


PINEHURST TRIATHLON FESTIVAL

APRIL 11, 2026



RACE DATE & START TIME

 SPRINT START
8:15AM on April 11, 2026

 INTERNATIONAL START
8:45 AM on April 11, 2026



NORTH CAROLINA
TRIATHLON SERIES

RACE INFORMATION



EVENT SITE:

PINEHURST MARINA :: 1 DENCHILLO COURT ::
PINEHURST, NC 28374

SPRINT TRIATHLON

Swim: 750 meters
Bike: 18 miles
Run: 5K

INTERNATIONAL TRIATHLON

Swim: 1500 meters
Bike: 26.3 miles
Run: 10K

PACKET PICK-UP INFORMATION



Friday (April 10) at RACE SITE
4:00 PM - 7:00PM for International + Sprint



Saturday (April 11) at RACE SITE
6:45 AM - 7:45 AM for Sprint
7:15 AM - 8:15 AM for International

PRE-RACE MEETING

A pre-race video briefing will be posted on the website by Thursday, April 9. There will be no pre-race meeting at the race site. We encourage all participants to watch this short video to become familiar with some of the nuances associated with this race.

PINEHURST TRIATHLON FESTIVAL

PACKET PICK-UP

Packet pick-up will take place under the large pavilion that faces the lake.

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.

Due to the Sprint race starting at 8:15AM, ALL participants in the International distance race must arrive at the race site no later than 8:15AM.



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PINEHURST TRIATHLON FESTIVAL

TIMING INFORMATION

MYLAPS TIMING SYSTEM

Participants will receive an ankle strap that is about 14-15" long and about 2" high containing a velcro strap. These new foam material straps are very comfortable and will be collected at the finish line.

In 2026, all timing straps will be handed out on race morning at the timing chip tent which will be set up adjacent to the transition area. As in the past, participants will be required to show their race number (either run bib or bike number) in order to receive their timing strap. We require this, because we don't want people picking up the wrong timing strap.

Unreturned chips result in a \$30 replacement fee.



HOW TO WEAR THE MYLAPS MULTISPORT TAG

The MULTISPORTS tag must be worn on your LEFT ankle.

Wrap the tag around your ankle using the velcro strap.

Press & rub the velcro hook firmly to ensure it is attached.

Make sure the number is visible on the outside of your leg.

Carefully pull Velcro when removing the tag.

Timing straps will be removed by volunteers at the finish line.

Aquabike Athletes: Please return your timing strap to the finish line.

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RACE DAY INFO



Race Day Arrival: Parking is available for athletes and spectators in the big grass parking lot on Linden Road—approximately 1/2 mile from the race site. There is NO parking at the Pinehurst Lake Marina. Diamondhead Road South and Denchilo Road will be closed to traffic on race day. Athlete drop-offs are allowed at the intersection of Burning Tree Road and Diamondhead Road.

Please **DO NOT PARK** on the neighborhood streets near the marina or on Linden Road. The Village of Pinehurst will have a tow truck on duty on Saturday morning and they will tow any cars that are not parked in the big grass parking lot on Linden Rd. There is a parking map on the website that shows you the location of the grass lot. On race morning – simply follow the parking signs and the directions from the police and volunteers.

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.

“All participants should expect to be directed to this lot, as this is the designated parking area for athletes and spectators.

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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.

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

NO FRIDAY BIKE CHECK-IN. All bikes will be checked into the transition areas on race day.

EVENT INFO

SWIM INFORMATION



The swim setting is right off of a postcard. The race begins with a beach start at the Pinehurst Marina. The course is a triangular shaped course in beautiful Lake Pinehurst. Conditions are usually perfect; the air temperature at start time is normally in the 60s and the water temperature is expected to be in the low-to-mid 70s—making wetsuits legal. Swim course diagrams are available on the event website.

Water Temps: A water temp will be posted on the website by 9:00PM on Thursday, April 9. 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 NCTS points or USAT ranking points and will show up in the results as DQ'd.

Swim Start: This will be a wave start - 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.

PRE-RACE SWIM ON FRIDAY: A lifeguard will be on duty from 5:00PM - 7:00PM on Friday for athletes who want to get in a pre-race practice swim in Pinehurst Lake.

