



# **IGNITE** SWIMRUN KNOXVILLE

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## ATHLETE GUIDE

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JUNE 30, 2019 | IJAMS NATURE CENTER





Life is about experiences. Create them, don't wait for them.

SwimRun is about the experience, stepping out of your comfort zone, pushing yourself to the limit and taking on whatever the course throws at you. You are about to embark on an epic adventure through nature either individually or with your teammate. Either way you are guaranteed to have stories to tell when it's all over.

Your weekend begins with the Voluntary Athlete Check-In on Saturday from 5-7pm at Meads Quarry. If you'd like your race morning to be less chaotic, we recommend you take advantage of this opportunity. We will have staff on hand to answer questions and to provide the latest course details. There is a lot to do on Sunday morning so give yourself plenty of time for Check-In, Gear-Check, Tattoos, GPS Trackers, timing chips and to attend the Mandatory Course Briefing. During this briefing we encourage you to ask questions and interact with your fellow competitors. The beauty of the IGNITE Knoxville course is that you will get to see a lot of each other.

Over the course of 17.2 or 8.2 miles you will swim, run, probably do some walking, maybe a little cursing, LOTS of questioning, but you get to enjoy some amazing scenery.

Our post-race celebration, will be the time to share stories, tend to any scrapes or bruises, laugh, smile, and to register for your next IGNITE event.

If we can do anything to enhance your weekend, please let our staff know and we will do our best to assist you. On behalf of the IGNITE Team, thank you for making IGNITE Knoxville part of your racing season. We look forward to bringing you an unforgettable race experience.

Jay Peluso  
Race Director  
IGNITE SwimRun Series

Thank you to our local partners who have helped make this race possible.



## SCHEDULE

SATURDAY: June 29, 2019

TIME	DESCRIPTION	LOCATION
5:00 PM – 7:00 PM	Voluntary Athlete Check-In	Meads Quarry Knoxville, TN 37920
5:00 PM	Race Director Facebook LIVE course updates	IGNITE SwimRun FB Page

SUNDAY: June 30, 2019

TIME	DESCRIPTION	LOCATION
6:00 AM	Mandatory Athlete Check-In and Gear Check Opens.	Ijams Nature Center – Visitors Center 2915 Island Home Ave Knoxville, TN 37920
7:30 AM	Mandatory Pre-Race Athlete Briefing	Athlete Pavilion at Ijams Nature Center
8:00 AM	Race start! All Distances “IGNITE your inner athlete”	
10:00 AM – 3:00 PM	Finish line celebration including music, food, and Stone adult beverages.	
11:00 AM	“Spark” and Short Course Awards Ceremony	subject to change based on finishers
1:30 PM	Long Course Awards Ceremony	subject to change based on finishers
3:00 PM	Course Cut-Off	

## HOW DOES IT WORK?

SwimRun racing is about getting from A to B in teams of two or individually along a pre-determined cross-country style course consisting of a number of runs and swims. Teams must be equipped with some compulsory safety gear as well as optional wetsuits, shoes, and other equipment they wish to bring, such as paddles, buoys and fins. Each team of two must stay within 10 meters of each other at all times. Teams and individuals must complete the race with all equipment they started with. There are 13 total legs of running and swimming combined in the long-course event and 9-legs in the short-course event.



# 19:05:21



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## PARKING

Saturday June 29, Voluntary Athlete Check-In 5-7pm

There is limited parking at Meads Quarry Lake for Voluntary Athlete Check-In on Saturday from 5-7pm.







# IGNITE KNOXVILLE

IJAMS NATURE CENTER | JUNE 30, 2019

Sunday June 30, Athlete Check-In, Gear Check, Mandatory Athlete Briefing

There is ample parking at this time of the morning at Ijams Nature Center.





# Pre-Race Survey, Athlete Check-In Options, Gear Check and Mandatory Race Briefing

## Pre-Race Participant Survey

All participants must fill out the Pre-Race Participant Survey prior to checking in. You can find the survey online at <https://IGNITE Pre Participant Survey>. You will be asked to show your confirmation email prior to receiving your packet.

