



2018
Need To Know

Outer Banks Triathlon
& AquaBike

September 15 - 16, 2018

FRIDAY, SEPTEMBER 14TH

Event	Location	Time
Packet Pick Up/ Half & Olympic	Old Swimming Hole	2-6 pm
Mandatory Bike Drop in T1- Half & Olympic	Airport- next to Packet Pick-Up	2-6 pm
Practice Swim	Swim Entrance/ Exit	4-4:45 pm
Mandatory Athlete Meeting-Half & Olympic	Old Swimming Hole Pavilion	5:00 pm

SATURDAY, SEPTEMBER 15TH

Athlete Only-Parking at Lost Colony	Ft. Raleigh National Park	5:00-6:45 am
Run Gear Drop & Shuttles to Swim Start	T2-Lost Colony lots Ft. Raleigh	5:15-6:45 am
T1 Opens	Airport-next to Swimming Hole	5:15 am
Bike Mechanical Support T1	Airport-next to Swimming Hole	5:15-7:15 am
Swim Spectator Parking Opens	Grass Lot-Across from Aquarium	5:15 am
Body Marking & Timing Chip Pick Up	Between Packet Pick up Tent & Pavilion	6:00-7:00 am
Transition Area -T1 Closes	Airport-next to Swimming Hole	7:15 am
HALF Swim Waves Start	Swim Entrance/ Exit	7:30 am
OLYMPIC Swim Waves Start	Swim Entrance/ Exit	7:45 am
Spectator Shuttles to Ft. Raleigh & Back	Circulate Spectator Parking/Ft. Raleigh	8:30 am-3:30pm
Post -Race Party	Elizabethan Gardens-Ft. Raleigh	10:00 am-3:30pm
Olympic Awards	Elizabethan Gardens-Ft. Raleigh	11:30 am
Packet Pick/ Late Registration- Sprint Athletes	Old Swimming Hole	2:00-5:00 pm
Mandatory Bike Drop in T1-Sprint	Airport-next to Packet Pick Up	2:00-5:00 pm
Mandatory Athlete Meeting-Sprint	Old Swimming Hole Pavilion	4:45 pm

WEEKEND SCHEDULE

SUNDAY, SEPTEMBER 16TH

Event	Location	Time
Athlete Only-Parking at Lost Colony -Sprint	Ft. Raleigh National Park	5:00-6:45 am
Run Gear Drop & Shuttles to Swim Start-Sprint	T2-Lost Colony lots Ft. Raleigh	5:15-6:45 am
T1 Opens	Airport-next to Swimming Hole	5:15 am
Bike Mechanical Support T1	Airport-next to Swimming Hole	5:15-7:15 am
Swim Spectator Parking Opens	Grass Lot-Across from Aquarium	5:15 am
Body Marking & Timing Chip Pick Up	Between Packet Pick up Tent & Pavilion	6:00-7:00 am
Transition Area -T1 Closes	Airport-next to Swimming Hole	7:15 am
SPRINT Swim Waves Start	Swim Entrance/ Exit	7:30 am
Spectator Shuttles to Ft. Raleigh & Back	Circulate Airport/Ft. Raleigh	8:00 am-12:00 pm
Post- Race Party	Elizabethan Gardens	9:00 am-12:00 pm
SPRINT Awards	Elizabethan Gardens	10:30 am

Half Participants - 4:30 Hour - 8:00 Hour Race Time

HALF CUT-OFF TIMES

Swim: 9:00 AM

Bike: 1:30 PM

Run: 3:30 PM (Be at the "half turn-around" by 2:15 PM)

Olympic Participants - 2:00 Hour - 4:30 Hour Race Time

OLYMPIC CUT-OFF TIMES

Swim: 9:15 AM

Bike: 11:15 AM

Run: 12:45 PM

Sprint Participants - 1:00 Hour - 4:00 Hour Race Time

SPRINT CUT-OFF TIMES

7:30 AM - 11:30 AM



ATHLETE INFORMATION / NEED 2 KNOW

Packet Pick Up & Need2Know Triathlon & Aquabike

All athletes are required to show a photo ID.

