



2018 Lake Logan Multi-Sport Festival

LAKE LOGAN INTERNATIONAL OFFICIAL EVENT DETAILS

Date/Time

Sunday, August 5, 2018 – 7:00 AM

Arrival Time

Please arrive no later than 6:00 AM. Incoming traffic on the two-lane mountain roads is always heavy on race morning. Please make sure you leave in plenty of time to arrive. Even though the International event does not start until 7:00 AM, Packet Pick-Up on race morning will close at 6:30 AM.

Parking

There will be ample parking available at event site. Participants will park on the large grass airstrip just over the bridge on the left, past the entrance to the transition area. This is a short walk from the TA and the event finish. Volunteers will be on hand event morning to direct you to the proper parking locations. There will be NO parking allowed in the area near the transition area or on the side of the roadways adjacent to the event site. **Any cars parked along the side of the road will be towed. Equipment drop-offs are not allowed.** Please proceed directly to the parking area upon arriving at the event site. After you finish your race and head back to your car, please be aware of runners still on the course and show them every courtesy that was shown to you.

Note about Cell Service

The cell service at the race site is very “iffy” So please do not plan to utilize this service to pull up your required USAT card, or to pay for anything at the race site with a credit card. Plan ahead!

Packet Pick-Up/Registration – PLEASE NOTE: NO PACKET PICKUP FRIDAY

Saturday, August 4, 2018 5:00PM – 7:00PM @ Event Site – 25 Wormy Chestnut Lane, Canton, NC 28716

Sunday, August 5, 2018 5:15 AM – 6:30 AM @ Event Site – 25 Wormy Chestnut Lane, Canton, NC 28716

PLEASE NOTE PARKING FOR PACKET PICKUP WILL BE IN THE SAME GRASS AIRSTRIP BEING USED FOR RACE DAY PARKING. PARKING WILL NOT BE ALLOWED NEAR THE TRANSITION AREA AS IN YEARS PAST.

Participant Meeting: There will be a participant meeting under the gazebo on Saturday at 6:00 PM.

Body Marking

All participants must be marked at the body marking area – located on the tennis courts near the transition area. Body marking will begin at 5:15 AM for the International event. You **MUST** bring your Run Bib number in order to get Body Marked.

Timing System

This will be a ChampionChip timed event. You must collect your timing chip on event morning at the orange timing chip tent found near the TA. You **MUST** show your run bib in order to collect your chip. Failure to collect and wear your timing chip will result in DQ. **If you do not return your timing chip to the finish line you will be charged a \$30 replacement fee. YOU WILL RECEIVE 5 SPLITS** (Swim, T1, Bike, T2 and Run). Aquabike athletes will receive 3 splits (Swim, Transition, and Bike)

Cut off Times

The timing systems and finish line for the International event will close 4 hours after the start of the final wave.

Transition Area

- ◆ No bike storage the night before the event.
- ◆ Participants only in the transition area.
- ◆ No glass inside the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack space.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment. The mount/dismount line will be at the main road as soon as you reach the pavement.
- ◆ Bike tech support will be provided the morning of the event near the transition area.

- ◆ Transition area will close at 6:45 AM

Swim

- ◆ The swim diagram is found on the Set Up Events web site.
- ◆ Swim Waves are posted below.
- ◆ The International will swim a clockwise 1500 meter rectangle course. .
- ◆ The water temperature will be taken race morning to determine if wetsuits will be legal.
- ◆ There will be a variety of watercraft on the swim course during the swim. If you feel it's necessary and you need some assistance, wave your hand above your head.
- ◆ All athletes will finish the swim by swimming beneath the roadway bridge and into the mouth of the river feeding the lake. This is where athletes will exit the water and run a short distance into the transition area. It should be noted that the water past the bridge is much cooler than the water in the lake.
- ◆ You must wear your swim cap provided at packet pick up.

Swim Waves

WAVE	GROUP	START TIME	CAP COLOR
1	Advanced Males & Females	7:00 AM	Forest Green
2	Males 59 & Under	7:02 AM	Yellow
3	Females 49 & Under Males 60 + Clydesdales & Master Clydesdales	7:06 AM	Neon Green
4	Females 50 + Athenas Aquabike Males & Females Novice Males & Females Relay Teams	7:10 AM	Pink

Bike

- ◆ Bike course map is available on the Lake Logan event page on our website.
- ◆ The bike course will be well marked with orange pavement arrows on the pavement at all turns, as well as bright neon orange signs (with blue arrows).
- ◆ Mileage points will be marked on the pavement in orange spray chalk (5, 10, 15, and 20 miles).
- ◆ This course is open to vehicular traffic – BE ALERT! Police will be positioned on the course to stop vehicular traffic where necessary.
- ◆ There is **NO WATER DROP OFF** on bike course for the International
- ◆ No drafting! Drafting will be enforced! USAT officials will be on site
- ◆ Hard shell helmets must be worn and helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Bike frame numbers that are provided must be attached to your bike and must be visible at all times on the bike.
- ◆ Helmet number must be affixed to the front of your bike helmet.
- ◆ There are plenty of volunteers and police officers along the course but it is your responsibility to know the course.

Run

- ◆ Run course map is available on the Lake Logan event page on our website.
- ◆ Athletes **MUST** run on the left hand side of the road at all times during the run (Into traffic). Failure to do so = DQ!
- ◆ Each mile will be marked (1,2,3,4, and 5)
- ◆ You must wear the event number (with the pull tag) that is provided – **ON YOUR FRONT**. Failure to have your run number displayed clearly on the front of your body as you cross the finish line will result in a two-minute penalty.
- ◆ Aid stations will be located approximately every 1.3 miles.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ This is an out and back run. 5K out and 5K back for the International. Run number verification will take place at the turnaround.
- ◆ The run course is for the international and the half are essentially the same with the half doing two laps

Relay Teams

- ◆ Swimmers will tag bikers at the bike rack. The timing chip exchange will take place at this point.
- ◆ Bikers will tag runners at the bike rack. The second timing chip exchange will take place at this point.

Aquabike

Aquabike participants race is complete when you cross the timing mat into the transition area after the bike portion. Please return your timing chip to the finish line after you complete your race.

Awards

Award presentations will begin immediately after the last finisher completes the event. You must be present to collect your award, or have someone get it for you. Awards **WILL NOT** be mailed out. We expect the awards ceremony to begin at 11:00 AM for the International event.

Results

Results will be posted online by Sunday evening (9 PM). (Web site address: www.setupevents.com)

Post Race Refreshments

Post race refreshments will be located near the finish line. Food and drinks are for athletes and volunteers only. The Lake Logan Conference Center will have a concession tent offering coffee and breakfast items. Please bring cash.

Spectators

Lake Logan is great spectator friendly event. Because of the amount of bike, car and run traffic in the area, we ask you plan to make a day of it and not leave the center while your person races.

Those wanting to watch the swim from the bridge must stay inside the white lines on both sides. The road is open to traffic and we must maintain a clear path for vehicles.

Both sides of the gravel road is a great place to watch the bike exit and entrance and the run exit and entrance. Please stay inside the pennant line at all times.



SETUP