

HENDERSONVILLE TRIATHLON

We can't wait for our first annual Hendersonville Triathlon at Patton Park in Hendersonville on September 20. 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 HENDERSONVILLE TRI EVENT GUIDE ON THE iDAPH EVENT PODCAST](#)

Welcome to the 2020 Hendersonville Triathlon! We are so excited to have the opportunity to bring this event back one more time this year with a new name to Patton Park in Hendersonville. We had a successful and safe race in July at Patton Park and had important feedback from our participants and have been working on some changes to make the event even more spectacular for you all in September.

One of the changes is that the transition area (which is also the parking lot) will not open until 6am on race day. Even if your race start time is between 7-7:30am, there is no reason to get to the site earlier than that to set up your transition area at your car, on top of your car or behind/beside it. You will have plenty of time to set up and get to the swim start. We want to eliminate any long periods of hanging out and gathering points for the event.

Secondly, when you park please pull in or back in to your parking spot so that when you leave you are in DRIVE and not going in REVERSE. This will keep our parking lot and transition area safe for everyone that is racing at different times throughout the morning. There is no reason to leave a parking spot in between you and the car next to you. There is plenty of social distancing when you park next to someone else. We will need to utilize all the parking spots for our participants for this event.

Third, there are NO spectators allowed to park in the transition lot or to hang out in the lot nor are they allowed inside the pool area for the start of the race. If you have spectators coming with you, we suggest that they go out on the course to one of the cheer zones. Otherwise, we ask that spectators please stay home for this event so that we can keep everyone safe.

We are continuing to take COVID-19 VERY SERIOUSLY and have safety and social distance plans put together for the entire event from start to finish. Participants will have temperature screenings from PT Solutions before starting the swim and then will be given a mask to wear during the swim start line up. Face coverings are required before you begin racing, while you are setting up and when you finish the event. PT Solutions will have cloth face masks at the finish line so you can put one on as you are walking back to your car to get together your race items and leave. We highly suggest that you bring all your nutrition and hydration items with you on the run course so you can bypass the self-serve water station. We will not have a water station on the bike course, so make sure to have your water bottle on your bike.

We are so lucky to have access again to the Oklawaha Greenway in Hendersonville for this beautiful, scenic and as safe as possible event! Based on the survey results from the AVL Triathlon all the folks that were familiar with the courses ahead of race day had the best experience on race day. We highly suggest that you check out the courses ahead of time and familiarize yourself on Saturday during the drive thru packet pickup with the transition zone and the flow for all the routes in and out of that zone. If you don't have the opportunity to do that please do not just 'follow' folks around the course. If they aren't paying attention and you are following them then you both get lost. We will have plenty of course markings with signs and route arrows/markings on the roads but you have to pay attention and watch for them. The bike course is marked in PINK paint and the run course is marked in YELLOW paint! The course maps can be found on our Strava page or on Ride with GPS. Links can be found below.

The run is entirely run on the Greenway. The bike course uses parts of the Greenway and then is on open roads to traffic. There is a split on the Greenway where the bike goes LEFT and the run goes to the RIGHT. Watch for this split!

On the road, 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. The NCDOT is going to roll out the road and fill in some of the holes on the road before race day. However, you may want to NOT have your tires pumped up to the max since you are going to be on a short-off-road section. If you are an experienced off-road cyclist you should have no problems at all but if you are a novice or just not great with your off-road bike handling skills feel free to hop off your bike during this section and push it until you get back on the pavement. Or just go slow! 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!

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. On the Greenway section you may have to slow down a bit because of the local foot traffic on the paths and the road is curvy. You can make up the time on the open road portion of the bike course.

We would love for this event to continue 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 all on September 20th!

Daphne Kirkwood, Race Director

Packet Pick-Up - Saturday 9/19 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, September 19th.
- Online registration ends Thursday, September 17 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.
- The parking lot and transition area open at 6am. Participants will not be allowed to park until 6am. There is no need to arrive prior to 6am. You will have plenty of time to get your transition area set up, warm up and get to the swim start.
- Parking: When you pull into your parking spot, park so when you LEAVE you are driving forward (IN DRIVE) instead of REVERSE.
- 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 rack 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. After your temperature screening, you will receive a disposable face mask to wear on the pool deck before you start.
- 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 though out 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, you will receive a disposable mask after screening to wear on the pool deck, until you start.
- 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 to park and hang out in the transition area parking lot or near the pool. Spectators are only allowed in designated cheer zones on the courses.
- 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.

Please familiarize yourself with the flow of transition, swim start, bike start/finish and the run start/finish plus each of the courses prior to race day. We highly suggest that you drive the road portion of the bike course on Saturday so that you are familiar with the course.