Have your bib # ready! If you don't know your bib number, there will be a separate line up to request it. Knowing your bib number expedites the pickup process.

NO PHOTO ID, NO RACE, NO EXCEPTIONS.

USAT Rules: Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. All relay members must be present to receive the packet, or we will split up the relay packet for each participant. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Parents cannot pickup if the youth athlete is not with them.

Packet Pickup Schedule: (W/ Mandatory Bike Drop)

Location: Old Swimming Hole on Roanoke Island, 3 miles north of Manteo off highway 64. Street Address: Old Swimming Hole, 410 Airport Rd., Manteo, NC 27954.

Park in the field across from the Aquarium for packet pickup. Follow road to the covered pavilion near the water. For Race Day parking info see below.

2018 Changes in Race Day Participant Parking Location - PLEASE READ!

Night Before Your Race: Mandatory bike drop at transition one (packet pick up location) during the packet pickup times only. Please come to packet pick up with your bike and bike gear with you to be placed at transition one. Nutrition/Hydration can be brought with you on race morning. You'll be shuttled to the start from athlete parking at Fort Raleigh on race day morning.

Race Day Morning: Allow yourself some extra time by arriving a little earlier. You'll be parking at T2 at Fort Raleigh National Park in the Lost Colony Parking lot. Here, you'll be leaving your running gear behind at your specified bike rack and taking our shuttle over to the start.

PLEASE NOTE: Only vehicles with registered bib holders will be allowed into Fort Raleigh. Spectators will be allowed to shuttle to the start with their athlete and take a shuttle back to the finish during one of the scheduled shuttles running throughout the day. Spectators with their own vehicles must park at the swim start in the grass lot across from the aquarium and shuttle to Fort Raleigh/Finish, **NO EXCEPTIONS!!**

****Last shuttle to swim start from Fort Raleigh is at 6:45 AM!****

Transition 1 Gear Bag: Using the drawstring bag received at packet pick up, place all swim gear and morning items into the bag that will be transported to the finish for pickup post race. Please ensure BEFORE race day that the bag provided is of sufficient size to fit all your items. We will not transport any other items left behind. Your race number must be clearly written on the label provided in the packet pick up bag so that you may identify it upon pick up at the finish.

Please Note: Bike mechanical support including air will be available in T1. We encourage you to travel lightly. If our provided bag is too small, we will accept your personal bag, no bigger than a standard back pack, which also must be clearly labeled.

Friday, September 14, 2018 Hours: 2:00 pm to 6:00 pm - Packet pick up (HALF & OLYMPIC ONLY) is under the tent located near the covered Pavilion. (Not inside the Aquarium bldg.)

Have your ID and Bib # ready. This will help expedite the process. Be prepared to show your USAT card if you have one.

5:00 pm - Olympic & Half Participant Meeting at the covered Pavilion. Lisa Lambeth, USAT official will talk about USAT course rules including the most common violations. Jenny Ash, OBSE Race Director will present a course review followed by a Q & A.

Saturday, September 15, 2018 Hours: 6:00 am - 7:00 am

Chip Pick up and Body marking station, are located between the pavilion and the packet pick up tent.

NO RACE DAY PACKET PICK UP DUE TO MANDATORY BIKE DROP AT FRIDAY'S PACKET PICK UP!!

IMPORTANT: You must show your bib to be body marked and to pick up your chip. Transition area closes at 7:15 am. Remember, the last shuttle leaves from Fort Raleigh at 6:45 AM.

Saturday, September 15, 2018 Hours 2:00 pm - 5:00 pm: Packet pick up for Sprint athletes. Mandatory bike drop during these hours only.

4:45 pm - Sprint Participant Meeting at the covered Pavilion. Lisa Lambeth, USAT official will talk about USAT course rules including most common violations. Jenny Ash, OBSE Race Director will present a course review followed by a Q & A.

