



Cheaha Extreme Triathlon 2022 Athlete Guide Book



RULES

1. Participants must be 18 years old.
2. All USAT rules and regulations shall be followed.
3. The bike and run portion are self-supported. No aid stations will be provided by the Race Director. Participants must have a support crew and vehicle. No more than one vehicle and two support crew members per participant. Support crew must also register online.
4. Support crew and vehicle may assist participants in as many or as few times as needed by that participant. During the first half of the bike course, participant and crew may decide on their own where to stop and assist. After the bike course reaches Adam's Gap at mile 59 and for the entire run course, only the indicated areas listed are permitted to be used as stop and assist points. Though the run is off-road, the permitted stop and assist points are accessed by paved roads with parking. The participant and support crew should take time to carefully plan their plan for stop and assist points.
5. Support crew is responsible for clean up of participant's gear at each transition immediately after the participant leaves each transition. No gear or personal belongings may remain.
6. Support crew and vehicle may only stop and assist at locations with parking or where sufficient area exists for vehicle, crew, and participant to be fully out of traffic. Support may not be given while the vehicle or participant are moving. All traffic laws must be obeyed by support vehicle, crew, and participant at all times.
7. Support vehicles are not allowed to follow immediately behind or lead immediately in front of participant on the bike course. Vehicles are not allowed to pace participants on the bike.
8. Support may consist of providing participant with items such as food, liquid, gear, clothing, battery packs and USB cord for cell phone charging, bike mechanical parts, and assistance in bike repair.
9. Participants may not change bikes. Participants may never sit inside a parked support vehicle.

RULES

10. Participants must carry a cell phone at all times during the bike and run. It is suggested to carry a battery packs and USB charger and charge cell phones during stop and assist times. Portions of the course have poor cell coverage. Having an alternate form of communication between participant and crew, such as small walkie-talkies or Garmin inReach, is suggested.
11. On the run, participants must carry a cell phone and head lamp. Sunset will be at 8:00pm.
12. Support crew members are allowed to accompany and pace participants for any portion of the run. Pacing is allowed.
13. All participants are required to have one member of their support crew accompany them for the final 2 miles of the course from Lake Cheaha up the Rock Garden / Pulpit Rock trail to the Finish Line. Support crew members must also have a cell phone and head lamp during this final 2 miles.
14. For participants with only 1 support crew member, the Race Director will assist with vehicle logistics by shuttling the support crew member between the Finish Line and Lake Cheaha.

