

# THE SPIRIT OF KONA



## TRIATHLON 5K & 10K



**2022**  
**ATHLETE GUIDE**  
(AKA PRE-RACE EMAIL)

**SPIRIT OF KONA TRIATHLONS**  
**& 5K/10K**  
**PRESENTED BY**



**A PART OF OUR**  
**LB ENDURANCE LAB OPEN**  
**WATER SERIES**

The recipe for turning you into a

**#LEGITBADASS**

[lbendurance.com](http://lbendurance.com)



## **THE W'S....**

**WHO: YOU BETTA GET SIGNED UP!**

**[WWW.RUNSIGNUP.COM/KONA](http://WWW.RUNSIGNUP.COM/KONA)**

**WHAT: SPRINT TRIATHLON  
OLYMPIC TRIATHLON  
OLYMPIC AQUA BIKE  
SPRINT/OLY RELAYS  
5K OR 10K RUN ONLY**

**WHEN: MAY 14TH, 7:30AM**

**WHERE:**

**TELLICO DAM RECREATION AREA  
LENOIR CITY, TN**

# PACKET PICKUP

The  
Long  
Run

KNOX.TN



**THURSDAY, MAY 12TH  
5-7PM**

**THE LONG RUN  
2452 SUTHERLAND AVE.  
KNOXVILLE, TN 37919**

**SATURDAY, MAY 14TH**

**5:30AM-7AM**

**ON SITE**

**CHECK IN LOCATED BELOW TRANSITION**

**TIPS FOR A SUCCESSFUL PACKET PICKUP:**

- 1. BRING YOUR ID (REQUIRED)**
- 2. YOU MUST PICK UP YOUR OWN PACKET**
- 3. RELAY TEAMS MUST ALL BE PRESENT TO PICK UP PACKETS**

**YOU WILL BE GIVEN: YOUR BIB, YOUR BIKE AND  
HELMET STICKER, A SWIM CAP**

**ON RACE MORNING, THERE WILL BE A  
DESIGNATED SPOT TO PICK UP YOUR CHIP AND  
GET BODY MARKED OUTSIDE OF TRANSITION  
YOU MUST HAVE YOUR BIB TO PICK UP YOUR CHIP**

# **SCHEDULE OF EVENTS**

## **SATURDAY MAY 14TH**

**05:30AM - TRANSITION & PPU OPENS**

**07:00AM - YOU CAN SWIM WARMUP AS SOON AS ITS LIGHT, PLEASE BE OUT OF WATER BY 7:15AM**

**7:20 AM - GATHER ON THE BEACH FOR SWIM START AND PRE-RACE ANNOUNCEMENTS**

**7:30AM - SPRINT SWIMMERS START! STORM THE BEACHES!**

**-07:30 MEN/CLYDESDALE**

**-07:33 - WOMEN/ATHENA/RELAY**

**7:45AM - OLYMPIC SWIMMERS START**

**-07:45 MEN/CLYDESDALE**

**-07:48 - WOMEN/ATHENA/RELAY**

**8 AM 5K/10K STARTS AT ARCH**

**9:30AM 5K/10K AWARDS & SPRINT TRI OVERALLS**

**10AM SPRINT TRI AGE GROUP**

**10:30AM OLYMPIC OVERALL AWARDS**

**11:30AM OLYMPIC AGE GROUP AWARDS**

# RACE DAY PARKING

**PLEASE PARK IN DESIGNATED PARKING AREAS HIGHLIGHTED. DO NOT TRY TO PARK INSIDE BARRIER.**



**THERE WILL BE A BASS TOURNAMENT GOING ON AT THE SAME TIME (AS USUAL) SO BE COURTEOUS TO OUR NEIGHBORS AND WATCH FOR TRAFFIC EXTRA CAREFUL.**

# RACE SITE MAP



**CHECK IN AT PACKET PICKUP, THEN YOU WILL BE ABLE TO GAIN ACCESS TO TRANSITION. ONCE YOU HAVE YOUR BIKE RACKED, YOU WILL PROCEED TO BODY MARKING AND CHIP PICKUP STATION WITHIN TRANSITION. BIKE RACKS ARE FIRST COME, FIRST SERVE WITH OLYMPIC ON THE SIDE CLOSEST TO DRIVE AND OLY ON THE DAM SIDE.**



