

The Fall Creek Falls 2020 events are approaching including our Saturday, August 15<sup>th</sup> Tri Fall Creek Falls Half Iron, Olympic and Calkiller Sprint Triathlons and Sunday August 16<sup>th</sup> Fall Creek Falls Half Marathon, 10K & 5K runs. Fall Creek Falls State Park is our gracious host again this year. Please make sure you have reviewed the Covid Safety Procedures & receive your wrist band upon screening completion to continue check-in, enter transition & get ready to compete.

These events would not be possible without the help of a number of groups and organizations – Fall Creek Falls Park: Rangers, maintenance staff, lifeguards and office staff all play a part in helping us enjoy the park and keep us safe. Piney Volunteer Fire Department – staffing the bike route and being on-site EMT's. Van Buren HS Cross Country and Boy Scout Troup 128 help at registration, transition, on the water, bike courses and finish line. Addie Ray Racing & friends will be helping this year on bike route and transition area. And finally, our ESM staff will be putting in long hours next weekend to make sure all spots are filled, items in place and all are able to enjoy all our host park and weekend race for the banjo atmosphere. Please ask us how we can help and take the time to thank those folks helping out!

We are planning that **LIVE RESULTS** will be available as long as cell service cooperates. Result displays will be available each day at finish & under the large white tent. Here is link to receive Live Results directly to you or your friends & family via text / e-mail - **Triathlons** - register for notifications at the links at no charge. Triathlon & run splits will show as we add them to our system throughout the race on Saturday and Sunday.

Half Iron / Olympic / Sprint Triathlon Friday packet pick-up from 4 PM to 7 PM – This is for Saturday Races ONLY. This is not-mandatory but available should you want to get your shirt and other packet items early. Saturday morning registration / packet pickup begins at 5 AM. See full time schedule below.

Awards will be available under the large white tent approximately 20 to 30 minutes after your finish. Due to the time-trial starts, we need to allow for time to pass to make sure the correct awards are available for pick-up. Please bear with us as we work out these details. **FINISHERS: Please be considerate and mindful as you go back into transition to retrieve FACE MASK & race items.** Others will still be racing / competing – Please watch your step, keep transition & race paths clear. Please enjoy the post-race snack bags provided under the large white tent. Door prize drawings will be virtual this year - items & race entries provided post-event.

See schedule below for packet pick-up times. **VIRTUAL RACE OVERVIEW** – Please check our FACEBOOK LIVE POSTS beginning race week for pre-race descriptions and details. We will not be doing the group overview in transition area or swim start. You will be responsible to review these posts and know all USA Triathlon rules. **Water temperature was 84 degrees on Friday, July 31<sup>st</sup>.** We do not expect much change and will be noting water temperature during FACEBOOK LIVE posts. Official USAT reading will be taken by USAT Officials race morning and ruling posted ASAP. We expect temperature to be above the 78-degree level, so most likely no wet suits. Stay tuned.

Awards will be 3-deep for triathlon age groupers and accompanied by custom awards certificates – distribution noted earlier. All finishers will receive a custom finishers medal for each distance. Please make sure you get the correct medal! Full half iron finishers will also receive a finishers visor. Please have your number on front & in clear view crossing finish & in finish chute.

**GETTING READY FOR START:** We have three race distances going on at same time. PLEASE MAKE SURE YOU KNOW YOUR ROUTES, DIRECTIONS, START TIMES, ETC. Number assignments – Half Iron = 1 – 125 GREEN, Olympic = 151 -275 RED, Sprint = 301-425 – Volunteers will be looking for your race number / colors to HELP YOU follow each route. Please help them by displaying your race numbers provided & letting them know which race you are doing. Half Iron, Olympic or Sprint. Time-Trial Starts @ 10 second intervals per athlete: **Half Iron @ 7 AM** : GREEN #'s & caps - **Olympic @ 7:45 AM** : RED #'s & caps – **Sprint @ 8:30 AM** : Blue #'s & caps - Race numbers will be assigned based on estimated swim times given and athletes are required to line up by race number. If you miss your place in line, you will start at the end of each race distance start

**TRANSITION EXIT to SWIM START** – Due to the longer start times, there will be a special “non-timing exit” for transition just to your right of the normal transition exit with timing mats. **Olympic & Sprint athletes will need to use the non-timing exit due to half iron athletes race flow going & using timed exit.** Clear as mud? Please also avoid the bike dismount timing area as you make your way down to the swim start line up.

