



**We can't wait for the annual Asheville Triathlon at Patton Park in Hendersonville on July 19. Breeze through the water in a 50-meter pool. Pedal your way through a rolling bike course. Run a 5k on this flat and fast terrain!**

**[CLICK HERE TO LISTEN TO THE ASHEVILLE TRI EVENT GUIDE ON THE IDAPH EVENT PODCAST](#)**

Welcome to the 2020 Asheville Triathlon! We are so excited for this annual event! We are so grateful for the support we have from YOU and the City of Hendersonville, Patton Park and the YMCA of Western North Carolina for this event to take place in Hendersonville this year. We are taking COVID-19 VERY SERIOUSLY and have safety and social distance plans put together for the entire event from start to finish.

We are so lucky to have access to the Oklawaha Greenway in Hendersonville for this beautiful, scenic and as safe as possible event! I always try to create courses that I too would want to participate in! I am eager for you all to explore them, train on them and try them out on race day. The courses can be found on our Strava page or on Ride with GPS. Links can be found below.

Please note that the run is entirely run on the Greenway. The bike course uses parts of the Greenway and then is on open roads to traffic. We will have some police support on race day. We expect little traffic on the roads since this is a Sunday morning event, but please stay to the right of the road at all times and adhere to traffic signs, use hand signals and be mindful of vehicular traffic. Also, there is a very short, packed dirt, with a little gravel section, it is exactly .25 miles so very short section... it is at approx 5 1/2 miles in on the bike course at the end of Brookside Camp Road when you turn onto Stepp Road. If you are an experienced cyclist you should have no problems at all but if you are a novice or just not great with your bike handling skills feel free to hop off your bike during this section and push it until you get back on the pavement. There is NO JUDGMENT from anyone if you choose that option! Just stay to the right of the road if you do hop off your bike!

The routes WILL BE marked with signage and paint/markings on the roads for race day! The bike course on the Greenway will be swept before race day. Please be kind and courteous to the folks on the Greenway especially if you are on your bike, stay to the right and call out when passing. We would love for this event to be an annual tradition in Hendersonville so help us by being kind to the community!

Thank you all for supporting this event by participating and supporting our small event business. We can't wait to see you Sunday!

Daphne Kirkwood, Race Director

## **NEW LOCATION FOR 2020!**

This year the Asheville Triathlon will take place at Patton Park in Hendersonville, NC! Patton Pool is operated by the YMCA of WNC in Hendersonville and Patton Park is operated by the City of Hendersonville. The event consists of 400m pool swim, 12.5 mile bike and 5k run! The bike and run will use portions of the Oklawaha Greenway.

## Packet Pick-Up - Saturday 7/18 ONLY

- Packet pickup is at Patton Park at the roundabout in front of the pool.
- Pickup will be drive thru style, 2-5pm on Saturday, July 18th.
- Online registration ends Thursday, July 16 at Midnight. **THERE IS NO ON-SITE REGISTRATION AT PACKET PICKUP OR RACE DAY.**
- There will be **NO** Packet pickup on Race day. You may have a friend or family member pick up your packet on Saturday if needed.
- You will be given your ankle band timing chip along with your event materials on Saturday. Please do not lose your timing chip. If you collect your materials and do not plan to race please do not take your ankle band timing chip.

## PRE-RACE INFORMATION

- The event is capped at 150 athletes.
- Spectators should only be at designated cheer zones on the course. (detailed in the course section)
- Face coverings **MUST BE WORN** before the event and after finishing. There will be **NO EXCEPTIONS** to this rule.
- Face coverings do not need to be worn while racing.
- Your transition area is at your personal vehicle. Please do not set up your transition items in an empty parking spot beside your car. Your items should be close to the front, sides, back or on the hood/trunk of your car. You can leave your bike on your bike race too!
- Once you set up your transition area space please either go warm-up on the Hwy 25 sidewalk (not on the run/bike course!) or stay in car until 10 min before your wave start.
- After setting up your transition space and exiting the transition area we ask that you continue to wear a facial covering any time you might be in contact with another athlete, staff member or volunteer.
- Get your temperature checked before entering the pool for your race.
- There will be no body marking station at this event. We do ask that you body mark yourself by applying your race number on both arms/biceps with permanent marker.
- There is access to restrooms outside the pool building and inside the pool area.
- **THERE WILL BE NO PRE-RACE MEETING.** We will be updating our social media all week long with updates and will be making announcements from the pool throughout the morning.
- Please use **EXTRA** caution when entering & exiting the parking & transition. There will be a race in progress happening when you leave. Pay attention to parking hosts.

