

# Athlete & Race Day Information Guide



**September 19, 2020**



## Time & Location

Saturday, September 19, 2020, race start @ 8:00 am

Table Rock State Park

5272 MO-165

Branson, MO 65616

## Rules & Notables

USA Triathlon: Branson Mountain Man Off-Road Triathlon is a USAT Sanctioned event. In accordance with USAT, athletes will need to be conscious of the following applicable rules.

Those who do not comply with these rules will not be permitted to participate in the event:

- USAT Membership – During registration athletes had to verify USAT membership. Because of this, all Athletes are required to show photo ID at packet pickup.
- Water Safety – All athletes are required to wear the provided swim cap.
- Bike Safety – All athletes are required to wear a bicycle helmet before leaving transition on the bike out and until back inside transition on the bike in.
- Handle bars – All bicycle handle bars must have the ends covered. Handle bars may not have the tubular end exposed – this is for rider safety.
- Bibs / Race Numbers – The bib, bicycle, and helmet numbers must be visible at all times.
- Wetsuits: Athletes don't need a wetsuit to participate: it's an option if water temperatures are below 78 degrees. If below 78, you are permitted to wear one and still be USAT "legal." We will take water temp the morning of the race to determine if the event is wetsuit legal.

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**MIDWEST**  
CONTRACTING



## Rules & Notables....simply written differently:

**Timing** – Branson Mountain Man Off-Road Triathlon is a chip timed race. Your anklet must be outside of any clothing (pants, socks, wetsuit if applicable).

**Weather** – In case of thunder/lightning storms, we will delay the start of the race until we have been thunder/lightning free for 30 minutes. For example, if there is lighting at 7:55am, we will delay the race until at least 8:25 am.

If we continue to experience thunder/lightning or the organizers see it as unsafe to continue with the open water swim, we may choose to abort the swim portion of the race and only provide the bike and run.

Heavy rains may also delay the start of the race, per the organizers' discretion.

**Handlebars** – Per USAT regulations, all handlebar ends must be capped. For example, the rubber grips on your handlebars must cover the entire opening of the end of the handlebar. Organizers will have duct tape and quarters available for make-shift handlebar closing if need be.

**Swim caps** – All athletes must wear the provided swim caps, which ensures that you are in the correct event/heat.

**Wetsuits** – USAT dictates that athletes may legally use a wetsuit if water temperatures are below 78 degrees Fahrenheit. We will test the water temperature the morning of the race and make announcements regarding water temperature.

**Bike support** – Local bike shop will be at transition from 6:15 through the time the last athlete exits on the bike-out to give some minor tune-up support and adjustments.

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## Schedule

### Friday, September 18

6:00pm - 8:00pm

Packet pickup at pavilion at Table Rock State Park

### Saturday, September 19

6:00am – 7:30

Packet pickup available

6:15am

Transition opens

7:45am

Mandatory pre-race announcements

7:58am

Athletes are in the water for start

8:00am

Race begins

10:30-ish

Results & awards

Notables

Swimmer warm-up is at the athlete's own risk.

Transition area is restricted to athletes only until all athletes have completed the bike course