**SWIM LINE UP** - Disposable masks will be available but not required while in line for swim start, AS LONG AS YOU STAY 6 FEET APART. Trash can for masks will be available right before deck entrance to start. Look for the small YELLOW DISKS spaced each 6 feet from swim start dock & back up hill for line up purpose. Please abide by the 6-foot distancing and allow “athlete sorting” to make sure folks can get to their numbered place in line.

#### **COURSE DETAILS:**

**Swim: BUOYS ARE KEPT ON LEFT - 1.2 Mi Half Iron:** one loop of ALL BUOYS – large triangle buoys will be at the far two turns by dam & one back by new lodge construction near finish, other buoys are just for sighting - **1.5K Olympic:** same route as half iron except delete first two large triangle buoys – we expect to have two YELLOW buoys in place before the large triangles at the dam end of the course – Olympic swimmers will turn at those 2 YELLOW buoys & then complete loop of ALL REMAINING BUOYS - **.5K Sprint:** route is different & goes directly across lake toward new lodge construction - swim across lake to YELLOW buoy, left down to large triangular buoy, left and into finish at new boat ramp area - buoys each approx. 150 meters apart; Please wear cap provided. We will have a shoe area for footwear designated Half, Olympic, Sprint.....this is optional - test pavement prior to race & decide for yourself.

**USAT RULE CHANGE affecting BIKE: Helmets worn & clipped ANY TIME BIKE IS OFF RACK. Please note this change & wear clipped helmet any time bike is removed from rack.**

**Bike – Half Iron:** 56 Mi map – We have added a new out & back section down Rt. 110 to the Mountain Glen RV Park & Campground extending the bike route to 56 miles – Turn by turn from FCF park as follows: out of transition, up short hill & 2 quick right turns out onto Rt. 284 - Rt. 284 (about 9 miles) to right on Old Hwy. 111 (about 3.5 miles) to turn-around & back past water tower to RIGHT on Baker Mountain Road (about 5 miles), to RIGHT on Alt. Davis Road (about 3.5 miles) to turn-around – follow Alt. Davis, Baker Mountain back to (new section) RIGHT on Old Rt. 111, LEFT onto Rt. 110 (about 8 miles) to turn-around & return 110 & Rt. 284 back to transition. Bottle X-changes @ Mile 24 (Alt. Davis TA) & mile 39 (110 TA). Remember: 2 quick turns as getting back to transition & narrow section at beginning & end shares road with runners - look for MILE MARKERS PAINTED ON ROAD EACH 5 MILES & arrows on cones @ each turn – **we have SIGNS & MARKINGS as athletes come back from 1<sup>st</sup> Old 111**

**turn-around where HALF IRON bikes go straight & OLYMPIC Bikes will be turning left to go back to park.** We expect athletes will be separated fairly well by staggered swim start, but be ready for the unexpected, know your course, relax and enjoy the course. Reviewing course maps – it basically is a modified PLUS SIGN with you starting at bottom, heading up to right, out & back, right, out - bottle exchange & back, right & fairly quick left on Rt. 110 for out – bottle exchange & back, right & back to park. PLEASE SEND QUESTIONS / CONCERNS EARLY THESE NEXT TWO WEEKS TO AVOID ISSUES RACE DAY.

**Olympic** - 40K map - out of transition, up short hill & 2 quick right turns out onto Rt. 284 - out Rt. 284 (about 9 miles) to right on Old 111 (about 3.5 miles) to turnaround at Rt. 111 – return same – left onto Rt. 284, back to transition- Don't forget narrow section at beginning & end shares road with runners.

**Note: we will have SIGNS & MARKINGS as athletes come back from Old 111 turn-around where HALF IRON bikes go straight & OLYMPIC Bikes will be turning left onto Rt. 284 to go back to park.** We expect athletes will be separated fairly well by staggered swim start, but be ready for the unexpected, know your course, relax and enjoy the course. PLEASE SEND QUESTIONS / CONCERNS EARLY THESE NEXT TWO WEEKS TO AVOID ISSUES RACE DAY.

