



2018 Lake Logan Multi-Sport Festival LAKE LOGAN SPRINT EVENT DETAILS

Date/Time Sunday August 5, 2018 7:30 AM

Arrival Time

Arrive at event site no later than 6:30 AM for the Sprint Triathlon on Sunday. Make certain you arrive in plenty of time. Incoming traffic on the two-lane road will be very heavy. NOTE: EVEN THOUGH THE SPRINT DOES NOT START UNTIL 7:30, **PACKET PICKUP WILL CLOSE AT 6:30.**

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 have finished 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". Do not plan on using your cell phone to pull up your USAT card, pay with a credit card, etc.

Packet Pick-Up/Registration - PLEASE NOTE THERE IS NO FRIDAY PACKET PICK-UP.

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

Sunday, August 5, 2018 5:00 AM– 6:30 AM @ Event Site – 25 Wormy Chestnut Lane, Canton, NC 28716

Participant Meeting: There will be a participant meeting under the gazebo 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 5:45 AM.. 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). Aquathlon athletes will receive 3 splits (Swim, Transition, and Run). Aquabike athletes will also receive 3 splits (Swim, Transition, Bike)

Cut off Times

The timing systems and finish line for Sunday's events will close 2 hours 15 minutes 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 spot on your rack.
- ◆ 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.

- ◆ Transitional area closes at 7:00AM.

Swim:

- ◆ The swim diagram is found on the Set Up Events web site.
- ◆ Swim Waves are posted below.
- ◆ The Sprint event will swim a clockwise 500 meter rectangular 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	7:30 AM	Forest Green
2	Males 16-59 Females 16-39 Clydesdales/Master Clydesdales Aquabike Males	7:31 AM	Yellow
3	Males 60 + Females 40 + Males & Females 15 & Under Athenas Novice Male & Female Aquabike Female Relay Teams	7:34 AM	Neon green

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 every 5 miles.
- ◆ This course is open to vehicular traffic – BE ALERT! Traffic is typically very light on event day but please be aware there will be traffic. Police will be positioned on the course to stop vehicular traffic where necessary.
- ◆ There is **NO WATER DROP OFF** on bike course.
- ◆ 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, and 3)
- ◆ 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 mile.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ This is an out and back run.

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:

If you are an aquabike participant, your race is complete once you cross the timing mat entering the transition area after the bike portion. Please return your timing chip to the finish line when you have completed the race.

Post Race Food and Drink

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.

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