## Voluntary Athlete Check-In

Make your race morning less hectic by attending the Voluntary Check-In the night before the race. We will have a limited set-up at the quarry which will include compulsory safety equipment for sale in case you forgot something.

What:	Voluntary Athlete Check-In
Where:	Meads Quarry Lake, Knoxville, TN 37920
When:	Saturday, Jun 29 from 5:00 – 7:00 PM

## Race Morning Athlete Check-In and Mandatory Race Briefing

If you do not check-in on Saturday be sure to give yourself plenty of time on race morning to accomplish the Athlete Check-In, Gear Check and Mandatory Athlete Briefing.

What:	Race Morning Check-In, Gear Check, Mandatory Race Briefing
Where:	Ijams Nature Center, Visitors Center: 2915 Island Home Ave, Knoxville, TN 37920
When:	Sunday, Jun 30 from 6:00 – 7:45 AM
	Race Briefing: 7:30AM

# Athlete Check-In

Participants will receive the following at Athlete Check-In:

- Official Race Bib
- Official Swim Cap
- Official bib number tattoos
- Participant T-shirt
- LokSak with Course Cue Sheet

## Gear Check

Prior to the start of the race, all teams must present their gear to race officials at the Athlete Tent for inspection. Officials will be available starting at 6:00 am race morning.

All athletes must have the following gear:

- Official Race Bib - must be worn and visible at all times during the race.
- Official Race Cap - must be worn visibly on the head during all of the swims.
- Race number tattoos
- Wetsuit that covers the torso if temperature rule is in effect
- Safety Whistle

At least one member of each team must also carry:

- Waterproof first aid pressure bandage AND/OR water proof first aid kit
- GPS Tracking Device and Belt – provided by race officials
- Timing Chip – provided by race officials

Optional but recommended gear:

- Pull buoy
- Paddles
- Goggles
- Tether
- Waterproof pouch
- Personal nutrition options

Flotation help that is bigger than 100 cm x 60 cm will NOT be allowed. Any motorized equipment is strictly prohibited.

All teams must bring all of their equipment from start to finish. If a team fails to bring all of their equipment to the finish line, they will be disqualified. Equipment CANNNOT be left at aid stations.

## Race Briefing

All participants must attend the Race Morning briefing. This briefing will provide any updates/changes made to this guide since its publication. It will also include warnings and/or course tips, FAQ, and any other information pertinent to your safety and to ensure a successful day.

The Race Director will also host a Facebook LIVE briefing on Saturday at 5pm on the IGNITE SwimRun Facebook page.





*orca* SWIMRUN

## SWIMRUN EQUIPMENT: WETSUITS

BY ORCA



[WWW.ORCA.COM](http://WWW.ORCA.COM)



## START TIMES

All athletes will start at 8:00 AM.