SWIM WAVE START INFO

SPRINT - SWIM START TIMES

8:15 AM - SILVER CAPS
Advanced Male & Female
Males 39 & Under

8:18 AM - WHITE CAPS
Males 40-69
Clydesdales

8:21 AM - SKY BLUE
Females 59 & Under
Males 70 & Over
Aquabike Males & Females

8:24 - NEON GREEN
Females 60 & Over
Athenas
Novice Males & Females
Relay Teams
Physically Challenged

INTERNATIONAL- SWIM START TIMES

8:45 AM - SILVER CAPS
Advanced Males & Females
Males 34 & Under

8:49 AM - WHITE CAPS
Males 35-59

8:53 AM - SKY BLUE
Females 39 & Under
Males 60-69
Clydesdales
Aquabike Males

8:58 AM - NEON GREEN
Females 40 & Over
Males 70 & Over
Athenas
Aquabike Females
Novice Males & Females
Relay Teams
Physically Challenged

EVENT INFO

BIKE DETAILS



The bike course at Pinehurst is a challenging test - rewarding strong cyclists. Both courses (Sprint & International) are a single loop and both feature a constant series of moderate hills and rollers. The road surfaces are generally smooth. For the International, there will be one water bottle handoff location (water only). Please visit our event website for course diagrams.

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: The bike course will be clearly marked. Look for painted orange arrows on the pavement and bright yellow directional signs at each turn. Police will be located at all the intersections where traffic control is needed.

At the 6.3-mile mark, the bike course will split. International participants will turn left and Sprint participants will go straight. We will have signs indicating these directions and volunteers with megaphones at this intersections. Be alert for this split point.

Remember, it is ultimately the athlete's responsibility to know the course. Roads will be open to vehicular traffic. Athletes must be careful and alert at all times.

WATER BOTTLE HAND-OFF: There will be a water bottle hand-off for the International distance race only. This will be located at the 15.4-mile mark. These will be the 20 Oz. Deer Park bottles with the sport cap. If you are getting rid of a water bottle at this location, please do our volunteers a favor and drop it near where they are. Anything dropped will not be returned.

BIKE SUPPORT: Pre-race bike tech support is provided by Rainbow Cycles in Southern Pines and will be set up near the entrance to the marina on race morning.

EVENT INFO

RUN DETAILS



The International run course is one loop that circles Lake Pinehurst. The Sprint run course is an out-and-back design.

Both courses are on quiet residential streets. The courses feature small rolling hills, plenty of shade and flat sections as you run past beautiful homes, the lake and parts of the Pinehurst golf courses. Run course maps are available on the event website.

KEEP RIGHT: All participants are asked to run on the right side of the road—with traffic.

Aid Stations: Water stations will be located at every mile and will offer water. PLEASE drop your empty cups in the trash cans provided and not on the ground.

The Aid Stations located at mile 2 and mile 4 on the International course will also offer **TriFuel** in addition to water. **TriFuel Sports Drink** is a high-performance hydration solution packed with electrolytes, BCAAs, and carbs. Find out more at www.brlsports.com.

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 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.

Please cross the finish line only once. Finishing your race and then repeating the finish with a family member or friend is prohibited and will result in a five (5) minute time penalty.

All International athletes must complete their race in 4 (four) hours and 15 minutes or less from their assigned swim time. All Sprint participants must complete their race in 2 (two) hours and 30 minutes or less. We reserve the right to pull you out of the race at any point if it becomes apparent that you won't be able to make the cut-off times.

EVENT INFO

RELAY TEAM INFO



Relay team members do not have to come to packet pick-up together. Each team member will have to show a valid photo I.D. when they arrive.

The swimmer will get an index card containing their team's race number.

The biker will get a bike frame number – used to attach to the top tube of the bike.

The runner will receive the running "bib".

On race morning, any relay team member can pick up the official timing strap at the timing chip pick-up tent as long as they show either the index card, bike number, or run bib. The timing chip volunteers will not hand out the timing chip without seeing one of those three things.

The timing strap you receive will become the "baton" that the swimmer gives to the biker and then the biker gives to the runner.

Relay teams will make their exchanges at their assigned bike rack location in the transition area.

Please be courteous of other competitors as you wait for your team members.

EVENT INFO

AWARDS & RESULTS +
MISC. INFO



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 Set Up'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 under the pavilion. Please help us out! Separate your cans, bottles and trash in the appropriate bins.

Post-Race Food & Drinks: We'll have pizza, and pre-packaged snacks, along with water and soft drinks for participants. These treats are for athletes and volunteers only. Plus, every participant will get one free draft beer using the tear-off bottom of their racing bib.

Spectator Food & Drinks: There will be a variety of vendors set up to accommodate the needs of spectators. [We ask spectators not to eat or drink any of the refreshments laid out for the participants. These treats are for finishers and volunteers only.]

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 the start of awards ceremonies as follow:

Sprint: 11:00 AM

International: 12:30 PM

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 2026.

