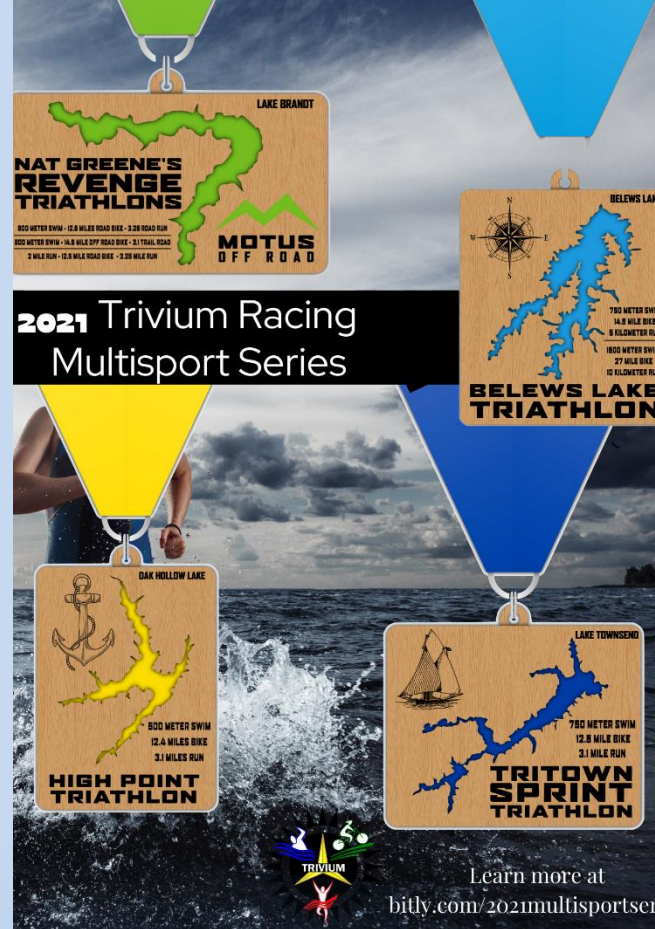




Lake Townsend Marina
6332 Townsend Road
Browns Summit, NC 27214



May 8, 2021

ATHLETE ZOOM MEETING

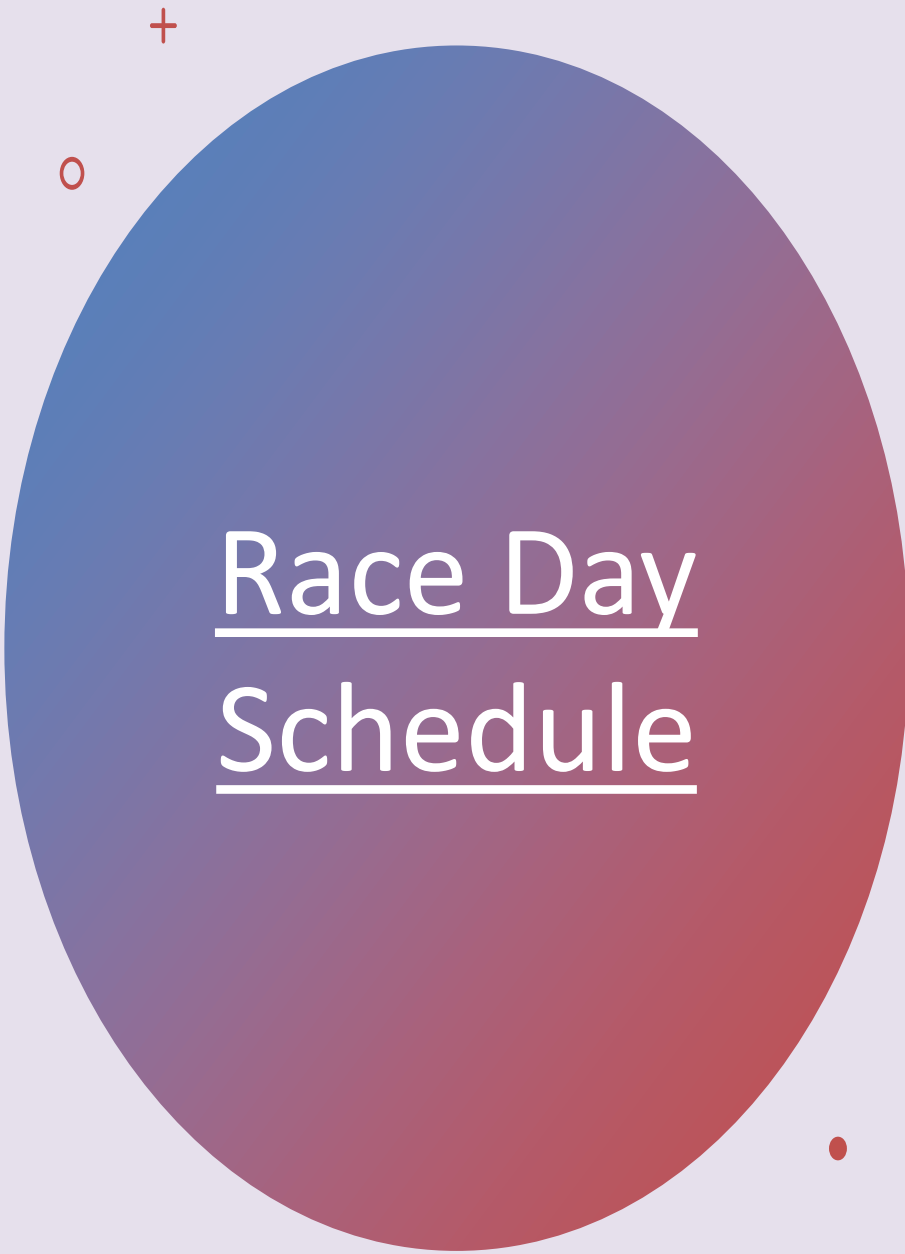
There will be a *voluntary ZOOM meeting* for athletes on *Thursday at 8:00 pm*.