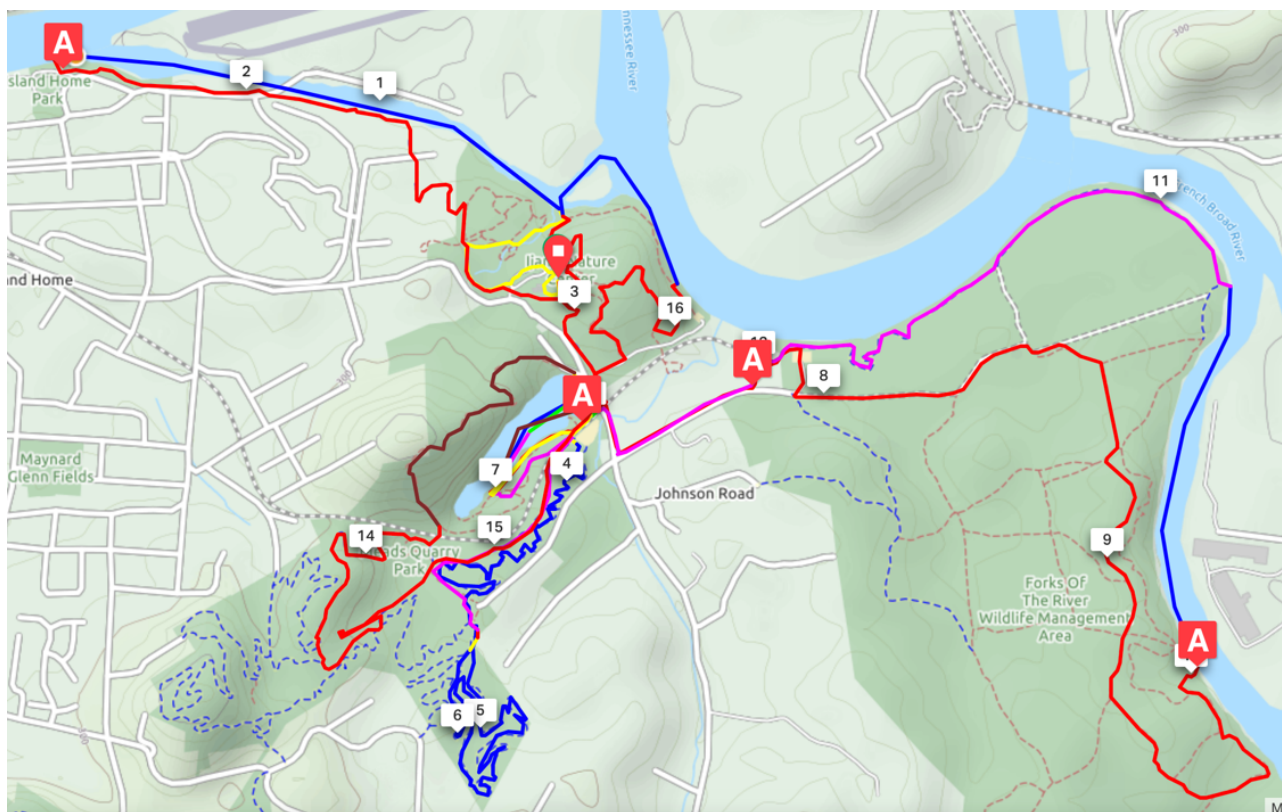
## COURSE LAYOUTS AND CUE SHEETS

Long Course: 17.2 miles

Swim – 6 Legs: 3.1 Mi

Run– 7 Legs: 14.1 Mi

Total Distance: 17.2 Mi



- Air temp expectation on June 30 in Knoxville, TN based on averages: LOW 68 F, HIGH 87 F
- Water temp in Meads Quarry is expected to be 82 F
- Water temp in Tennessee River is expected to be 78 F
- Water temp in French Broad River is expected to be 76 F