# **COURSE INFORMATION THE SWIM**

**SPRINT: 1 LOOP**  
**OLYMPIC: 2 LOOPS**



## **THE RULES OF SWIM:**

- **A SWIM CAP WILL BE PROVIDED AND REQUIRED TO WEAR**
- **WET SUIT STATUS WILL BE DETERMINED BY REF ON RACE DAY. JUST BE PREPARED**
- **WE WILL HAVE LIFEGUARDS AND SUPPORT FOR YOU TO USE. HOWEVER NO FORWARD MOVEMENT WHILE HOLDING ONTO A VESSEL**
- **YOU SHOULD PROBABLY KNOW HOW TO SWIM**





# THE BIKE

## SPRINT:

[HTTPS://WWW.MAPMYRUN.COM/ROUTES/VIEW/4230434077](https://www.mapmyrun.com/routes/view/4230434077)

BIKE RIDE | LENOIR CITY, TN, UNITED STATES | 15.58 MI | 878 FT

### KONA SPRINT BIKE

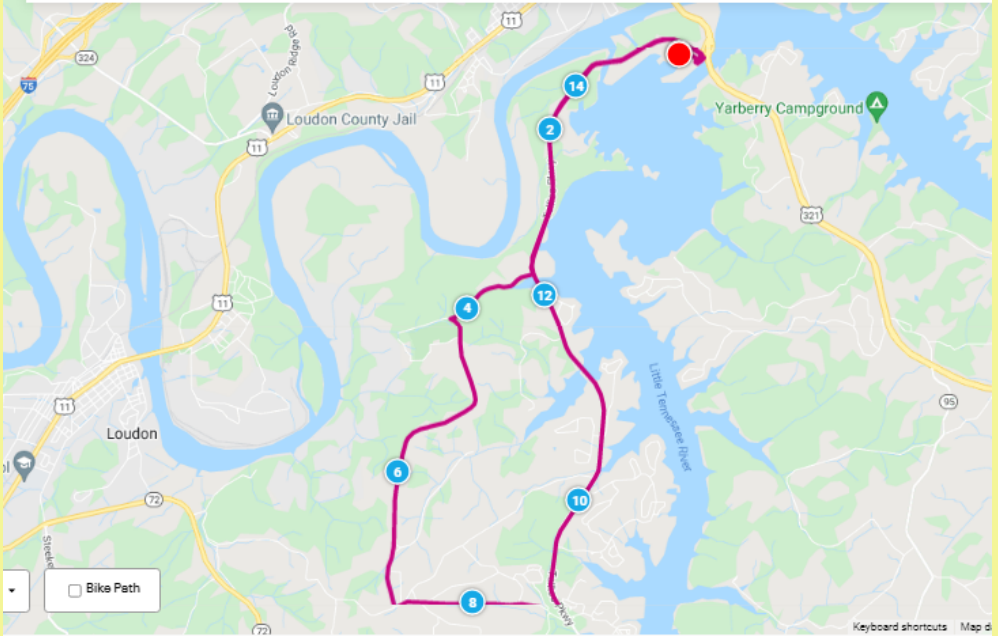
BOOKMARK

LOG WORKOUT

ADD TO WEBSITE

SHARE

MORE

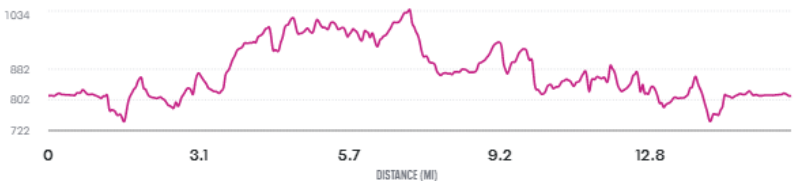


ELEVATION (FT)

START  
813 ft

MAX  
1,034 ft

GAIN  
878 ft





# OLYMPIC:

[HTTPS://WWW.MAPMYRUN.COM/ROUTES/VIEW/4230434077](https://www.mapmyrun.com/routes/view/4230434077)

