

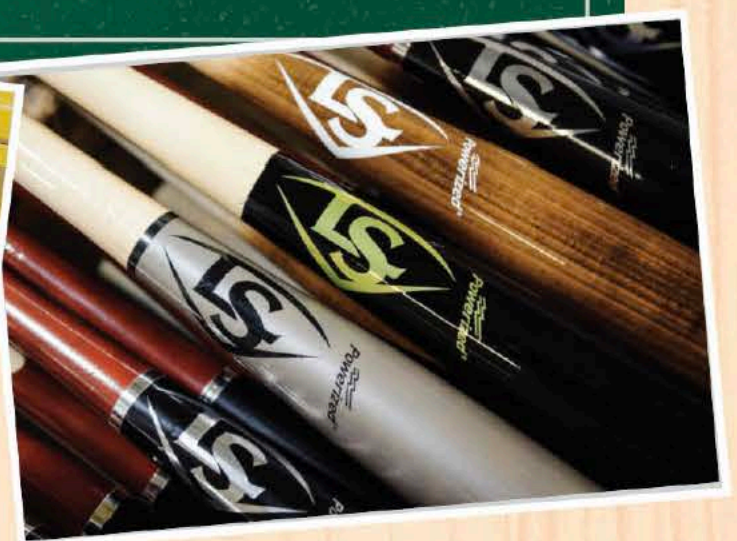


ATHLETE GUIDE

JUNE 9, 2019 | #TRILOUISVILLE | TRILOUISVILLE.COM

MAKE IT HAPPEN

ATF ABOVE THE FOLD
EVENTS & SPORT PROMOTIONS



All-New Factory Tour

We've upped our game with never-before-seen steps in the bat-making process, along with these other exciting factory tour improvements:

- ❑ **Get lost in the forest** with a thrilling new movie experience
- ❑ **Bigger monitors and better sound** pull you into the action
- ❑ **Stunning new graphics** add to the history and excitement

Get ready for an exhilarating new factory tour that knocks it even further out of the park! Plus, classic fan favorites are still on deck, including our engaging exhibits, free souvenir mini-bats, and much more.

Plan Your Visit | sluggermuseum.com





WELCOME!

On behalf of our team at Above The Fold Events & Sport Promotions, we would like to extend a warm welcome to you and your families and friends to this year's Tri Louisville race. We are excited to see you at Waterfront Park on Sunday, June 9 and hope you're able to enjoy everything Louisville has to offer.

To those who will be doing their first ever triathlon at Tri Louisville, we are honored to be a part of your entry into this incredible sport, and we are here to answer any questions you might have to make your experience that much better. And to the veteran racers, in particular those who race with us each year, THANK YOU for choosing Tri Louisville and helping build a stronger endurance sports community in our region.

Louisville's Waterfront Park is such a beautiful venue for a triathlon. Once again, our course boasts a downstream swim, flat and completely closed off bike course, and scenic run through the park greenways.

Enjoy the day, thank the volunteers that help make these types of events possible, and cheer on one-another out there on the course. Someone once told me "None of us are professionals out here – we're all just 'playing' the sport of triathlon. So let's have fun while we play!" I encourage each of you to do just that – race hard, give your all, but don't forget to smile while you do it. I look forward to seeing you at the finish line!

Best of luck,
Joe Fleenor
Race Director
Above the Fold Events

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SCHEDULE OF EVENTS

PACKET PICKUP: FRIDAY, JUNE 7TH

Time: 4:00 pm - 7:00 pm

Location: Ken Combs Running Store, 4137 Shelbyville Rd, Louisville, KY 40207

PACKET PICKUP: SATURDAY, JUNE 8TH

Time: 12:00 pm - 3:00 pm

Location: St. Matthews Cycling, 131 St Matthews Ave, Louisville, KY 40207

PACKET PICKUP: SUNDAY, JUNE 9TH

Time: 5:30 am - 6:45 am

Location: RACE SITE, Waterfront Park: 1301 River Rd. Louisville, KY 40202

RACE DAY: SUNDAY, JUNE 9TH

Race Site: Brown-Forman Amphitheater Waterfront Park: 1301 River Rd. Louisville, KY 40202

Body Marking/Transition Area: 5:30 am – 6:45 am

Transition Area Closes Promptly at 6:45 am!