## Long Course – Cue Sheet

MM	LEG	Location
		Start - Ijams Nature Center
0.0	0.6	<b>Run 1 – BLUE</b> Out the parking lot, turn right on Will Skelton Greenway, turn right on Discovery Trail, continue straight onto River Trail to the water entrance.
0.6	1.0	Swim 1 - Downstream in the Tennessee River channel between Dickinson Island and the mainland. Exit at Island Home Park.
1.6	1.9	<b>Run 2 – BLUE</b> Take Will Skelton Greenway back to Meads Quarry. Cross over Island Home Avenue, then take Pink Marble Trail to the south entrance into the quarry.
3.5	0.2	Swim 2 – Enter Meads Quarry from the south ramp and swim to the north ramp by the bathrooms.
3.7	3.3	<b>Run 3 – PURPLE</b> Exit Meads Quarry and turn left onto Flow Trail, cross the Gravel Road to Amber Trail and proceed to the Hickory Trail Loop. After the loop trail, turn left on Gravel Road, turn right on Imery Trail and continue back to the parking lot. Turn left onto Pink Marble Trail and continue to the south quarry entrance.
7.0	0.2	Swim 3 – Enter Meads Quarry from the south ramp to the north ramp.
7.2	2.8	<b>Run 4 – YELLOW</b> Cross Island Home Ave and turn right on Will Skelton Greenway. Turn right into the Forks of the River parking lot, run across the lot, and turn left onto Wyatt Way. Turn right onto Dozer Trail, continuing until Dozer runs into Bluff Trail. Take Bluff Trail to South Loop Trail. There is a small draw on South Loop that provides the only river access (across from the south end of Pickel Island, immediately south from the intersection where South Loop, Bluff, and Chigger all come together).
10.0	1.0	Swim 4 – Swim downstream in the French Broad River between Pickel Island and the west shore. Exit at the last spot on the Will Skelton Greenway before it heads uphill to where the asphalt ends. (Note: entrance/exit point is hard to see from the water. On race day we'll have a buoy, so swimmers don't overshoot it.)
11.0	1.7	<b>Run 5 – YELLOW</b> Take Will Skelton Greenway back to Meads Quarry. Cross Island Home Avenue to the platform at the north swimming area.
12.7	0.2	Swim 5 - Off the platform at the north swimming area, swim through Meads Quarry to the south ramp.
12.9	3.4	<b>Run 6 – PINK</b> Take Pink Marble Trail to the bathrooms at the north end of the quarry and turn left onto Tharps Trace. Take Tharps Trace over the ridge, turn right on the cut-through to the railroad tracks. Turn right onto the railroad tracks and a very short run to the Ross Marble Quarry entrance. Turn left into that entrance and an immediate right onto Ross Marble Trail. Turn left onto the cut through to Imerys Trail (this trail does not have a name, but it's the cool one with the scramble at the end to get into white gravel area). Turn left onto Imerys Trail, side trip on Hayworth Trail to the caves. Run the loop down around the caves and back, then take Imerys Trail back to Meads Quarry. Cross Island Home Avenue onto River Trail. Turn left onto South Cove Trail, turn right onto Tower Trail and up and over the top. At the end of Tower, turn left at the T-intersection and down the stone steps. Turn left on River Trail to the River Sports dock.
16.3	0.4	Swim 6 - Enter the Tennessee River via the dock. Swim downstream in the Tennessee River past Otter Island. Swim between Otter Island and Dickinson Island, then a sharp left at the end of Otter to the swim exit. (Note: This is the same spot where participants enter the water for the first swim.)
16.7	0.5	<b>Run 7 – PINK</b> Turn right on Discovery Trail to cross the first little bridge, turn left on North Cove to the top of the hill. Continue onto Universal Trail (concrete trail right at Ijams) and loop to the finish line where Universal hits the plaza at the parking lot.
17.2	.5	FINISH

