



#REV3TRI #ITSAFAMILYTHING



REV3 NANTICOKE RIVER MAY 7, 2023

PRESENTED BY



SHEEHY LEXUS
of ANNAPOLIS

ATHLETE GUIDE

OLY

SPR

DUA

AQUA
BIKE

RELAY



REV3 NANTICOKE RIVER
BIVALVE, MARYLAND
MAY 7, 2023



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WELCOME to Rev3 Nanticoke River!

Welcome everyone to the 2023 Rev3 Nanticoke River events, presented by Sheehy Lexus of Annapolis. We are excited to be your host on Sunday, May 7th, 2023 and kick off the 2023 Eastern Shore Triathlon Series!!

Should there be any information that you do not find in this guide, please be sure to check the [website](#) for updates.





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LOCATION

The Cedar Hill Marina, location at 29045 Harbor View Rd, Bivalve, Maryland, 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.

Directions





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SCHEDULE

- 8:00 am** Packet Pickup will start on Sunday, May 7th.
- 9:30 am** The Olympic distance event will begin with an in water start.
- 10:00 am** The Sprint distance events will begin.

PLEASE NOTE:

When you arrive, bring your ID to the BIKE OUT/BIKE IN portion of transition, where you will be given your bib number, timing strap, and race premiums then directed inside the transition area. Athletes may NOT enter transition until they have checked in with staff.

We will be starting in waves, according to gender, as we've done in past years. Because we have to start from shallow water, running in, individually, doesn't make sense. 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.

ALL swimmers will clear the water before the start of the Olympic. Sprint Athletes will be allowed back in the water to warm up before their start.

OLYMPIC SWIM WILL START AT 9:30AM!!

SPRINT SWIM WILL START AT 10:00AM!!



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ESSENTIAL GEAR

Please be sure to bring your helmet for the bike portion of the course. Athletes WITHOUT A HELMET WILL NOT BE ALLOWED TO CONTINUE. You may not mount your bicycle inside the transition area at any time. Also, please note that family members will not be allowed inside transition once the race has begun.

You will be provided with a swim cap, bib number, and timing chip at Packet Pickup. You will only need to wear your bib on the run portion of the course. Race belts are a great item for triathletes, so if you do not already have one, you can purchase one inside our retail tent at the event.

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 verified when you signed up for the event.

PLEASE NOTE:

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 [Eight Commonly Violated USAT Rules](#).



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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.

OLYMPIC SWIM

The Olympic Course will be an L-shaped course, based on the weather. We are currently planning on swimming out and making a RIGHT hand turn. Should this be the case, swimmers will ALWAYS keep the buoy on their right side. You will make a turn at the LARGE YELLOW buoys.

