

# WHITE LAKE SPRING HALF 2019

PRESENTED BY SET UP EVENTS

**Race Location:**

NCFFA Center  
1247 NC Highway 53 E  
White Lake, NC

**Race Start Time:**

7:00 AM on April 27, 2019

**Packet Pick-Up:**

Friday (April 26) – 2:00 PM – 7:00 PM at Race Site  
NCFFA Center Dining Hall (across from covered pavilion on the lake)

Saturday (April 27) – 5:00 AM – 6:30 AM

NCFFA Center Dining Hall (across from covered pavilion on the lake)

**Pre-Race Info Meeting**

Friday (April 26) - 6:00PM  
NCFFA Lakefront Pavilion

**Transition Area Opens:**

Saturday (April 27) - 5:00 AM—6:30 AM  
**RACE MORNING ONLY**

**OUR SPRING RACE FEATURES A TWO-LOOP SWIM.  
DETAILS ON PAGE 6.**

## PACKET PICK-UP INFO

Packet Pick-up will be held in the FFA Center's dining hall located across from the covered pavilion on the lakefront.

**Mandatory Photo ID:** All participants will be required to show photo ID at packet pick-up (including relay team members). You will not be given your race packet without photo ID! All participants must pick up their own race packet – individuals and relays.

**USAT Members:** USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$15. If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up. We must see a current expiration date or you will have to pay the one-day fee. Please visit [www.usatriathlon.org/membership](http://www.usatriathlon.org/membership) to join, renew or print your temporary card.

**Medical Form:** Please make sure you fill out the medical form and have it with you at packet pick-up. This form is mandatory. You will need to turn it in to receive your race packet. The medical form is found on the last page of this document and on our event web page.

**Race Packet:** Your race packet will contain two race numbers, race swag and a swim cap. Athletes are encouraged to visit our sponsor table which contains coupons and free merchandise.

As part of Set Up's **GO GREEN** initiative, we've reduced the amount of printed materials in your packet. Course maps, swim wave times and categories and event details will be posted at packet pick-up. If you wish to have this info with you, please print it out before the race.

### **You will be issued two numbers at packet pick-up:**

The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.

The medium-sized number (actually containing your number twice) is used during the bike segment of the race. Place this number over the top tube of your bike – toward the front if possible—with the adhesive backing.

## TIMING INFO

**Champion Chip Timing:** This race will be timed using the Champion Chip Timing method. Chip Pick-Up is 5:15—6:30A under the pavilion on the lakefront. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.

Please make sure you read the Champion Chip Timing instruction sheet displayed at packet pick-up.

**NOTE: All timing chips must be picked up by 6:30 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.**

Chip pick-up will begin at 5:15 AM on race morning. Make sure you receive the correct timing chip. Your chip number will match run number. You will wear this chip on your left ankle. Attach the chip to the disposable medical ankle strap given to you at chip pick up and attach the strap to your left ankle.

**Chip Fit Tips:** We usually recommend 1-2 fingers width between the band and your ankle. Too Loose: It could fall off and you'll be charged a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race. When you get it adjusted just right, make sure that the band snaps shut. You will hear the band snap into its closed position when it is secured properly.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

### **What happens if I lose the timing chip?**

If this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2018, we had less than ten lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

## RACE DAY INFO

**Race Day Arrival:** When you arrive on race morning you will be greeted by a volunteer at the front gate of the FFA Center. We will have an alpha list of all participants. Check that list, find your race number, and then you can go ahead and rack your bike in the transition area. After your bike is racked, then you can proceed to packet pick-up. Be sure to allow yourself plenty of time to get checked in on race morning.

**Parking:** Participants may park in the designated parking lots immediately adjacent to the transition area inside the grounds of the North Carolina FFA Center. When the FFA Center has been filled, parking volunteers will direct you to additional parking areas outside the FFA grounds. This additional parking is along Hwy 53 – west of the FFA Center.