**Sprint** – 22K map- out of transition, up short hill & 2 quick right turns out onto Rt. 284 - out Rt. 284 to Way Inn, turn-around & back to transition; Remember: Narrow section at beginning and end shares road with runners. PLEASE SEND QUESTIONS / CONCERNS EARLY THESE NEXT TWO WEEKS TO AVOID ISSUES RACE DAY.

Dismount bike before BIKE DISMOUNT signs & please do not pass the bike dismount signs - Safety is the number 1 concern & heck, you've got the whole run to make time!

**Runs** – Cones will be one one-side of **MAIN Park Road - this will be as runners head down to Dam & return & head down to NEW LODGE CONSTRUCTION** – Signs will be on cones at the beginning of these sections as a reminder - RUNNERS are to stay on side of road with cones – this is for safety of runners. Please stay on side of road during those sections of the run course.

**Half Iron** – 13.1 Mi Map - Exit transition & stay on LEFT side of road, LEFT around circle & continue through Taft Village – left on Main Park Road – stay on side with cones – cross dam & go RIGHT across road onto paved bike path passing aid station #1 – follow paved path about 1/3<sup>rd</sup> mile to LEFT over small foot bridge with asphalt shingles, about another 150 yards to 2<sup>nd</sup> LEFT @ “T” – follow path past mile 2, exit woods at aid station #2, **follow park road approx. ½ mile to turn-around loop (timing verification point) – see signs noting HALF STRAIGHT & 10K turn-around just past second aid station** – return from loop past aid #2 a second time & go RIGHT to aid station #3 – follow Main Park Road on side with CONES to LEFT down road to cabins & aid station #4 – down stairs to paved path along lake to aid station #5 just before Dam – **NOTE: ALL RUNNERS TURN RIGHT AT THIS POINT & GO BACK ACROSS DAM** – Half marathon run has a HALF WAY POINT TURN-AROUND in the small parking lot just over the Dam – there will be a timing point for half marathon runners only – after turn-around @ half way point – half marathon runners completed the same loop again – though woods, out to aid station #2, down ½ mile to loop turn-around / timing point – back up past aid #2, right out to aid # 3 & main park road, move to LEFT side of road to left down to cabins & aid #4 -down stairs & follow path along lake to aid #5 - RIGHT across Dam, up hill, RIGHT back into Taft Village, RIGHT into long finish chute to finish line – have number on front at finish.

**Olympic** – 10K Map - Exit transition & stay on LEFT side of road, LEFT around circle & continue through Taft Village – left on Main Park Road – stay on side with cones – cross dam & go RIGHT across road onto paved bike path passing aid station #1 – follow paved path about 1/3<sup>rd</sup> mile to LEFT over small foot bridge with asphalt shingles, about another 150 yards to 2<sup>nd</sup> LEFT @ “T” – follow path past mile 2, exit woods at aid station #2, go down short hill to turn-around - **see signs noting HALF STRAIGHT & 10K turn-around just past second aid station** - return up past aid #2, go RIGHT to aid station #3 – follow Main Park Road on side with CONES to LEFT down road to cabins & aid station #4 – down stairs to paved path along lake to aid station #5 just before Dam – RIGHT across Dam, up hill, RIGHT back into Taft Village, RIGHT into long finish chute to finish line – have number on front at finish.

**Sprint** – 5K Map - Exit transition & stay on LEFT side of road, LEFT around circle & continue through Taft Village – left on Main Park Road – stay on side with cones – cross dam & **go LEFT across road onto paved bike path** passing aid station #5 – follow paved path about 3/4<sup>th</sup> mile to turn-around & return back past aid station #5 – RIGHT across Dam, up hill, RIGHT back into Taft Village, RIGHT into long finish chute to finish line – have number on front at finish.