OLYMPIC SWIM: <https://ridewithgps.com/routes/42746697>

Nanticoke Olympic Swim





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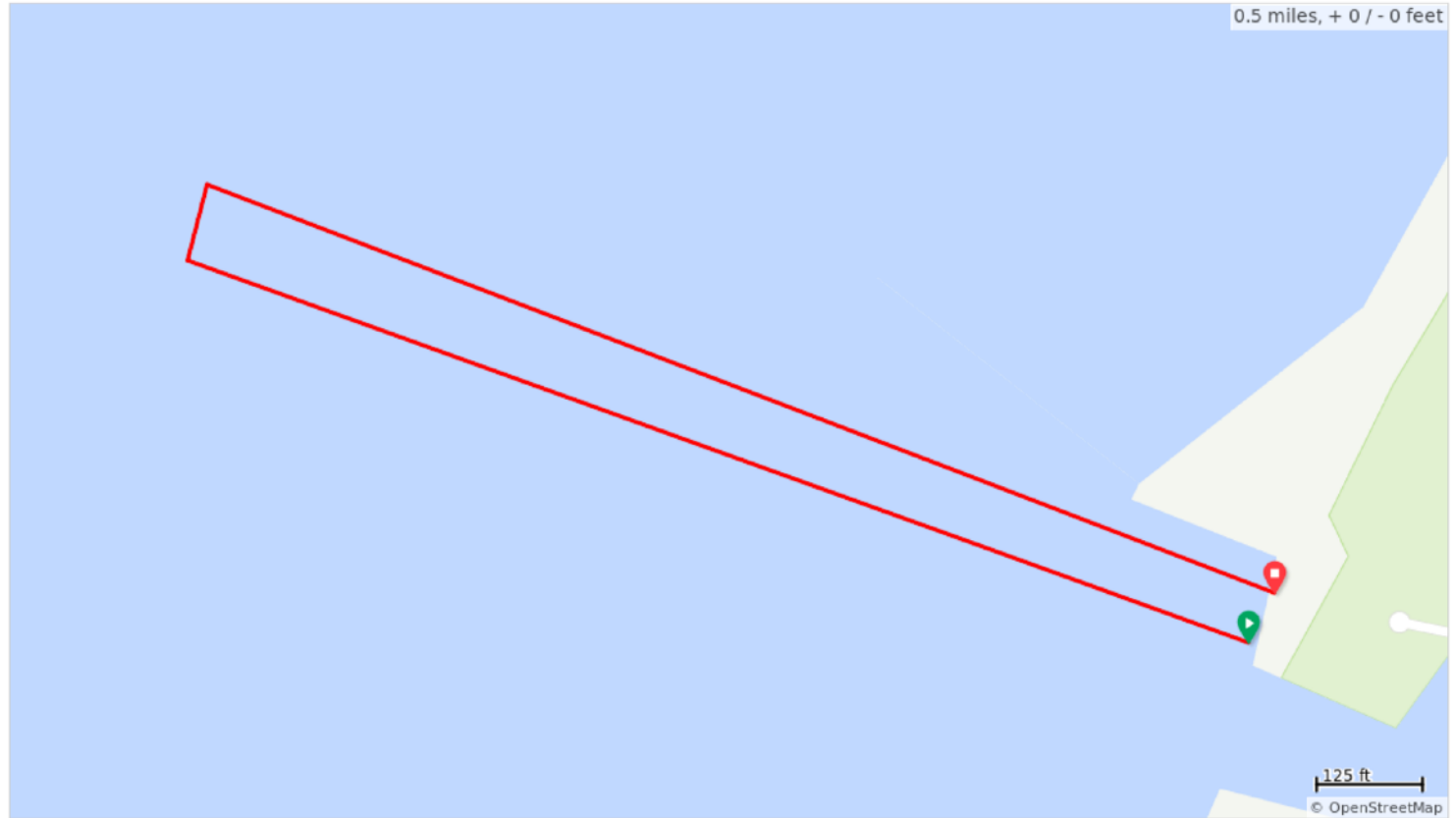


SPRINT SWIM

Sprint Athletes will find there are TWO turns on the course (right hand u-turn, keep buoy to your right). These buoys will be YELLOW. All other buoys will be placed for sighting.

SPRINT SWIM: <https://ridewithgps.com/routes/42746741>

Nanticoke Sprint Swim



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 & from there it is GO GO GO!!! You will see arrows at approximately 50 yards, 25 yards and 5 yards before any turns.