Because.....who doesn't love a ZOOM meeting, am I right?!?!


- We will go over race and course details and happily answer any questions!
- A link will be sent via email on Wed or Thur.

Rules and Changes due to COVID-19

1. No person-to-person packet pickup. Packets will be pre-bagged and numbered with athlete's race bib, shirt, safety pins, and goodies. Packets will be chip-strapped to tri racks inside transition area according to your bib #.
2. Athletes will also get temperature checked and be asked a series of COVID screening questions upon entrance to transition area. Anyone who fails these checks will be turned away from the event. Please do not attend the event if you are feeling sick.
3. Please maintain 6 feet of distance between yourself and anyone not from your household at all times.
4. All attendees are required to wear a mask covering both their nose and mouth at all times.
5. Athletes must wear a mask prior to starting the race and re-mask as soon as you finish.
6. Athletes who do not wear a mask, or if a member of their party refuses to wear a mask, may face disqualification.
7. Online registration will close at midnight the night before the race.
8. Results and splits will be available online immediately using your phone or computer; there will not be any Results Kiosks onsite.
9. **No spectators will be allowed.** Please make sure to follow this rule. The county will shut the entire event down if we go over our limit. If you have friends or family that want to be at the event, they are welcome to volunteer and can [sign up here](#)!
10. All food will be prepackaged. After finishing the race, please stay in the transition area, your car, or in small groups away from the finish line.
11. No headphones.



Race Day Schedule

- 6:15 am Transition Area Opens
 - 7:45 am – Athletes may enter water to warm up
 - 8:15 am - Prerace meeting at Swim Start
 - 8:30 am – Race Starts – one wave
 - 10:45 am – Estimated Start of Awards
 - 11:10 am - Triathlon Course Closes
- 

Parking

Volunteers will direct parking on race day. There are 4 areas to park.

Cars parked in the orange lots cannot leave until all bikes and runners are in.

Cars parked in the blue lots (.25 miles from start) cannot leave until all bikes are in and race directors have given approval.

Please plan ahead and leave ample time to park and get to the start line.



Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race and will need to body mark themselves with a black sharpie before arriving on race day.

1. Right Calf – Age or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left and Right Arm – Bib Number



Timing Tag and Bib Instructions

- In your packet, you will find an orange timing tag and Velcro strap. This is how we record your splits during the race.
- Secure the chip to the strap via the instructions on the right. →
- **You must have this around your left ankle at all times during the race.**
- **Timing chip must be OUTSIDE a wetsuit.**
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (**there will be a \$20 fee for lost tags**).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion of the race. It must be on the front of your torso when you cross the finish line.**