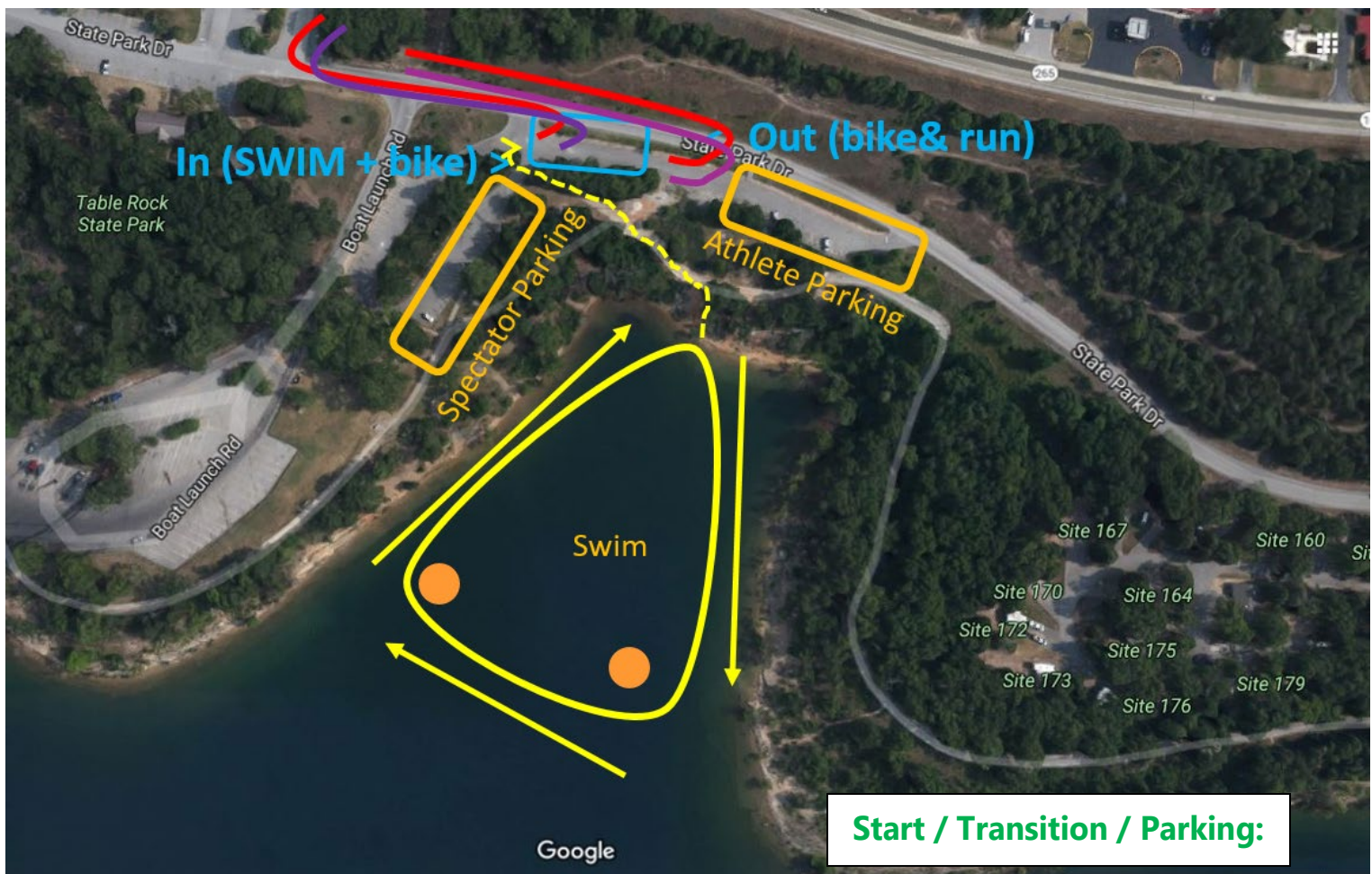
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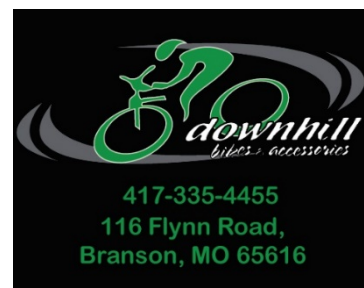


## Course & Transition

The course takes you through the White River Valley Trail System. This is an **OPEN COURSE**, which means that there will be traffic on Hwy 165 and athletes **may need to yield to traffic** leaving transition when going to the **NORTH SIDE** of Hwy 165. The **NORTH SIDE** will be coned down the white line to give athletes a safe route from transition to the bike / run course. We ask that you ride in the grass of the shoulder, both for safety and because you'll be on a mountain bike.