Course Rules: 7:00 am

Olympic Start: 7:15 am

Sprint & Duathlon Start: 7:45 am

Awards: Approx. 10:45 am



TRI LOUISVILLE HAS BEEN
NAMED HOST OF THE 2019 USAT
MIDEAST DUATHLON REGIONAL
CHAMPIONSHIPS.



ATHLETE CHECK-IN & RACE INFO

ATHLETE CHECK-IN:

- June 7th from 4:00 PM – 7:00 PM @ Ken Combs Running Store (4137 Shelbyville Road, Louisville KY 40207)
- June 8th from 12:00 PM – 3:00 PM @ St. Matthews Cycling (131 St. Matthews Avenue, Louisville KY 40207)
- June 9th from 5:30 AM – 6:45 AM @ Race Site (Brown Forman Amphitheatre @ Waterfront Park, 1301 River Road, Louisville KY 40202)

IMPORTANT: YOU ARE THE ONLY PERSON WHO CAN PICK UP YOUR PACKET. NO EXCEPTIONS.

PLEASE HAVE AVAILABLE:

- Valid Photo ID. (No ID, no race, no exceptions)

PACKET ITEMS INCLUDE:

- Race bib
- Sticker sheet (Helmet and bike frame)
- Tattoos (race number for arms, age for calf)
- Collateral
- Swim cap
- Shirt (shirt sizes cannot be exchanged until after the race)

RELAY TEAMS:

- Relay teams must be present together at check-in to receive packets. No relay team will be permitted to check in if all members are not present together. No exceptions.
- In the packets for Relay Teams will be the race bib for the runner, sticker sheet for the biker, and a swim cap will be picked up for the swimmer. All participants will be body marked.

TIMING CHIPS

- Timing chips will be picked up on race morning after you collect your packets. You'll show your race number to the volunteer and they'll hand you the corresponding timing chip.
- Relay Teams: you will receive one timing chip which you will pass off to one another in transition before heading out for bike/run.

WETSUITS

Wetsuits may be worn if the water temperature is less than 84 degrees F. However, if the water is between 78-84 degrees F, all participants wearing wet suits will not be eligible for awards. Please be aware you are swimming in an open body of water and it is imperative you are prepared for all water conditions.

RACE TATTOOS & BODY MARKING:

- Apply your race tattoos prior to entering transition.
- Instructions for how to apply tattoos is included on race packet.
- If you do not choose to use race day tattoos, there will be volunteers in transition to mark your race numbers and age. Please be sure to hold off on applying sunscreen before getting body marked so the marker doesn't rub off.

TRANSITION:

- You may rack your bike on race morning, Sunday, June 9th from 5:30 AM – 6:45 AM.
 - You must have your race number tattoos and bike sticker applied prior to entering transition.
 - Rack assignments are by race category (sprint, olympic, duathlon) and it will be open racking in those categories. Signs will be displayed on each bike rack row letting you know which category the rack is for.
 - o Aquabike participants rack on Olympic racks
 - o Relay teams do not have a separate rack. Relays rack in their respective race category racks (i.e. Sprint relays rack on Sprint racks)
 - Bar end plugs are a MUST.
 - Tri Club racking: Tri clubs that meet the minimum participation level will receive dedicated bike rack space for their club members. Those clubs will have signage on their respective bike racks indicating where their members are to set up. Clubs will be notified leading up to race day if they qualify for dedicated rack space.

PARKING

There are numerous parking lots along Waterfront Park and at the University of Louisville Row House. Each will be open, excluding the lot being occupied by our transition area, for participant and spectator parking. Parking on River Rd is PROHIBITED and violators will be TOWED. Streets close promptly at 7:15 AM so let spectators know to arrive early! Streets will not open until after the race so plan accordingly as you will not be able to leave the venue until streets open back up.



POST RACE INFO

FINISH LINE:

- Expect an energetic welcome from our volunteers as you enter the Finish Chute.
- You will receive your AWESOME Finisher Medal.
- Be sure to return your timing chip!

FOOD TENT & BEER GARDEN

- Each Athlete is allowed 1 PASS THROUGH THE TENT UNTIL EACH ATHLETE HAS FINISHED THE RACE.
- Your race bib has a tear off tab good for one FREE BEER!

LOST & FOUND

- In the event you have lost something in transition or out on the course, there is a chance that another athlete or volunteer has turned it in. Please check Lost & Found at the main registration info tent before you leave.