**NOTE:** *If you park inside the FFA center grounds – you will not be allowed to leave before **1:00 PM**. After 7:00a, access into the FFA Center is available via Clinton Road (west of the FFA) only.*

**Athlete Drop-Off:** If you are having someone drop you off at the race site, please do not stop in front of the FFA Center. The fenced area along Highway 53 must remain free of stopped vehicles. This is a request from the White Lake Police Department. If you are not parking inside of the FFA Center, please proceed to the off site parking area to unload.

**Packet Pick-Up and Registration** is available on race day. Both are located inside the FFA Dining Hall across from the lakefront pavilion.

It is a USAT rule that if you ride your bike to the transition area prior to the race you must be wearing your bike helmet.

**Body Marking:** All participants must be marked at the body marking area at the race site. Body marking will begin at 5:15AM on race day. **You MUST show your race run bib to the volunteer responsible for marking you.** If you do not have your bib, you will not be marked.

**Chip Pick-Up** is located under the pavilion on the lakefront.

**Bike Support:** Bike tech support is available and will be set up at the Bike Start/Finish entrance to the transition area.

**PLEASE NOTE:** *There will NOT be a Friday check in and there will NOT be overnight security in TA. ALL BIKES MUST BE RACKED ON RACE MORNING.*

## RACE DAY INFO [Cont'd]

### Transition Area:

**ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.**

The transition area will have five entrances/exits:

#### **Transition Area Entrance/Exit**

**Swim Finish**

**Bike Start**

**Bike Finish**

**Run Start**

These entrances and exits will be clearly identified through the use of large inflatable archways.

Once the race starts and you're racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads **SWIM FINISH**. The inflatable archway next to that one will be for **RUN START**, so you don't want to run through that one. At the other end of the transition area will be the **BIKE START** and **BIKE FINISH** archways. Please use the designated **TRANSITION AREA ENTRANCE/EXIT** before the race (to rack your bike and set up your transition) and after you've finished racing (to remove your bike and gear).

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. Wheel is down on the same side as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.

Do not make a complete change of clothing in the transition area or other event area. There will be port-a-johns located in the transition area as well as the finish/start area. Please use these units if you plan to change clothing.

After the race, you will be required to show your race number (body marking or run number) to check your bike out of transition.

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This swim is an in-water start with participants lining up with the end of the FFA’s left-side pier. Athletes swim clockwise around this triangular-shaped course with the finish at the right-side pier. This will be a two-loop swim – with each loop being approx. 950 meters. The turn buoy to begin the second lap of the swim will be positioned near the end of swim finish pier. At the end of the second lap, participants will exit the water at two ladders located at the end of the piers. Participants exit the water at the end of the easternmost pier/dock and run about 300 yards to the transition area. A swim course diagram is available on the White Lake Spring Half event website.

**Water Temps:** Water temps will be posted on the website by 9:00p on Thursday before the event. USAT wetsuit rules will apply. If the water temperature is 79 – 83 degrees, participants may choose to wear a wetsuit, however, they will not be eligible for awards and they will not receive any AAA NCTS points or USAT ranking points and will show up in the results as DQ’d.

WAVE NUMBER	GROUP	START TIME	CAP COLOR
1	Advanced Males & Females	7:00AM	BLACK
2	Males 39 & Under	7:02	WHITE
3	Males 40 & Over Clydesdales Male Aquabike	7:06	NEON GREEN
4	All Women’s Age Groups Athenas, Female Aquabike Novice Males & Females All Relay Teams	7:10	YELLOW

**SWIM CAPS** are provided and must be worn.

**OPEN WATER SWIM TIPS:** If you need assistance during the swim, roll over on your back and put your hand in the air.

If you need to hang on to a watercraft during the swim, please make sure you are not hanging on to one of the motorized safety boats. You may hang on to a non-motorized vessel (kayaks, canoes, or surfboards) without penalty, however if you hang on to the side of one of the motorized watercraft you will be taken out of the water and disqualified.