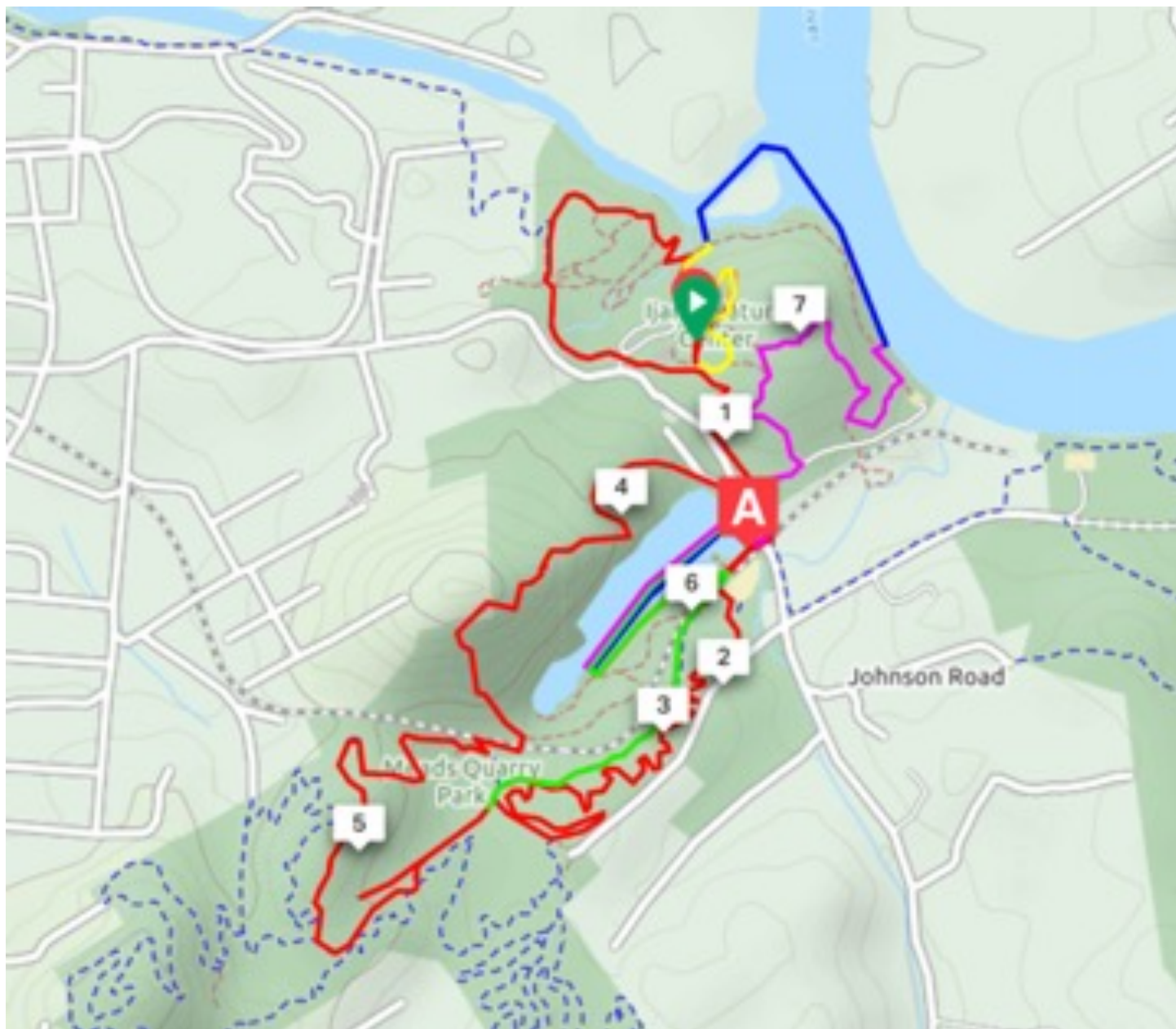


## Short Course: 8.2-Miles

Swim – 4 Legs: 1.2 MI

Run – 5 Legs: 7.0 MI

Total Distance: 8.2 MI







## PRIMUS SWIMRUN BOOT



# VIVOBAREFOOT

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## SHORT COURSE & SPARK – Cue Sheet