RESULTS

- Results will be available on race site to view as finishers are coming in throughout the morning and will be posted on the website shortly after the conclusion of the end of the race.

DROPPING OUT:

- We want everyone to finish but also know the reality of race day mis-haps
- If you drop out of the race YOU MUST NOTIFY A RACE OFFICIAL.
- If you cannot find a race official please find an Above the Fold crew member at the Information Tent located on the lawn.
- Please Note: If you do not start the race, or you drop out, you MUST return you chip.

BIKE CHECK-OUT

- Participants must show race bib that matches the number on their bike in order to check bike out of the transition area.
- Please be respectful and curious to other athletes who may still be competing

VOLUNTEERS

- Be sure to thank all of our AWESOME volunteers! They are here before you start and after you finish making sure you have fun, stay safe and get you to the finish line!

THANK YOU



APOCALYPSE

BREW-WORKS

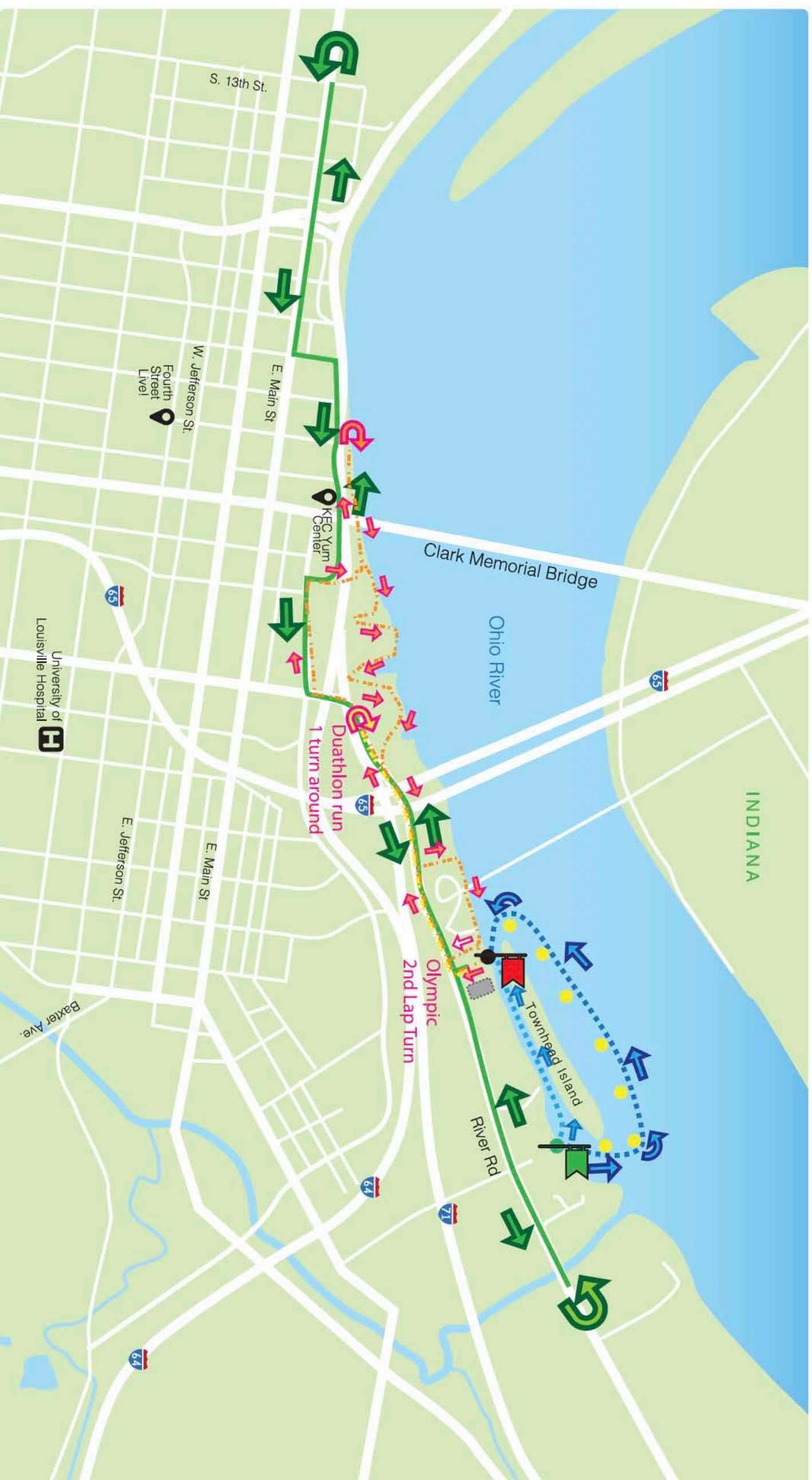
LOUISVILLE, KENTUCKY

FOR THE SUPPORT AND FOR PROVIDING OUR POST-RACE BEER GARDEN!





