



# 2022 ATHLETE GUIDE



# WELCOME TO THE YMCA WRIGHTSVILLE BEACH TRIATHLON

presented by Maus Warwick and Matthews  
*Since 1979*

## THANK YOU FROM THE YMCA, WITHOUT LIMITS and SET UP EVENTS

Athletes, welcome to the 2022 YMCA Wrightsville Beach Triathlon presented by Maus Warwick and Matthews. We are excited for another year of this historic triathlon that began in 1979. This race raises over \$20,000 for the YMCA of Southeastern North Carolina which provides fitness and programs for families and youth athletes in Southeast North Carolina.

### PRE-RACE ATHLETE VIDEO

# HISTORY

The YMCA Wrightsville Beach triathlon, first held in 1979, was the brainchild of Karl Sutter, then a resident of Wrightsville Beach, NC. Karl was competitive by nature and had been a college swimmer, then a few years after college had taken up running to get back in shape. While running one day he sprained his ankle and turned to cycling as an outlet for fitness while his injury healed. When reading Sports Illustrated in the spring of '79 he noticed a small article about the first Ironman triathlon with its 12 participants that was held in Hawaii the prior fall. Karl approached the Wilmington YMCA which was under the direction of Jack Morris at the time and a new event for the area was born. This triathlon was first named the Pepsi/Ymca Triathlon and would become the first and longest running triathlon on the east coast of the US with its start of 99 participants that September, 1979.

Each summer as the mid September event draws near the triathletes come in droves to Wrightsville Beach each morning. On just about any morning as the sun begins to shine at the beach all sorts of friend/family groups hit the waters and pavement in and around the area to ready themselves for the fun of doing this race. For some, this race has become an annual family tradition, while others it might be competitive or just the beginning to see just what it is all about.

Thank you for being part of history with us! Good luck and race hard!

Sincerely,

The YMCA and Without Limits Staff



# SCHEDULE

## Thursday, September 22nd

12:00pm-5:00pm Packet Pickup - Two Wheeler Dealer (come enjoy a Waterman's Brewing Company Beer and grab your packet at long time sponsor Jim Mincher and Two Wheeler Dealer

## Friday, September 23rd

12:00pm-7:00pm Packet Pickup - Wrightsville Beach Park near the Gazebo

4:00pm - 7:00pm - Pre-Race Bike Check In

5:00pm - Youth Triathlon Mandatory Info Meeting - Wrightsville Beach Park at the Without Limits Tent

6:00pm - Sprint Pre-Race Information Meeting - Wrightsville Beach Park at the Without Limits Tent

**\*We will have overnight security if you would like to check your bike Friday**

**\*Pre-Race Swimming is encouraged if conditions are suitable**

## Saturday, September 24th

5:00am-6:45am - Transition and Race Site Opens

5:00am-6:30am - Packet Pickup - Wrightsville Beach Park

6:45am - Transition Closes

6:50am - Triathlon Starts - [Blockade Runner Beach Resort - Soundside](#)

10:00am - Free Beer Ticket can be redeemed - Lighthouse Beer and Wine

10:30pm - Awards

# RACE SITE LOCATION

Wrightsville Beach Park  
321 Causeway Dr  
Wrightsville Beach, NC 28480

## Packet Pickup

**Thursday 12:00pm-5:00pm at [Two Wheeler Dealer](#)**

**Friday 12:00pm-7:00pm at [Wrightsville Beach Park at the Gazebo right next to the playground](#)**

**Saturday 5:00am-6:30am at [Wrightsville Beach Park at the Gazebo right next to the playground](#)**

**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 a photo ID! All participants must pick up their own race packet – individuals and relays.

**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.

# Registration

Anyone can register at the race site however swag may not be available if you wait until race weekend.

# Parking

We will have a parking crew directing cars where to park when you arrive. Parking is located around the town of Wrightsville Beach and in designated spots around the beach. Please be aware of parking meters that are in effect. It would be wise to Carpool or get dropped off if you have that ability.

