NANTICOKE RIVER

Multisport Festival

2021

2021 Nanticoke River Multisport Festival AthleteGuide

WELCOME

Thank you and WELCOME to the 2021 Nanticoke River Multisport Festival, presented by Sheehy Lexus of Annapolis. It is our great pleasure to re-introduce the event back in to the Eastern Shore Tri Series (www.EasternShoreTriathlonSeries.com) . Though we are back to in-person racing, we are still under restrictions to combat the spread of COVID-19. Many of the mitigation strategies that we are instituting can be found in our COVID-19 Mitigation strategies tab, but the pertinent ones will be explained here as well.

Of particular interest will be the aide stations will have pre-packaged food, in a self serve style, there isno large awards ceremony after, and we will have some pre-packaged foods for you after the event.
Swim waves are reduced to 10 persons at a time. OCATION

The Cedar Hill Marina, location at 29045 Harbor View Rd, Bivalve, MD, is the home of our event. Parking is in the area adjacent to the baseball fields, to the left as you enter in the first entrance to the park.

TIMES

Packet Pickup will start at 7:00 am on Sunday, May 2nd. The YOUTH Events will start at 9am, and the ADULT events will start at 10am. We ask that ADULTS be in the park prior to 9am, so that the youth event can happen without interruption.

When you arrive, bring your ID to the SWIM IN /RUN OUT portion of transition, where you will be given a temperature check and directed to your rack.
Swim start will be in groups of 10. You may be in the water, prior to your swim start, but in order to get an official start time, you must exit the water and pass over a timing mat. Instructions for the swim startwill come in a more detailed email later. THE SWIM WILL START AT 10AM!!
All athletes will be in the water by 10:20 am.

ESSENTIAL GEAR

Welcome to racing in the age of COVID. One of the most important pieces of gear, prior to you starting to race, and when you finish, will be a face covering. PLEASE WEAR A FACE COVERING getting set up in the morning, and then when you are done racing. You do NOT have to wear a face covering while racing,but we DO ask that you stay 6 feet away from everyone when not covered.

Please be sure to bring your helmet for the bike portion of the course. Athletes WITHOUT A HELMETWILL NOT BE ALLOWED TO CONTINUE.

You will be provided with a swim cap and bib and timing chip at Packet Pickup. You will only need towear your bib on the run portion of the course.

Please be sure to bring your photo ID to transition for verification. This event is a USA Triathlon sanctioned event and all participants must have a valid USA Triathlon membership. This was verifiedwhen you signed up for the event.

If you want to check out what you will see in your gear bag, please watch our video at https://youtu.be/jNmDQvovurE or at the bottom of the race page at www.MightyMatapeakeTriathlon.com

This is a USA Triathlon sanctioned event, and all USA Triathlon rules will be applied. Please make sure that you make yourself familiar with the most common rules, found at https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules/most-common-rules-violations

On Friday, April 30th, you will receive an email from us with a COVID Symptom checker. This Google Form MUST be completed by each athlete, prior to showing up on race morning. If you come on race morning without having completed it, you will be asked to complete one, electronically, prior to entering transition. Should you answer YES to any of the symptoms, we ask that you reach out to us before race day and we will be happy to defer you to 2022.