MM	LEG	Location
		Start - Ijams Nature Center
0.0	1.3	<b>Run 1 – ORANGE</b> Down North Cove, then left on Discovery Trail. Left on Will Skelton Greenway to Meads Quarry. Cross Island Home Avenue to Pink Marble Trail to the south quarry entrance.
1.3	0.2	Swim 1 - Meads Quarry from the south ramp to the north ramp.
1.5	1.8	Run 2 – WHITE Left onto Flow Trail to Gravel Road. Right on Gravel Road and then right on Imery Trail back to the parking lot. Left onto Pink Marble Trail to the south quarry entrance.
3.3	0.2	Swim 2 – Meads Quarry from the south ramp to the north ramp.
3.5	2.6	<b>Run 3 – GREEN</b> From the swim exit hard left onto Tharps Trace. Tharps Trace over the ridge, right on the cut-through to the railroad tracks. Right onto the railroad tracks, very short run to the Ross Marble Quarry entrance. Left into that entrance and an immediate right onto Ross Marble Trail. Left onto the cut through to Imerys Trail (I don't think this trail has a name, but it's the cool one with the scramble at the end to get into white gravel area). Left onto Imerys Trail, side trip on Hayworth Trail to the caves. Run the loop down near the caves and back, and Imerys Trail back to the parking lot. Left onto Pink Marble Trail to the south quarry entrance.
6.1	0.2	Swim 3 – Meads Quarry from the south ramp to the north ramp.
6.3	1.0	<b>Run 4 – SILVER</b> From the swim exit left across Island Home Avenue onto River Trail. Left onto South Cove Trail, right onto Tower Trail and up and over the tip. At the end of Tower, left at the T-intersection and down the stone steps. Left on River Trail to the River Sports dock.
7.3	0.4	Swim 4 – Enter the Tennessee River via the dock. Downstream in the Tennessee River past Otter Island. Swim between Otter Island and Dickinson Island, then a sharp left at the end of Otter to the swim exit.
7.7	0.5	<b>Run 5 – PINK</b> Right on Discovery Trail to cross the first little bridge, left on North Cove to the top of the hill. Continue onto Universal Trail (concrete trail right at Ijams) and loop to the finish line where Universal hits the plaza at the parking lot.
8.2		FINISH

## COURSE MARKING

The run courses will be marked by colored marking flags. The swim courses will be marked with Yellow buoys indicating the start, course and finish. There will also be staff directing traffic at the start and end of each leg. Staff and volunteers will also be available in the water helping with safety and course direction. All participants are required to be within 10-meters of the course at all times. Substantial deviations will result in disqualification.

Due to the configuration of the run courses we will follow a color-coded system. The Long Course is broken into four sections, Short Course five sections. You will follow a different color marking flag for each section. Athlete's will receive a color-coded cue sheet at Athlete Check-In along with a waterproof LokSak to use during the race. You will follow

the marking flags matching the color on the cue sheet. There will be three (3) flags headed into a turn and three (3) flags out of a turn. A single flag will be used as a confidence marker as warranted.

**Long Course Markings:**

Section 1: **BLUE** Flags: Run Leg 1, Run Leg 2

Section 2: **PURPLE** Flags: Run Leg 3

Section 3: **YELLOW** Flags: Run Leg 4, Run Leg 5

Section 4: **PINK** Flags: Run Leg 6, Run Leg 7

**Short Course Markings:**

Section 1: **ORANGE** Flags: Run Leg 1

Section 2: **WHITE** Flags: Run Leg 2

Section 3: **GREEN** Flags: Run Leg 3

Section 4: **SILVER** Flags: Run Leg 4

Section 5: **PINK** Flags: Run Leg 5

## GENERAL RULES AND COURSE DETAIL

### **WETSUIT POLICY:**

IGNITE SwimRun events use the following policy: If the low race day air temperature and low race day water temperature, combined, is less than 120F, wetsuits will be MANDATORY. If the low race day air temperature and low race day water temperature is equal to or greater than 120F, wetsuits may be optional at the discretion of the Race Director.

### **TEAM POLICY:**

Teams of two must stay together, within 10-meters (approx. 30ft) of each other, for the entire race. You are a team after all! Some teams like to use a bungee tow rope, or tether, which can help even out the individual's strengths allowing one person to be 'pulled' along and will help to keep you close during the swims, however, they are not mandatory.

Long Course Teams may not proceed solo. If your teammate must quit the race for any reason you will have two options.

1. Cease racing
2. Wait for the long course team behind you and stay within 10-meters of that team the remainder of the race.

### **TEAM/ATHLETE ASSISTANCE REQUIREMENT:**

All teams/athletes are obliged to assist any team/athlete that is injured or sick and in need of assistance. Failure to provide assistance will result in immediate disqualification. Outside assistance from anyone other than IGNITE Staff or other participants is prohibited.