RACE COURSE MAP



Swim

Olympic

Sprint

Bike

Olympic: 4 laps

Sprint: 2 laps

Duathlon: 2 laps

Run

Olympic: 2 loops

Sprint & Duathlon

Run 2: 1 loop

Duathlon Run 1

Out & Back

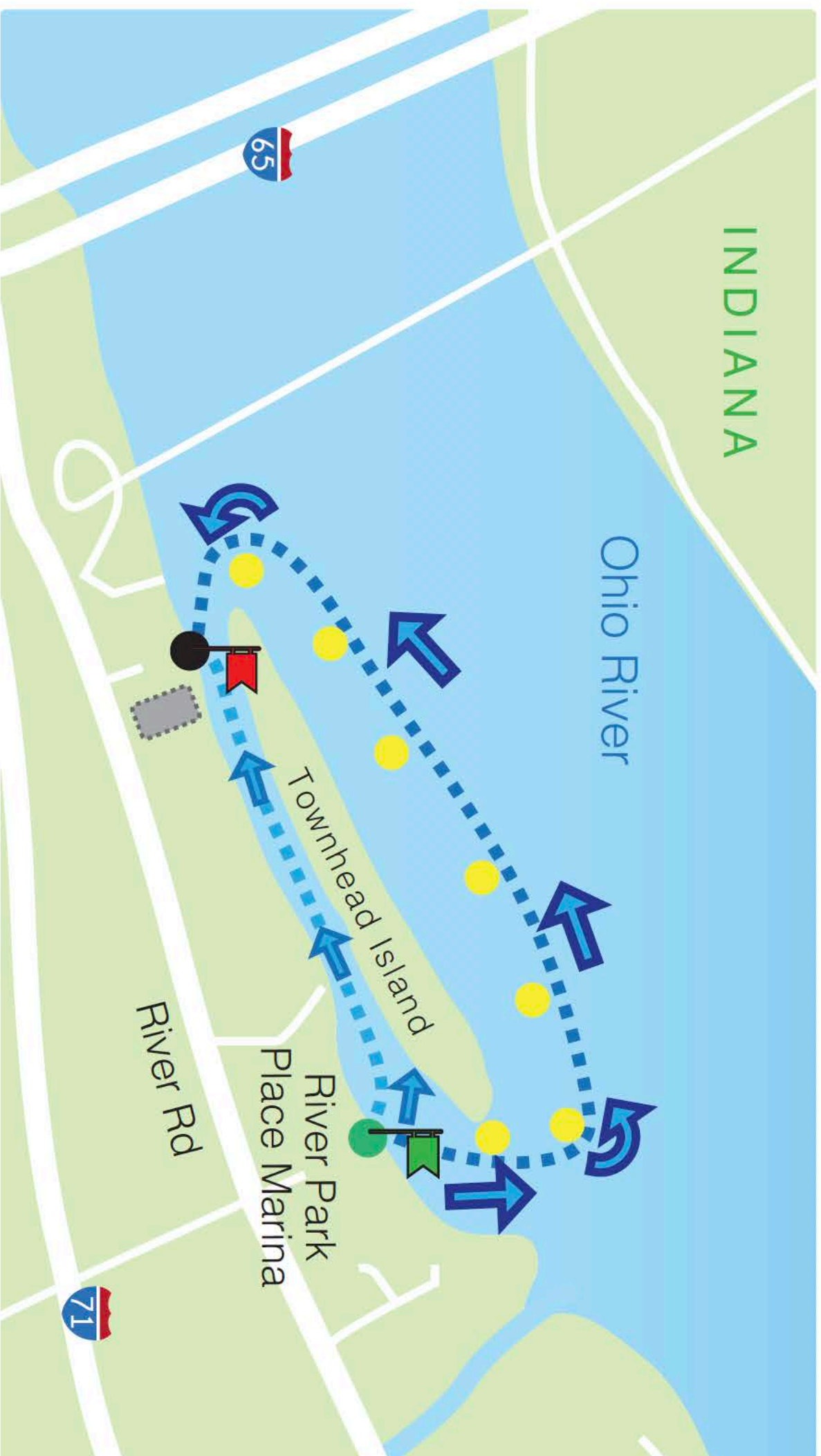
Transition

Start


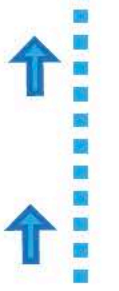

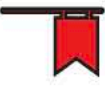
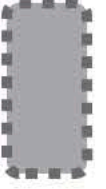
Finish



SWIM COURSE MAP



SWIM KEY

-  Olympic 1500 meters
-  Sprint 750 meters
-  Start
-  Finish
-  Transition

Olympic Swim: 1500 meters

