

# Athlete & Race Day Information Guide

**BRANSON**

**MOUNTAIN MAN**

**OFF-ROAD**

**TRIATHLON**

**September 23, 2017**





## Time & Location

Saturday, September 23, 2017, race start @ 8:00 am

Table Rock State Park  
5272 MO-165  
Branson, MO 65616

## Rules & Notables

USA Triathlon: Branson Mountain Man Off-Road Triathlon is a USAT Sanctioned event. In accordance with USAT athletes will need to be conscience of the following applicable rules. Those who do not comply with these rules will not be permitted to participate in the event:

- USAT Membership – During registration athletes had to verify USAT membership. Because of this, all Athletes are required to show photo ID at packet pick up.
- Water Safety – All athletes are required to wear the provided swim cap.
- Bike Safety – All athletes are required to wear a bicycle helmet before leaving transition on the bike out and until back inside transition on the bike in.
- Handle bars – All bicycle handle bars must have the ends covered. Handle bars may not have the tubular end exposed – this is for rider safety.
- Bibs / Race Numbers – The bib, bicycle, and helmet numbers must be visible at all times.
- Wet-suits: Athletes don't need a wet-suite to participate, it's an option if water temperatures are below 78 degrees. If below 78, you are permitted to wear one and still be USAT "legal." We will take water temp the morning of the race to determine if the event is wet-suite legal.

**Timing** – Branson Mountain Man Off-Road Triathlon will be a manually timed race. For this reason, we cannot stress enough the importance of having race bibs visible.

**Bike Support** – Local bike shop will be at transition from 6:15 through the time the last athlete exits on the bike-out to give some minor tune-up support and adjustments.



## Schedule

### Friday, September 22

6:00pm - 8:00pm      Packet pick-up at pavilion at Table Rock State Park

### Saturday, September 23

6:00am – 7:30	Packet pick-up available
6:15am	Transition opens
7:45am	Mandatory Pre-race announcements
7:58am	Athletes are in the water for start
8:00am	Race begins
10:30-ish	Results & Awards
Notables	Swimmer warm-up is at the athlete's own risk. Transition area is restricted to athletes only until all athletes have completed the bike course



## Course & Transition

The course takes you through the White River Valley Trail System. This is an **OPEN COURSE!**

Meaning that there will be traffic on Hwy 165 and athletes **may need to yield to traffic** leaving transition when going to the **NORTH SIDE** of Hwy 165. The **NORTH SIDE** will be coned down the white line to give athletes a safe route from transition to the bike / run course.