Note: We'll have each mile marked. We are very fortunate the Fall Creek Falls run courses follow shaded, paved bike path and park roads. Temperatures are forecast to be in the high 80's degrees both days with late afternoon thundershowers – we should be fine for AM races both days - DRINK EARLY & OFTEN! Please follow course markings closely at the start & finish of the runs due to sharing the road with cyclists finishing up. **REMEMBER THAT AID STATIONS WILL BE “TOUCH FREE”. CUPS WILL BE ON SEPARATE TABLE – ATHLETES ARE TO TOUCH NO COOLERS, JUST CUPS – VOLUNTEERS WILL PLACE CUPS ON SEPARATE TABLE FOR ATHLETE OF POUR INTO ATHLETE CONTAINER -REMEMBER, NO TOUCH.**

**Parking** - Please use field next to finish area for parking and outer loop around softball field. Around back is only steps from transition. Please abide by NO PARKING area signs and park where signs direct you. Please proceed to large white registration tent for packet pick-up and race morning chip distribution. [Click Here for Taft Village map - parking past Park Headquarters in large field on left & around circle.](#)

**Transition** – **Bike racking will have MARKINGS FOR EACH RACE NUMBER** – PLEASE FIND YOUR PLACE WITH NUMBER FACING YOU – place your bike/gear ON RACK WITH WHEEL OUT THE WAY NUMBER IS FACING - Please place your gear by your DOWN WHEEL (as required by USAT), 3 bikes per pole and utilize trash cans in transition. TRANSITION IN & TRANSITION OUT BANNERS WILL SHOW FLOW FOR ALL ATHLETES. **DUE TO SOCIAL DISTANCING, FOLLOW FLOW AT ALL TIMES BEFORE, DURING & AFTER EVENTS** - Relays exchange timing chip at bike rack. No riding bikes in transition.

**Post Race** – **Due to social distancing requirements, athletes will receive finishing bottle of water, finishers award(s) & move back to transition to PLACE FACE MASKS BACK ON.** No congregating – no group pictures – Please avoid high 5's, hand-shakes or other person to person interaction. Awards will be available under the large white tent approximately 20 to 30 minutes after your finish to give time for scoring to account for time-trial starts. **Please follow 6-foot social distancing protocols AT ALL TIMES.** Please bear with us as we work through these social distancing requirements. Snack bags will be available under the large white tent. Our web site will be updated with results ASAP depending on internet access.

We look forward to a great and memorable weekend. Please let us or our local volunteer groups from the surrounding counties know how we can help.

**WEEKEND RACE SCHEDULE** - **Friday Aug 14 - 4 PM - 7 PM** – AFTER HEALTH SCREENING & RECEIVING WRIST BAND, packet pick-up @ large white tent by transition (bring Photo ID & USAT card) - Taft Village Area Parking on left in field past Park Headquarters

**SATURDAY - August 15th** – AFTER HEALTH SCREENING & RECEIVING WRIST BAND, Packet Pickup 5 AM – (bring Photo ID & USAT card) - Start Times: Endurance 7 AM - Olympic 7:45 – Sprint 8:30 AM – Please remember to use NON-TIMING TRANSITION EXIT for later starts & avoid bike dismount timing area.

USAT Info: ALL USAT RULES APPLY - Please review this link to the list of common penalties. Remember to stay to the far right unless you are passing someone. Helmets must be ANSI approved and buckled at ALL TIMES WHILE BIKE IS OFF RACK. This includes warm up and after the event!

ALL - Bring USAT License or purchase/complete one-day license for \$15

- Photo ID is required at packet pickup for ALL PARTICIPANTS

- Relays must pick-up packet together

- Day-of registrants will need to show proof of USAT membership or purchase a one-day license.

RACE LOCATION - Fall Creek Falls State Park, Pikeville, TN (Central Time)

(please allow extra travel time - park is remote & rural but worth the trip!)

Internet Search Address (not verified): Please try: Canopy Challenge Course at Fall Creek Falls State Park – this is located right along parking area for races. 2<sup>nd</sup> option: Fall Creek Falls Golf Course – across street from softball field race area.

Directions- From Nashville take I-40 East to Cookeville. Turn right onto 111 South (exit 288). Travel approx. 45 miles. Left on Highway 284 - park about 10 miles. **From Knoxville-** take I-40 West to Crossville to Peavine (exit 322). Take a left off the exit, turn right at the light and follow Highway 101 to Highway 30. Turn right on Hwy 30, park entrance is about 6 miles on the left. **From Atlanta/Chattanooga** - take I-75 North to Chattanooga, take I-24 toward Nashville, take Hwy 27 North toward Dayton and follow Highway 111 North to Hwy. 284 on the right - park about 10 miles. Follow signs & arrows to site.