The White Lake Half bike course will have competitors taking a right out of the FFA center onto Hwy 53, north on Hwy 701 for 8 miles to Hwy 210, a right on Hwy 210 for 25 miles to Hwy 53 and a right onto Hwy 53 for the 20 miles back to the race site. There are only three turns on the 56 mile course. Please refer to the course map on our website and familiarize yourself with the course.

There are plenty of volunteers and police officers for the race, turns will be clearly marked and mile markers are indicated on the course. Remember: It is ultimately your responsibility to know the course. Roads will be open to vehicular traffic. Be careful and alert at all times.

**BIKE TRANSITION:** Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.

**HELMETS REQUIRED:** Hard shell helmets must be worn and fastened before leaving the transition area.

**EQUIPMENT:** No headphones, earphones or any radio-type devices will be allowed.

**ON-COURSE AID STATION:** A water bottle handoff station will be located at mile 22 and mile 39. Each station will hand out 20oz Deer Park Sport cap bottles.

Please make sure you drop empty water bottles **ONLY** at the water bottle handoff locations. Also, do not throw any trash on the bike course – this will result in a DQ. Any bottles dropped at the water handoff locations will not be returned to you.

**CAUTION:** At the intersection of White Lake Drive and Hwy 53 (1 mile from the finish), International athletes will be merging with Half athletes. Please be aware as you approach this intersection and use extreme caution as international athletes make the turn onto HWY 53.

**BIKE SUPPORT:** TwoWheeler Dealer will provide bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.

**USA TRIATHLON RULES:** USAT Officials will be on the course enforcing USAT rules (drafting, blocking, etc.).

**The run is an out-and-back 13.1 mile course that follows the outline of the lake. Please refer to the course maps on our event website and familiarize yourself with the course.**

**Turn-Around:** The turn-around for the run course is located near the intersection of White Lake Drive and Hwy 53—at approximate 7.5 mile mark. There will be a timing mat located at the turn-around.

**Run Lane:** Vehicular traffic and runners will be separated by large NCDOT traffic cones. The cones will be placed on the solid white line that denotes the bike lane. The bike lane is approx. 3-4 feet wide, but has a flat grassy strip that runs along the side of it, offering runners plenty of room to pass oncoming runners. ***It is mandatory that you stay inside these traffic cones. Failure to do so will result in disqualification imposed by the USAT officials.***

**Aid Stations:** Aid stations will be located approximately every mile on the course. The stations will offer water, Gatorade, flat cola, oranges, salty snacks and cold towels and provide port-a-johns and first aid kits.

PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. PLUS, if you take a towel and run with it, please deposit it at the next aid station or in buckets labeled for towels only! We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.

Shade is limited on this course so take precautions for race-day weather conditions.

**HEADPHONES:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**RACE NUMBERS:** You must have your run number visible on the front of your body as you cross the finish line. Failure to do so will result in a two minute penalty.

**FINISH LINE:** When you approach the finish line you will cross over several timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.



## RELAY TEAMS

All members must be present at packet pick-up. Each member needs to show a photo i.d. and USAT membership. Relay packets include a neoprene ankle strap, a timing chip pass and the same bike and run numbers as an individual athlete. On race day, the swimmer or the runner will pick up the team timing chip. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results!

Swimmers will tag bikers at their assigned bike rack location. Bikers must tag runners at the same location. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members!

ALL Relay members **MUST** get body marked before the race.

## Please Don't Litter:

Be good citizens and give our volunteers a break – don't litter on the bike or run courses. If caught littering by USAT officials it will result in an automatic DQ.

## Recycling:

We will have recycling bins for all aluminum cans, plastic bottles, and card board. These recycling bins will be located immediately adjacent to the post event refreshment area (big black tent). Please help us out and take your cans and bottles over to the recycling bins.