RACE CONDITIONS

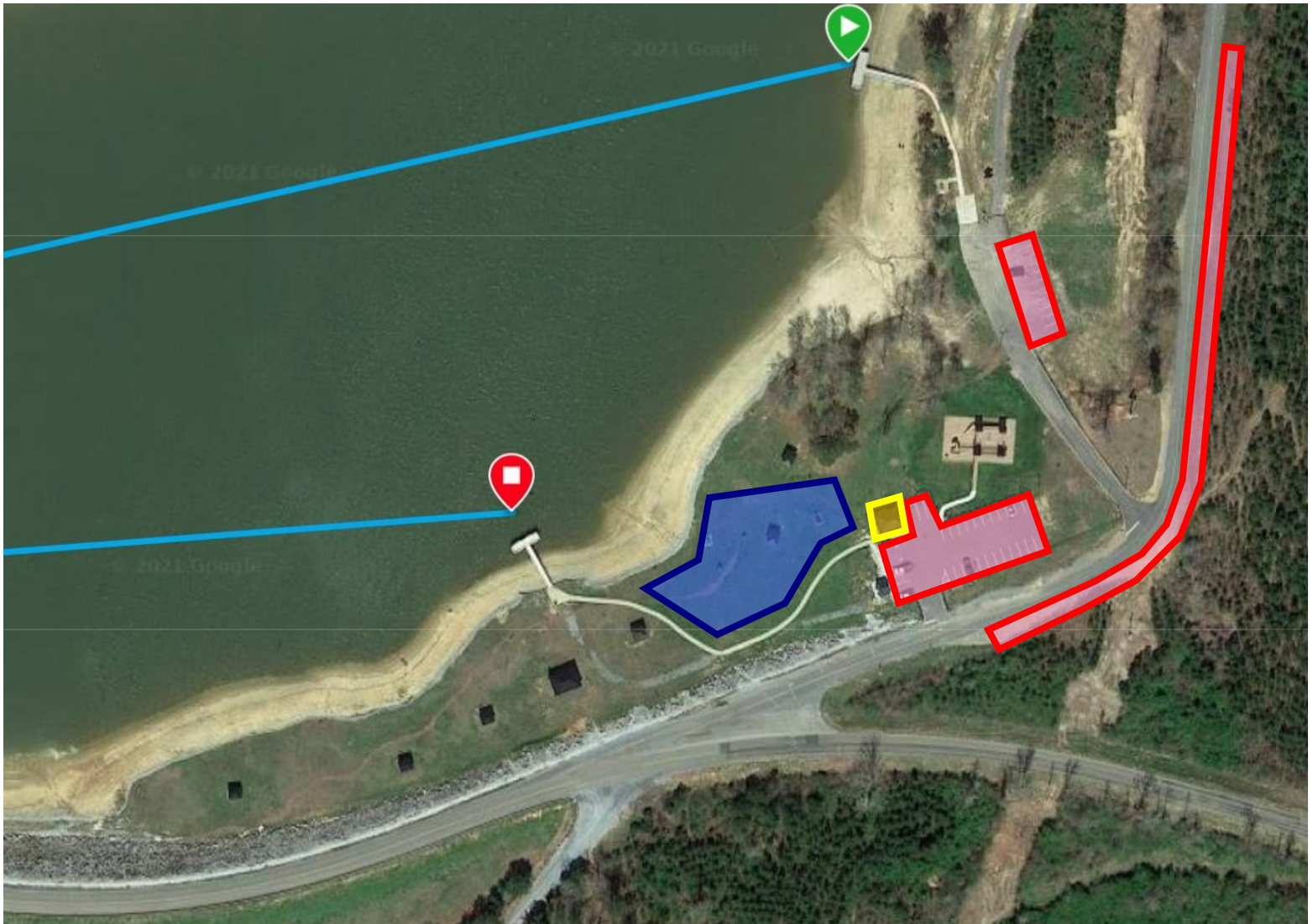
1. The 2.4 mile swim is in a fresh water lake. Buoys with lights will mark the course.
2. The bike is on paved roads, 105 mile distance with 11,250 feet of elevation gain.
3. The run is off-road trails consisting of single track and gravel, with a distance of 27 miles and 5,000 feet of elevation gain. Several portions of the run course have very steep descents and ascents.
4. Typical weather conditions for this region in June are: water temperature between 75-80 deg F, daily low air temperature in the upper 60's deg F, daily high air temperature in the upper 80's deg F, and average relative humidity of 70%. Summers in the Southeast US are hot and humid. Please take care to hydrate properly.
5. Twilight start 5:00am, Sunrise 5:30am, Sunset 8:00pm, Twilight end 8:30pm.