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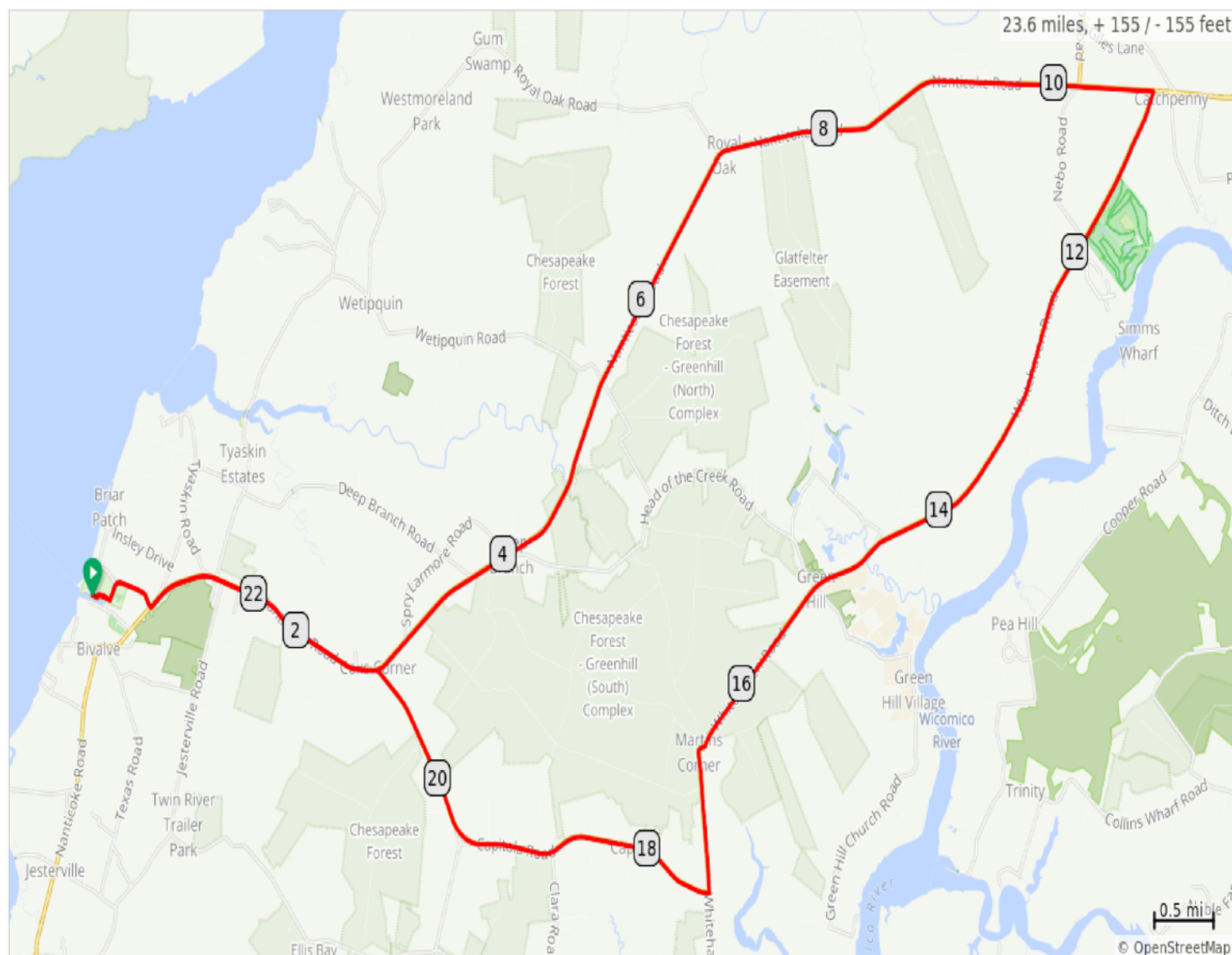


OLYMPIC BIKE

****PLEASE REFER TO THE WEBSITE FOR THE MOST UP TO DATE COURSE MAPS****

OLYMPIC BIKE: <https://ridewithgps.com/routes/41721482>

Nanticoke Olympic Bike



Nanticoke Olympic Bike

Num	Dist	Prev	Type	Note	Next
1.	0.1	0.0	→	R onto Harbor View Rd	0.1
2.	0.2	0.1	←	L onto Cedar Hill Pkwy	0.5
3.	0.6	0.5	←	L onto MD-349 N	10.2
4.	10.8	10.2	↘	Sharp R onto Whitehaven Road, MD 352	6.6

10.8 miles. +64/-50 feet

Num	Dist	Prev	Type	Note	Next
9.	23.5	0.1	→	R onto Harbor View Road	0.0
10.	23.5	0.0	←	L	0.1
11.	23.6	0.1	📍	End of route	0.0

0.2 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
5.	17.4	6.6	→	R onto Capitola Road, MD 352	3.4
6.	20.9	3.4	←	L onto Nanticoke Road, MD 349	2.1
7.	22.9	2.1	→	R onto Cedar Hill Parkway	0.5
8.	23.4	0.5	→	R onto Harbor View Road	0.1