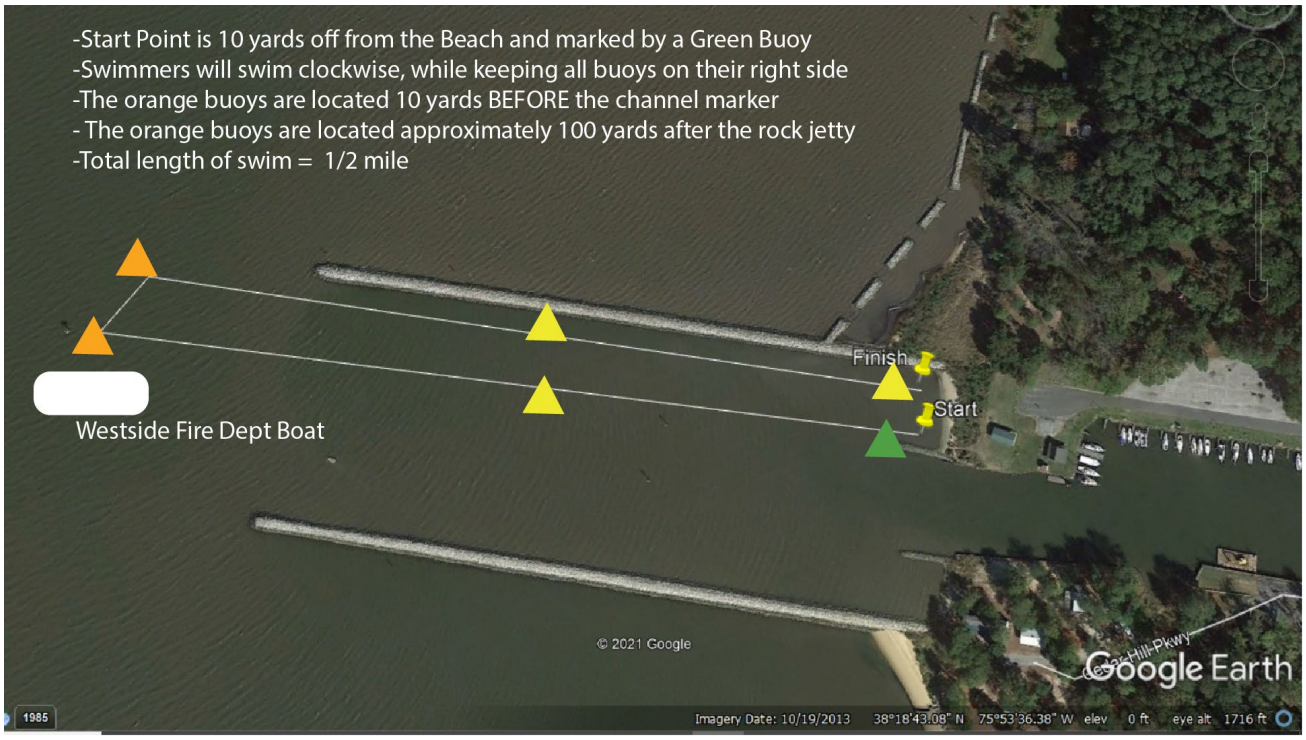
COURSE

SWIM

Our swim course will be an in water start. We will have multiple lifeguards on course, as well as our friends at the West Side Volunteer Fire Department. Athletes will find there are TWO turns on the course (right hand u-turn, keep buoy to your right). All other buoys will be placed for sighting.

When you come down to the swim, please wear the disposable mask that is provided to you in your packet. You will be able to discard the mask just prior to entering the water.

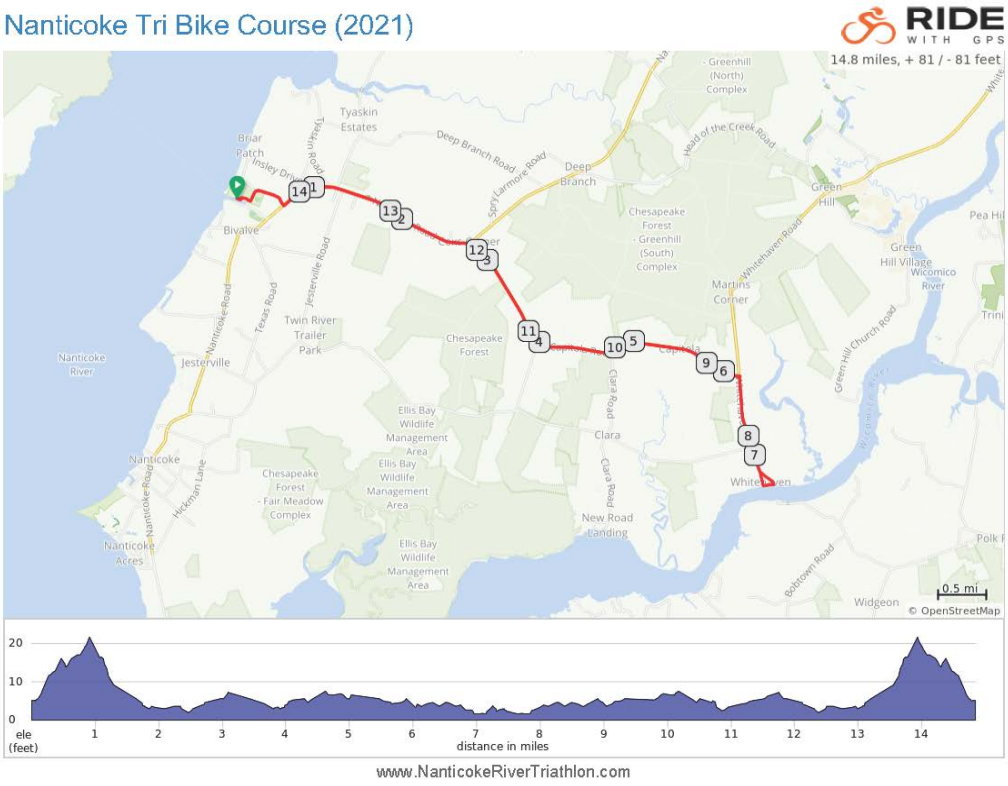
As previously stated, we will be letting 10 persons in the water at a time. These will be self seeded, so just line yourself up with your swim ability. 10 persons will enter the water, and then we will signal GO for those 10 to start. Your time starts at the appropriate time of you being in the water. You MUST cross over the check-in mat to have a time for the event.