Transition 1

Red Areas: Parking

Blue Area: Transition setup

Yellow Building: Restrooms



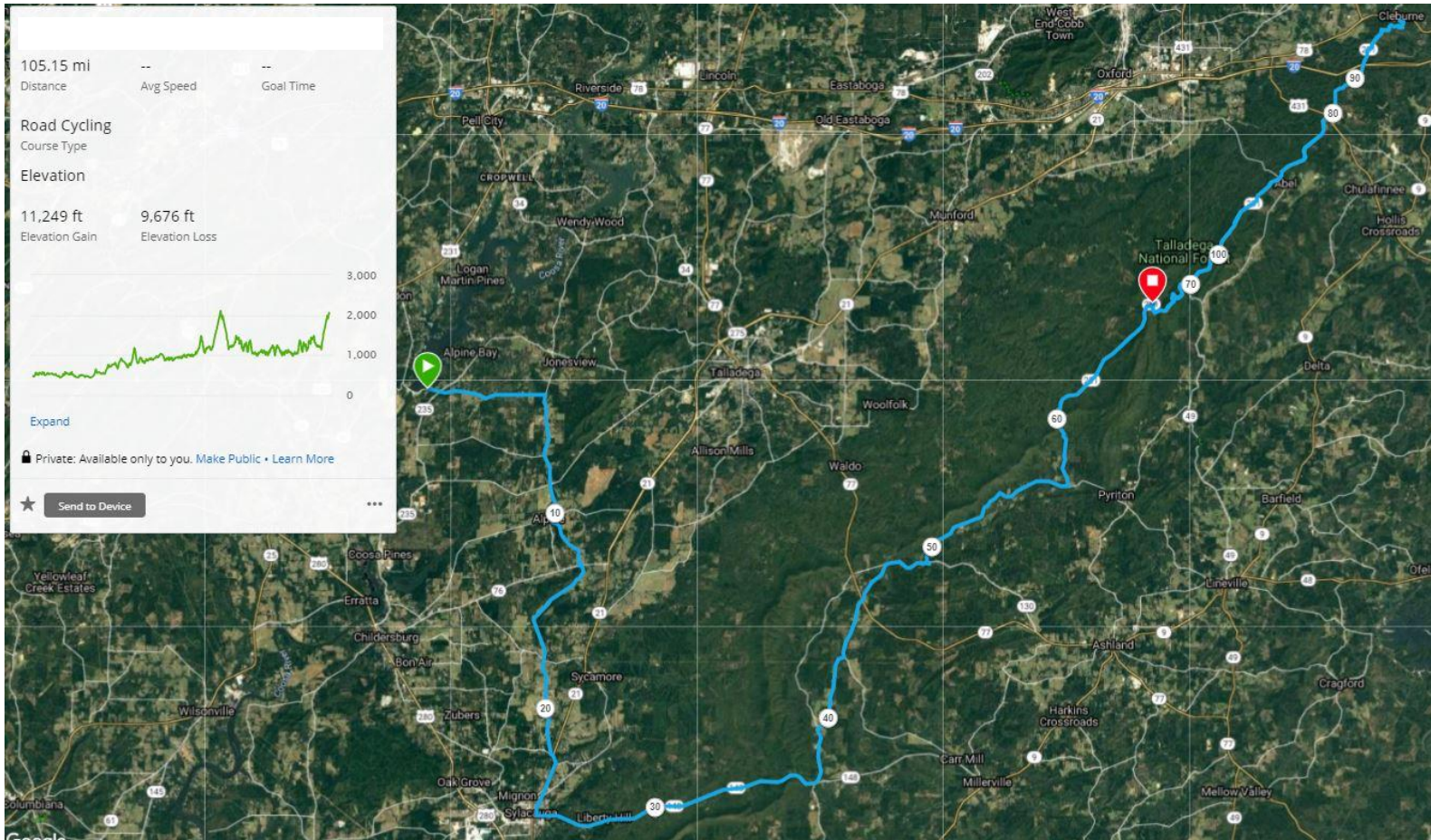
Swim Course, map can be downloaded from website.



Bike Course, map may be downloaded from website

Turn by turn directions:

- Mile 0.5 - cross AL Hwy 235, STRAIGHT onto County Rd 54
- Mile 2.5 - CAUTION RR track crossing, LEFT to stay on County Rd 54 (Glovers Ferry Rd)
- Mile 5.0 - RIGHT onto County Rd 207 (Plantersville Rd)
- Mile 10.2 - CAUTION RR track crossing, RIGHT onto County Rd 240 (Grist Mill Rd)
- Mile 10.5 - LEFT at County Rd 207 (New Maryland Rd), IMMEDIATE LEFT at fork onto Alpine Winterboro Rd
- Mile 12.3 - RIGHT onto Cedar Roost Rd
- Mile 12.9 - LEFT onto AL Hwy 76 (DeSoto Caverns Pkwy)
- Mile 13.0 - RIGHT onto County Rd 139 (Risers Mill Rd)
- Mile 18.0 - STRAIGHT Risers Mill Rd becomes Tallasahatchee Rd
- Mile 21.9 - LEFT onto Odena Rd S
- Mile 22.0 - RIGHT onto AL Hwy 21
- Mile 23.6 - LEFT onto Old Talladega Hwy
- Mile 24.3 - LEFT onto North Main Ave
- Mile 24.8 - LEFT onto East 3rd St / AL Hwy 143
- Mile 37.0 - LEFT onto County Rd 7
- Mile 42.8 - LEFT onto County Rd 18
- Mile 45.2 - STRAIGHT across AL Hwy 77
- Mile 45.4 - RIGHT onto Clairmont Springs Rd
- Mile 47.0 - RIGHT onto County Rd 209 (Horns Lake Rd)
- Mile 49.0 - LEFT onto County Rd 158 (Clairmont Springs Rd)
- Mile 49.7 - CAUTION RR track crossing
- Mile 56.9 - LEFT onto Blue Ridge Rd / Adams Gap Rd
- Mile 59.7 - RIGHT onto AL Hwy 281 / Skyway Mtwy
- Mile 86.0 - U-TURN at Shoal Creek Ranger Station
- Mile 105.2 - RIGHT into Cheaha State Park, at Guard Shack, stay on Bunker Loop for approx 1 mile to TRANSITION



