

LAKE LOGAN HALF TRIATHLON

AUGUST 6, 2022



RACE INFORMATION



EVENT SITE:

Lake Logan Conference Center
25 Wormy Chestnut Lane :: Canton, NC :: 28716



HALF TRIATHLON DISTANCES

Swim: 1.2 miles :: Bike: 56 miles :: Run: 13.1 miles



START TIME & DATE

Half: 7:00AM on August 6, 2022

PACKET PICK-UP INFORMATION



Friday (August 5) 4:00 PM - 7:00PM on the TENNIS COURTS at the RACE SITE



Saturday (August 6) 5:00AM - 6:30AM on the TENNIS COURTS at the RACE SITE

PRE-RACE MEETING

A **pre-race meeting** will be held at the covered stage at the race site on Friday (Aug 5) at 6:00pm. It is highly recommended that you attend this race orientation meeting. This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. There will be no race instructions on race morning.

IMPORTANT NOTE

Please arrive no later than 5:45AM. Incoming traffic on the two-lane mountain roads is always heavy on race morning. Please make sure you leave plenty of time to arrive. Packet Pick-Up on race morning will close at 6:30AM.

LAKE LOGAN HALF TRIATHLON

PACKET PICK-UP



PACKET PICK-UP LOCATION + TIME

PACKET PICK-UP INFO: Packet Pick-up will be held on Friday (August 5) from 4:00PM to 7:00PM on the tennis courts at the race site and on Saturday (August 6) from 5:00AM–6:30AM at the lighted tennis courts. Parking for packet pick-up will be on the same grass airstrip being used for race day parking. Parking WILL NOT be allowed near the transition area.

Mandatory Photo ID: All participants will be required to show photo ID at packet pick-up (including relay team members). You will not be given your race packet without photo ID! All participants must pick up their own race packet – individuals and relays.

As part of Set Up's GO GREEN initiative, we've reduced the amount of printed materials in your packet.

You will be issued two numbers at packet pick-up:

The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.

The medium-sized number (with the number printed twice) is used during the bike segment of the race. Place this number over the top tube of your bike using the adhesive backing.

Swag: Only those who pre-ordered a swag item will receive one this year. Swag is not included in your registration fee. We will have the list and items under the same tent as packet pick-up. There are no items for sale.

Friday (August 5) 4:00 PM - 7:00PM on the TENNIS COURTS at the RACE SITE

Saturday (August 6) 5:00AM - 6:30AM on the TENNIS COURTS at the RACE SITE

EVENT INFO

RACE DAY INFO



Race Day Arrival: Please arrive no later than 5:45AM. Incoming traffic on the two-lane mountain road is always heavy on race morning. Please make sure you leave in plenty of time to arrive. Packet pick-up on race morning will close at 6:30AM.

Parking: There is ample parking available at the event site. Participants (athletes and spectators) will park near the transition area on the large grass airstrip just over the bridge and on the left. This is a short walk to TA and the event finish. There is NO PARKING available in the transition area, near the tennis courts, on Logan Circle Road or the bridge. Please DO NOT drop off equipment or gear in this area. Cars parked along the side of the road will be towed. Please proceed directly to the parking area upon arrival. 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.

Packet Pick-Up and Registration is available on race day until 6:30AM. Both are located near the transition area at the race site. It is a USAT rule that if you ride your bike to the transition area prior to the race you must be wearing your bike helmet.

Body Marking: All participants must be marked at the body marking area—located on the lighted tennis courts near the transition. Body marking will begin at 5:15AM on race day. You MUST show your race run bib to the volunteer responsible for marking you. If you do not have your bib, you will not be marked.

Bike Support: Bike tech support will be provided the morning of the event near the transition area.

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TIMING INFORMATION



Champion Chip Timing: This race will be a Champion Chip timed event. Chip Pick-Up is 5:15-6:45AM on Sunday at the orange timing chip tent found near transition. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip. Chips are not available on Friday.

Please make sure you read the Champion Chip Timing instruction sheet displayed at packet pick-up.

NOTE: All timing chips must be picked up by 6:45 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip pick-up will begin at 5:15 AM on race morning. Make sure you receive the correct timing chip. Your chip number will match run number. You will wear this chip on your left ankle. Attach the chip to the disposable medical ankle strap given to you at chip pick up and attach the strap to your left ankle.