### **TRANSITIONS:**

At each water entry and exit there will be a race marshal. Teams must arrive at each transition as a pair. NO DIVING is allowed at any water entry. Teamwork is particularly important at transitions as you might need to help each other out of the water or check that each other's wetsuit is just the way you need it as you make your water entry.





## **HYDRATION/FUEL STATIONS:**

There will be four aid stations on the long course and one on the short course which you will hit multiple times. These stations will have water, GU Roctane drink (Grape), GU Energy Gels (Salted Caramel, Chocolate Outrage, TriBerry), GU Stroop waffles (Wild Berry, Gingerade, Hot Chocolate, Campfire S'mores), and GU Energy Chews (Watermelon, Strawberry). Teams should bring with them any other nutrition they desire.

### **Long Course Aid Stations**

Aid 1: Island Home Park: Approx. Mile 1.5

Aid 2: Meads Quarry: Approx. Miles 3.2, 3.7, 6.8, 7.2, 12.4, 13.0 and 15.3

Aid 3: Greenway Trail Head: Approx. Miles 7.6 and 12.0

Aid 4: French Broad River swim entrance: Approx. Mile 10

### **Short Course Aid Stations**

Aid 1: Meads Quarry: Approx Miles 1.1, 1.7, 3.2, 3.9, 6.1

Trash may be discarded at these aid stations, but NO OTHER EQUIPMENT may be left at an aid station.

## **CHECKPOINTS:**

Teams failing to pass a checkpoint (Water Entry and Exit/Aid Station) will be disqualified.

## **MEDICAL SUPPORT:**

All swim legs are staffed with lifeguard and kayak support. Race personnel are connected to EMS via race radio. They can be identified by blue IGNITE SwimRun Staff shirts.

Rural Metro EMS will be onsite to address cramping, bruising, sprains, scrapes and other race related injuries as well as to provide medically necessary transport services.

## **FOLLOW CORRECT ROUTE:**

It is the responsibility of each team to know the course and be aware of each transition location. Teams are responsible to make sure that they stay on the course. If any member of your team goes off course, you should return to the spot that you went off course and continue. The course will be marked; however, signage can be removed or changed by vandals without warning. Athletes will be given a color-coded cue sheet to consult during the race as needed.

## **VISIBLE BIB & RACE NUMBER:**

Race bibs may not be altered in any way and must be worn by all team members throughout the race.

Race Tattoos are required to be placed on the upper arms or forearms and on top of any wetsuit or neoprene sleeves.

## **TIMING CHIP:**

Timing chips will be distributed at the MANDATORY GEAR CHECK on race morning. Timing chips must be worn by one team member during the entire race and must be strapped to the ankle. Return your timing chip at the collection bin inside the finish chute after your race is complete.

No Chip = No Time = No Results. Teams that fail to return their timing chip will be charged a \$110 replacement fee.

## **GPS TRACKER:**

**DO NOT REMOVE THE TRACKER FROM THE VACUUM SEALED BAG.**

Live, real-time tracking for all IGNITE SwimRun events is provided by Adventure Enablers. Your friends and family can follow your team progress live, online, from anywhere in the world with an internet connection using the link below.

<http://live.enabledtracking.com/ignitekx2019/>

All Teams will receive their tracker, with carrying belt, during the MANDATORY GEAR CHECK on race morning. The official race belt or its approved equivalent must be used during the entire event and should be worn on your back to aid in signal reception during swims. If you wish to use your own belt please notify race officials at Voluntary Athlete Check-In on Saturday or prior to the Race Briefing on Sunday for approval. Each GPS Tracker also has an SOS signal button in case of an emergency. Use of this signal will bring EMS assistance to your location. However, the trails in the park are difficult terrain. If you can make it to an Aid Station, we will be able to provide assistance much quicker.

GPS Trackers AND Belts will be collected at the finish line. Teams that fail to return their GPS Tracker and Belt will be charged a \$250 replacement fee. PLEASE DON'T FORGET THIS.