Bike Course: Suggested Support Points
 Mile 24 - City of Sylacauga
 Mile 36 - Bull's Gap trailhead parking area

Note: Prior to Mile 59 - Adam's Gap, racers and support crew may use any road side location for support that they choose, provided that it still meets rules for road side support. After entering Talladega National Forest at Miles 59 - Adam's Gap, racers and support crew may **ONLY** use the permitted locations indicated for road side support.

Bike Course: Permitted Support Points
 Mile 59 - Adam's Gap trailhead parking area
 Mile 63 - Turnipseed trailhead parking area
 Mile 67 - Pinhoti Trailhead parking area
 Mile 72 - Scenic Overlook #1 parking area
 Mile 77 - Scenic Overlook #2 parking area
 Mile 85 - Scenic Overlook #3 parking area
 Mile 86 - Shoal Creek Ranger Station (turn around)
 Mile 87 - Scenic Overlook #3 parking area
 Mile 94 - Scenic Overlook #2 parking area
 Mile 100 - Scenic Overlook #1 parking area
 Mile 104 - Pinhoti Trailhead parking area

Mile 24 - City of Sylacauga



Mile 36 - Bull's Gap trailhead



Mile 59 - Adam's Gap trailhead



Mile 63 - Turnipseed trailhead



Mile 67/104 - Pinhoti trailhead



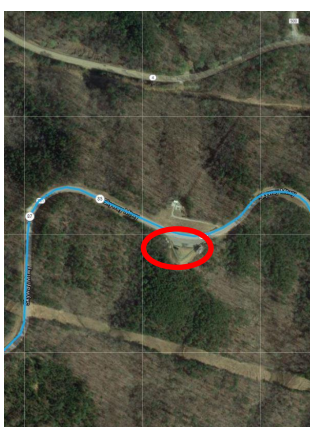
Mile 72/100 - Scenic Overlook #1



Mile 77/94 - Scenic Overlook #2



Mile 85/87 - Scenic Overlook #3



Mile 86 - Shoal Creek Ranger Station TURN AROUND



Run Course, map may be downloaded from website

Section 1: from TRANSITION, steep descent to Cheaha Lake - 1.5 miles

Section 2: from Cheaha Lake, Cheaha Road, LEFT onto 600-G gravel road, RIGHT onto marked trail to Lake Chinnabee - 6 miles
Lake Chinnabee run support permitted location

