

## MAKE IT HAPPEN AF ABOVE THE FOLD EVENTS & SPORT PROMOTIONS



The morale of the first Dixie Triathlon left a lasting impression on us.

The hard work and dedication from each participant and volunteer,
the cheers from the fans, and the looks of determination stand fresh in our mind
as we reflect back on the Inaugural Race in 2018. We are excited for the 2019 Dixie Triathlon and are honored to be
the Presenting Sponsor for this year's event. We will be there cheering each of you on throughout the day and wish
you each great success. YOU are accomplishing great things and your hard work that has brought you here today
is something we commend you on! Here is to the Dixie Triathlon 2019!





Community Banking, Community Caring



### **WELCOME!**

The 2nd Annual Dixie Triathlon presented by Carroll Bank & Trust is proud to welcome all of you to the town of Huntingdon and Carroll County, TN for what we thought would have been a hidden gem race on the triathlon schedule when we created it, but in reality it's pretty much maxed out capacity in each of its two years of existence. It's an amazing achievement and thanks to each of you for supporting this new race.

The Dixie Triathlon is not a cookie-cutter race. Yes, you're still going to a fun and safe swim-bike-run race with timing chips, finish line arches and all that goes with it, but what sets the Dixie Tri apart from many others is the support and involvement coming from the local community. The local pottery studio hand makes all the finisher medals and age group awards. The local woodworking shop hand makes all the overall winner awards. 100+ volunteers from local civic organizations, schools, sports groups, businesses and more will be out in force volunteering to help make the race an experience you won't forget. It's a joy to work with a community like Huntingdon and Carroll County on events like this!

For those of you who are back racing with us again for a second year, THANK YOU for your continued support!. For those racing Dixie for the first time, THANK YOU for putting your trust in us when selecting which race(s) you're signing up for. And for those doing your first ever triathlon at Dixie, THANK YOU for getting involved with the sport of triathlon and don't ever hesitate to reach out if you have questions, concerns or need anything at all. We are here to help and want your first experience to be wonderful.

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

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Directions to race site: <a href="https://goo.gl/maps/dp6qVsWn5N55Bofd7">https://goo.gl/maps/dp6qVsWn5N55Bofd7</a>

PACKET PICKUP: FRIDAY, SEPTEMBER 13TH

**Time:** 4:00 pm - 7:00 pm

Location: The Dixie Carter Performing Arts Center, 191 Court Square, Huntingdon, TN 38344

PACKET PICKUP: SATURDAY, SEPTEMBER 14TH

**Time:** 5:45 am - 7:00 am

Location: RACE SITE, Carroll County Thousand Acre Lake, Huntingdon TN 38344

RACE DAY: SATURDAY, SEPTEMBER 14TH

Race Site: Carroll County Thousand Acre Lake, Huntingdon TN 38344

**Body Marking/Transition Area:** 5:45 am – 7:15 am

Transition Area Closes Promptly at 7:15 am!

Course Rules: 7:15 am

Olympic Start: 7:30 am

Sprint Start: 8:00 am

Awards: Approx. 11:00 am



### ATHLETE CHECK-IN & PRE-RACE INFO

#### **ATHLETE CHECK-IN:**

- September 13th from 4:00 PM 7:00 PM
   The Dixie Carter Performing Arts Center, 191
   Court Square, Huntingdon, TN 38344
- September 14th from 5:45 AM 7:00 AM
   Race Site: Carroll County Thousand Acre Lake, Huntingdon TN 38344

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)
- Swim cap
- Shirt (shirt sizes cannot be exchanged until after the race)
- Sponsor collateral
  - > Timing Chips not included in packet picked up SEPARATELY on RACE MORNING

#### **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. However, if the water is between 78-84 degrees all participants wearing wetsuits 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.

#### TRANSITION:

- You may rack your bike on race morning,
   Sunday, August 4th from 5:45 AM 7:15 AM.
- You must have your bike sticker applied and be body marked prior to entering transition.
- Rack assignments are by race category (sprint, olympic) 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.
  - Aquabike participants rack on Olympic racks
  - Relay teams do not have a separate rack. Relays rack in their respective race category racks (i.e. Sprint relays rack on Sprint racks)
- Your bike is required to have bar end plugs.
- 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 large parking lots at the main race site. DO NOT park along the road entering the race site. No parking signs will be posted along this road. Vehicles will be towed if they are parked along this stretch of road. Click here to view site map: <a href="https://goo.gl/maps/dp6qVsWn5N55Bofd7">https://goo.gl/maps/dp6qVsWn5N55Bofd7</a>

#### WE ARE PROUD TO SUPPORT THE FOLLOWING:





## POST RACE INFO

#### **FINISH LINE:**

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

#### **FOOD TENT**

- The Food Tent is for athletes and volunteers only.
- Please take an appropriate amount of food. Our food ordering is based on each of you consuming an appropriate amount.

#### **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 area before you leave.

#### **RESULTS**

 Results will be available to view near the timing tent as finishers are coming in.
 Results will also be posted online shortly after the race concludes.