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



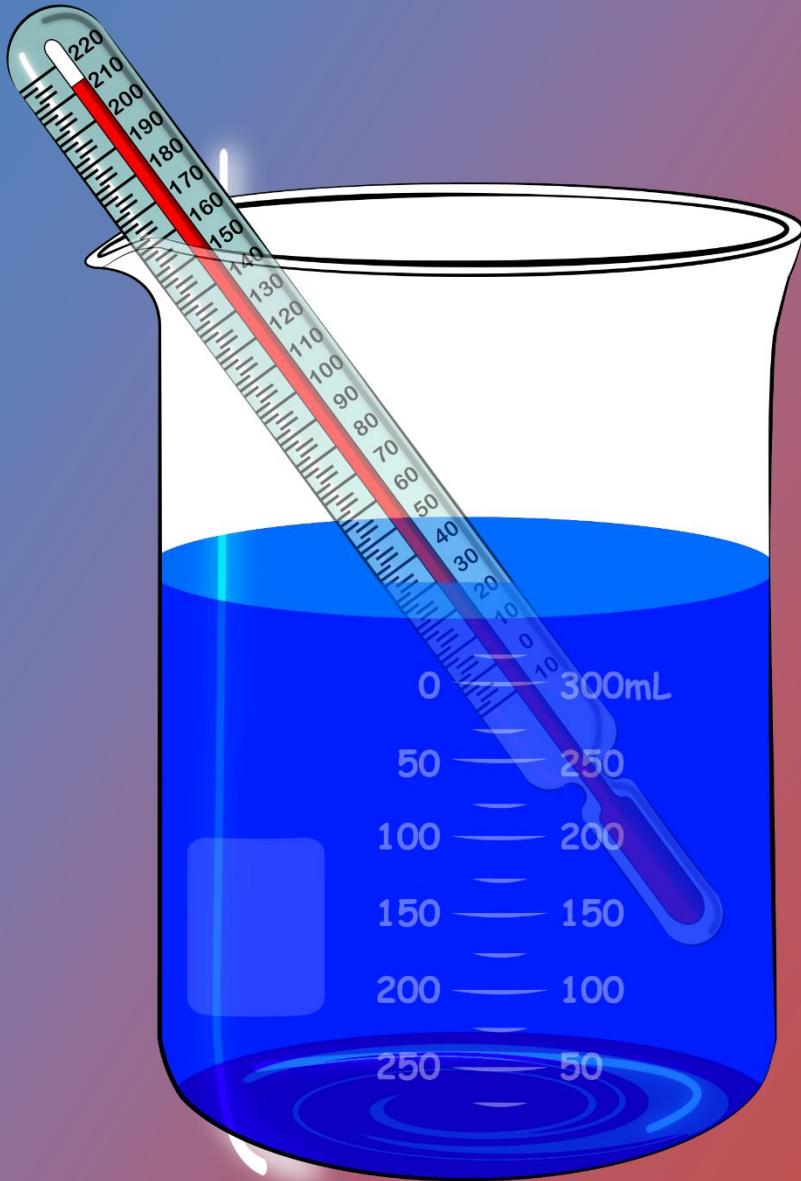
Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.



Social Distancing on the Course

- The race will be a ***one WAVE start***.
- Athletes will enter the water on the beach to the right of the docks. Faster swimmers should start at the front. Athletes should maintain social distancing as much as possible while waiting for the swim to start and while racing.
- **We will have one transition area and packets will be arranged by bib #.** Athletes will not be allowed out of the transition area except while racing or warming up. Transition area spacing will exceed USAT's COVID guidelines with a 15 foot aisleway instead of 10 foot. We will also exceed their Covid Guidelines with only 4 athletes per rack instead of 6. The side of the bike rack that your packet bag is on, is the side you *must* rack on.
- Once you complete your race, please remove your gear from transition area and return it to your vehicle...OR...hang out in your section of transition area. Always be aware of others who are still racing and listen to volunteers if they ask you to wait.



Water Temperature

- As of May 2nd, the water temperature at Lake Townsend is 71°F.

Weather

- As of May 2nd, the forecast is for partly cloudy with an overnight low of 49°F and an afternoon high of 70°F. (According to WXII's website)
- The race will continue rain or shine. *HOWEVER, in the event of lightning and/or other adverse weather conditions, we will delay and/or cancel the race for the safety of our athletes, volunteers, and staff, if necessary. We appreciate your understanding!*

Swim Start



SWIM CAP COLORS:

Yellow – males

Red - females

White – Nervous swimmer or new triathlete. *(Please see a volunteer or staff member on race day to request a white cap.)*

The swim start will be a one wave start.

Athletes are asked to space out prior to the start and during the swim as much as possible.