12.6 miles. +40/-35 feet



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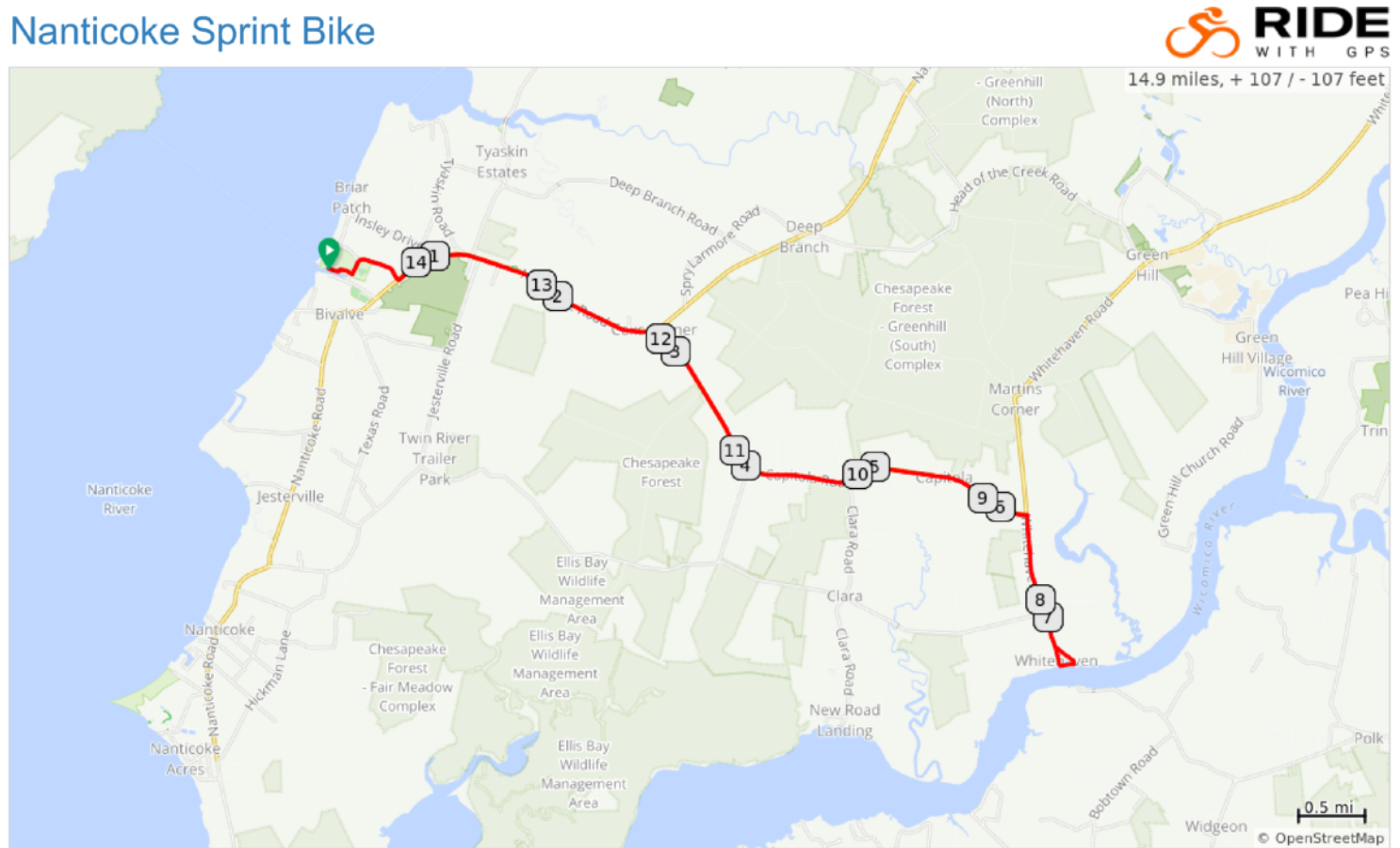


SPRINT BIKE

****PLEASE REFER TO THE WEBSITE FOR THE MOST UP TO DATE COURSE MAPS****

SPRINT BIKE: <https://ridewithgps.com/routes/42746773>

Nanticoke Sprint Bike



Nanticoke Sprint Bike

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➡	R onto Harbor View Road	0.0
3.	0.1	0.0	⬅	L onto Harbor View Road	0.1
4.	0.2	0.1	⬅	L onto Cedar Hill Parkway	0.5
5.	0.7	0.5	⬅	L onto Nanticoke Road, MD 349	2.1

0.7 miles. +11/-1 feet

Num	Dist	Prev	Type	Note	Next
6.	2.8	2.1	➡	R onto Capitola Road, MD 352	3.4
7.	6.2	3.4	➡	R onto Whitehaven Road	1.0
8.	7.2	1.0	↗	Keep R onto Church Street	0.3
9.	7.5	0.3	⬅	L onto Whitehaven Road	1.2