## MOVING FORWARD TOGETHER

To adhere to the NC guidelines, iDaph Events will be putting the following rules & guidelines in place:

- Drive-thru Packet Pick-up will take place the day prior at Patton Pool (see website for details). No event day registration or packet-pick-up.
- Don't arrive more than 30 minutes before your event starts, if you do please stay in your car.
- Temperature screenings will be performed upon arrival to the event on race day.
- We will provide face coverings for staff and volunteers, these are required.
- Providing increased Hand Sanitizer and hand washing stations, and we will continually wipe down frequently used surfaces.
- Participants are required to wear a face covering until the race start, and after you finish the event. A mask is not required while you are participating in the event (swimming, cycling and running).
- Transition between swim/bike/run will have a new twist this year! In order to maintain social distance, the transition will be at your vehicle.
- You will not be allowed into the pool area until the wave prior has been completed - Approx. 5-10 minutes before your wave start.
- Individual time-trial start for all participants, with participants gathering in limited size waves. Social distancing along the pool deck.
- Spectators are not allowed in the event village area, but we will have cheering sections along the bike and run route where spectators will be allowed to social distance and cheer on their friends and/or family members.
- We highly recommend you bring your own hydration & nutrition. We will have a water station on the run course and at the finish line.
- After participants finish the triathlon, they will grab a food bag and leave the event site so that we can maintain social distancing measures.
- Awards will can be picked up locally at Fleet Feet or Sycamore Cycles, or mailed if participant is from out of town.

## CLICK HERE TO WATCH A VIDEO FOR PARKING & TRANSITION DETAILS

### Number Marking

Please use a Sharpie or permanent marker to write your race number on both your biceps, before you come to the event. As a safety precaution, we will not have markers on site to mark you.



\* Be sure to wear your race number (bib) on the front of you during the run event.

\*The timing chip is in the ankle band you receive when you pick up your bib. It can be worn on either ankle.

# HELPFUL INFORMATION

READ THROUGH THESE RACE DAY TIPS & TRICKS, AS THINGS MAY BE DIFFERENT THAN OUR PAST EVENTS, BECAUSE OF THE COVID-19 PANDEMIC.

## Transitions

[SEE HUB MAP](#)

Transition will have a new twist this year! In order to maintain social distance, the transition will be at your vehicle. Before your wave starts, you will put your bike and run gear and equipment at your car. The exit and entrance for the bike part of the event will be at the same location at the parking lot. The run start will be at another side of the parking lot and is the same mat as the swim finish.

\* Bring shoes for coming out of transition from swim-to parking lot, leave them at the picnic shelter by the pool.

\* Do not get on your bike until the Mount/Dismount area.

## Swim

- No Swim Warm-ups permitted.
- The swim will start in time trial format as normal. Athletes will begin every 30 seconds to 1 minute (depending on the final # of participants). This is longer intervals than a typical triathlon.
- Athletes will line up around the pool, on markings, and maintain 6 feet of separation at all times. You will not be allowed inside the pool area until it is your wave start time. There will be no spectators allowed in the pool area.
- Take run shoes to picnic shelter area for the swim to run transition.
- The Swim "finish" is at the timing mat by the baseball field (See Hub Map).