Faster swimmers to the front please.

Expect there to be some contact amongst swimmers in a wave start.


Nervous and/or new triathletes may want to start in the back and/or make sure to distance themselves from other swimmers as much as possible. *Please see a volunteer or staff member on race day to request a white cap.*

Swim Course (approx. distances)

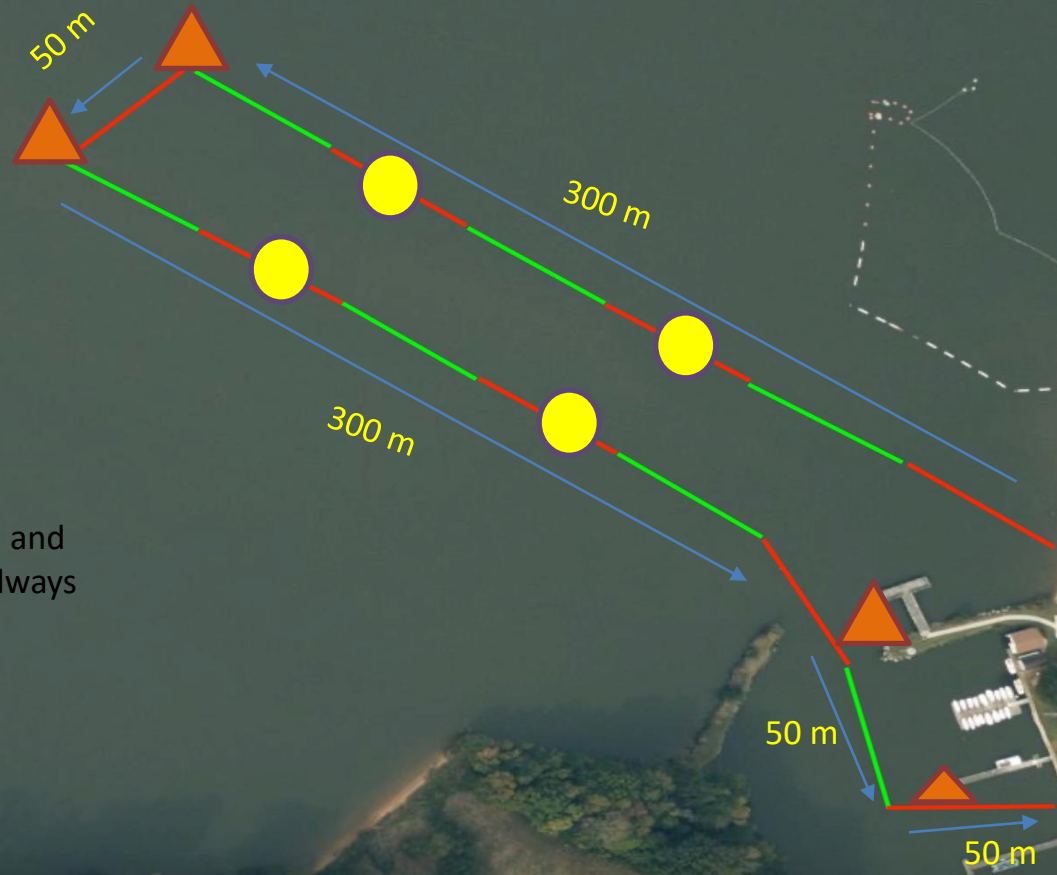
Current water temperature is: 71°F

Wetsuits allowed

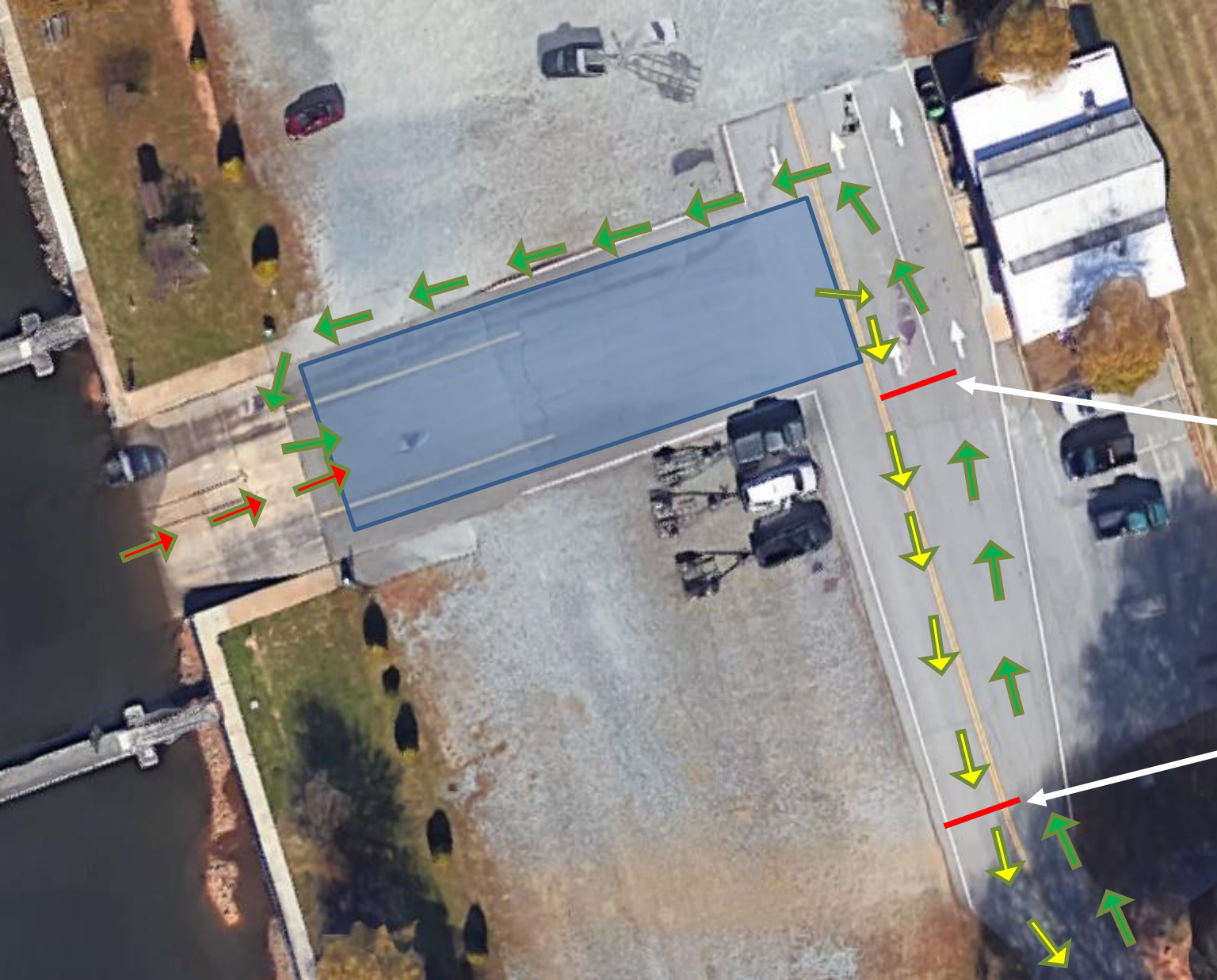
0 50 100 m





Yellow buoys will be sight buoys, and
Orange buoys are turn buoys. Always
keep orange buoys on your **LEFT**




Show



Swim In = 

Bike Out/Run Out = 

Bike In = 

Bike Dismount Line

Bike Mount Line

There will be timing mats at both ends of the transition area. In order to get your splits, ***you must cross those mats as you enter/exit the transition area.*** Please be mindful of all barriers and keep your gear in your marked spot only.