6.8 miles. +20/-22 feet

Num	Dist	Prev	Type	Note	Next
10.	8.7	1.2	⬅	L onto Capitola Road, MD 352	3.4
11.	12.1	3.4	⬅	L onto Nanticoke Road, MD 349	2.1
12.	14.2	2.1	➡	R onto Cedar Hill Parkway	0.5
13.	14.7	0.5	➡	R onto Harbor View Road	0.1

7.2 miles. +39/-34 feet

Num	Dist	Prev	Type	Note	Next
14.	14.8	0.1	➡	R onto Harbor View Road	0.0
15.	14.8	0.0	⬅	L	0.1
16.	14.9	0.1	📍	End of route	0.0

0.2 miles. +0/-0 feet



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RUN

There will be AT LEAST one aide station with Water and F2C hydration on the run course. If temperatures dictate, an additional aide station will be added. You will find CUPS of water and F2C waiting for you at the run aide station.

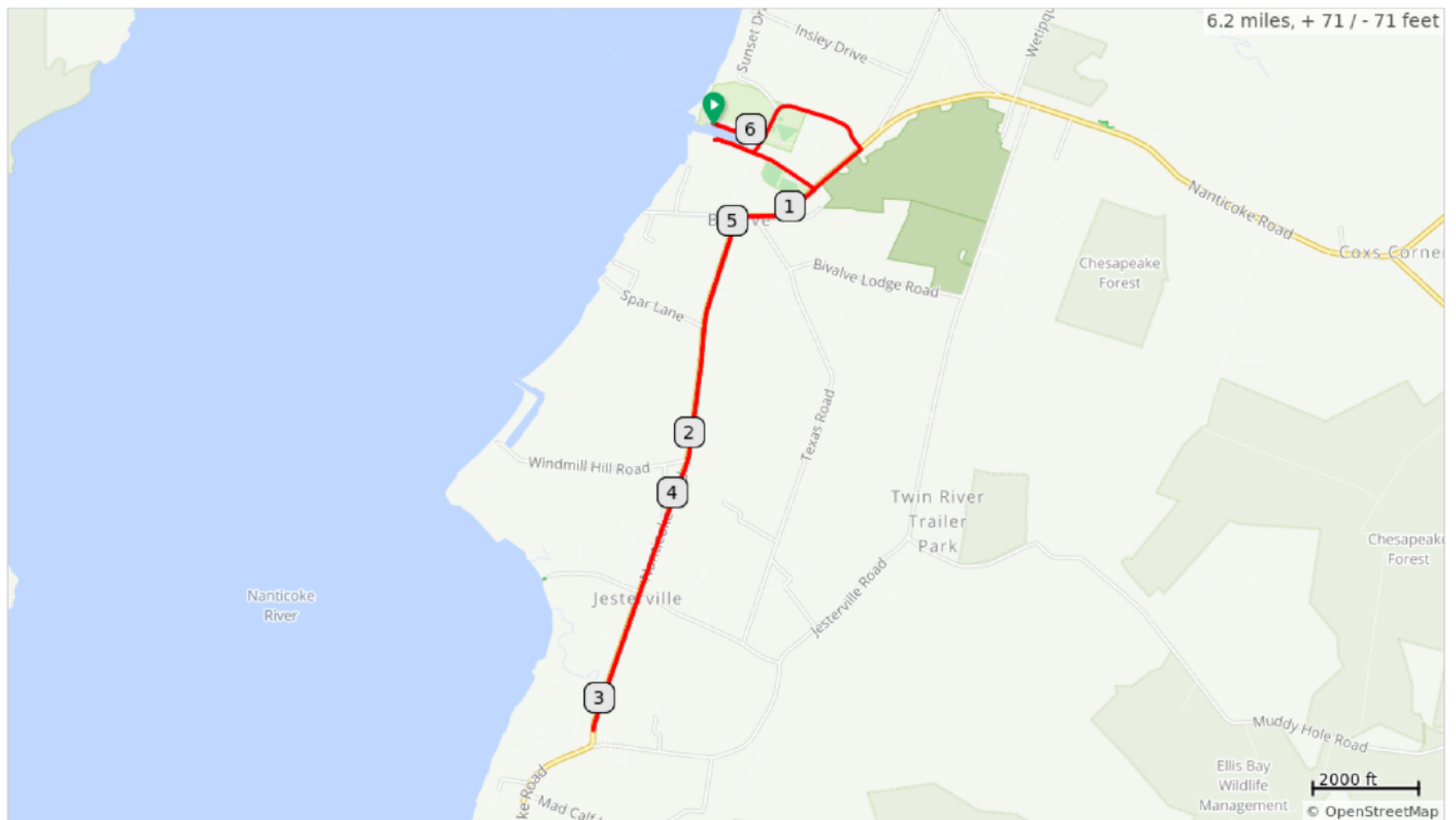
OLYMPIC RUN

****PLEASE REFER TO THE WEBSITE FOR THE MOST UP TO DATE COURSE MAPS****

The OLYMPIC run will consist of a 3.1 mile out and back run course on Nanticoke Road. This is an open run course, so please use caution when running.