## Bike

- Course will be marked with pink markings.
- Areas to use caution: there are a set of RR tracks & some traffic furniture soon after the mount area.
- There is a congested area with runners/cyclists in first .5 mile (noted on hub map).
- Approx at mile 5.5 on the ride. Slow down when turning off Brookside Camp Road to Stepp Road!
- .25 mi section on Stepp Road is packed dirt/gravel. We suggest that you only pump your tires up to approx. 80 PSI if your using a road tire so that you are less likely to get a flat tire.
- Be cautious on Greenway w/ locals walking and twists and turns!
- When on Howard Gap and turning left onto Salisbury, look, watch for traffic and get in the middle lane to turn!
- We will have a roving sag support on the bike course, but we suggest you bring whatever tools and equipment you need to fix a flat.

## Run

- Course is marked with yellow markings.
- We will have a self serve water station with a couple of tables spaced out and stocked with cups of water. You will grab your own cup if you require water during the event.
- We do ask that you do your best to limit spitting and blowing your nose on the course.
- Pass other runners quickly and leave distance between runners.
- You are encouraged to bring own nutrition and hydration.

## TIME TRIAL START

Participants start one at a time in the pool, spaced apart so there's no contact, and in 30 minute waves in small group sizes that adhere to NC safety guidelines. Swimmers will be socially distanced at the start by having a pre-assigned wave start based on their swim time submitted during registration. There will be a limited number of participants allowed on the swim deck at one time based on event gathering restrictions in North Carolina on event day. Participants will be socially distanced by six feet while standing in line around the pool. Swimmers start by jumping into the deep section of the pool, swimming down the first lane, then under the swim lane into the next lane. They will continue to swim down each lane in one direction by zig-zagging through the pool. Swimmers will exit on the opposite side of the pool to run out to transition. We expect swimmers to start with a large enough gap of time so that there is no contact between swimmers.

**SWIM START WAVES WILL BE POSTED ON FRIDAY JULY 17 AFTER REGISTRATION HAS CLOSED.**

[CLICK HERE TO SEE YOUR START TIME.](#)

## POST RACE

- There will be no post-race activities, vendors, etc.
- Post-race beverages and snack bag will be spaced out within the lengthened finish line chute. You will grab your snacks and drinks and continue out of the chute and out of the finish line area.
- Woodalions will be at the finish, please only take one.
- Buffs will be provided at finish line, when you finish and are gathering your items please wear face covering.
- There will be no post-race awards ceremony. Awards will be available for pickup locally at Fleet Feet or Sycamore Cycles. Virtual awards ceremony will be held on Thursday, July 23 at 4 PM via zoom, a link will be emailed to participants.
- Please use EXTRA caution when entering & exiting the parking & transition. There will be a race in progress happening when you leave. Pay attention to parking hosts.

# MAPS AND COURSE INFORMATION

BE SOCIAL!



[CLICK HERE FOR A HUB MAP WITH ROUTES & TRANSITIONS](#)

Please note that the run is entirely run on the Greenway. The bike course uses parts of the Greenway and then is on open roads to traffic. We will have some police support on race day and we expect little traffic on the roads since this is a Sunday morning event, but please stay to the right of the road at all times and adhere to traffic signs, use hand signals and be mindful of vehicular traffic. The routes WILL BE marked with signage and paint/markings on the roads for race day! The bike course on the Greenway will be swept before race day. Please be kind and courteous to the folks on the Greenway especially if you are on your bike, stay to the right and call out when passing.

