



# HENDERSONVILLE TRIATHLON

We can't wait for our second annual Hendersonville Triathlon at Patton Park in Hendersonville on June 27. 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](#)

## Packet Pick-Up - Saturday 6/26 ONLY

- Packet pickup is at Patton Park at the roundabout in front of the pool.
- Pickup will be drive thru style, 4-6 pm on Saturday, June 26th.
- Online registration ends at 6 PM at Packet Pickup. 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 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.
- Parking is at Beverly Hanks Center, 600 Beverly Hanks Center, Hendersonville, NC 28792.
- No Parking at Patton Park.
- 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!
- No body marking will be required.
- There is access to restrooms outside the pool building and inside the pool area.
- 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.

## TIME TRIAL START

For the 2021 event, we'll be organizing participants into waves based on their estimated 100 yard swim times. The fastest swimmers will be placed in the first wave. Each swimmer will be given ample time before the next one starts, in an effort to reduce any passing or hold ups in the pool.

**SWIM START WAVES WILL BE POSTED ON FRIDAY JUNE 25 AT NOON.**

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

[CLICK HERE TO WATCH A VIDEO FOR PARKING & TRANSITION DETAILS](#)

## AREA INFO

Looking for something to do in Hendersonville? Escape from life's hectic pace to the beautiful scenery and southern hospitality of Hendersonville, NC with varied Attractions, Events, Outdoor Recreation, Family Activities, a vibrant Art Scene, unique shopping and a wide selection of Dining Options. Make memories in this charming mountain town.

[THINGS TO DO](#)

[PLACES TO STAY](#)

[APPLEWOOD MANOR](#)

GET SOCIAL

USE #HVLTRI #HENDERSONVILLETRIATHLON



# HELPFUL INFORMATION

## READ THROUGH THESE RACE DAY TIPS & TRICKS

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 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

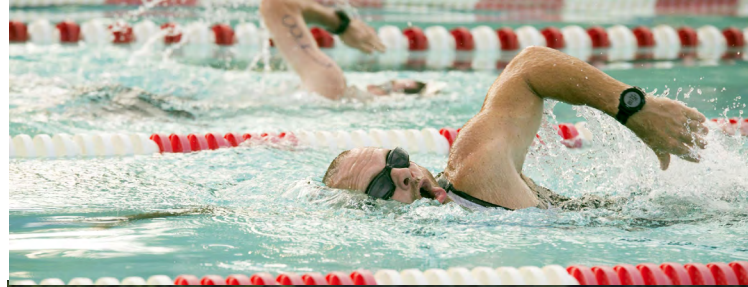
- Swim warm-ups are allowed from 6:30-6:50am.
- The swim portion of the event is a time trial format.
- When arriving at the pool, enter through the front entrance, and get in line around the pool. Swim volunteers will assist you when you arrive.
- If you would like to have a pair of running shoes to run from the swim to the transition area, you will leave this pair of shoes at the picnic shelter at the exit of the pool. Please DO NOT enter the pool through this exit area. Come around to the front of the pool.
- Athletes will line up around the pool.
- 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.
  - 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.
- A water station is on the run course at approximately .5 miles and 2.5 miles. Water, Gatorade and Green Moose Fuel is available.
- You are encouraged to bring own nutrition and hydration.



**'LIVE' with the Race Director and Jay with JBird Coaching on Monday, June 21st at NOON on the @idaphevents IG page & on the Hendersonville Triathlon Facebook Page. Get pro tips on how to se up your transitiion area at your vehicle and other race insights.**

## POST RACE

- Post-race food & beverages will be made available by Hendersonville Co-op.
- Massages by Yoga and Massage (YAM) - bring some cash for donations.
- PT Solutions will be on-site at the finish for injury screenings.
- Finisher Medals are at the finish line, don't forget to grab yours!
- There will be no post-race awards ceremony. Awards will be available for pickup locally at Fleet Feet.
- Awards are available from 10:30 am until NOON on race day at the finish line for pick-up. There will not be an official awards ceremony presentation.
- 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.
- Stay tuned to our Facebook page for more information about Post race celebrations.