Sunday, September 16, 2018 Hours 6:00 am - 7:00 am: Timing Chip Pick up and Body marking station are located between the pavilion and the packet pick up tent. **NO RACE DAY PACKET PICK UP DUE TO MANDATORY BIKE DROP AT SATURDAY'S PACKET PICK UP!!**

IMPORTANT: You must show your bib to be body marked and to pick up your tag. Transition area closes at 7:15 am. Once closed you cannot re-enter. Remember, the last shuttle leaves from Fort Raleigh at 6:45 AM.

<p>HYDRATION/AID STATIONS</p> <p>Run Course Aid Stations will be at (near) each Mile Marker and one at the Start. Water, Gatorade, & Honey Stinger gels in assorted flavors will be available at select aid station</p> <p>Bike Course Olympic & Half water bottle hand-off at turn arounds. Banana halves at Half turn around. Pretzel sticks on the Olympic and Half Run course.</p>	<p>PORTA JOHNS</p> <p>Swim Start Near Transition At/near all Run Course Aid Stations Finish Area</p>
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POST RACE FOOD AND BEER! - After you finish, head back to the Elizabeth Gardens to celebrate your accomplishment with family, friends and other athletes.

WETSUIT WAVE – ON RACE MORNING the USAT official will sample the water temperature and determine if it is wetsuit legal. A water temp under 78 degrees allows athletes to wear wetsuits and receive awards. If the temperature is 78 or higher a separate wave will be added for those who choose to wear a wetsuit. These participants will not be eligible for overall or age group awards. There will be a signup sheet for this wave located at the packet pickup tent. If water temp of 84 degrees or higher is taken, no wetsuits will be allowed.

TRI OUTER BANKS SPORTS will be the exclusive OBSE on-site Triathlon vendor. Visit them for wet suit and bike rentals and all your Triathlon needs. www.outerbankstrisports.com or call them at 252-715-3278.

Welcome Manteo Cyclery as our new mechanical support on race morning! They will be available at Transition for Bike Assist and Safety Check. Remember to check your equipment before you show up at the event site.

Official 2018 Outer Banks Triathlon retail items will be available for purchase at the Pavilion! Hats, visors, Tech shirts, long sleeved T's!

LOST & FOUND will be located near the Packet Pick up tent.

Relay Teams Instructions

- Relay team members will check in individually to pick up their packet. Bring your ID and Bib #.
- Each relay member will receive a bib with the team number on it. The runner is required to wear the bib.
- Relay team timing tag will be picked up by the swimmer on the morning of their heat.
- This timing chip will be shared/transferred between all team members. Team Members **MUST** transfer the Velcro strap & timing chip while inside the Transition Area. The strap & chip **MUST** be securely fastened around your ankle before exiting transition. Place chip on outside of ankle.
- This chip will have the corresponding Relay team bib number printed on it.
- Chip **MUST** be returned to the OBSE volunteer in the Finish chute.

Reminder: Relay "Runner" must be at T2 at Fort Ralieggh ready to meet their incoming biker. Allow plenty of time for arrival and know the predicted arrival time of your biker. *Sunday it would be advised to arrive early at T2 and stay there as the event is much shorter.

AQUABIKERS

Finish time is your bike-in time to transition. Return the timing chip to the volunteer at the Aquabike Finish Tent, then proceed to the Finish area to collect your Finisher's medal.

Finish Line Etiquette

At the Finish Line athletes should be aware of the other athletes Finishing behind them. Please do not congregate in the chute. Move along and celebrate at the Post Race Party!

Thank you for choosing the Outer Banks Triathlon!

SAVE the DATE for 2019! September 14-15, 2019

**2019 REGISTRATION OPENS MONDAY SEPTEMBER 17TH! EARLY BIRD PRICING ON ALL 2018 TRI PRICES!
REGISTER AND SAVE UNTIL 10/1/2018**

Most Common Rules Violations - USAT

- 1. Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. **Penalty:** Disqualification
- 2. Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. **Penalty:** Disqualification on the course; Variable time penalty in transition area only.
- 3. Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. **Penalty:** Variable time penalty
- 4. Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. **Penalty:** Variable time penalty
- 5. Drafting:** Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. **Penalty:** Variable time penalty
- 6. Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. **Penalty:** Referee's discretion
- 7. Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. **Penalty:** Disqualification
- 8. Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. **Penalty:** Variable time penalty
- 9. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. **Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.
- 10. Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided,

however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. **Penalty:** Variable time penalty