BIKE RIDE | LENOIR CITY, TN, UNITED STATES | 26.28 MI | 1,477 FT

## KONA OLYMPIC BIKE 2022

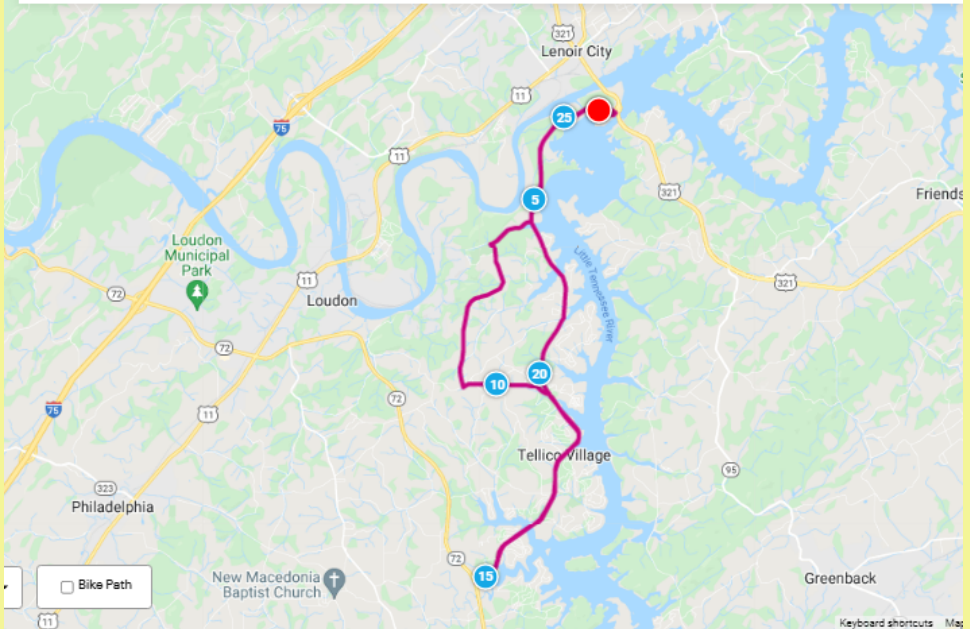
BOOKMARK

LOG WORKOUT

ADD TO WEBSITE

SHARE

MORE



ELEVATION (FT)

START  
829 ft

MAX  
1,038 ft

GAIN  
1,477 ft



# THE RUN

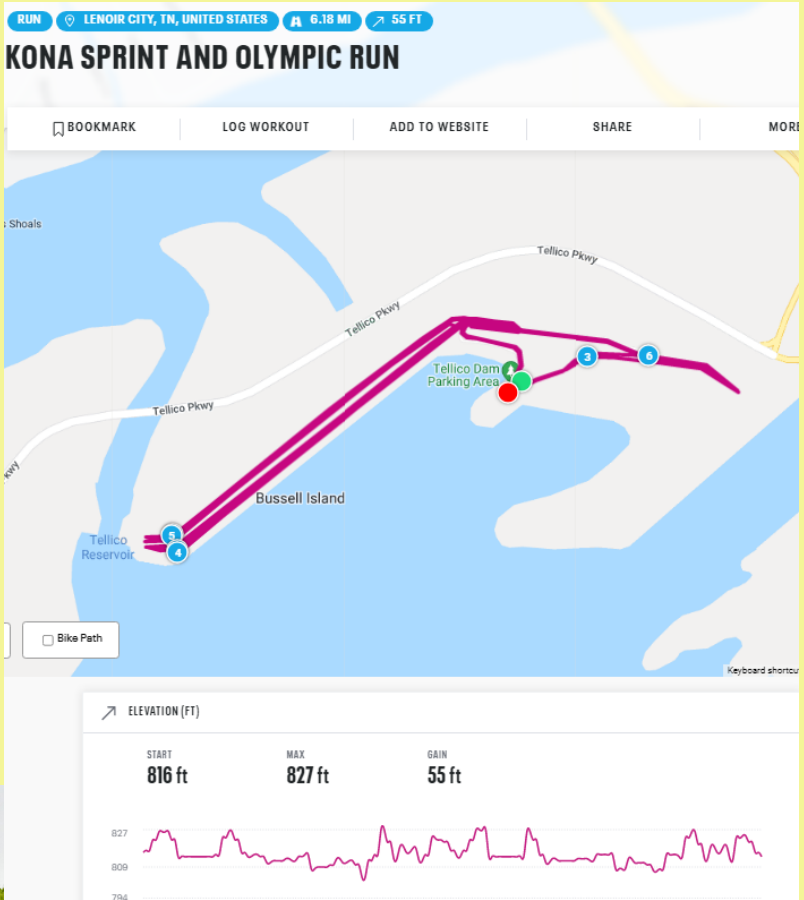
## USATF CERTIFIED 5K/10K COURSES

5K - TN21025MS

10K - TN21026MS



[HTTPS://WWW.MAPMYRUN.COM/ROUTES/VIEW/4230511159](https://www.mapmyrun.com/routes/view/4230511159)