Section 3: from Lake Chinnabee, marked trail to Adam's Gap - 7.5 miles

Adam's Gap run support permitted location

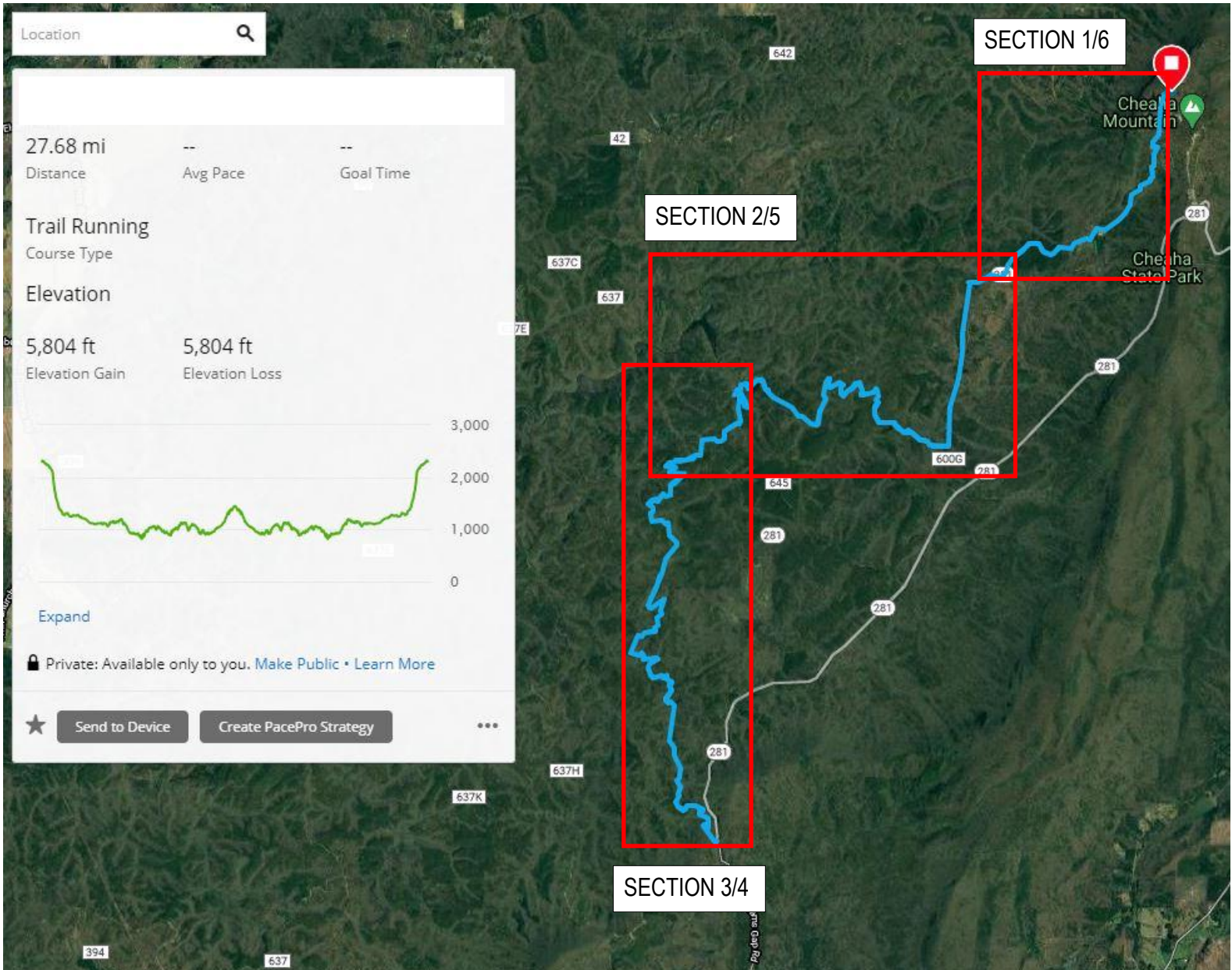
Section 4: from Adam's Gap, marked trail to Lake Chinnabee - 7.5 miles

Lake Chinnabee run support permitted location

Section 5: from Lake Chinnabee, marked trail, LEFT onto 600-G gravel road, RIGHT onto Cheaha Road - 6 miles

Section 6: from Lake Cheaha, steep ascent to FINISH

ALL RACE PARTICIPANTS WILL BE REQUIRED TO HAVE ONE MEMBER OF THEIR SUPPORT CREW ACCOMPANY THEM ON THIS 1.5 MILE PORTION OF SECTION 6 FINAL ASCENT FROM CHEAHA LAKE TO FINISH LINE