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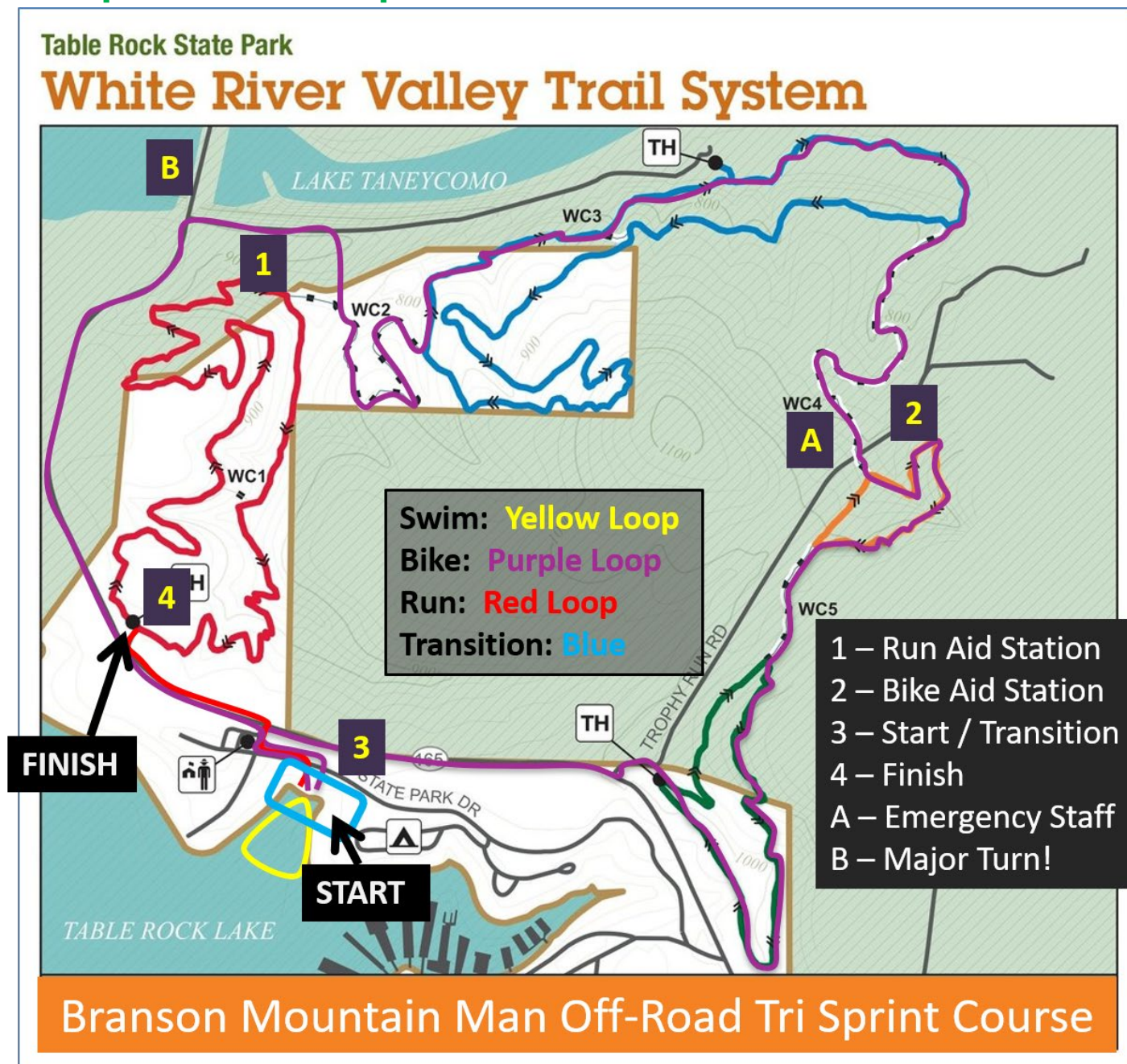






## Sprint Course & Burly Course

### Sprint Course Map



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## Sprint Swim: 500 meters

500 meter swim from the shore in a mass start. Swimmers will go clockwise around the orange buoys, exit the water and take the sidewalk to transition. Bouys tend to move within the swimming cove, please don't be upset if the course is longer or shorter than 500 meters.

## Sprint Bike: 6.2 miles

Athletes will exit transition through the Park exit and take a left onto Hwy 165. Across from the Dewy Short Visitor Center entrance is the service road where cyclists will take a right and follow the road past the parking lot and turn right onto a trail entrance (there will be signage and volunteer present).

The course will follow these steps – all will be marked with arrows / orange flagging and volunteers at all intersections:

- Right onto Connector 2
- Left onto Blue Loop
- Right onto connector 4
- Right onto Orange Loop
- Left onto Connector 5
- Left onto Green Loop
- Left out of Green Loop Trail Head to Trophy Road
- Right onto Hwy 165
- Left into Park entrance and Transition

## Sprint Run: 3.2 miles

Athletes will exit transition through the Park exit and take a left onto Hwy 165. Approximately ¼ mile from the Park entrance athletes will turn right onto the Red Loop trail head and follow the Red Loop clockwise to the finish.

