Catawba SwimRun

RACE BACKGROUND:
The Catawba SwimRun was created to allow racers to connect with the natural playground of land and water in a unique way. Where the trail ends at the river edge to some, we like to think the trail continues on the other side of the river. Back for a third year, the Catawba SwimRun takes racers in the river, through the woods, and around the USNWC’s 1,300 acres.

The Catawba SwimRun follows a linear format which consists of multiple run legs, with swim legs intermixed. The Catawba SwimRun Race features a Solo division, as well as a Team division, each offering two different distances (1 lap and 3 lap options). The Team division will require teams of two to stick together for the entirety of the race. In the Solo division, participants are not directly reliant on a teammate.

Note: This event includes open water swimming in a natural body of water, which should be taken seriously. If you are not comfortable swimming in open water, this is not the event for you.
COURSE MARKING:
Trails on the main USNWC trail system will be marked with GREEN arrows. Trails on Sadler Island in the Catawba will be marked with pink and orange streamers. Key transitions between swim legs and run legs will be staffed for clarity and swim exits will be marked with streamers or flags for visibility while in the water. On most swim legs, your exit point will be visible from your entry point. There is one tricky navigation point worth mentioning: On Run 5, you’ll continue straight up Tower 93 past the aid station before picking up the service road and heading toward Swim 5. The aid station will be staffed to avoid any confusion.

GENERAL RACE RULES:
Event staff has the right to remove any participant from the course deemed necessary for their safety and the safety of all others. All participants/attendees must adhere to the following rules:
- Teammates must stay within 10 meters of each other throughout the duration of the race
- Each participant must complete the course under his/her own power.
- Swim Caps are required. You may use your own, or one will be provided at packet pick-up.
- Hand Paddles, Pull Buoys, and Wetsuits are permitted but not required.
- Racers must carry everything needed for the race on his/her person.
- There will not be a facilitated transition zone or gear drops throughout each lap.
- Only attempt to pass another runner/swimmer when it is safe for both participants.
- Remain attentive and aware throughout the race and be prepared to share the trail with other runners and bikers as the USNWC trails will remain “open” throughout the race.
- Violating any of these rules may result in disqualification.

WHAT TO BRING: (Not required, but highly encouraged)
- Running Shoes (To be worn the entire race including swim legs)
- A Wetsuit (Expected water temperature in the 50’s)
- Hand Paddles
- Goggles
- Towel and a change of clothes for post-race party

ADDITIONAL INFORMATION:
- Refund and Transfer Policy (Requests should be made via racedirector@usnwc.org)
  - Race Registration is non-refundable
  - A 100% registration transfer must be requested 2 months (or more) in advance of race day
  - A 50% registration transfer must be requested 1 month (or more) in advance of race day
  - Registration transfers are only applicable to the same race the following year
- Interested volunteers should contact the Race Director at racedirector@usnwc.org
- All participants must sign the USNWC waiver before participating
- No pets allowed on the course
- If you think you may require additional hydration along the course, please plan accordingly
- Participants must be present to accept awards. Awards will not be mailed.
- No littering. Racers may be disqualified if they leave trash (cups, gel packets, etc.) on the course
- No outside food or beverage is allowed on USNWC property
- No smoking is allowed on USNWC property
- Restrooms are located at the main USNWC River Center and the Pump House Biergarten
- Locker rooms/showers are located at the main USNWC River Center
- Event will proceed rain or shine unless conditions are deemed unsafe by the Race Director
• All guests are required to pay a $6 parking fee at the USNWC unless guest has an annual parking pass. Annual parking passes are available through the USNWC for $50
• The USNWC does not conduct trail rescues in the event of an emergency. Participants are encouraged to call 911, THEN notify event staff if an emergency is encountered