# MAPS AND COURSE INFORMATION

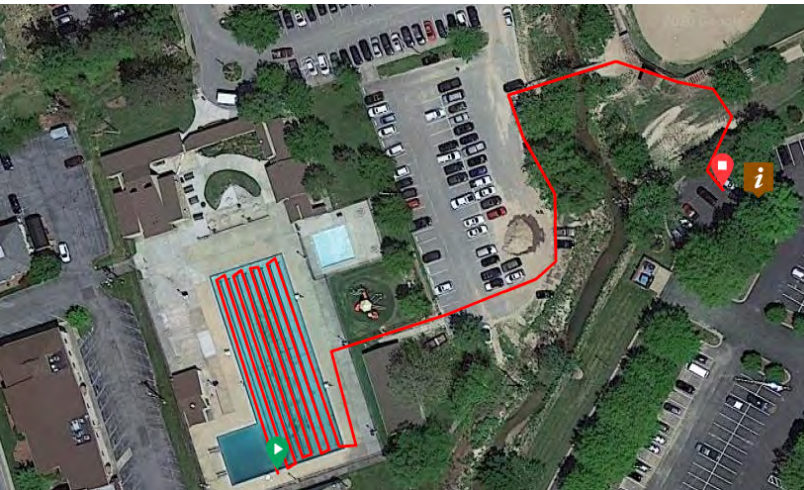
[CLICK HERE TO VIEW HUB MAP + RACE ROUTES TO/FROM TRANSITION](#)

Please note that the run is entirely run on the Greenway. The bike course 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! Please be kind and courteous to the folks on the Greenway 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**

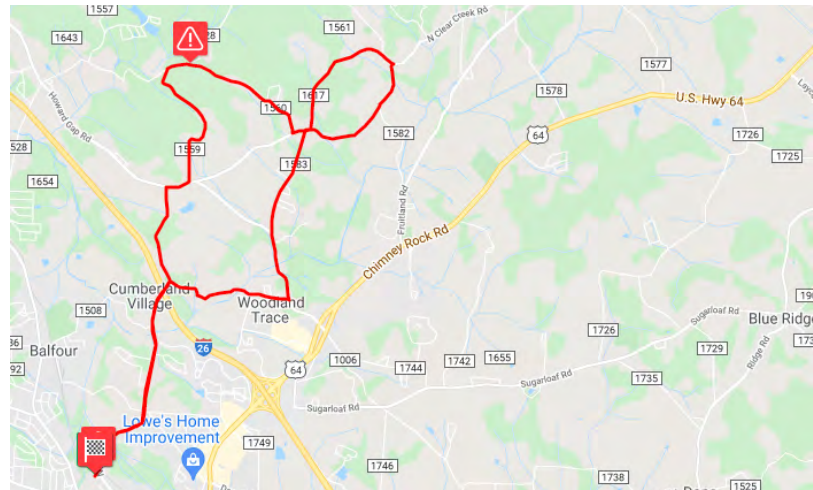
## SWIM ROUTE - 400 M

[CLICK FOR RIDE WITH GPS ROUTE](#)



## BIKE ROUTE - 12.5 MILES - PINK MARKINGS

[CLICK FOR RIDE WITH GPS ROUTE](#)



## SPECTATORS

Spectators are permitted in all race areas. Please stay out of the way of the athletes. We do not suggest that spectators go out on the bike course. It will cause undue congestion/cars on the road.

## RESULTS

- Official results will be posted on at noon on race day.
- There will be no post-race awards ceremony.
- Awards will be available to be picked up at Fleet Feet Asheville starting Tuesday, June 29, 2021 after 3pm. Or can be shipped for \$10.
- You can pick up awards from 10:30-NOON at the iDaph tent at the finish line.

[CLICK HERE FOR RESULTS](#)

## RUN ROUTE - 3.1 MILES - YELLOW MARKINGS

[CLICK FOR RIDE WITH GPS ROUTE](#)