# TIMING INFORMATION

**Champion Chip Timing:** This race will be timed using the Champion Chip Timing method.

Chip Pick-Up is 5:00 AM—6:45 AM. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.

**NOTE:** All timing chips must be picked up by 6:45 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip pick-up will begin at 5:00 AM on race morning. Make sure you receive the correct timing chip. Your chip number is associated with your bib. Attach the chip to the neoprene strap that you will receive at chip pickup.

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 2019, 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.

# BATHROOMS

There will be porta johns located near the transition area and on your walk toward Blockade Runner. We will place bathrooms along the closed lane walking path toward the swim start. There will only be a few bathrooms right at the swim start so try to hit the restroom before or on your way to the swim start.

# RACE DAY INFORMATION

**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 write their race number on the back of their hands with a sharpie. Otherwise there is no mandatory body marking for this event.

**Chip Pick-Up is available on race day only.** Pick-Up is 5:00 AM—6:45 AM. You will be required to show your run number/bib in order to get your timing chip.

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

**Equipment Rentals:** There are no equipment (wetsuits/race wheels/bicycles/etc) rentals available for this race. Athletes will need to secure their own equipment prior to arrival.

## **GETTING TO THE START:**

The swim start begins at the [Blockade Beach Runner Hotel on the Sound Side](#). The start is just under 1 mile from the transition. Most participants walk to the start, give yourself about 20-25 minutes to walk. You can also be dropped off. There will be a bag check at the start to leave your shoes or any other non-important items. Please do not check phones, keys, or wallets.

### **Transition Area:**

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

The transition area will have the following 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 number on the bike 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 areas. Use restrooms for this if you need to change.

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

# SWIM

This swim is a point to point swim starting at [Blockade Runner Beach Resort \(sound side\)](#) and finishes at [Seapath Marina](#). The swim is located in the Atlantic Intracoastal Waterway. This waterway flows in and out of the sound with the tides so there are currents. Typically with this swim, it is lined up with an incoming tide so you are swimming with the current. You will exit the swim at a marina dock and will have to climb a wooden ladder once you have completed the swim. You will then climb the ladder and run about 400meters to the transition area.

SWIM CAPS are provided and must be worn. Swim cap colors are listed below based on division

**BODY MARKING:** Please write your number on the back of your hands with a sharpie. Otherwise there is no mandatory body marking for this event.

**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

**Water Temps:** Latest Temp Check (Tuesday September 20th)

USAT wetsuit rules will apply. In order to wear a wetsuit the water temp must be under 78 degrees. If the water temperature is 78.1 – 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 WAVES

6:50am WAVE 1 (SKY BLUE CAPS) - ADVANCED MEN AND WOMEN + MALES 16-34

6:53am WAVE 2 (NEON GREEN CAPS) - MALES 35-44

6:56am WAVE 3 (WHITE CAPS) - MALES 45-54

6:59am WAVE 4 (PURPLE CAPS) - FEMALES 16-34

7:02am WAVE 5 (SILVER CAPS) - FEMALES 35-49

7:05am WAVE 6 (YELLOW CAPS) - MALES 55-64

7:08am WAVE 7 (BLACK CAPS) - Males 65+ | Clydesdales | Aquabike Male | Males 15 and under

7:11am WAVE 8 (FOREST GREEN CAPS) - Females 50+ | Athenas | Aquabike Females | Females 15 and under

7:14am WAVE 9 (ROYAL BLUE CAPS) - Novice Men and Relay Teams

7:17 WAVE 10 (PINK CAPS) - Novice Women

KIDS TRIATHLON (YELLOW CAPS) Time will be around 8am after final sprint swimmer exits the water.

# BIKE

The bike course is a one loop course approximately 11 miles. Turns will be clearly marked. Remember: It is ultimately the athlete's responsibility to know the course. Roads will be open to vehicular traffic and portions of the course will have lanes closed specifically for cyclists. However, always be aware that a car may not see you and keep your eyes on the road at all times. While you are in a race, vehicular traffic can still be unpredictable so please be alert.