Variable Time Penalties *For a complete list of rules, please refer to the most up-to-date [USA Triathlon Competitive Rules](#)*

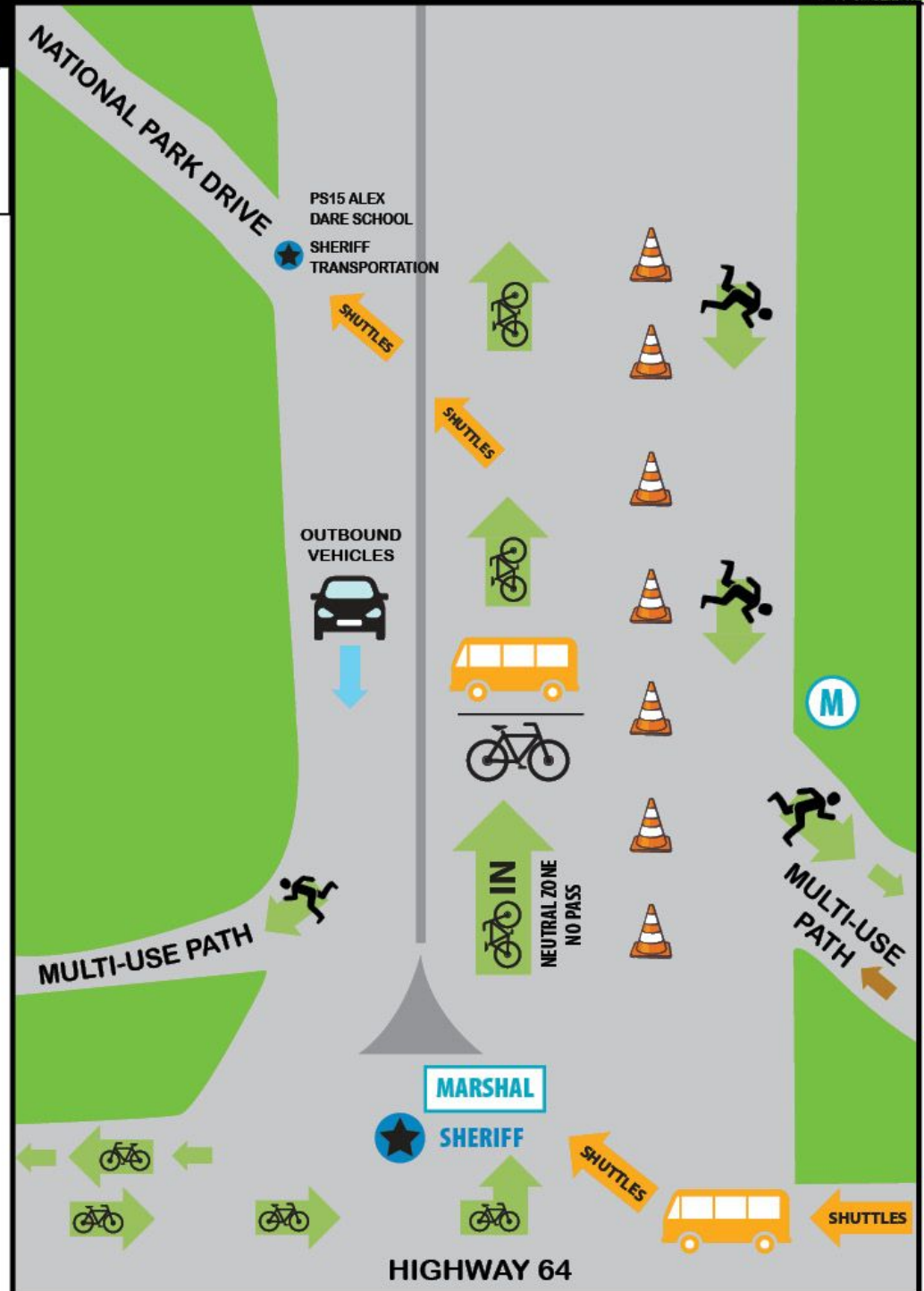
Distance Category	First offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification