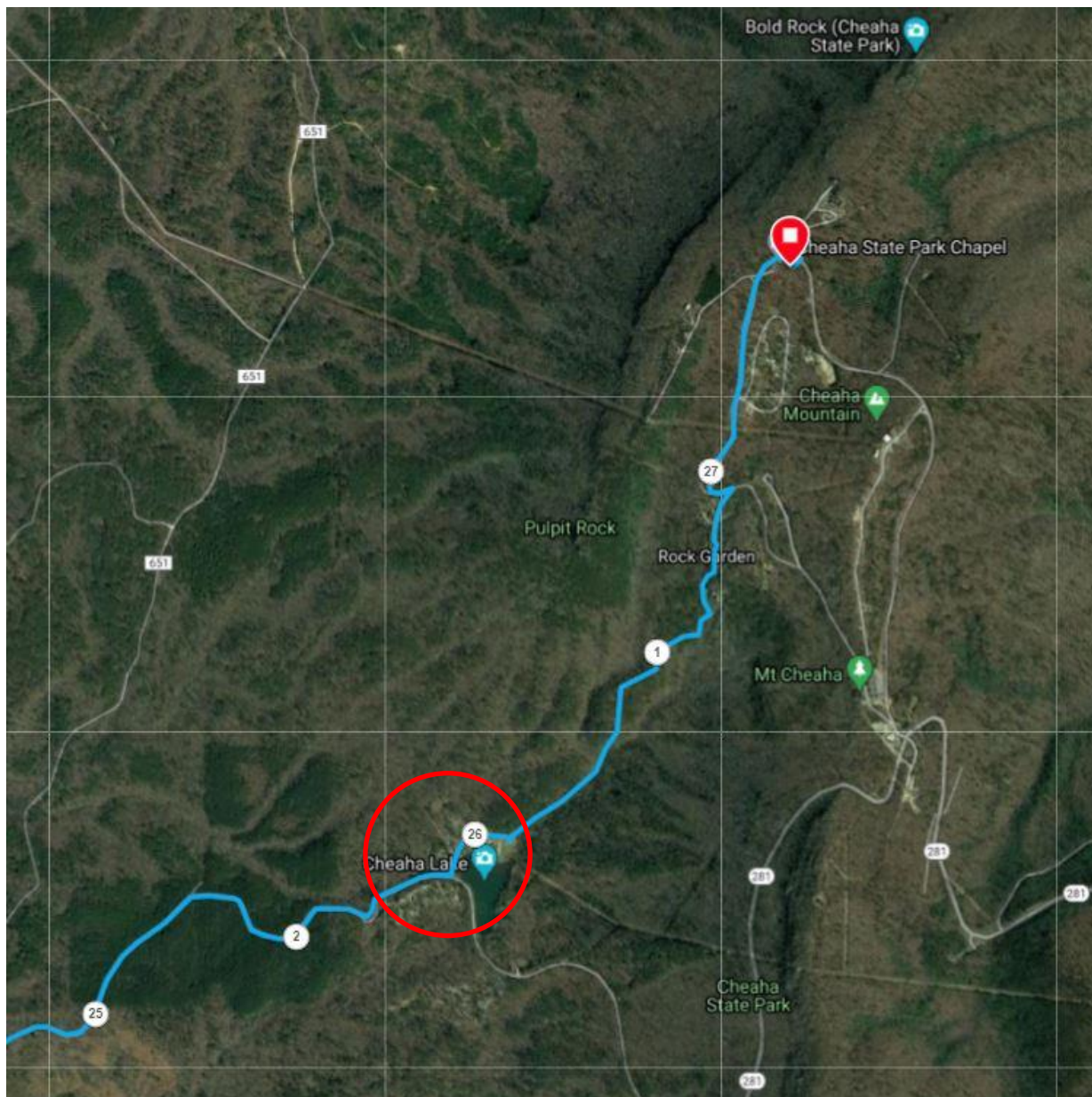
Run Course

Section 1 (Mile 0 - Mile 1.5) / Section 6 (Mile 26 - Mile 27.5)

Section 1: Steep descent from State Park, down Rock Garden, to Cheaha Lake

Section 6: Steep ascent from Cheaha Lake, up Rock Garden, to State Park

ALL RACE PARTICIPANTS WILL BE REQUIRED TO HAVE ONE MEMBER OF THEIR SUPPORT CREW ACCOMPANY THEM ON THIS 1.5 MILE PORTION OF SECTION 6 FINAL ASCENT FROM CHEAHA LAKE TO FINISH LINE.