BIKE – HELMETS MANDATORY

This is an open bike course, so there will be vehicle traffic on the course. The West Side Volunteer Fire Department and the Wicomico County Sheriff's Office are there to make sure you are safe and from there it is GO GO GO!!! Turn left out of the Marina and travel up the shoulder to your first RIGHT hand turn on to Capitola Rd. All the way to the end where you will make another right on to Whitehaven Rd. Veer right to make a look near the ferry and then return on the same course. The course will be marked with ORANGE arrows on the roadway. You will see arrows at approximately 50 yards, 25 yards and 5 yards before any turns.

You can also see the course at https://ridewithgps.com/routes/35785419

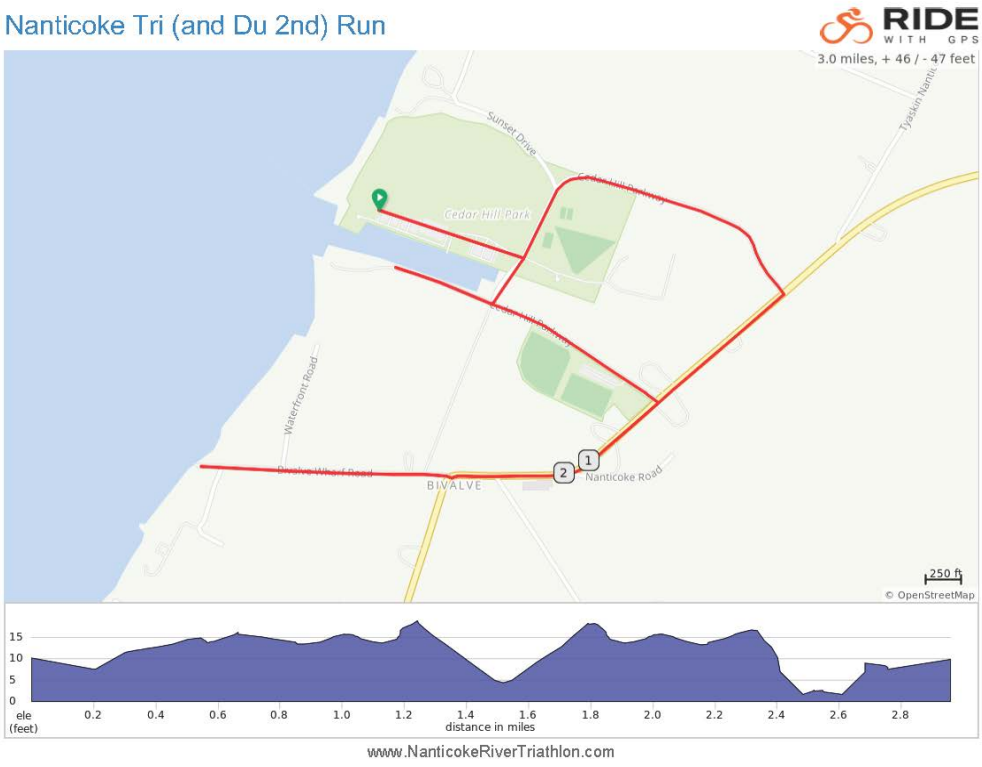


www.NanticokeRiverTriathlon.com

RUN

The Run will consist of a 3 mile out and back run on the Nanticoke Rd. **This is an open runcourse, so please use caution when running.**