Course Maps

Ft. Raleigh Entrance



map key



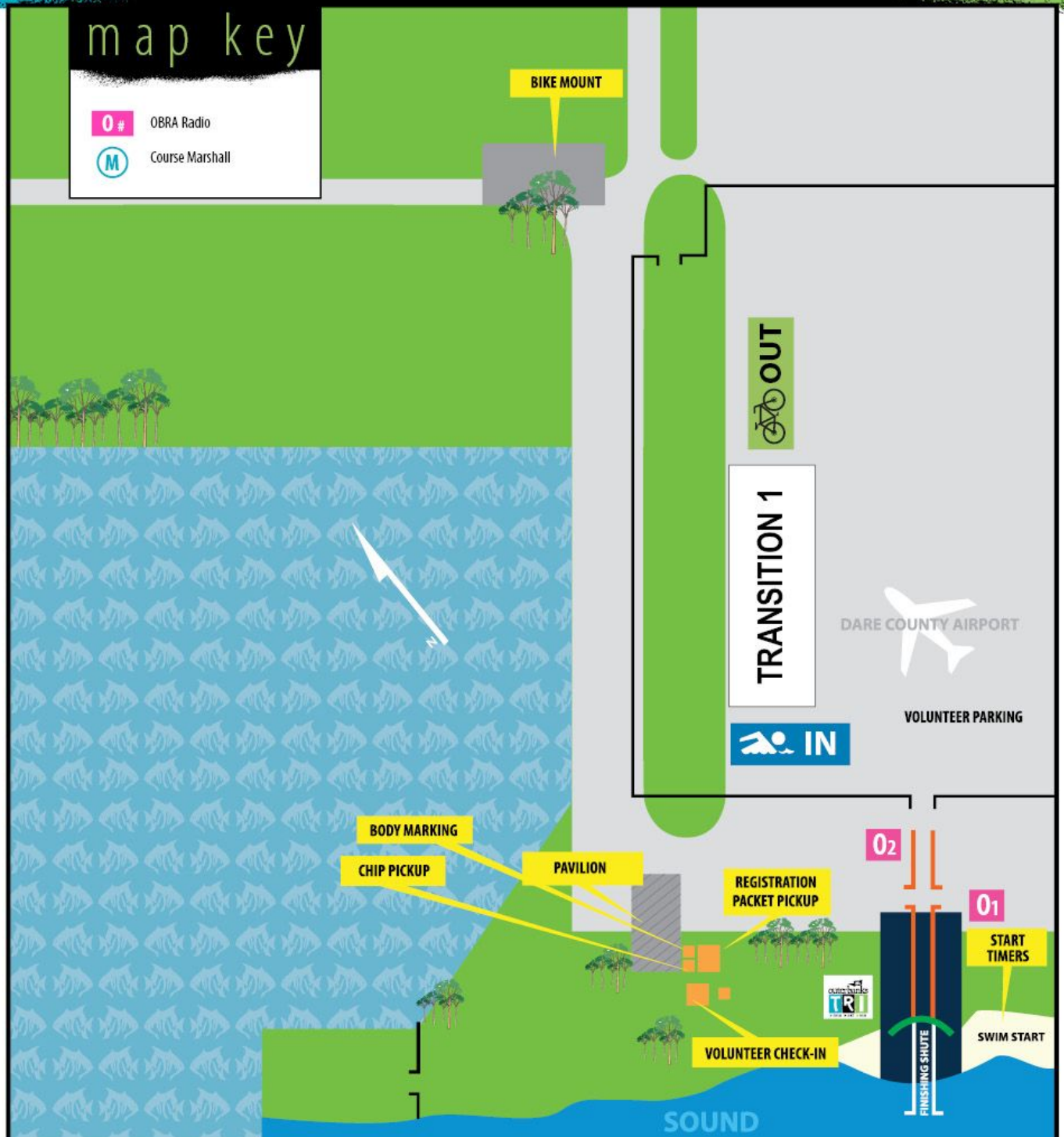


start/transition 1