OLYMPIC RUN: <https://ridewithgps.com/routes/42747100>

Nanticoke Olympic Run



Nanticoke Olympic Run

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➡	R onto Harbor View Road	0.0
3.	0.1	0.0	⬅	L onto Harbor View Road	0.1
4.	0.2	0.1	➡	R onto Harbor View Road	0.0
5.	0.2	0.0	⬅	L onto Cedar Hill Parkway	0.5

0.2 miles. +1/-0 feet

Num	Dist	Prev	Type	Note	Next
10.	6.0	0.1	⬅	L onto Harbor View Rd	0.1
11.	6.1	0.1	⬅	L	0.1
12.	6.2	0.1	📍	End of route	0.0

0.3 miles. +0/-1 feet

Num	Dist	Prev	Type	Note	Next
6.	0.7	0.5	➡	R onto Nanticoke Road, MD 349	2.4
7.	3.1	2.4	➡	R	2.2
8.	5.3	2.2	⬅	L onto Cedar Hill Pkwy	0.5
9.	5.9	0.5	⬅	L at the 1st cross street to stay on Cedar Hill Pkwy	0.1

5.7 miles. +51/-59 feet



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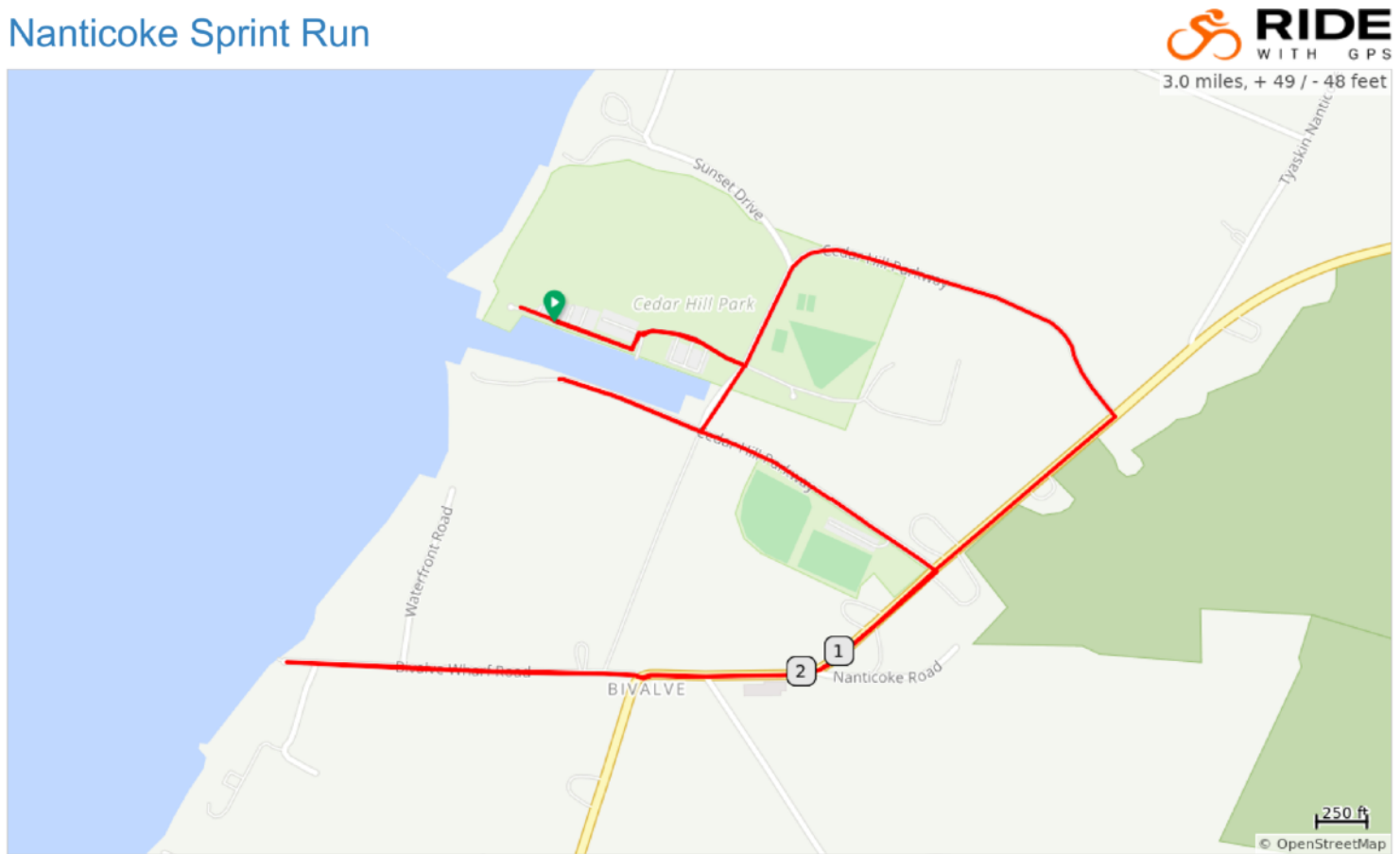
SPRINT RUN