There will be AT LEAST one aide station with Water and Gatorade on the run course. If temperatures dictate, an additional aide station will be added. This station will have SEALED bottles at it, and will beset out on tables. Please take a bottle and continue. If you are able to hold the bottle, outstanding. If you are not, please do not throw the bottle in to a yard. Put it on the shoulder of the road and we willcome back out and get them all.



www.NanticokeRiverTriathlon.com

This course can be found at https://ridewithgps.com/routes/17338258

AQUABIKE

The Aquabike course will be the above swim and bike ONLY. You may rack your bike and cross over the finish line, should you want the experience of crossing the line!

DUATHLON

The DUATHLON course will consist of a 1.4 mile run to start out with. That first run can be found at https://ridewithgps.com/routes/27022069

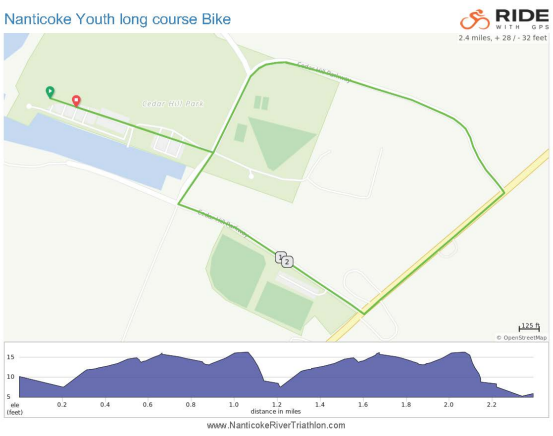
The Bike and 2nd run are the same as the Triathlon above.

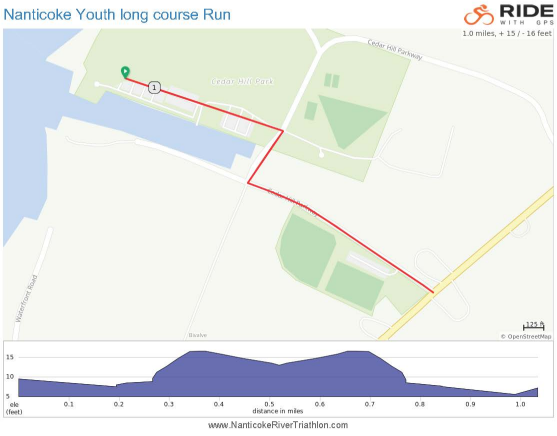
YOUTH EVENT

Youth event – Short Course (Ages 9 and Under)
100 yard swim -- 1.4 mile bike (Single loop) - .5 mile run

Youth event – Long Course (Ages 10 to 16)

200 yard swim – 2.4 mile bike (Two loops) - 1. 0 mile run





All courses can be found at www.nanticokerivertriathlon.com

AWARDS

All finishers will receive a medal, commemorating their achievement.Awards for TOP MALE, TOP FEMALE, And Top 3 Male and Female for:
19 and under
20-24 25-29
30-34 35-39
40-44 45-49
50-54 55-59
60 -64 65-69
70 and Over

Awards for Top 3 Duathlete (Male and Female separate)Awards for Top 3 Aquabike (Male and Female separate) Awards for 3 Top Relays

Youth Awards for Short Course 6-7, 8-9
Youth Awards for Long Course 10-11, 12-13, 14-16

QUESTIONS?

Any additional questions, please reach out to Jason at Jason@TCREventManagement.com and we look forward to seeing you all on Sunday morning at 7am!! Kids race starts at 9. Adults race starts at 10!!!