



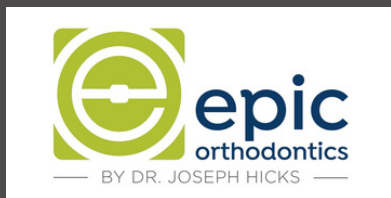
# 2023 Athlete Guide



June 25th  
Meads Quarry  
Knoxville, TN

Managed & Directed by

PBRacing



ZenEvo



ENDURANCE LAB



**PBR Swim Run Knox is about the experience, the adventure of stepping out of your comfort zone and pushing yourself to the limit!**

**Don't set limits, see where your adventure takes you!**

**This weekend will be a fun filled adventure of being with teammates or solo, but being in the amazing community of SwimRun athletes who have been to the edge and back!**





Knoxville is one of my most favorite places in the world. Mainly because I call it home and have for most of my life. When I started Personal Best Racing, I decided that I wanted to show the country all about the beauty of my town. PBR Swim Run Knoxville is one of the best ways to show you the "Dirty South" and the beauty of the South Knoxville trails and adventure of the river and quarry!

If you are from Knoxville, then you know. But if you are coming to explore and conquer your next adventure, I welcome you and I hope you find that our course and sites as amazing as we do!

Have a great weekend!

Muna, RD PBR Swim Run  
Knox





# KNOX INFO



***VISITOR INFO, DISCOUNTS, MAPS,  
DINING RECOMMENDATIONS & MORE  
ARE JUST A SCAN AWAY!***



# A Weekend of Events

## Schedule:

Saturday, June 24th 5pm - 7pm - Packet Pick Up  
Meads Quarry, Knoxville, TN 37920

Sunday, June 25th - Meads Quarry Start/Finish Line  
5:30-7am - Packet Pickup at Meads

7:05am - Pre-Race Athlete Briefing (Mandatory)

7:30am RACE STARTS! All Distances!

8:45am 5k Trail Run Awards

10am-2pm Finish Line party!

10:30am - Short Course Awards

12:30pm - Long Course Awards

2:30pm - If you ain't done, we're following you  
because we're ready to drink by now!

# WHAT IS SWIM RUN?

SwimRun racing is about getting from A to B in teams of two or individually along a 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.



## WHAT YOU'LL NEED FOR SWIM RUN

SwimRun rules will allow you to use swim aids such as hand paddles, pull buoys, event fins if you want!

The only caveat is that there are no transition areas in SwimRun, which means you'll have to carry your equipment with you through the swim...and the run!



## Mandatory vs. Optional

## Mandatory Gear:

- Swim Cap - Provided
- Jersey (bib) - Also provided
- Compression Bandage and Whistle

## Optional Gear:

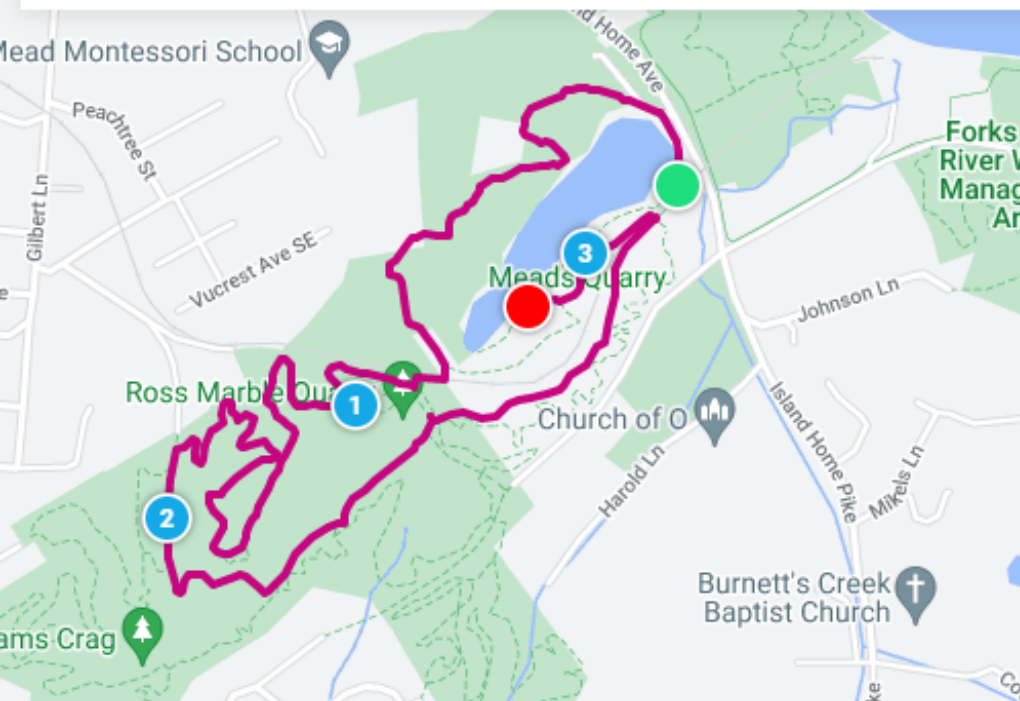
- Wetsuit
- Goggles
- Pull Buoy
- Paddles
- Tether
- Swim Buoy