### Start / Transition / Parking:

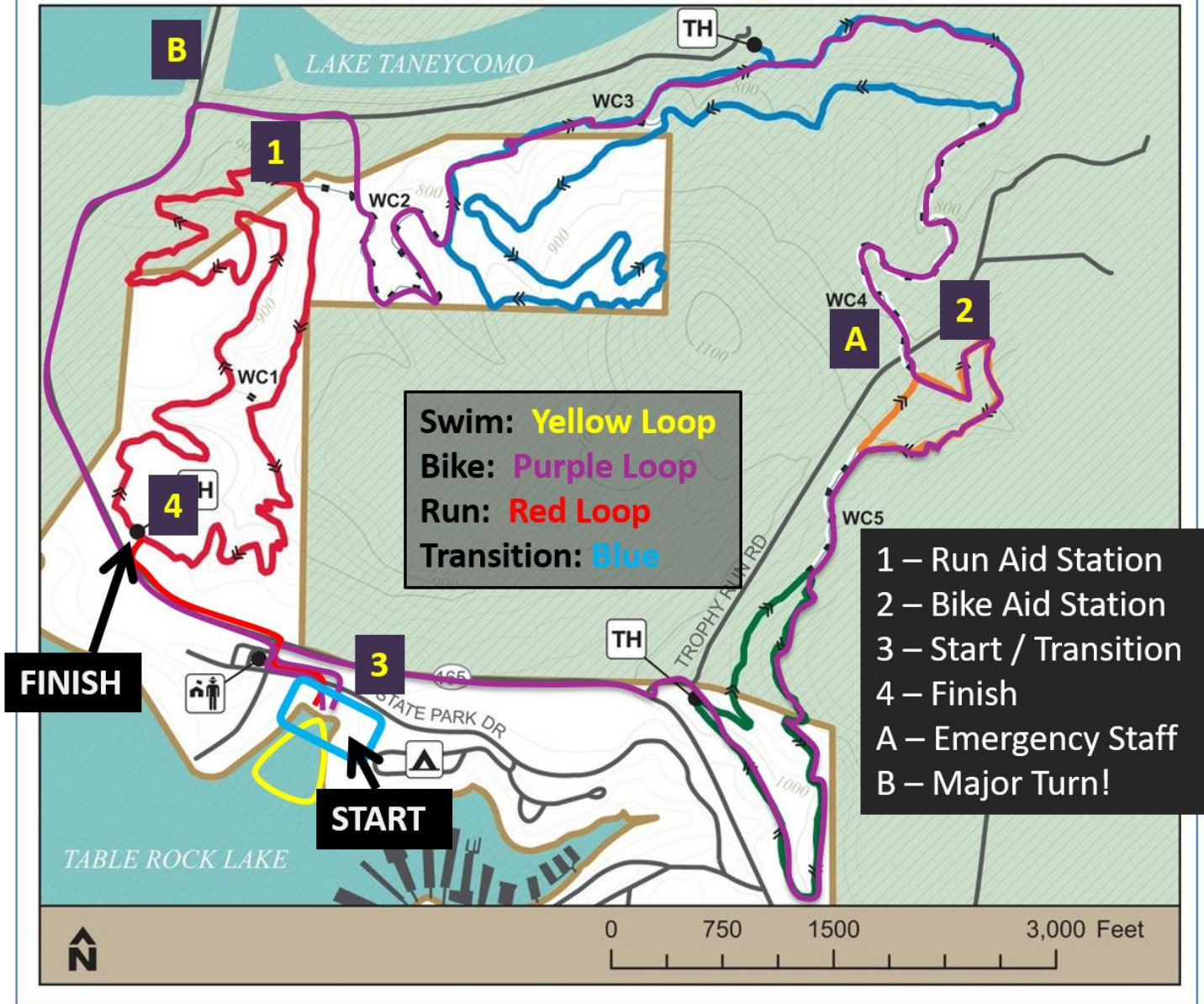




The overall course:

Table Rock State Park

# White River Valley Trail System





## Swim

500 meter swim from the shore in a mass start. Swimmers will go clockwise around the orange buoys, exit the water and take the sidewalk to transition.

## Bike

Athletes will exit transition, through the Park exit and take a left onto Hwy 165. Across from the Dewy Short Visitor Center entrance is the service road that cyclists will take right and follow the road past the parking lot and turn right onto a trail entrance (there will be signage and volunteers present).

The course will follow these steps – all will be marked with arrows / orange flagging and volunteers at all intersections:

- Right onto Connector 2
- Left onto Blue Loop
- Right onto connector 4
- Right onto Orange Loop
- Left onto Connector 5
- Left onto Green Loop
- Left out of Green Loop Trail Head to Trophy Road
- Right onto Hwy 165
- Left into Park entrance and Transition

## Run

Athletes will exit transition, through the Park exit and take a left onto Hwy 165. Approximately ¼ mile from the Park entrance athletes will turn right to the Red Loop trail head and follow the Red Loop clockwise to the finish.

The course will follow these steps – all will be marked with arrows / orange flagging and volunteers at all intersections:

- Left onto Red Loop
- BYPASS Connector 1
- BYPASS Connector 1 when coming from the other direction
- Come around to the Finish