Roost Trail.

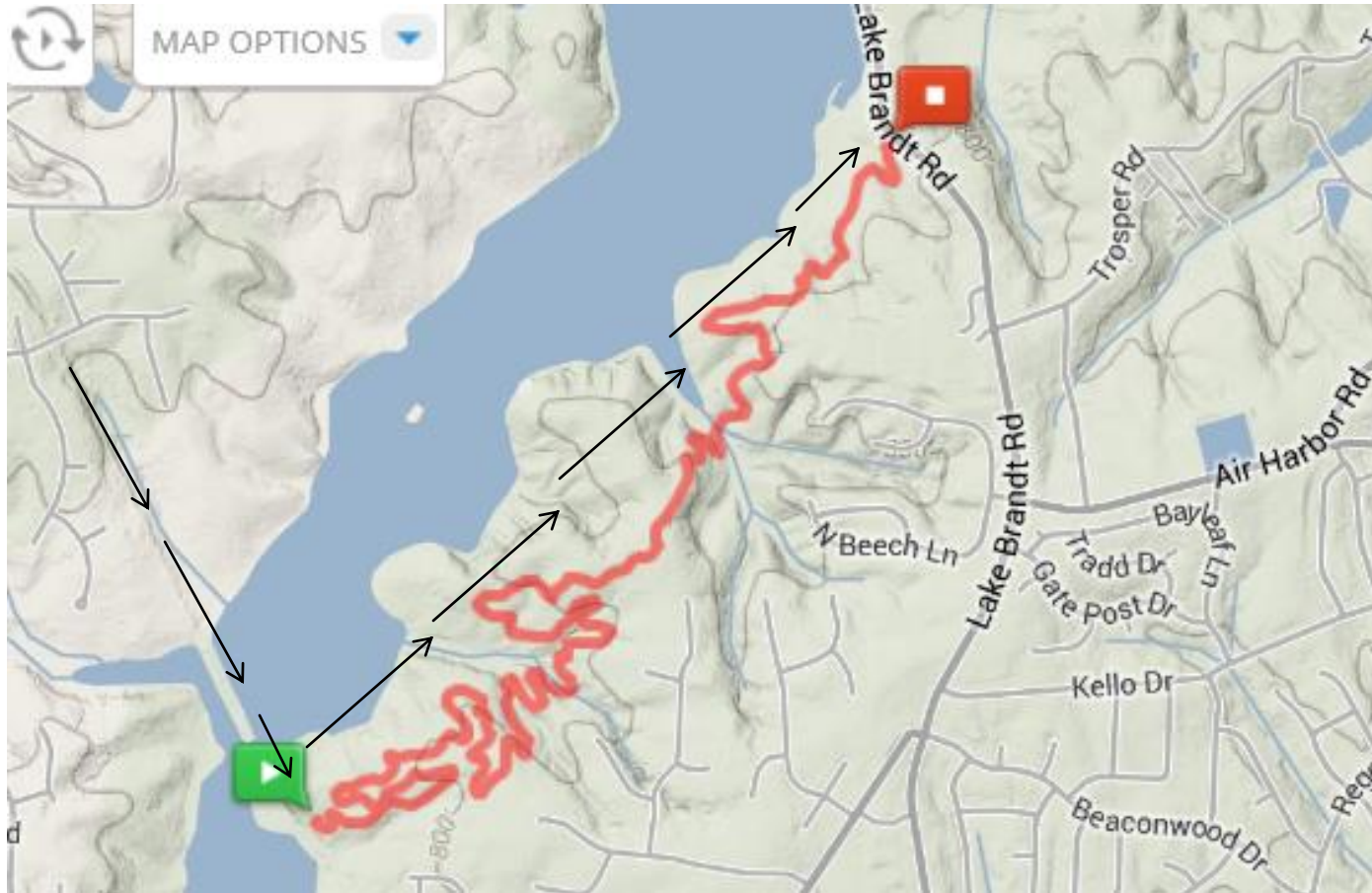


Off Road Bike Course 2nd Section



Second Section: Athletes will be on the greenway for less than a half mile. On the greenway, you will have the ability to get a new water bottle. Follow the stickers and signs to make the correct entrance to the trail. For the Owl's Roost Trail, mountain bikers will do a clockwise loop of Owl's Roost trail using the fire road section of the trail on the way out and the trail near the lake on the way back.

Off Road Bike Course 3rd Section



Third Section: Once you finish your loop on Owl's Roost, you will again jump on the greenway to make your way back down Wild Turkey. There is a small chance of two way traffic as some slower athletes finish the first leg while faster athletes finish the third. Please be cautious and, if you are a slower athlete, give the front-runners the right of passage.

Off Road Run Course

The 5K run is an out and back on Nat Greene Trail with water at .75 and 2.25 on the course. At .5 miles there is a narrow bridge that both runners and cyclists will be utilizing, both groups should stay to the right. Runners will follow **RED** arrows on the run course!

RUN

PLEASE DO NOT DESTROY. WE WILL REMOVE IMMEDIATELY FOLLOWING THE EVENT.

RUN

