Whitewater Triathlon - 2020 Race Document

RACE BACKGROUND

The Whitewater Triathlon is the only traditional swim-bike-run triathlon offered at the Whitewater Center. However, this event is sure to test your mettle, with a river swim that has you swimming both up and downstream, a grueling MTB section on technical trails and finishing with a trail run that will leave your legs in shambles. Come ready. Go hard. Crush your goals.

SCHEDULE

Friday, April 3
-5:00pm – 7:00pm – Early Packet Pick-up at Whitewater Center
  - We encourage pre-registered runners to participate in the early packet pick-up to decrease race day lines
  - Day-of Registration will be available during packet pick-up
  - Early packet pick-up is optional. Typical parking fees apply

Saturday, April 4
-6:00am – Day-of registration and packet pick-up begins
-6:00am – Transition Zone opens (first come first serve for transition spots)
-7:00am – Day-of registration and packet pick-up ends for Long Distance
-7:15am – Mandatory Pre-Race meeting at Flatwater Dock (long distance only)
-7:30am – 1K swim, 23K bike, 6.5K run START (water start)
-7:30am – Day-of registration and packet pick-up ends for Short Distance
-7:45am – Mandatory Pre-Race meeting at Flatwater Dock (short distance only)
-8:00am – 400m swim, 12K bike, 3K run START (water start)
-Time TBD – Awards ceremony
-12:00pm – Course closes (athletes may finish the course; however, official times may not be recorded)
Course markings will be clear and obvious, with a combination of race tape and colored arrows. The Bike section will be marked with Blue arrows, while the Run will be marked with Red arrows for both distances. Major intersections will be heavily and clearly marked. Sections where you simply remain on trail will be less significantly marked. Turn off points between long and short distances will be marked and staffed.
RULES

- Racers must follow the indicated course at all times.
- Anyone caught cheating will be automatically disqualified.
- No littering on the trails or in transition. Trash receptacles are available throughout the facility. If you abandon anything (e.g., drink cups, gel packets, clothes, etc.) on the race course, you may be disqualified.
- Multisport (ankle) bibs are your timing chip and must be worn during all legs of the race. The Bike plates and run bibs are solely for visual identification and DO NOT contain a timing chip.

SWIM

- Both swims will be water starts.
- The entire Whitewater Triathlon 1K or 400m swim leg will take place in the Catawba River.
- Fixed buoys will be placed in the Catawba River to indicate turn location for the swim.
- We will follow USAT Rules for wetsuit use (included below)
  - Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.
  - NOTE: We anticipate water temps in the mid-50s, so use of a wetsuit is strongly recommended for all competitors. Any style of wetsuit is acceptable.
- Swim aids (buoys, fins, paddles) are not allowed.
- Keep in mind, there will be a brief trail run between the swim exit and transition.
  - We highly encourage (but do not require) athletes to bring a pair of shoes to wear during this section.
- It is mandatory that athletes wear swim caps during the entire duration of the swim.
  - Note: you are required to wear the swim cap given to you at packet pick-up.

BIKE

- Arrows for the Bike leg will be Blue
- The bike leg will take place almost entirely on single track trails. A suitable off-road bicycle is required.
- Bike plate must be placed on the handlebars of bike and be visible during their ride.
- A helmet is required at all times.
  - Bike and helmet to be provided by participant. Rentals will not be available through the Whitewater Center.

RUN

- Arrows for the Run leg will be Red.
- Run Bibs must always be visible on the outside and front of runner’s clothing during their run.

WHAT TO BRING

- On course nutrition that works for you
- Wearable/competition portable hydration
- Towel/Soap/Change of clothes for post-race - We have showers on site
- Bike and Helmet
- Running Shoes
- Transition supplies as required
- Bike Tool/Spare Tubes/etc.
- Anything else you may possibly need; hope for the best, plan for the worst!

ADDITIONAL INFORMATION

- Volunteers
  - Interested volunteers should contact the Race Director at racedirector@usnwc.org
- Waiver Policy
  - All participants must sign the Whitewater Center Assumption of Risk Agreement before participating.
  - Persons picking up packets for others must have a signed copy of their waiver before bib/packet will be issued.
  - May be printed and brought to packet pick-up or completed on site.
  - The waiver is not included in the online registration form.
- Refund and Transfer Policy
  - Race Registration is non-refundable
  - A 100% registration transfer must be requested 2 months (or more) in advance of race day via racedirector@usnwc.org
  - A 50% registration transfer must be requested 1 month (or more) in advance of race day via racedirector@usnwc.org
  - Registration transfers are only applicable to the same race the following year.
- Forgotten Add-On Gear/Participant items
  - All purchased add-on gear must be collected during packet pick-up
  - Items will not be shipped
  - If items are unable to be picked up during packet pick-up, you must arrange pick-up with racedirector@usnwc.org and collect from Outfitters within one week from the event date
  - The race director will not email you to arrange your pick-up
  - All unclaimed items will be donated
  - Typical parking fees apply

- Forgotten Awards
  - Applies to participant shirts, finisher’s awards and age group/overall awards.
  - Participants not present for awards may collect their award from Outfitters within two months of the race date
  - Items will not be shipped
  - All unclaimed items will be donated
  - Participants must email racedirector@usnwc.org to arrange award pick-up
  - Typical parking fees apply

- Trail Marking
  - Designated racecourse will be denoted by colored arrows.
  - Color associated with a specific route will be communicated during prerace announcements.
  - Whenever possible, mile markers will be present along the course.
  - Whitewater Race Series events take place on multiple surfaces, including natural surface trails over uneven terrain. As such, race distances and mile markers are approximate.
  - Your personal mileage may vary. It is our goal to ensure that you travel at no less than the posted mileage for a given race.

- Trail Safety
  - Trails will be open to other runners, hikers and bikers
  - Headphones, iPods, MP3 players, etc are strongly discouraged
  - Remain attentive and courteous at all times
  - Communicate when passing other trail users
  - No pets allowed on the course
  - No E-bikes or any form of powered transportation will be allowed in any Whitewater Race Series events
  - During events taking place after sunset, all participants are required to carry/wear a light source.

- Race Bibs
  - Race bib must be visible and worn on the front of shirt to receive an accurate time
- Pacers
  - Unless otherwise stated in the event specific race document, pacers are not allowed in Whitewater Race Series events
  - When pacers are allowed, pacers must check in/register with the Race Director and complete an assumption of risk agreement

- Aid Stations
  - See Course Map for aid station locations
  - Unless otherwise indicated, aid stations will consist of water only
  - Plan accordingly if you think you may require additional hydration or nutrition during the race

- Weather Policy
  - Events are scheduled to proceed rain or shine. The Whitewater Center reserves the right to alter/reschedule/cancel any Whitewater Race Series event.
  - Any changes or cancellations will be communicated via email by the Race Director.

- Parking Policy
  - All guests are required to pay a $6 parking fee at the Whitewater Center unless guest has an annual parking pass. Annual parking passes are available through the Whitewater Center for $50

- Emergency Policy
  - The Whitewater Center does not conduct trail rescues in the event of an emergency. Participants must call 911 if emergency vehicles and operations are needed. There are emergency location points on the trail to communicate where emergency personnel can find you.