Run Course

Section 2 (Mile 1.5 - Mile 7.5) / Section 5 (Mile 20.5 - Mile 26)

Section 2:

Cheaha Rd (Old 281) from Cheaha Lake to Forest Rd 600-G

LEFT onto 600-G

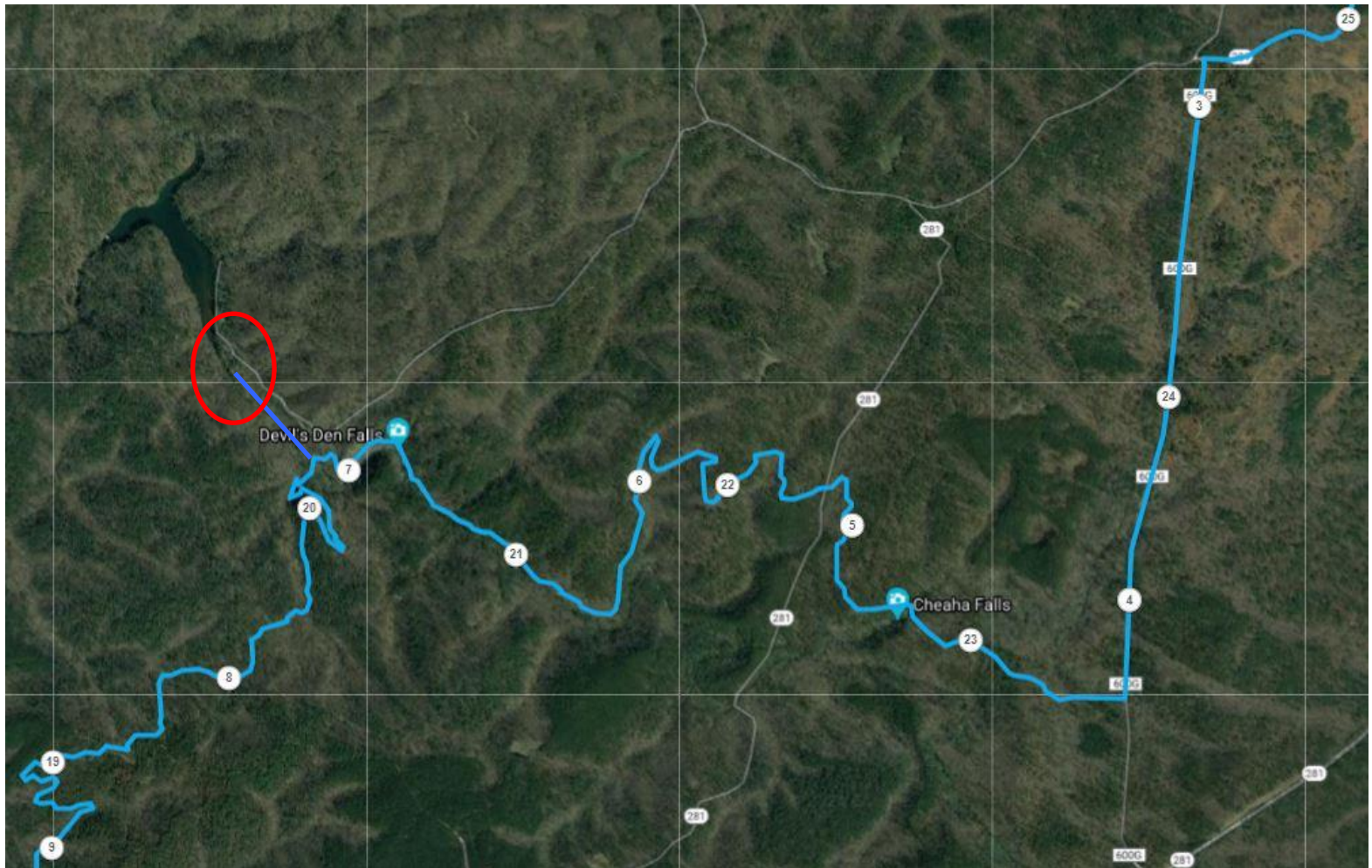
RIGHT onto marked trail, trail to Lake Chinnabee trailhead and parking area (permitted run support location at Mile 7.5)

RETURN to marked trail

RIGHT onto marked trail towards Adam's Gap

Section 5: reverse direction of Section 2

Mile 7.5 and 20.5 - Lake Chinnabee: Permitted location for run support, parking is available



Run Course

Section 3 (Mile 7.5 - Mile 14)

Section 4 (Mile 14 - Mile 20.5)

Mile 7.5/20.5 - Lake Chinnabee: Permitted location for run support, paved parking is available

Mile 14 - Adam's Gap: Permitted location for run support, paved parking is available