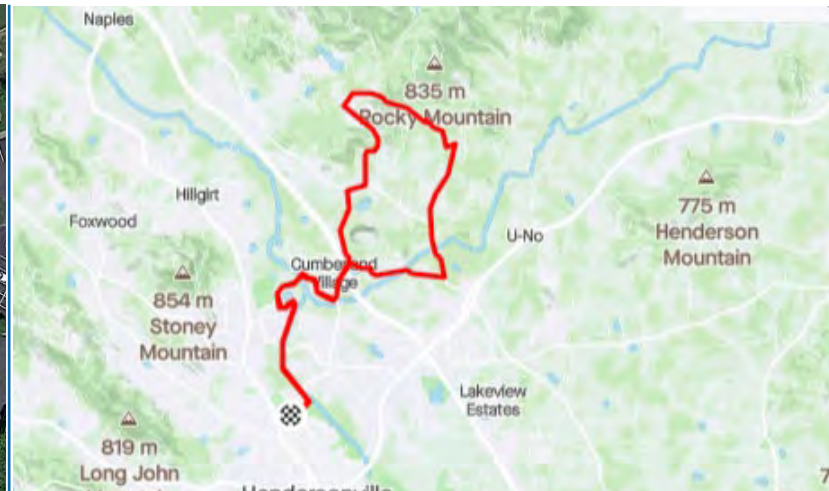
## SWIM ROUTE - 400 M

[CLICK FOR RIDE WITH GPS ROUTE](#)



## BIKE ROUTE - 12.5 MILES

[CLICK FOR RIDE WITH GPS ROUTE](#)



## Cheer Zones

To encourage social distancing and to avoid having groups gathering at the start and finish line. Your friends and family members are invited to go out on the courses in our socially distanced designated cheer zones. Each cheer location has the opportunity to see your family/friend 2x! We ask that EVERYONE in the CHEER zone please stay socially distanced and wear a mask!

**BIKE COURSE Cheer/Spectator Zone #1** - [Click for map](#)  
– North Main and Oklawaha Greenway - Mile .5 & Mile 12.2

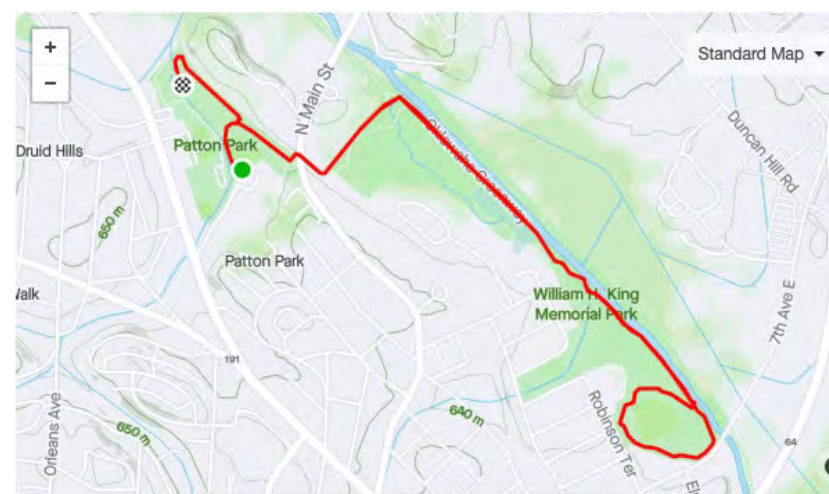
**BIKE COURSE Cheer/Spectator Zone #2** - [Click for map](#)  
– Berkeley Road and Greenway – Mile 1 & Mile 11 1/2

**BIKE COURSE Cheer/Spectator Zone #3** - [Click for map](#)  
– Balfour Road and Greenway - Mile 2 & Mile 11

**RUN COURSE Cheer/Spectator Zone #4** - [Click for map](#)  
– 7th Avenue and Greenway – Mile 1.3

## RUN ROUTE - 3.1 MILES

[CLICK FOR RIDE WITH GPS ROUTE](#)



## FREE POST RACE MASSAGE AT YAM!

Our sponsor Yoga and Massage will be offering SAFE post race massages at YAM. Just a 10 min drive from the park, sign up and receive a free yoga class too!

[CLICK HERE TO SIGN UP](#)

[CLICK HERE TO JOIN OUR STRAVA GROUP](#)

## RESULTS

Official results will be posted on Monday, July 20. A virtual awards ceremony will be held on Thursday, July 23 at 4 PM via zoom, a link will be emailed to participants.

[CLICK HERE FOR RESULTS](#)