



Cheaha Extreme Triathlon 2023 Athlete Guide Book



RULES

1. Participants must be 18 years old.
2. All USAT rules and regulations shall be followed.
3. 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 61 and for the entire run course, only the indicated areas listed are permitted to be used as stop and assist points. Although portions of the run are 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. After a support crew/vehicle assists a participant, the crew and vehicle must proceed on at typical vehicular speeds. Support vehicles are not allowed to follow immediately behind or lead immediately in front of participant. Vehicles are not allowed to pace participants.
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.
10. Bike stickers provided must be adhered to bike and visibly displayed at all times.

RULES

11. Participants will be provided a small tracking device, size is approximately 3" x 1.5" x 1". This tracking device must be carried by participants at ALL times during the bike and run portions.
12. Participants must carry a cell phone, battery pack, and charging cord at all times during the bike and run. 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 allowed.
13. On the run, participants must carry a head lamp regardless of anticipated finish time. Sunset will be at approximately 8:00pm. Participants should be prepared to finish after dark.
14. Cut-off times: Swim: The cut-off time to complete the swim portion is 2.5 hours. Participants who are still in the water at 2.5 hours of race time will be removed from the water and receive a DNF and will not be allowed to continue. Bike: The cut-off time to complete the bike portion is 16 hours of race time. Participants who arrive at T2 after 16 hours of race time will receive a DNF and will not be allowed to continue. Run: There will be a time cut-off checkpoint at mile 7.5 of the run. Participants who reach the mile 7.5 run checkpoint in under 14.5 hours of total race time will continue on to do the full run course. Participants who reach the mile 7.5 run checkpoint in more than 14.5 hours of total race time will be diverted to a shortened version of the run course.
15. Numbered bibs provided must be fastened to clothing and visibly displayed at all times during the Run.
16. Support crew members are allowed to accompany and pace participants for any portion of the run. Pacing is allowed on the run. It is not mandatory to have a support crew accompany the participant on foot during the run. Pacing must be done on foot, not by vehicle or bicycle.
17. For those staying at accommodations within the State Park, you will be provided a gate access code at your lodging check-in with the Park. For those not staying in the State Park, you will be provided a gate access code by the Race Director prior to packet pick-up.
18. Packet pick-up and check-in for participants and support crew will be the afternoon of Friday June 9th at the Redbud Pavilion in Cheaha State Park. All members of the support crew must have registered online through RunSignUp and be present at check-in on Fri June 9th.

RACE CONDITIONS

1. The 2 mile swim is in a fresh water lake. Buoys will mark the course, orange triangle buoys at turns and yellow round buoys in between.
2. The bike is on paved roads, 108 mile distance with 11,000 feet of elevation gain.
3. The run is multi-surface consisting of single track trails, gravel roads, and paved roads, with a distance of 24 miles and 3,700 feet of elevation gain. Several portions of the run course have very steep descents and ascents. Hiking poles are allowed.
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. Expected daylight times for June 11 are Twilight 5:00am, Sunrise 5:30am, Sunset 8:00pm, Twilight 8:30pm. The race is in the Central Time Zone.
6. Race will start at 5:30am Central. Participants should be prepared to finish in the dark.
7. If a participant decides to withdraw from the race, the race staff should be notified immediately by either the participant or their support crew. Contact info for race staff will be given out closer to race day.
8. This is a rain or shine event.
9. Race Director has full authority to cancel the race prior to start, or stop the race in progress, due to dangerous weather conditions that would jeopardize athlete or volunteer safety.
10. The race is self-supported, but iced water refill stations will be provided at Adam's Gap parking lot, Turnipseed Campground parking lot, Shoal Creek Ranger Station parking lot, Lake Chinnabee parking lot, and at Race HQ / Transition 2. Water refill stations will be 5 gallon coolers on folding tables and may be used by Athletes, Support Crew, and all other Race Staff and Volunteers.
11. Turns on the Bike and Run course will be marked with signage and flagging, but it is still the Athlete's responsibility to know the course. GPX files of the course are available for download.

SAFETY PROCEDURES

SWIM

1. Volunteer Fire Department personnel will be stationed at the swim parking lot and in boats in the water providing rescue services if needed.
2. Race volunteers will be providing support via kayaks or SUP at the swim. Athletes may take a rest at a kayak/SUP by holding onto the bow of the board but may not advance forwards while touching the board.
3. Athletes will wear orange swim caps and personal inflatable buoys attached at the waist, both articles of gear provided by the Race. Personal buoys may not be used to advance forward in the swim. Doing so will result in a disqualification.