+

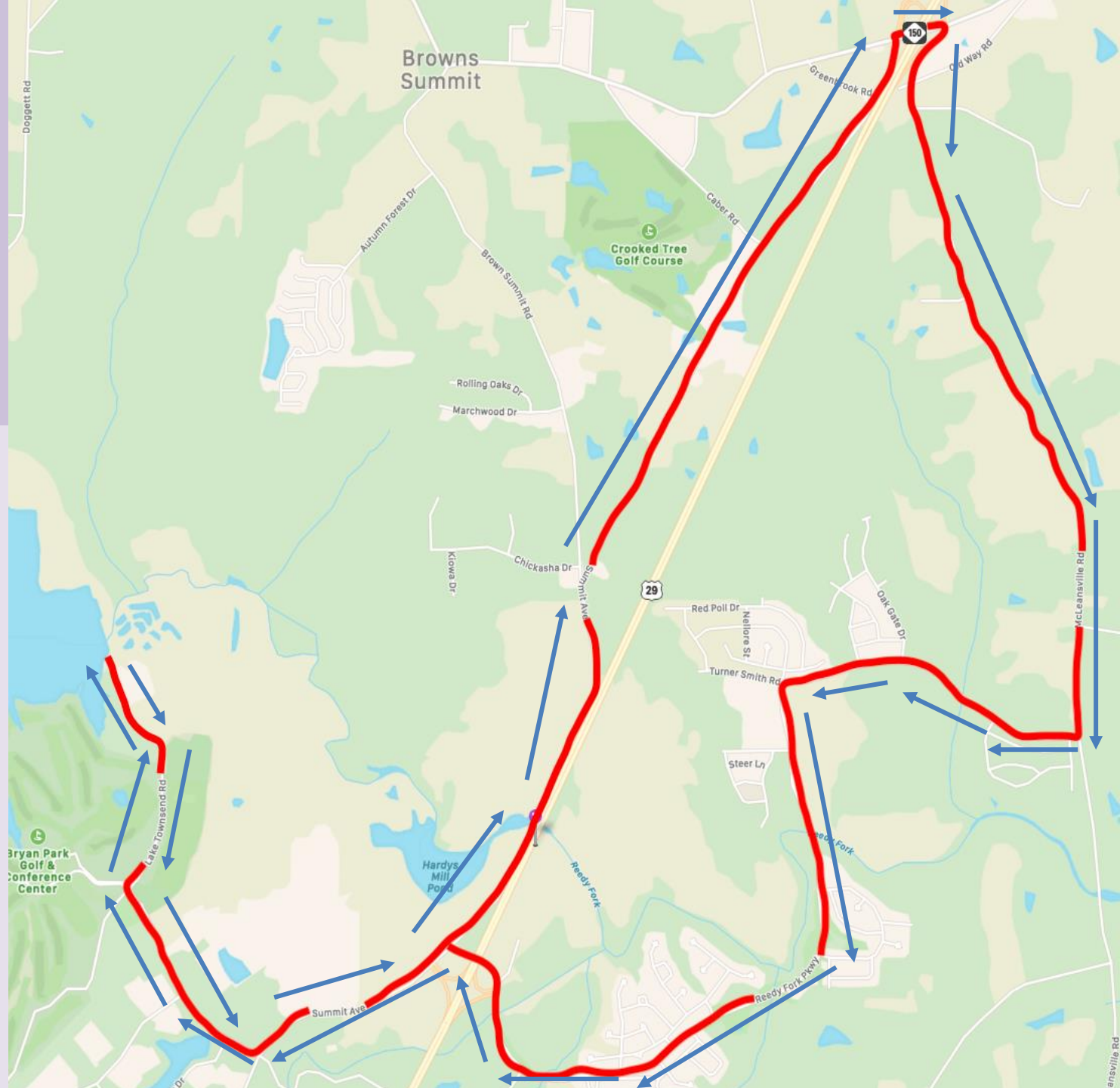
•

0

Bike Course

- **The course is OPEN TO TRAFFIC!**
Please obey all rules of the road when cycling and advocate for your own safety!
- All turns will be marked with turn stickers, turn signs and at least one volunteer.
- All intersections where athletes do not have the right of way will have a police officer.
- We will have a SAG vehicle on the course. If you have issues, stay put and we will find you!
- Every 5 miles will be marked with sale flags
- Corners will be swept the night before and the morning of.
- We will mark potholes and iffy bumps in the road with spray paint.

- * RIGHT out of marina
- * RIGHT onto Lake Townsend Dr
- Dr
- * LEFT onto Bryan Park Rd
- * LEFT onto Summit Ave
- * RIGHT onto HWY-150
- * RIGHT onto McLeansville Rd
- * RIGHT onto Turner Smith Rd
- * LEFT onto Reedy Fork Pkwy
- * LEFT onto Summit Ave
- * RIGHT onto Bryan Park Rd
- * RIGHT onto Lake Townsend Dr
- Dr
- * LEFT into marina



Bike Course Elevation Profile



+

•

0

Run Course

- The run course will be an out-and-back course on Lake Townsend Drive. This should be a mostly shaded, and relatively flat, run course.
- You will pass our aid station twice during the run! We will have water and Breakthrough Nutrition electrolyte drink.

- RIGHT out of marina.
- RIGHT onto Lake Townsend Dr.
- Keep STRAIGHT until the turnaround.
- Return to top of marina road and continue to finish line.



BREAKTHROUGH www.bt-nutrition.com **NUTRITION**

- You will get water and Breakthrough Nutrition twice on this run course!!

Run Course Elevation Profile