**DRAWBRIDGE:** Please beware that you will need to cross the Heidi Trask Wrightsville Beach drawbridge twice (out and back) This bridge has grades on it that can be very slippery. It is prohibited to pass anyone on the bridge and highly advisable not to press hard on your pedals or get out of your saddle when crossing the bridge. The bridge is only 100ft long and this will not make a difference in your race result but can break your race if you neglect to follow these rules.

**PRE-RACE BIKE RACKING:** Participants may rack their bikes on Friday at 4:00PM and leave them overnight. Security will be provided from 4:00PM Friday—5:00AM Saturday.

**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.

**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.

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

# RUN

The run is a single loop course with one out and back. The run takes you around the famous John Nesbit Loop around the island at Wrightsville Beach. Just before the first mile, you will journey down a side street called N. Channel Dr. and run an out and back before completing the rest of the looped course.

**IMPORTANT:** Runners will be on the sidewalk that is located around the loop. The run is not to be performed in the streets as there is construction around Wrightsville Beach and cars will utilize the traffic lanes.

**Aid Stations:** Two Aid stations will be located on the run course with water only.

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.

**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. Keep running all the way under the finish line arch. Do not stop until you cross under the arch.

# YOUTH TRIATHLON

**Mandatory Youth Walk through Friday at 5:00pm**

## YOUTH TRIATHLON COURSE MAP

**YOUTH SWIM:** The Youth Triathlon will begin at the swim finish at the [Seapath Marina Docks](#). Kids will enter the water by jumping off the dock into the intracoastal waterway after the last finishers are out of the water from the sprint triathlon. The youth swim is pretty short and stays very close to the docks. The Youth athletes will climb up the ladders and run to the transition area.

**YOUTH BIKE:** The bike course will follow the sprint course across the drawbridge and up Airlie Rd. At the top of Airlie Rd at Oleander, the youth athletes will take a right instead of a left. Once they take a right, they will head back on Wrightsville Ave back to the beach and cross the drawbridge back to the transition area.

Youth athletes will dismount at the same line as all of the sprint triathletes.

**YOUTH RUN:** The run will follow the same run as the sprint triathlon and head up N. Channel Dr. to the end. At the end of N. Channel Dr. Youth athletes will head straight through a path cut-through into an apartment complex to the other side of the John Nesbitt Loop on Salisbury. This spot that youth athletes remain straight is the turn-around point for the sprint triathletes. Once the youth athletes run through the apartment complex, they will turn left on Salisbury Street and follow the course to the finish line.

# SPECTATORS

Please be aware of the crossing points on the course. Spectators should remain on the sidewalks around Wrightsville Beach Park and avoid being in the middle of any streets. Spectators are encouraged to park further away and walk to the race site to leave space for the competing athletes to be close to the start/finish area. Feel free to cheer on your athletes and be encouraging but do not get in the way of any competing athlete at crossing points.

**You will get your athlete DQed if you bike or run with your athletes. Pacing of any kind is against the rules**

# RELAY

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 will pick up the team timing chip with the team bib.

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 location in the transition area. 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 in the transition area 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!

# MAPS/VIDEOS AND FINAL RULES

## **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-race food and drinks for athletes will be available near the finish line. The folks at Goldston's Beach will also be selling beer near the finish line. A food vendor will be on hand selling food and drinks for spectators.

## **Results:**

Results will be posted continuously on the website as athletes finish. Complete results (with splits) will be posted on the website ([www.ymcawbtri.com](http://www.ymcawbtri.com)) later in the day.

**Awards:** The award ceremony will begin approximately 10:30 AM.

- [PRE RACE INFORMATION RECORDED VIDEO](#)
- [CHECK TO SEE IF YOU ARE REGISTERED AND FIND YOUR BIB NUMBER](#)
- [GOOGLE MAP OF COURSE AND LAYOUT](#)
- [TWO WHEELER DEALER](#)
- [FRIDAY PACKET PICKUP LOCATION](#)
- [RESULTS](#)
- [FIND YOUR NEXT WITHOUT LIMITS EVENT](#)
- [FIND YOUR NEXT NCTS EVENT](#)

# MAPS BELOW

[Link to Google Map](#)