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 25 participants allowed on the swim deck at one time. Participants will be socially distanced by six feet while standing in line around the pool, with disposable masks on. 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 SEPTEMBER 18 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.
- Reusable masks will be provided by PT Solutions 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 Friday, September 25 at 12 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

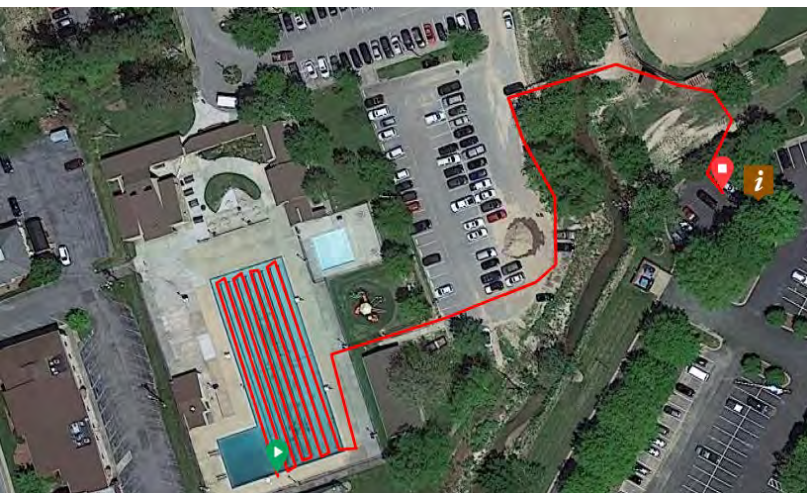
[CLICK HERE FOR A HUB MAP WITH ROUTES & TRANSITIONS](#)

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.

KNOW THE ROUTES. LOOK AT THE SIGNS AND ROAD MARKINGS ON THE COURSE. DON'T JUST FOLLOW

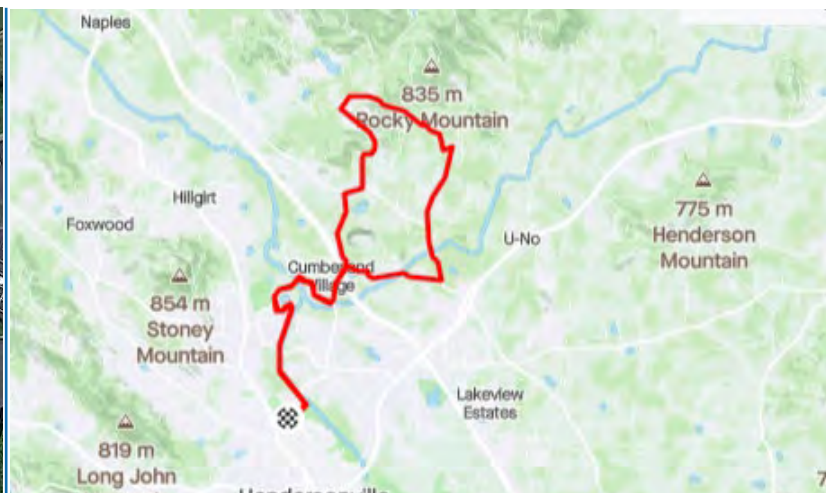
SWIM ROUTE - 400 M

[CLICK FOR RIDE WITH GPS ROUTE](#)



BIKE ROUTE - 12.5 MILES - PINK MARKINGS

[CLICK FOR RIDE WITH GPS ROUTE](#)



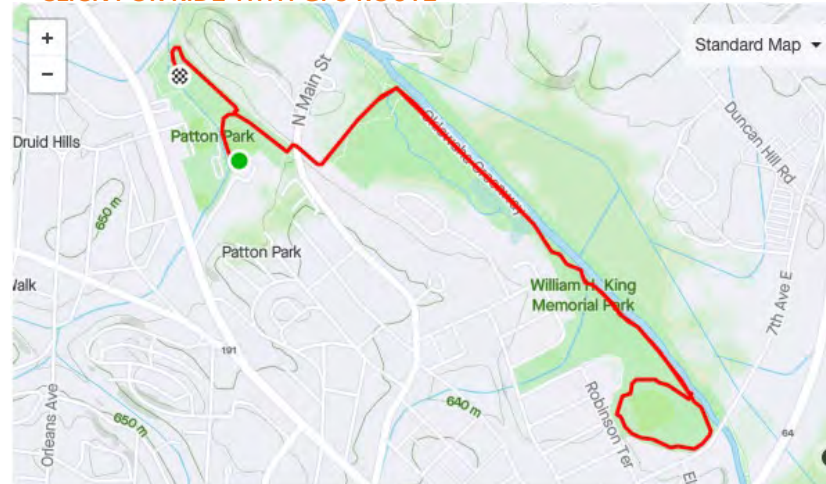
Cheer Zones

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 - YELLOW MARKINGS

[CLICK FOR RIDE WITH GPS ROUTE](#)



RESULTS

Official results will be posted on Monday, September 21. A virtual awards ceremony will be held on Friday, September 25 at 12 PM via zoom, a link will be emailed

[CLICK HERE FOR RESULTS](#)

BE SOCIAL!



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