BIKE

4. No Rescue/EMS personnel will be stationed on the Bike course. If an Athlete or Support Crew is involved in a medical emergency, dial 911.

RUN

5. Volunteer Fire Department personnel will be stationed at the Turnipseed Campground parking lot providing rescue services if needed.
6. If a non-emergent issue arises in which an Athlete or Support Crew needs assistance, contact the Race Director and Support Crew using your cell phone. Include your GPS coordinates and physical location.
7. If an Athlete or Support Crew is involved in a medical emergency, dial 911 and tell dispatch you are part of the triathlon. Give the dispatch your GPS coordinates and physical location. Then contact the Race Director and Support Crew using your cell phone. Include your GPS coordinates and physical location. Once you have given your location to 911 dispatch, Race Director, and Support Crew, do not leave that location.

RACE SCHEDULE

All times given are Central Daylight Time (GMT-5)

Friday June 9th:

4:00pm - 6:00pm Mandatory check-in for athletes AND their support crew at the Redbud/Dogwood Pavilions in Cheaha State Park.

Saturday June 10th:

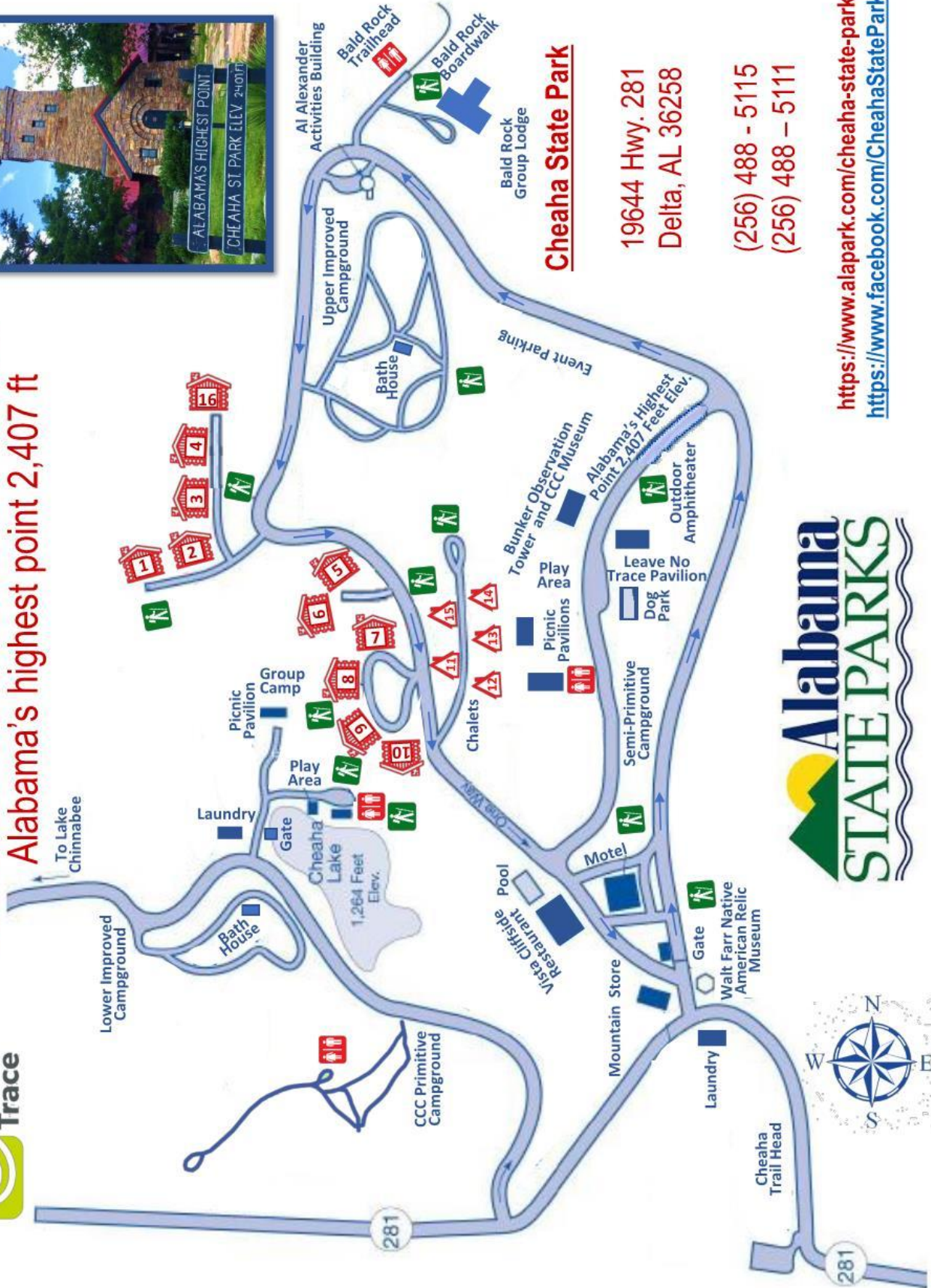
4:00am Transition 1 opens at the Swim Start at Logan Martin Lake Park