#### DROPPING OUT:

- We want everyone to finish but also know the reality of race day mishaps.
- If you drop out of the race YOU MUST NOTIFY A RACE STAFF MEMBER.
- Please note: if you do not start the race, or you drop out during the race, you MUST return your timing chip.

#### **BIKE CHECK-OUT**

- Participants must show their race bib upon exiting transition with a bike to ensure that the numbers match. If numbers do not match, the bike will not be allowed to leave transition.
- Please be respectful 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 to the finish line!

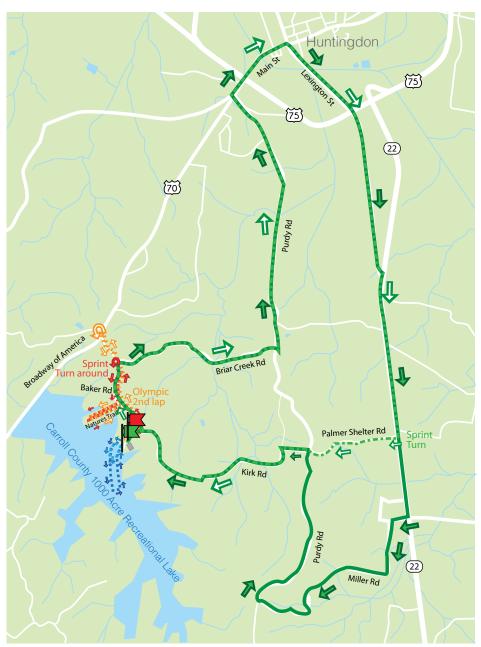
GET READY ENDURANCE JUNKIES! RETURNING 8-8-2020