## **ALCOHOL:**

Absolutely NO ALCOHOL is allowed on the course at any time. Violation of this rule will result in immediate team disqualification. There will be plenty of refreshments available at the post-race party when you are done.

## **CONDUCT:**

All participants must display courtesy, good taste, decorum and sportsmanship at all times. This includes not littering or polluting the landscape or environment. Nudity is strictly prohibited. Littering of any kind will result in disqualification.

## **RACE OFFICIALS:**

Violations of race rules may result in disqualification, depending on the severity of the infraction. Any rules violation that is determined by race officials to have placed the safety of any participant, volunteer, staff, or the general public at risk will automatically result in a team disqualification.





CRAZY COMPRESSION





## TIMING

The event is chip-timed, and a Team's official time will start when they cross underneath the starting arch and end when they cross back under the finish arch. Teams must cross the finish line together.

GPS Tracking results and splits are un-official and will not be used for order of finish but may be used to determine if a Team has completed the entire course.

### CUT OFFS:

Teams must reach the following points in the designated amount of time in order to continue racing:

COURSE LEG	CUT OFF TIME
FINISH SWIM 2	10:00 AM
FINISH SWIM 3	11:00 AM
FINISH SWIM 4	12:30 PM (Long Course Teams Only)
FINISH SWIM 5	1:30 PM (Long Course Teams Only)
FINISH SWIM 6	2:30 PM (Long Course Teams Only)

## SPECTATORS

One of the best views will be at Mead's Quarry. All teams will traverse the quarry several times both running and swimming. This will be a great place to watch the action before you head to the finish line to cheer your team to victory.

## FINISH LINE

The finish line is the place to be and STAY! We will have our announcer, rocking music, post-race food and beverages for all athletes.

If you have specific dietary restrictions, please bring whatever food/beverage you prefer.

We will only have sufficient food on hand for participants, however, Ijams Visitor's Center will be open and available for spectators to purchase snacks and beverages,

# AWARDS

"Spark" and Short Course Team Awards: 11:00AM

Long Course Team Awards: 1:30PM

*Times are subject to change depending on number of teams finished*

Awards will be given to the top 3 teams in each of the following divisions:

- Women's Team Division
- Men's Team Division
- Mixed Team Division

# FREQUENTLY ASKED QUESTIONS

What is the water temperature and how strong is the current?

- The quarry has zero current and will be the warmest of the three swim venues. Expected water temperature is 82F. The Tennessee and French Broad River are unpredictable however all swims flow with the current regardless of flow. The expected water temperature in these venues is 76-78F. An official water temp will be taken on the Friday before the event and announced via our social media accounts.

What race nutrition will be on the course?

- There will be three aid stations on the course which you will hit multiple times. They will be fully stocked with GU Energy Labs products – Gu Energy Gels, Chews, Stroopwaffles, and GU Hydration Drink as well as water.

What is the purpose of the whistle? Do we need it accessible during the swim?

- The purpose of the race whistle is to alert officials, staff, volunteers and other racers of injury or any assistance needed. They can be in a pocket or belt during the swim but readily accessible.

How will the water exits be marked?

- Each water entry and exit will be marked with a large Yellow buoy

Will there be a bag drop to access dry clothes after the race?

- There is plenty of parking right near the start/finish/athlete pavilion area. You can leave your gear in your car and have easy access to it immediately following your race.

Will there be bathrooms and/or showers at the finish line?

- Yes. Restrooms and a rinse-off station will be provided at the finish line.

Where do I get a water proof packed pressure bandage or First Aid Kit?

- Pressure bandages and Waterproof First Aid Kits can be purchased ahead of time via our online store or at many local pharmacy's or REI stores. We will have a small quantity available for purchase on-site.

Is tethering required?

- No, tethering is not required but is encouraged especially the swims.

Can I really wear fins if I want to?

- Yes! You can use just about anything provided it is not larger than 100cm x 60cm and it doesn't have a motor. However, anything you use, you have to carry with you for the entire event. Choose wisely.