## Post Event Food & Drinks:

Post event food and drinks will be available at the big black tent near the finish line. Food and drinks handed out at this location are only for participants and volunteers. Pizza will be available for participants. We ask for your cooperation with regards to this policy. We want to make sure that we have enough food for all our participants and volunteers.

## Results:

Results will be posted 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on the website ([www.setupevents.com](http://www.setupevents.com)) by 9:00 PM on Saturday evening.

## MERCHANDISE EXPO

The Set Up Events merchandise expo is located in the dining hall adjacent to packet pick-up. Offerings will include Set Up Events logo'd merchandise, and NCTS logo'd merchandise. We will also offer thousands of new race shirts and sweatshirts dating back to events from the late 90s. If you have a favorite event shirt that was lost or just worn out, this might be the place you can find a replacement. In addition to that, the bargains are not to be believed. We'll be selling much of this "old, but new" merchandise for bargain basement prices. This includes hundreds of performance (technical) shirts from 2007 through 2017 events. Credit cards will be accepted.

## NCFFA INFO

**NO DOGS ALLOWED:** The North Carolina FFA Center does not allow dogs on their grounds. If you have a dog, you will be asked to leave the grounds.

**NO ALCOHOLIC BEVERAGES ALLOWED:** The North Carolina FFA Center prohibits alcoholic beverages on their grounds.

**NOTE:** If you park inside the FFA center grounds – you will not be allowed to leave before 1:00 PM.

## MISCELLANEOUS

***Once the race starts, nobody will be allowed entrance through either of the front two gates to the FFA Center grounds.*** Please make sure any spectators know that their access into and out of the FFA Center property will be through the side entrance located on the left side of the property (as you face the lake) all the way towards the lake and next to the lodge. This side gate is accessible from Clinton Rd. which is the street that is immediately to the left (facing the lake) of the FFA Center property. Arriving spectators need to go to Clinton Rd. and walk down it to the end and enter through that side gate.

### **Spectator Refreshments:**

Refreshments for spectators are available for sale near the lakefront pavilion. The post-race food beneath the pavilion is for athletes and volunteers ONLY. We want to make sure that we have enough food for all our participants and volunteers.

**Pre-Race Info Meeting** will be held at the race site under the covered pavilion on the lakefront on Friday (April 20) at 6:00 PM. It is highly recommended that you attend this race orientation meeting. This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. There will be no race instructions on race morning.

# 2019 NC TRI EVENTS

## **RACE**

**Azalea Sprint**  
**Lake James International**  
**Time Trial @ RiverLights**  
**White Lake Spring Half**  
**White Lake Spring International**  
**White Lake Spring Sprint**  
**Lake Norman State Park Sprint**  
**Pinehurst International**  
**Triangle Sprint**  
**Latta Enduro Sprint**  
**Carolina Beach Double Sprint**  
**Buckner Mission Man Sprint**  
**Lake Logan Half**  
**Lake Logan International**  
**Lake Logan Sprint**  
**Lake Lure Sprint**  
**White Lake Fall Half**  
**White Lake Fall International**  
**White Lake Fall Super Sprint**  
**YMCA Wrightsville Beach Sprint**  
**Sandling Beach International**

## **DATE**

**March 24**  
**April 6**  
**April 14**  
**April 27**  
**April 27**  
**April 28**  
**May 4**  
**May 18**  
**June 1**  
**June 22**  
**July 13**  
**July 27**  
**August 3**  
**August 4**  
**August 4**  
**August 10**  
**September 7**  
**September 7**  
**September 8**  
**September 21**  
**October 6**

## **SERIES AWARD INFORMATION**

Compete in five or more NC Tri series races and you'll automatically receive our NCTS Elite Team member swag (stay tuned for details) as well as qualify for our series awards.

**Thank you for choosing SETUP EVENTS! We appreciate your participation in our North Carolina series. Please visit us at [www.setupevents.com](http://www.setupevents.com) to find more races and learn more about our series awards for 2019.**