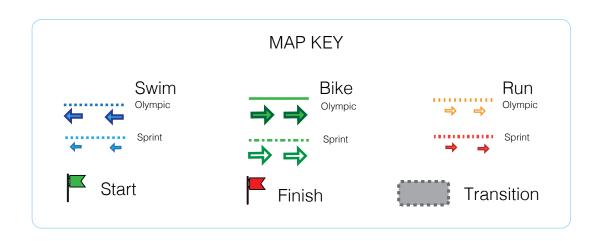


1.2 MILES OF SWIMMING 56 MILES OF BIKING 13.1 MILES OF RUNNING 70.3 MILES OF FUN!



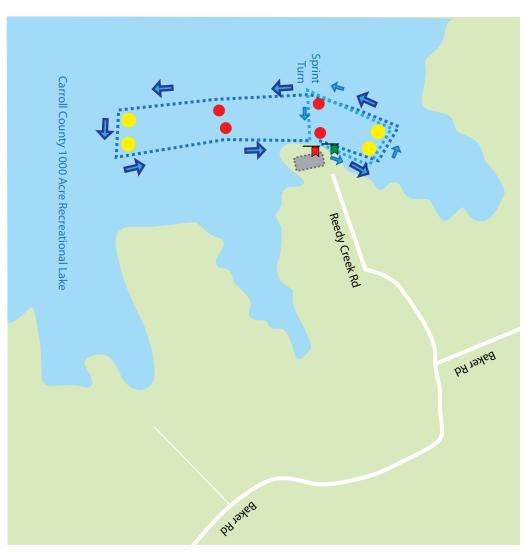
## RACE COURSE MAP

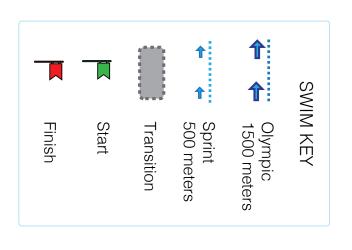






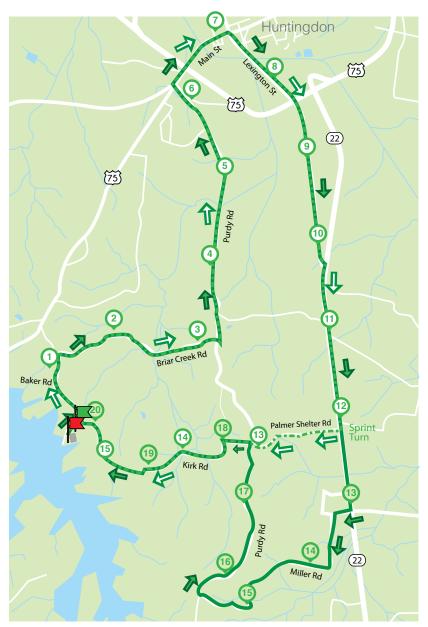
## SWIM COURSE MAP

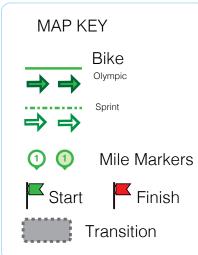




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## BIKE COURSE MAP



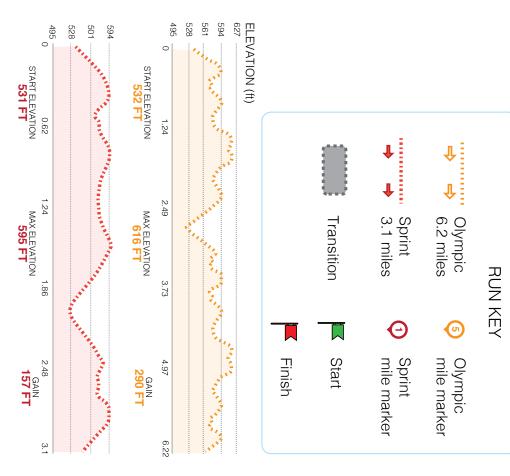




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## RUN COURSE MAP







### TURN BY TURN DIRECTIONS

#### SPRINT BIKE:

- △ Head away from the transition zone on Reedy Creek Rd.
- ← Turn left on Baker Rd.
- → Turn right on Brier Creek Rd.
- ← Turn left on Purdy Rd.
- → Turn right on Broadway of America (Hwy 70).
- ↑ Continue straight as Broadway of America turns into W Main St.
- ← Turn left on W Paris St.
- → Turn right on Court Square.
- ← Turn left on Lexington St (Hwy 22).
- Veer right onto Hwy 10.
- → Turn right on Palmer Shelter Rd.
- ← Turn left on Kirk Rd.
- → Turn right on Baker Rd.
- Veer left on Reedy Creek Rd. Dismount bike before entering transition zone.

#### **SPRINT RUN:**

- $\triangle$  Leave transition zone heading away from water on Reedy Creek Rd.
- ← Turn left on Baker Rd. Continue on Baker Rd.
- Jurn around at the marked turn point.
- → Turn right on Natures Trail.
- **↑** U Head to end of road and turn around.
- → Turn right on Baker Rd.
- → Turn right on Reedy Creek Rd.
- ↑ Continue to the finish line.



### TURN BY TURN DIRECTIONS

#### **OLYMPIC BIKE:**

- △ Head out of transition away from water on Reedy Creek Rd.
- ← Turn left on Baker Rd.
- → Turn right on Brier Creek Rd.
- ← Turn left on Purdy Rd.
- → Turn right on Broadway of America (Hwy 70).
- ↑ Continue straight as Broadway of America turns into W Main St.
- ← Turn left on W Paris St.
- → Turn right on Court Square.
- ← Turn left on Lexington St (Hwy 22).
- Veer right onto Hwy 10.
- → Turn right on Miller Rd.
- → Turn right on Purdy Rd.
- ← Turn left on Palmer Shelter Rd.
- ← Turn left on Kirk Rd.
- → Turn right on Baker Rd.
- Veer left on Reedy Creek Rd. Dismount bike before transition zone.

#### **OLYMPIC RUN:**

- $\triangle$  Leave transition zone heading away from water on Reedy Creek Rd.
- ← Turn left on Baker Rd.
- ↑ Continue on Baker Rd until it reaches Broadway of America (Hwy 70).
- U Turn around at the marked turn point.
- → Turn right on Natures Trail.
- **↑** Uhead to end of road and turn around.
- ↑ After returning back up Natures Trail, Olympic runners will do a second loop down Baker Rd.
- Turn left on Baker Rd
- **↑** Continue to the turn around at Hwy 70.
- → Turn right on Natures Trail.
- **↑** Uhead to end of road and turn around.
- → Turn right on Baker Rd.
- → Turn right on Reedy Creek Rd.
- ↑ Continue to the finish line.



## 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:	RACE DAY – BIKE (continuted):
☐ Directions to Hotel	□ Sunscreen
☐ Directions to Athlete Check-In	☐ Bike Helmet
☐ Directions to Race Start	☐ Sunglasses
☐ Photo I.D.	☐ Bike Shoes
☐ Valid USAT Card - if member (if you paid for	□ Socks
a one-day license online, no need to bring a	☐ GPS Watch or Bike Computer
card)	☐ Bike Number Sticker
☐ Bike Services/Tune up	
☐ Attend Athlete Check-In	RACE DAY – RUN:
☐ Study the race courses and plan your nutrition	☐ Fuel Belt
	☐ Race Belt or Safety Pins
	☐ Bib Number
RACE DAY – SWIM:	☐ Hat/Visor
☐ Timing Chip and Strap	☐ Running Shoes
☐ Swimsuit/Wetsuit (if applicable)	□ Socks
☐ Goggles (consider a spare pair as well)	☐ Sunglasses
☐ Race Day Swim Cap (provided at Check-In)	☐ Water Bottle
☐ Ear Plugs/Nose Plug (optional)	
	MISCELLANEOUS:
	☐ Body Glide
RACE DAY – BIKE:	☐ Antibacterial
☐ Bike Pump	☐ Contacts or Rx Glasses
☐ Extra Nutrition	☐ Heart Rate Monitor & Chest Strap
☐ Extra Water Bottles	☐ Towel
☐ Aero Water Bottle Straw	☐ Hair Ties
☐ Bike Repair Kit (Bar-end plugs, CO2	☐ Chapstick
Cartridge(s), Spare Tire, Spare Tube, Tire	☐ Post-Race Clothing
lever, Valve Stem Extenders, Patch Kit,	☐ Have a Great Race!
Wrench Set/Tools)	
□ Vaseline	

# JOIN US FOR OUR 15TH SEASON