Enter from the docks behind River Park Marina into the Towhead Island Canal. Swim around the Island and finish downstream at the Ol' Tumbleweed Restaurant.

Sprint Swim: 750 meters

Enter from the docks behind River Park Marina into the Towhead Island Canal. Swim strait down river and exit at the Ol' Tumbleweed Restaurant.



BIKE COURSE MAP

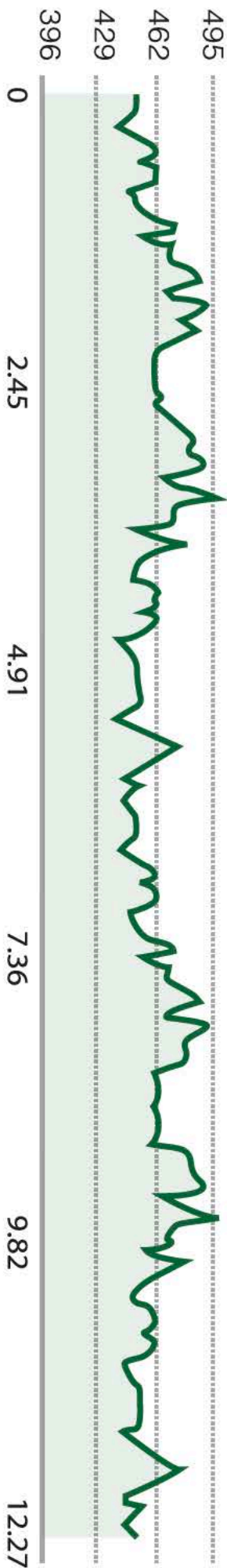


BIKE KEY

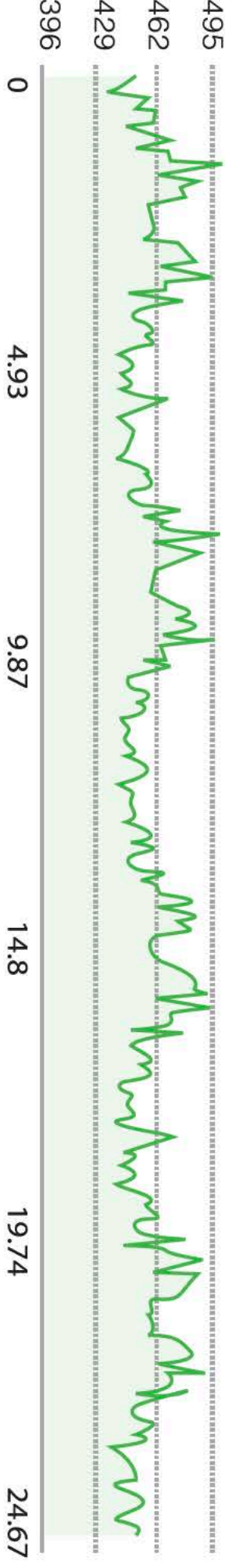
- Olympic 40K
(4 laps)
- Sprint & Duathlon
20K (2 laps)



ELEVATION (ft)