5:15am Transition 1 closes, final announcements from Race Director

5:30am Swim start

Cheaha State Park

Alabama's highest point 2,407 ft



Cheaha State Park

19644 Hwy. 281

Delta, AL 36258

(256) 488 - 5115

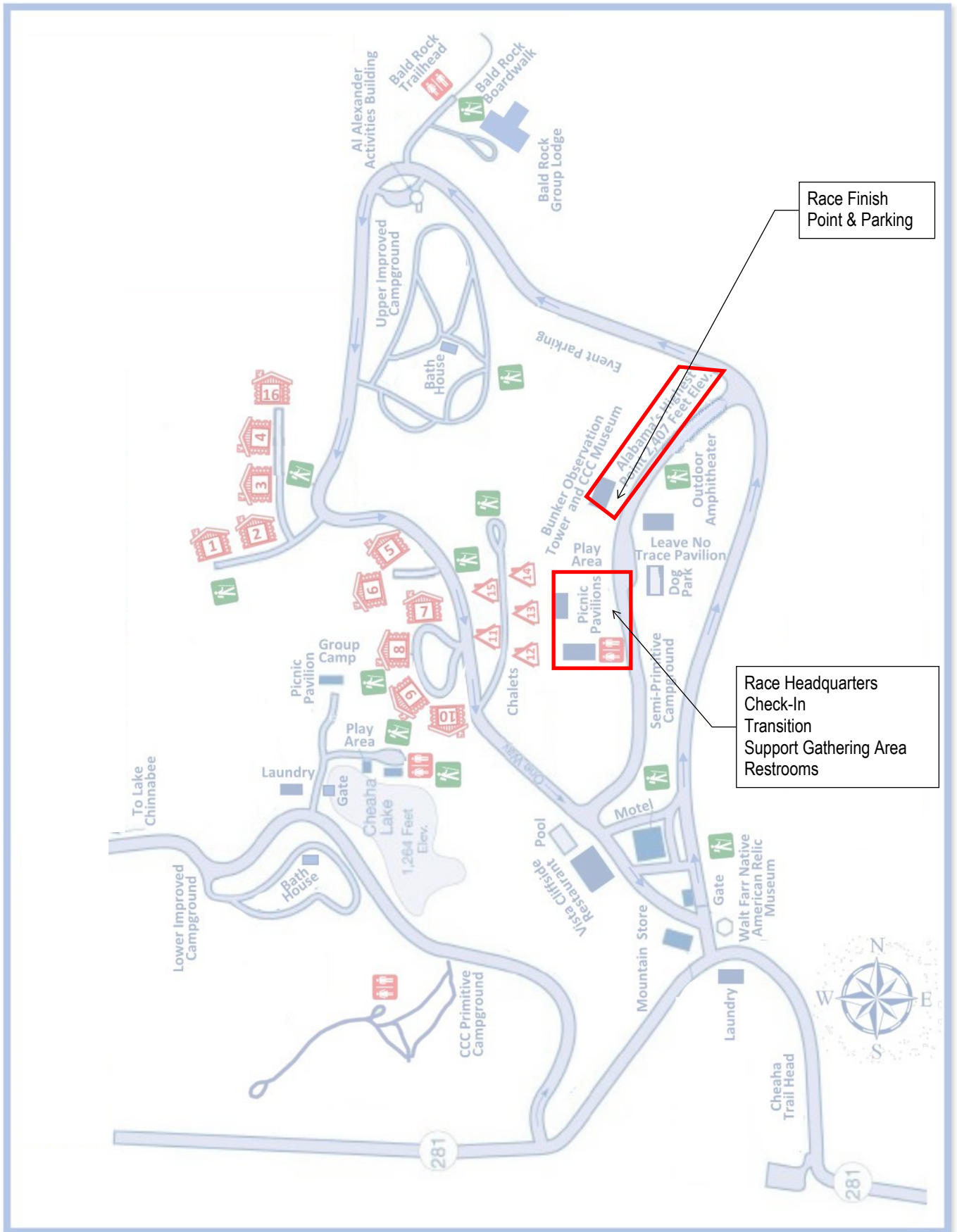
(256) 488 - 5111

<https://www.alapark.com/cheaha-state-park>

<https://www.facebook.com/CheahaStatePark/>



Cheaha State Park - Race Layout



