

WHITE LAKE FALL INT'L TRIATHLON

SEPTEMBER 9, 2023



RACE INFORMATION



EVENT SITE:

The Grand Regal at Goldston's Beach
1608 White Lake Drive :: White Lake, NC :: 28337



INTERNATIONAL TRIATHLON DISTANCES

Swim: 1500 meters

Bike: 28 miles

Run: 10K



INTERNATIONAL START

8:00 AM on September 9, 2023

PACKET PICK-UP INFORMATION



Friday (September 8) at RACE SITE

5:00 PM - 7:00PM for International Only



Saturday (September 9) at RACE SITE

6:00 AM - 7:30 AM for International Only

PRE-RACE MEETING

A pre-race meeting will be held at the race site at 7:00PM on Friday (9/8). 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 given at the swim start location on race morning.

WHITE LAKE FALL INT'L TRIATHLON

PACKET PICK-UP



PACKET PICK-UP LOCATION + TIME

- 🕒 Friday (September 8) 5:00 PM – 7:00PM
at RACE SITE for Int'l only
- 🕒 Saturday (September 9) 6:00 AM – 7:30AM at
RACE SITE for Int'l only

Packet Pick-Up and Registration is available on race day at Goldston's Beach. Packet Pick -up will be held on Friday, September 8 from 5:00PM–7:00PM and on Saturday, September 9 from 6:00AM–7:30AM the race site.

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.

Race Packet: Your race packet will contain, two race numbers, a swim cap and your race swag.

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.

Race Day Registration: Walk-Up Registrations will be accepted until 7:30am on race morning. Athletes registering on race day will be assigned a start time with their race category but placed at the end of that specific group.

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TIMING INFORMATION



Champion Chip Timing: This race will be timed using the Champion Chip Timing method. Chip Pick-Up is 6:00AM-7:30AM at the race site on race morning. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip. The timing chip table will be located near the Set Up Events blue trailer at the finish line (packet pick-up location).

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

NOTE: All ATHLETES must pick up timing chips by 7:30 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip pick-up will begin at 6:00 AM on race morning. Make sure you receive the correct timing chip. Your chip number will match your run number. You will wear this chip on your left ankle. Attach the chip to the neoprene strap that you will also be given.

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 2022, 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.

WHITE LAKE FALL INT'L TRIATHLON

RACE DAY INFO



Parking: Parking attendants will be on site to assist with parking on race morning. There are parking lots immediately adjacent to the finish line and transition area that will be filled first. Additionally, there are parking areas across the street from Goldston's Beach that will also be used.

Your bib number can be found on the event website. Athletes may use this number to rack bikes in transition before getting in line to pick up race packets and pick up timing chips.

NOTE: 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.

WHITE LAKE FALL INT'L TRIATHLON

TRANSITION AREA INFO



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

The transition area will have four entrances/exits: **Transition Area Entrance/Exit**, **Swim Finish**, **Bike Start/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.

EVENT INFO

SWIM DETAILS



The course is a two-loop, 1500-meter swim. It is a 750-meter triangular shaped course. Athletes will do TWO laps. Participants will exit the first lap about 20 yards from the swim start location. They will exit the lake and be directed back to the swim start for their second lap. Swim course diagrams are available on the event website.

WATER TEMPS: An updated water temperature will be posted on the website and NCTS Facebook page by 9:00PM on Thursday (September 7). Water temp is expected to be in the high-to-mid 70s. This is expected to be a wetsuit legal race.

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 NCTS points or USAT ranking points and will show up in the results as DQ'd.

SWIM START: This will be a wave start with athletes starting on the beach – check the wave start chart for starting times and swim cap color.

SWIM CAPS: Swim caps are provided at packet pick-up.

OPEN WATER SWIM TIPS: Orange buoys will be placed along the triangular course to lead you to the swim finish location. You may swim on either side of the round siting buoys. Triangular buoys mark the turns. You must keep them on your left. There will be a variety of watercraft on the swim course during the race. 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.

PRACTICE SWIM: PARTICIPANTS WILL BE ALLOWED TO WARM-UP FROM 6PM TO 7PM ON FRIDAY WITH LIFEGUARD SUPPORT.

EVENT INFO

SWIM INFORMATION



INTERNATIONAL - SWIM START TIMES

8:00 AM - WAVE 1 - PINK CAPS

Advanced Males & Females

Males 44 & Under

Clydesdales

8:04 AM - WAVE 2 - YELLOW CAPS

Females 39 & Under

Males 45 - 69

8:08 AM - WAVE 3 - NEON GREEN CAPS

Females 40 & Over

Males 70 & Over

Aquabike Males & Females

Novice Males & Females

Athenas

Relay Teams

EVENT INFO

BIKE DETAILS



The International course is 28-miles loop that circles the lake and then heads out onto flat, fast country roads. Please visit our event website for printable course maps.

PRE-RACE BIKE RACKING: All bikes must be checked into the transition area on race morning. There will be no overnight security in transition on Friday night.

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

DRAFTING: No drafting! Draft Marshals will be on the course and drafting rules will be enforced! Stay to the right to allow faster cyclists to pass on the left.

HELMETS REQUIRED: Hard shell helmets must be worn and fastened before leaving the transition area. **This includes pre- and post-race travel to the race site.**

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

COURSE INFO: 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.

ON-COURSE BOTTLE HAND-OFF: There will be ONE water bottle hand-off station at mile 18.5 for the International. This station will hand out 20 oz. Deer Park sport cap bottled water. Please make sure you drop empty water bottles **ONLY** at the water bottle hand-off location. Also, do not throw any trash on the bike course – this will result in a DQ. Any bottles dropped at the water hand-off locations will not be returned to you.

BIKE SUPPORT: City Bicycle Company will provide bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.

EVENT INFO

RUN DETAILS



The 10K run course is a double out & back. The run course will leave Goldston's Beach and travel south on White Lake Dr.

IMPORTANT NOTE: Runners will be on White Lake Dr. until the entrance to Camp Clearwater. Participants **MUST** stay inside the big DOT traffic cones that will be used to separate runners from motor vehicles along White Lake Dr. At Camp Clearwater, runners will transition onto the paved multi-use path until they reach the turnaround.

Aid Stations: Aid stations will be located approximately every 3/4 miles on the course. PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. 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 Knish 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 approximately 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.

EVENT INFO

RELAY TEAM INFO



Relay teams will need to show a valid photo i.d. and a current USAT membership at packet pick-up. 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 at the timing tent. 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!

EVENT INFO

AWARDS + RESULTS + MISC



Please Don't Litter: Be good citizens and give our volunteers a break – don't litter on the bike or run courses. Littering will result in an automatic DQ.

Recycling: As part of SetUp's **GO GREEN** initiative, we're providing 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! Separate your cans, bottles and trash in the appropriate bins.

Post-Race Food & Drinks: Post-Race refreshments will be available after the race under the refreshment tent right near the finish line. We'll provide self-serve bottles of water, canned drink and pre-packaged snacks. We ask that only athletes access these refreshments.

Spectator Food & Drinks: The Grand Regal at Goldston's Beach offers spectators a variety of places to purchase water, soft drinks and food.

Results: Results will be posted continuously during the day on the website. Complete results including splits will be posted on the event website later in the day.

Awards: We anticipate awards ceremonies to begin between 11:30 – 11:45AM. If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

Thank you for choosing SET UP EVENTS! We appreciate your participation in our North Carolina series. Please visit us at www.setupevents.com to find more races and learn more about our series awards for 2023.