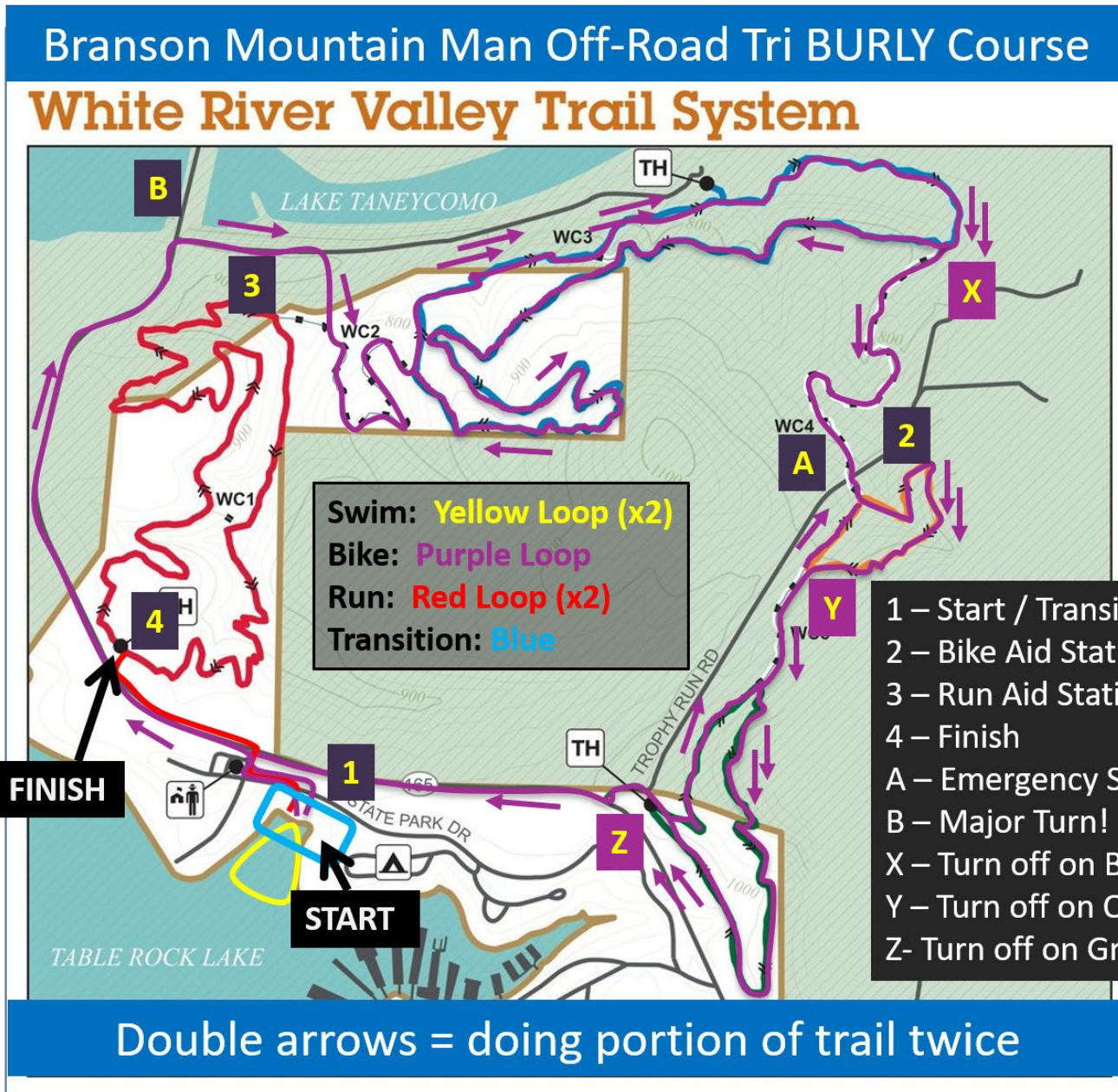
The course will follow these steps – all will be marked with arrows / orange flagging and volunteers at all intersections:

- Left onto Red Loop
- BYPASS Connector 1
- BYPASS Connector 1 when coming from the other direction
- Come around to the Finish





## Burly Course Map







## Burly Swim: 1,000 meters

1,000 meter swim from the shore in a mass start. This is two laps of the swim course. Swimmers will go clockwise around the orange buoys, around the third buoy for a second lap, exit the water, and take the sidewalk to transition. Buoys tend to move within the swimming cove, please don't be upset if the course is longer or shorter than 1,000 meters.

## Burly Bike: 11.5 miles

Athletes will exit transition through the Park exit and take a left onto Hwy 165. Across from the Dewy Short Visitor Center entrance is the service road where cyclists will take a right and follow the road past the parking lot and turn right onto a trail entrance (there will be signage and volunteers present).

The course will follow these steps – all will be marked with arrows / orange flagging and volunteers at all intersections:

- Right onto Connector 2
- Left onto Blue Loop
- Blue Loop Plus, exiting on second time past WC4
- Right onto connector 4
- Right onto Orange Loop
- Orange Loop Plus, exiting on second time past WC5
- Left onto Connector 5
- Left onto Green Loop
- Green Loop Plus, exiting on second time past Trail Head
- Left out of Green Loop Trail Head to Trophy Run Road
- Right onto Hwy 165
- Left into Park entrance and Transition

## Burly Run: 6 miles

Athletes will exit transition through the Park exit and take a left onto Hwy 165. Approximately ¼ mile from the Park entrance athletes will turn right onto the Red Loop trail head and follow the Red Loop clockwise to the finish.

The course will follow these steps – all will be marked with arrows / orange flagging and volunteers:

- Left onto Red Loop
- BYPASS Connector 1
- BYPASS Connector 1 when coming from the other direction
- Run Red Loop a second time to Finish