Transition 1

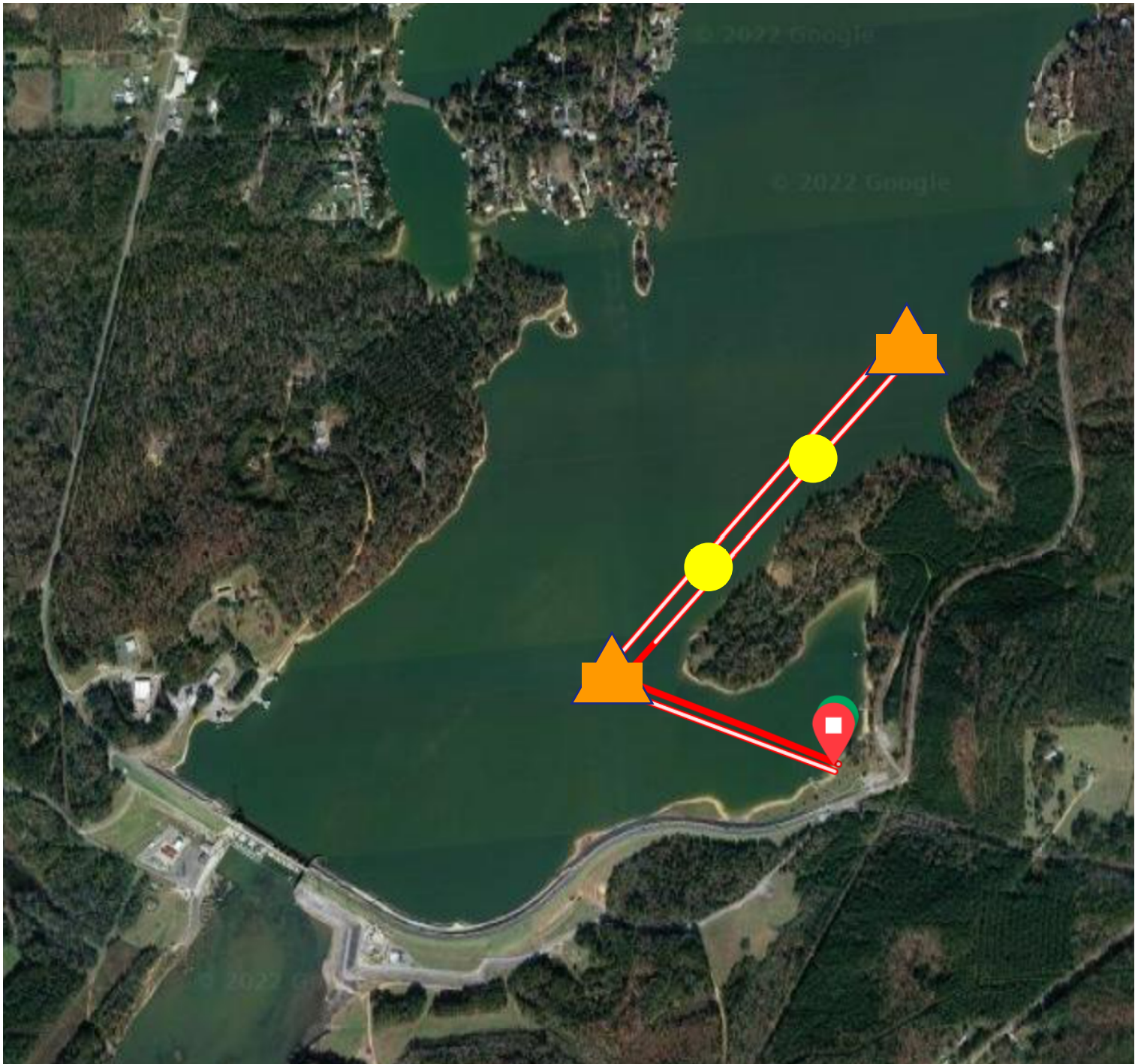
Athletes & Crew may park in the two parking lots, or along the side of the road as shown. No parking is allowed between the entrance to the first parking lot and the dam road or along the dam road. Fire/EMS will be parked next to the Restrooms. Do not block in Fire/EMS. Transition will be in the flat grassy area at the water's edge.