START ELEVATION **449 FT** MAX ELEVATION **496 FT** GAIN **240 FT**



START ELEVATION **449 FT** MAX ELEVATION **508 FT** GAIN **480 FT**



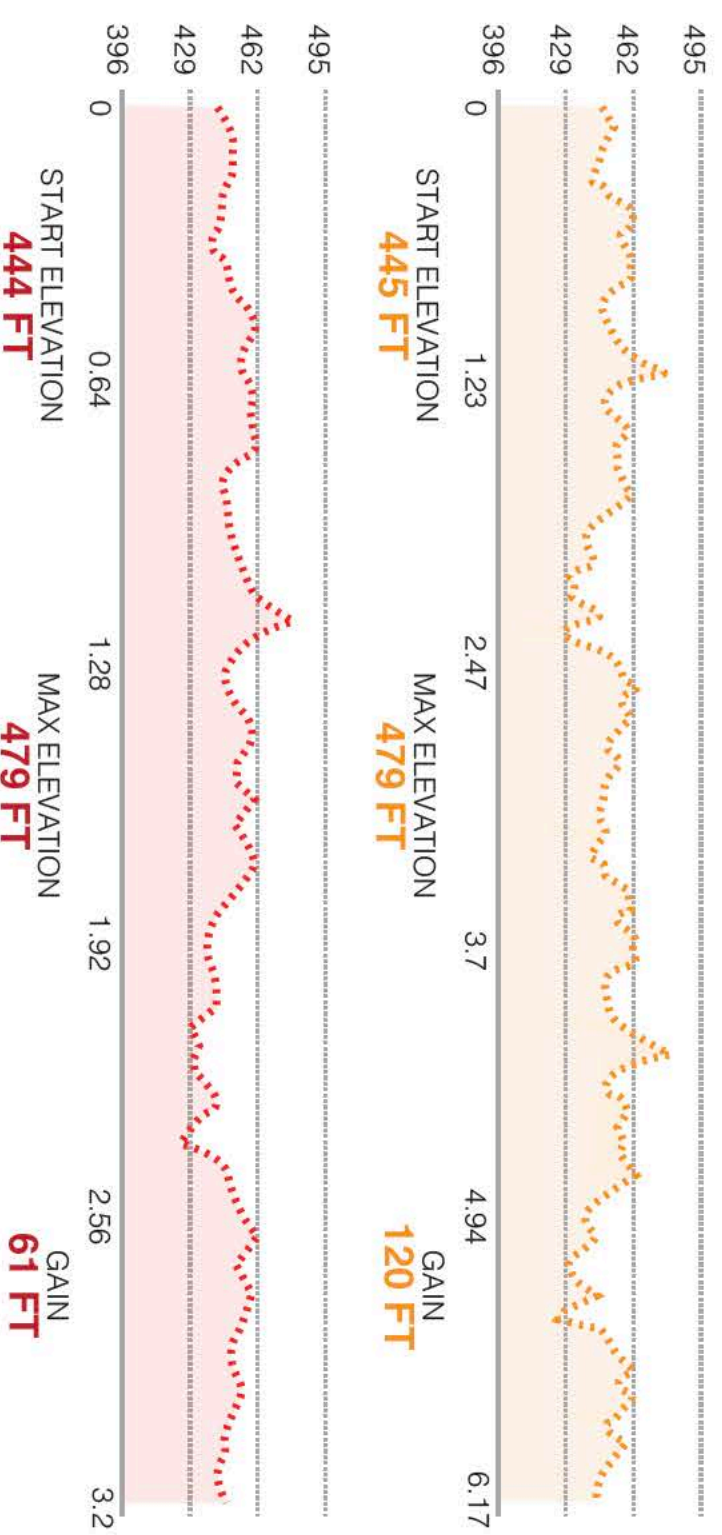
RUN COURSE MAP



RUN KEY

- Sprint & Duathlon
- Run 2 5K
- Duathlon Run 1
- Mile Markers
- Start
- Finish
- Transition

ELEVATION (ft)





TURN BY TURN DIRECTIONS

SPRINT BIKE:

- △ Exit the Waterfront Park transition area and turn right on River Rd.
 - Turn Right onto Witherspoon Rd.
 - Turn Right onto W. River Rd. Continue on River Rd to 6th Street.
 - ← Turn Left onto 6th Street.
 - Turn Right onto Main Street.
 - ↻ Turn around at 13th St.
 - ↻ Complete same course on way back in. Continue past the Waterfront Park transition area.
 - ↻ Turn around on River Rd.
 - ↑ After the second lap finish at the Waterfront Park transition area. Make sure to complete all laps.
-