****PLEASE REFER TO THE WEBSITE FOR THE MOST UP TO DATE COURSE MAPS****






The SPRINT run will consist of a slight variation of the out and back course, and signage will be on course to direct you.

SPRINT RUN: <https://ridewithgps.com/routes/42746808>


Nanticoke Sprint Run







Nanticoke Sprint Run

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0		Start of route	0.1
2.	0.1	0.1		R onto Harbor View Road	0.0
3.	0.1	0.0		L onto Harbor View Road	0.1
4.	0.2	0.1		L onto Cedar Hill Parkway	0.5
5.	0.7	0.5		R onto Nanticoke Road, MD 349	0.5

0.7 miles. +12/-1 feet

Num	Dist	Prev	Type	Note	Next
10.	3.0	0.3		End of route	0.0

0.3 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
6.	1.2	0.5		Keep R onto Bivalve Wharf Road	0.7
7.	1.9	0.7		Slight L onto MD-349 N	0.3
8.	2.2	0.3		L onto Cedar Hill Pkwy	0.5
9.	2.7	0.5		L at the 1st cross street to stay on Cedar Hill Pkwy	0.3

2.0 miles. +19/-32 feet



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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>

Duathlon will start, from next to the finish line, when the first wave of swimmers leaves at 10 am.

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

All courses can be found at www.nanticokerivertriathlon.com



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AWARDS

All finishers will receive a medal, commemorating their achievement.

AWARDS:

TOP 3 MALE

TOP 3 FEMALE

Top 3 Male and Female:

19 & under

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70 & Over

Top 3 Duathlete (Male and Female separate)

Top 3 Aquabike (Male and Female separate)

Top 3 Relays

Top 3 Clydesdales (Males 220 lbs+)

Top 3 Athena (Females 165 lbs+)

Top 3 Military/Law Enforcement/First Responder (Male and Female separate)



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Thank you to our sponsors, Sheehy Lexus of Annapolis, Driven Physiotherapy, and AP&H!!



SHEEHY LEXUS
of **ANNAPOLIS**

DRIVEN
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**ANTHENELLI, PHOEBUS
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ATTORNEYS AT LAW



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Thank you for choosing Rev3 Nanticoke River Multisport Events! We hope that this has answered any questions that you may have. If you have addition questions, please feel free to reach out to us at info@rev3tri.com and we will do our best to answer you in a timely manner.

We look forward to seeing you all on Sunday morning at 8 am!!
Olympic race begins at 9:30 am, Sprint race begins at 10:00 am!!

A handwritten signature in blue ink, appearing to read 'J. Chance'.

Jason Chance – Race Director

OUR PROMISE TO YOU

- ◆ Support the healthy lifestyle choices of athletes!
- ◆ To help provide smooth events for organizers and athletes alike. By taking care of the details, events are enjoyable and athletes continue to come back to support the organizations that host them.

QUESTIONS?

Contact Jason with Revolution3 at info@rev3tri.com for more information.