# TIPS FOR A SUCCESSFUL BIKE

- **MAKE SURE YOU HAVE AN APPROVED HELMET AND IT IS ON AND FASTENED AT ANY TIME WHILE RIDING YOUR BIKE BEFORE, DURING, AND AFTER THE EVENT ON RACE VENUE PROPERTY**
- **MAKE SURE YOU ARE COMFORTABLE ROAD RIDING AND FOLLOW ALL APPLICABLE TRAFFIC SAFETY LAWS**
- **MAKE SURE YOU ARE TRAINED FOR THE DISTANCE YOU SIGNED UP FOR**
- **NO HEADPHONES PEOPLE. ITS DANGEROUS.**
- **KNOW THE COURSE! VOLUNTEERS MAY POINT YOU IN THE WRONG DIRECTION OR A LOCAL MAY STEAL A SIGN. BE PREPARED FOR ANYTHING.**
- **NO DRAFTING, NO HOLDING HANDS WITH YOUR FRIENDS WHILE RIDING YOU BIKE SIDE BY SIDE, AND NO SIDE BY SIDE. YOU HAVE 20 SECONDS TO PASS ONCE YOU BEGIN OVERTAKING.**
- **THERE IS ONE AID STATION FOR OLYMPIC BIKE AT TURNAROUND AT MILE 15. BE PREPARED.**
- **NO LITTERING, THIS INCLUDES IF SOMETHING FALLS OFF YOUR BIKE, YOU HAVE TO GET IT.**

# TIPS FOR A SUCCESSFUL RUN

- 1. NO HEADPHONES, NO HEADPHONES, NO HEADPHONES**
- 2. NO MUSIC PLAYING OFF YOUR PHONE, JUST LEAVE YOUR PHONE IN TRANSITION**
- 3. KNOW THE COURSE. I HAVE PUT IT EVERYWHERE**
- 4. YOU CAN HOLD HANDS ON THE RUN, BUT ONLY AT THE FINISH LINE WHILE TRYING TO CREATE THE YOUR NEXT FACEBOOK PROFILE PIC WITH YOUR BESTIE OR LOVED ONE.**
- 5. NO NON-REGISTERED RUNNING BUDDIES. IF YOU'RE COACH RUNS WITH YOU, OR YOUR HUSBAND IS TRYING TO RUN ALONG WITH YOU FOR HIS HONEY DO LIST, YOU MAY BE PENALIZED.**

**FOR A LIST OF THE MOST COMMONLY VIOLATED USAT RULES, PLEASE VISIT:**

**[HTTPS://WWW.TEAMUSA.ORG/USA-TRIATHLON/ABOUT/MULTISPORT/COMPETITIVE-RULES/MOST-COMMON-RULES-VIOLATIONS](https://www.teamusa.org/USA-Triathlon/About/MultiSport/Competitive-Rules/Most-Common-Rules-Violations)**



# THE FINISH

**WHEN YOU CROSS THAT GLORIOUS FINISH LINE, YOU WILL RECEIVE YOUR FINISHER MEDAL AND A PAT ON THE BACK FOR YOUR GREAT JOB! AWARDS WILL BE GIVEN AT THE DESIGNATED TIMES. WE WILL NOT BE MAILING AWARDS BUT WILL MAKE THEM AVAILABLE FOR PICKUP AT OUR SPONSOR, THE LONG RUN.**



# RESULTS



**PBR ALWAYS PROVIDES INSTANT RESULTS AVAILABLE TO YOU AFTER YOU CROSS THE FINISH LINE. SPLITS WILL USUALLY BE AVAILABLE WITHIN 24 HOURS AFTER, BUT ALWAYS SOONER. YOU CAN FIND THEM BY VISITING [WWW.PERSONALBESTRACING.COM/RESULTS](http://WWW.PERSONALBESTRACING.COM/RESULTS) OR FOLLWOING THIS QR LINK.**



# AND NOW A WORD FROM OUR SPONSORS.....



**ENDURANCE LAB**



## Join the Herd

- \$15.50 per hour +
- Generous bonuses
- 100% paid health coverage
- Promotion from within
- Team-oriented environment

APPLY TODAY | [redstagfulfillment.com/careers](http://redstagfulfillment.com/careers)



**PATDOME PROMOTIONS**

logo apparel corporate giveaways custom swag



**epic**  
orthodontics

— BY DR. JOSEPH HICKS —



**ATTORNEY  
C. JOHN CHAVIS**

Criminal - Wills & Trusts - Family Law

(865) 525-7313





# ZenEvo



Sip. Eat. Shop. Engage.