SPRINT RUN:

- Exit the Transition area and head West along Waterfront park.
 - ↑↻ Follow course markers and turnaround at the Belle of Louisville.
 - ↑ Volunteers and course markers will be present throughout the route.
 - ↑ Finish at the Brown Forman Amphitheater.
-

OLYMPIC BIKE:

- Exit the Waterfront Park transition area and turn right on River Rd.
 - Turn Right onto Witherspoon Rd.
 - Turn Right onto W. River Rd. Continue on River Rd to 6th Street.
 - ← Turn Left onto 6th Street.
 - Turn Right onto Main Street.
 - ↻ Turn around at 13th St.
 - ↑ Complete same course on way back in. Continue past the Waterfront Park transition area.
 - ↻ Turn around on River Rd.
 - ↻ After the fourth lap finish at the Waterfront Park transition area. Make sure to complete all laps.
-

OLYMPIC RUN:

- Exit the Transition area and head West along Waterfront park.
- ↑↻ Follow course markers and turnaround at the Belle of Louisville.
- ↻ Make turn for 2nd lap in Waterfront Park near the finish line.
- ↑ Volunteers and course markers will be present throughout the route.
- ↑ Finish at the Brown Forman Amphitheater.



USAT COMMON RULE VIOLATIONS

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

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

Penalty: Variable time penalty

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: 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 wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties for Sprint and Intermediate Distances

1st Offense: 2:00 Minutes

2nd Offense: 4:00 Minutes

3rd Offense: Disqualification

For a complete list of rules, please visit:
<https://www.teamusa.org/USATriathlon/About/Multisport/Competitive-Rules>





ATHLETE CHECK LIST

PRE-RACE:

- ☐ Directions to Hotel
- ☐ Directions to Athlete Check-In
- ☐ Directions to Race Start
- ☐ Directions to Race Finish
- ☐ Photo I.D.
- ☐ Valid USAT Card - if member (if you paid for a one-day license online, no need to bring a card)
- ☐ Bike Services/Tune up
- ☐ Attend Athlete Check-In
- ☐ Study the race courses and plan your nutrition

RACE DAY – SWIM:

- ☐ Timing Chip and Strap
- ☐ Swimsuit/Wetsuit (if applicable)
- ☐ Goggles (consider a spare pair as well)
- ☐ Race Day Swim Cap (provided at Check-In)
- ☐ Ear Plugs/Nose Plug (optional)

RACE DAY – BIKE:

- ☐ Bike Pump
- ☐ Extra Nutrition
- ☐ Extra Water Bottles
- ☐ Aero Water Bottle Straw
- ☐ Bike Repair Kit (Bar-end plugs, CO2 Cartridge(s), Spare Tire, Spare Tube, Tire lever, Valve Stem Extenders, Patch Kit, Wrench Set/Tools)
- ☐ Vaseline

RACE DAY – BIKE (continued):

- ☐ Sunscreen
- ☐ Bike Helmet
- ☐ Sunglasses
- ☐ Bike Shoes
- ☐ Socks
- ☐ GPS Watch or Bike Computer

RACE DAY – RUN:

- ☐ Fuel Belt
- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/Visor
- ☐ Running Shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Water Bottle

MISCELLANEOUS:

- ☐ Body Glide
- ☐ Antibacterial
- ☐ Contacts or Rx Glasses
- ☐ Heart Rate Monitor & Chest Strap
- ☐ Towel
- ☐ Hair Ties
- ☐ Chapstick
- ☐ Post-Race Clothing
- ☐ Have a Great Race!



ABOVE THE FOLD

EVENTS & SPORT PROMOTIONS

2019 CALENDAR EVENTS



MARCH 2, 2019
Music City Endurance Sports
Summit & Expo
Nashville, TN



MARCH 2, 2019
First Tri - indoor triathlon
Nashville, TN



JUNE 8, 2019
COOL Kids Triathlon
Louisville, KY



JUNE 9, 2019
Tri Louisville Triathlon
Louisville, KY



JUNE 15, 2019
Hops for Pops 5K & Fun Run
Nashville, TN



JULY 20, 2019
St. Elizabeth Triathlon
Williamstown, KY



AUGUST 4, 2019
Riverbluff Triathlon
Ashland City, TN



SEPTEMBER 14, 2019
Dixie Triathlon
Huntingdon, TN