Swim Course, map can be downloaded from website, link
<https://ridewithgps.com/routes/39574598>

2 mile lake swim, one CCW loop

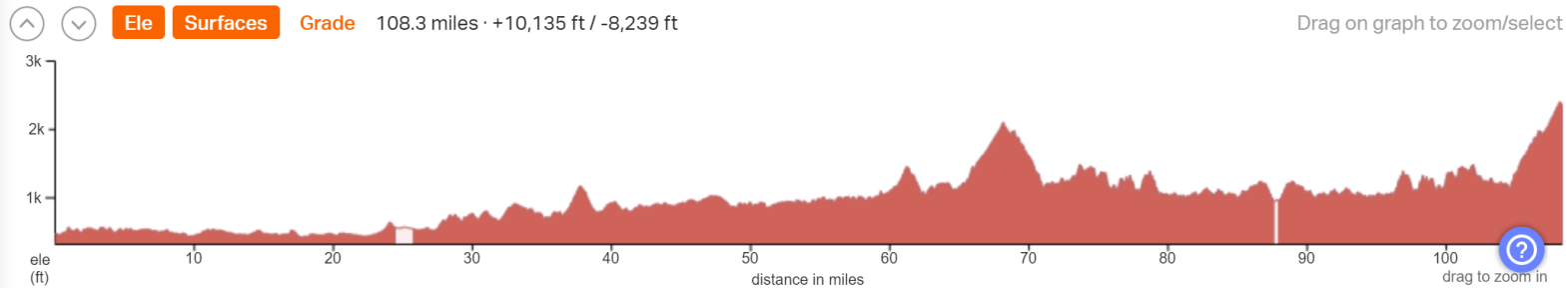
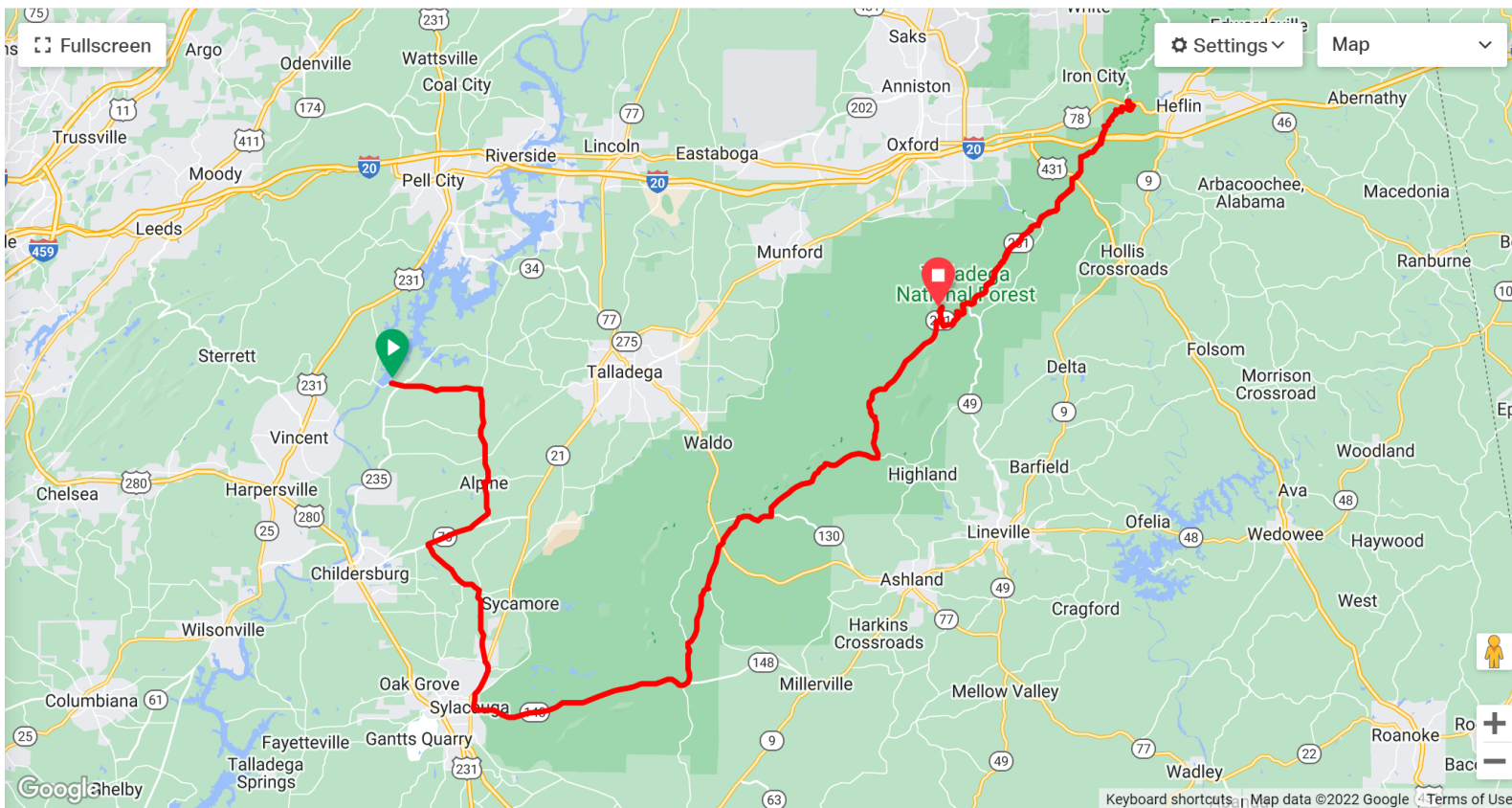
Orange triangle buoys at the dog leg turn and the U-turn
Yellow round buoys in between