Chip Fit Tips: We usually recommend 1-2 fingers width between the band and your ankle. Too Loose: It could fall off and you'll be charged a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race. When you get it adjusted just right, make sure that the band snaps shut. You will hear the band snap into its closed position when it is secured properly.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

If you are an Aquabike participant, your race will end when you enter the transition area after the bike portion. Please walk over to the finish line to return your timing chip and receive your finisher medal.

What happens if I lose the timing chip?

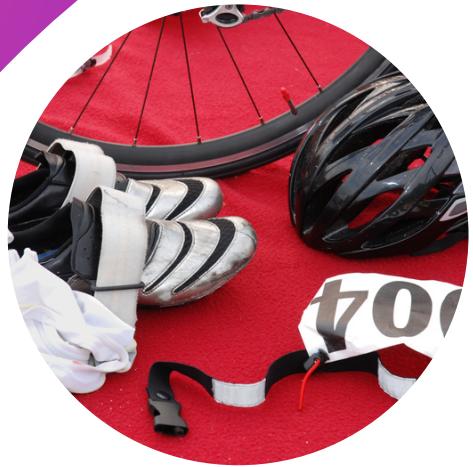
If this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2019, we had less than ten lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

Athletes will receive FIVE (5) splits: Swim, T1, Bike, T2 and Run. Aquabike athletes will receive THREE (3) splits: Swim, Transition, Bike.

CUT-OFF TIMES: All participants must complete the race in under EIGHT(8) hours. The swim must be completed in no more than 1H:30M (90 minutes) from the athlete's start time. The bike must be completed in no more than FIVE(5) hours from the time the participant started. Participants must finish the entire race in under EIGHT(8) hours from the start of the event. Race officials reserve the right to pull a participant off the course if it appears as though that athlete will not be able to meet the above time requirements.

EVENT INFO

TRANSITION AREA INFO



ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.

The transition area will have four entrances/exits: **Transition Area Entrance/Exit, Swim Finish, Bike Start/Finish, Run Start**. These entrances and exits will be clearly identified through the use of large inflatable archways.

Once the race starts and you're racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads **SWIM FINISH**. The inflatable archway next to that one will be for **RUN START**, so you don't want to run through that one. At the other end of the transition area will be the **BIKE START** and **BIKE FINISH** archways. Please use the designated **TRANSITION AREA ENTRANCE/EXIT** before the race (to rack your bike and set up your transition) and after you've finished racing (to remove your bike and gear).

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. Wheel is down on the same side as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes – three bikes on one side and three bikes on the other side.

Do not make a complete change of clothing in the transition area or other event area. There will be port-a-johns located adjacent to transition area as well as the finish/start area. Please use these units if you plan to change clothing.

After the race, you will be required to show your race number bib to check your bike out of transition.

EVENT INFO

SWIM INFORMATION



This swim is a 1.2 mile rectangular-shaped course. The start of the swim will be a wave start (detailed swim start time below). All athletes will finish the course 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. Water temperature is 10 degrees colder than the water in the lake.

Water Temps: Water temps will be posted at the tennis courts on race morning. USAT wetsuit rules will apply. If the water temperature is 79 - 83 degrees, participants may choose to wear a wetsuit, however, they will not be eligible for awards.

OPEN WATER SWIM TIPS: Orange buoys will be placed along the triangular course to lead you to the swim finish location. You may swim on either side of the round siting buoys. Triangular buoys mark the turns. You must keep them on your RIGHT. There will be a variety of watercraft on the swim course during the race. If you need assistance during the swim, roll over on your back and put your hand in the air.

The river may be shallow and you may be tempted to try to walk to the exit dock. Don't! It is much more efficient to swim and there may be objects on the bottom that could injure your feet.

If you need to hang on to a watercraft during the swim, please make sure you are not hanging on to one of the motorized safety boats. You may hang on to a non-motorized vessel (kayaks, canoes, or surfboards) without penalty, however if you hang on to the side of one of the motorized watercraft you will be taken out of the water and disqualified.

EVENT INFO

SWIM INFORMATION



7:00 AM - WAVE 1 - WHITE

Advanced Male & Female
Males 39 & Under

7:05 AM - WAVE 2 - SKY BLUE

Males 40-54

7:10 AM - WAVE 3 - NEON GREEN

Females 39 & Under
Males 55 & over
Aquabike Males
Clydesdales

7:15 - WAVE 4 - PURPLE

Females 40 & Over
Athenas
Aquabike Females
Novice Males & Females
Relay Teams

EVENT INFO

BIKE DETAILS



BIKE INFO

The bike course is a 56-mile loop on rural county roads. This scenic course features easy and moderate rollers and a challenging climb at mile 40. The roads are open to traffic—but traffic is usually fairly light. There is an updated bike course map on the event website at GloryHoundEvents.Com.