# SWIM RUN WITHOUT THE SWIM...THE TRAIL RUN!

RUN KNOXVILLE, TN, UNITED STATES 3.11 MI 383 FT

## 2022 PBR SWIM RUN SHORT RUN 3



# PARKING



**PARKING WILL BE AT  
THE QUARRY AND  
ACROSS THE STREET  
AT THE OVERFLOW  
PARKING. THERE IS  
ALSO PARKING  
AVAILABLE AT IJAMS**

# **COURSE INFORMATION**

**SHORT COURSE:  
9.3 MILES**

**5 RUNS – 8.24 MI**

**4 SWIMS – 1.06 MI**

**TOTAL DISTANCE: 9.3 MILES**

**LONG COURSE: 17.75 MILES**

**7 RUNS – 14.92 MI**

**6 SWIMS – 2.83 MI**

**TOTAL DISTANCE: 17.75  
MILES**

**COURSE LINKS ARE ALL ON  
[RUNSIGNUP.COM/RACE/TN/KNOXVI  
LLE/PBRSWIMRUNKNOX](https://runsignup.com/race/TN/KNOXVILLE/PBRSWIMRUNKNOX)**



# ALSO, SOMETHING TO NOTE.....



**PRO ROAD  
NATIONAL CHAMPIONSHIPS**

**JUNE 2022 - KNOXVILLE, TN**

## PERIODIC ROAD **CLOSURE** **DETAILS**

We are excited for the return of  
**USA Cycling Pro Road National Championships**

**We hope you will join us for this exciting weekend!**

### **PLEASE NOTE:**

You will experience road closures on  
**Friday, June 24th from 4:00 PM - 10:00 PM**  
*(finish times are approximate)*

This will affect traffic on parts of S. Gay, Street,  
W. Hill Avenue & Women's Basketball Hall of Fame Drive

You will experience periodic road closures through  
**DOWNTOWN** and **SOUTH KNOXVILLE** on **Sunday, June 26th** requiring  
road closures in your neighborhood from **8:00 AM - 7:00 PM**  
*(finish times are approximate)*

• The road closures will be controlled by the  
Knoxville Police Department and allow for cross over traffic.



To view the race route and road closures, please visit

**[ROUTE.USACYCLEKNOX.COM](https://route.usacycleknox.com)**

If you have questions, please call 865.342.9137

# ROAD CLOSURES:



- Access in and out of Blue Shaded areas ONLY Where black arrows are shown. All other points will be closed.
- **Women's Basketball Hall of Fame Drive will be closed from Hill Ave to Howard Baker.**
- **The ramp from Neyland Dr to Hall of Fame will also be closed.**
- People who need to access will need to utilize James White Parkway ramp to access the Hill Ave Crossing
- If attempting to exit Hill Ave, motorist can take the ramp from Hill Ave to James White Parkway Southbound toward Howard Baker
- Another option is to take Hill Avenue to State St.
- Once on State St. Access to JWP north bound or use Cumberland Ave to access Central St. to get to Neyland Dr.
- State Street Garage will be accessible via Union avenue from Gay St. and Central St.