Bike Course, map may be downloaded from website, link below
<https://ridewithgps.com/routes/39451807>

Turn by turn directions can be found in the cue sheet
https://ridewithgps.com/routes/39451807/cue_sheet

Turns will be marked with signage, but it is still the Athlete's responsibility to know the course



Bike Course: Suggested Support Points
 Mile 26 - City of Sylacauga
 Mile 37 - Bull's Gap trailhead parking area

Note: Prior to Mile 61 - 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 65 - Turnipseed trailhead parking area
 Mile 69 - Pinhoti Trailhead parking area
 Mile 74 - Scenic Overlook #1 parking area
 Mile 79 - Scenic Overlook #2 parking area
 Mile 87 - Scenic Overlook #3 parking area
 Mile 88 - Shoal Creek Ranger Station (turn around)
 Mile 89 - Scenic Overlook #3 parking area
 Mile 96 - Scenic Overlook #2 parking area
 Mile 102 - Scenic Overlook #1 parking area
 Mile 106 - Pinhoti Trailhead parking area

Mile 26 - City of Sylacauga



Mile 37 - Bull's Gap trailhead



Mile 61 - Adam's Gap trailhead



Mile 65 - Turnipseed trailhead



Mile 69/106 - Pinhoti trailhead



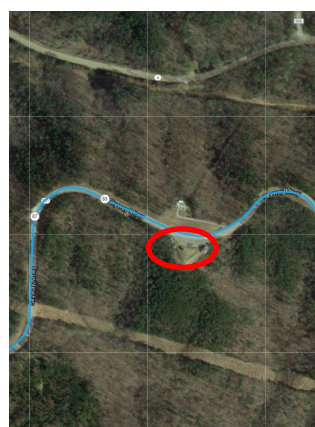
Mile 74/102 - Scenic Overlook #1



Mile 79/96 - Scenic Overlook #2



Mile 87/89 - Scenic Overlook #3



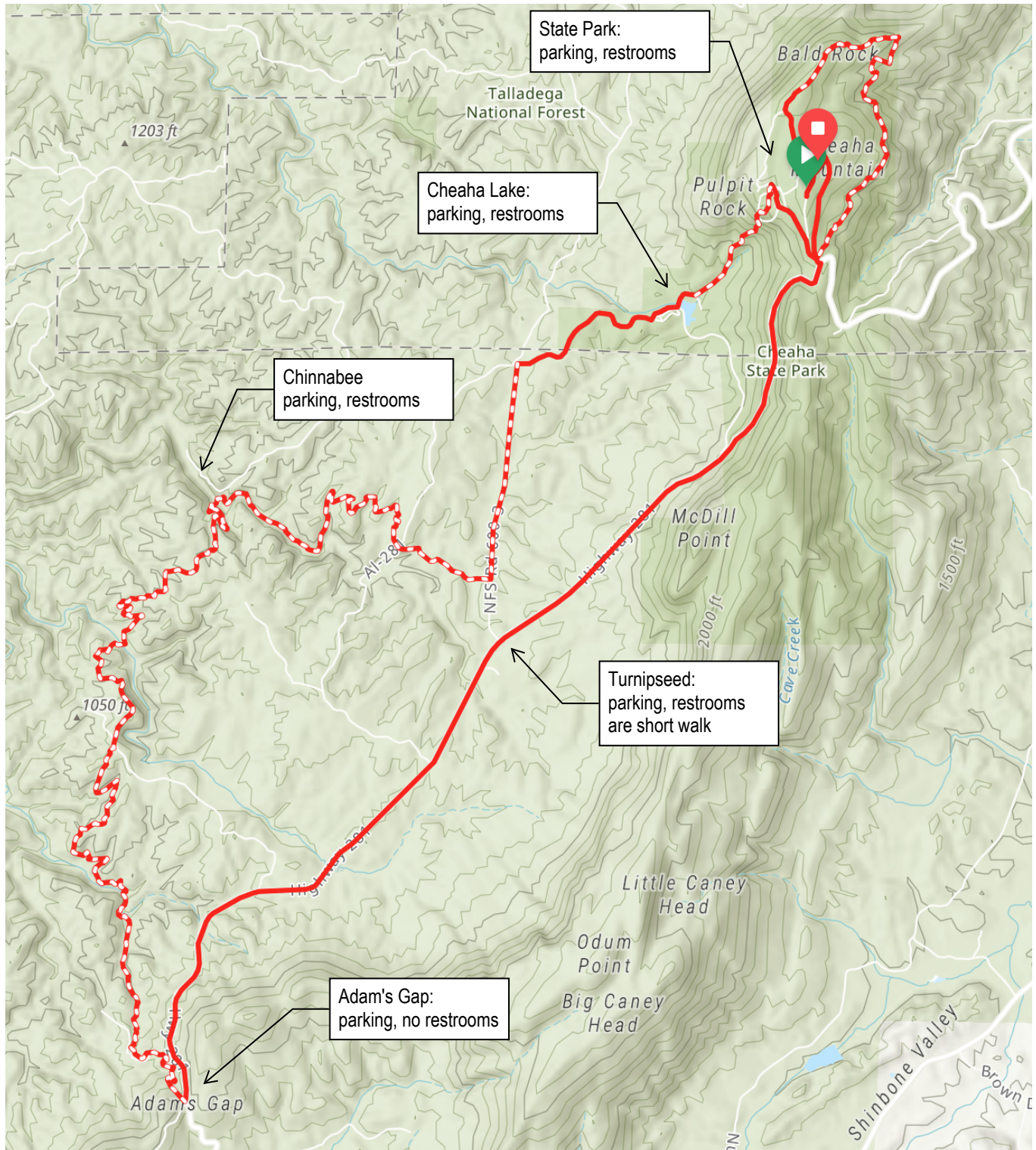
Mile 88 - Shoal Creek Ranger Station TURN AROUND



Run Course, map may be downloaded from website, link below
<https://ridewithgps.com/routes/40598680>

Vehicles must be parked in a spot in a parking lot or off the shoulder in a manner to not impede traffic flow. No parking on paved roads is allowed.

Solid lines are paved roads. Dashed lines are single track or gravel roads.



Run Course, map may be downloaded from website, link below
<https://ridewithgps.com/routes/40598680>

Course and turns will be marked with flags and tape,
but it is the Athlete's responsibility to know the course.



Run Course, map may be downloaded from website, link below
<https://ridewithgps.com/routes/40598680>

Course and turns will be marked with flags and tape,
but it is the Athlete's responsibility to know the course.