BIKE TRANSITION: Mount your bike at the designated mount/dismount line just outside the transition area. You will also have to dismount at this location.

DRAFTING: No drafting! Draft Marshals will be on the course and drafting rules will be enforced! Stay to the right to allow faster cyclists to pass on the left.

HELMETS REQUIRED: Hard shell helmets must be worn and fastened before leaving the transition area. This includes pre- and post-race travel to the race site.

EQUIPMENT: No headphones, earphones or any radio-type devices will be allowed.

COURSE INFO: There are plenty of volunteers and police officers for the race, turns will be clearly marked and mile markers are indicated on the course. Remember: it is ultimately your responsibility to know the course. Roads will be open to vehicular traffic. Be careful and alert at all times.

ON-COURSE AID STATION: There are water bottle hand-off stations at Miles 20 and 37, with a portajohn at each location. Please slow down to a stop to receive your bottle of water. Any bottles handed off to the volunteers will not be returned.

BIKE SUPPORT: Bike tech support will be provided near the transition area on race morning. If you find yourself in a place that isn't near a volunteer or public safety officer and need assistance, please call Kevin at 865-315-0758 and give him your situation and location.

EVENT INFO

RUN DETAILS



The 13.1 mile run is a double out-and-back on Lake Logan road. The turn around includes a run past the finish line and a loop around the Conference Center event field. There is an updated course map on the Lake Logan Half event website at GloryHoundEvents.Com.

AID STATIONS: Aid stations will be located at the run start and approximately every mile on the course. These aid stations will offer water, energy drink, first aid kits and port-a-johns. Please utilize the port-a-johns found near transition, athlete parking or the aid stations. Public urination will not be tolerated.

PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. We ask for you cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out - they will have been out there longer than you.

HEADPHONES: Headphones, headsets, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

RACE NUMBERS: You must have your run number visible on the front of your body as you cross the finish line. Failure to do so will result in a two minute penalty.

FINISH LINE: When you approach the finish line you will cross over several timing mats - located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point - keep running to the finish line - the finish line will be obvious.

Do not cross the finish line more than once. If you finish the race and then decide to run across the finish line with a friend/family member/race buddy/etc., you will be issued a five (5)-minute penalty.

EVENT INFO

RELAY TEAM INFO



Each relay team member will need to show a valid photo ID. Relay packets include the bike and run numbers needed.

On race day, the swimmer or the runner will pick up the team timing chip at the timing tent. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results!

Swimmers will tag bikers at their assigned bike rack location. Bikers must tag runners at the same location. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members!

ALL Relay members MUST get body marked before the race

EVENT INFO

AWARDS & RESULTS +
MISC. INFO



Please Don't Litter: Be good citizens and give our volunteers a break – don't litter on the bike or run courses. Littering will result in an automatic DQ.

Recycling: As part of Set Up's **GO GREEN** initiative, we're providing recycling bins for all aluminum cans, plastic bottles, and cardboard. These recycling bins will be located immediately adjacent to the post event refreshment area (big black tent). Please help us out! Separate your cans, bottles and trash in the appropriate bins.

Post-Race Food & Drinks: Cold bottled water will be available as you cross the finish line. A light meal, snacks and cold drinks will be located under the refreshment tent between the tennis courts and the finish line. These refreshments are for athletes ONLY. There will be a coffee truck and food trucks for anyone wanting to purchase food during the day.

Results: Results will be posted continuously to the website on race day (if internet access allows).

Awards: This race features two awards ceremonies. For athletes completing the race before 1:00PM, ceremonies will be held at 1:15PM. For athletes finishing after 1:00PM, ceremonies will be held at 3:00PM. If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

Spectators: Lake Logan is a great spectator-friendly event. Due to the amount of bike, car and run traffic in the area, we ask you to plan to make a day of it and not leave the center while your athlete races. Those wanted to watch the swim from the bridge must stay inside the white line on both sides. The road is open to traffic and we must maintain a clear path for vehicles. Either side of the gravel road leading into the race site is a great place to watch the bike exit and entrance and the run exit and entrance. Spectators are not allowed in the bike/run chute at any time.

Thank you for choosing SET UP EVENTS and GLORY HOUND EVENTS. We appreciate your participation and support. Please visit us at www.setupevents.com or gloryhoundevents.com to find more races in each series.