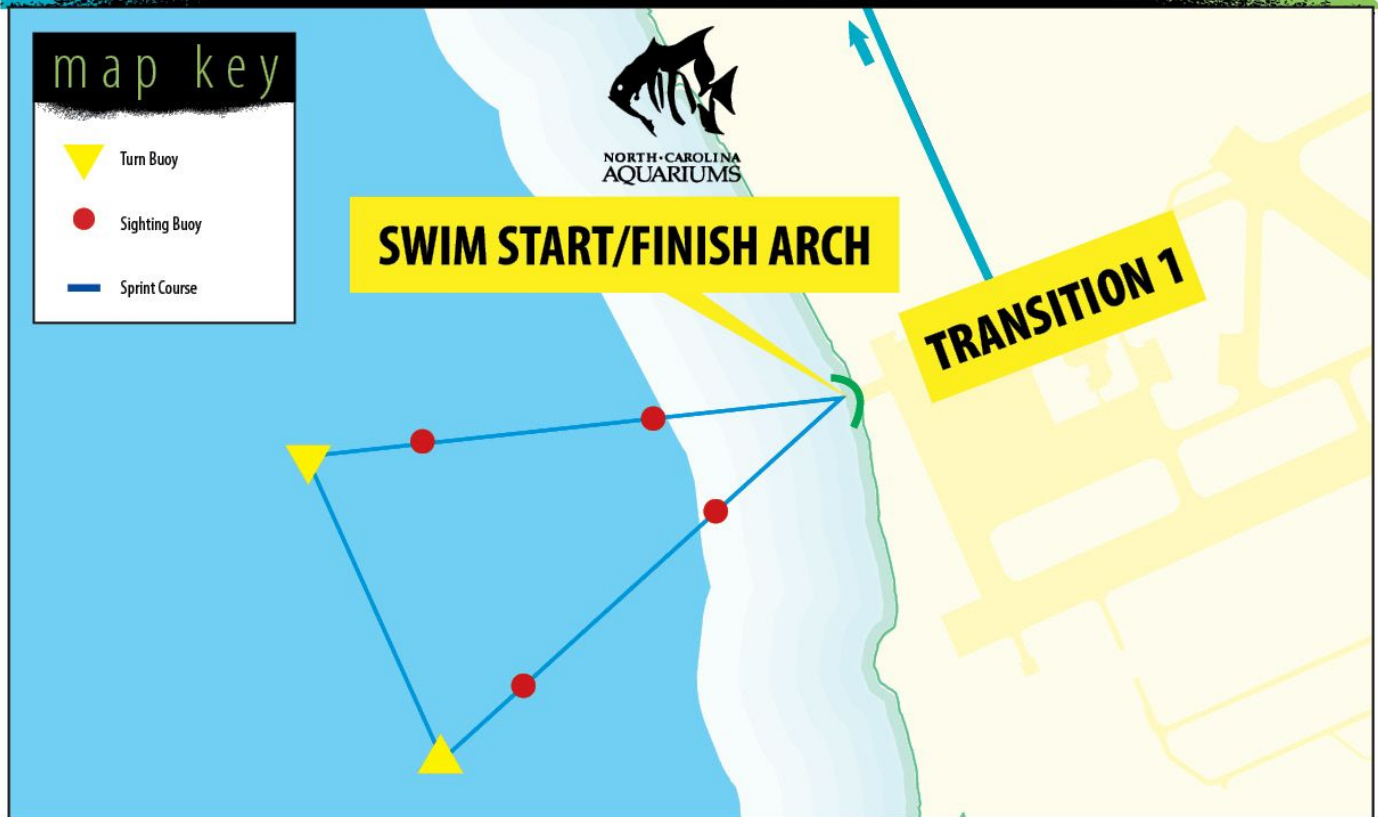
map key

- O #** OBRA Radio
- M** Course Marshal



transition 2/finish







sprint **BIKE**

Sept. 16 2018

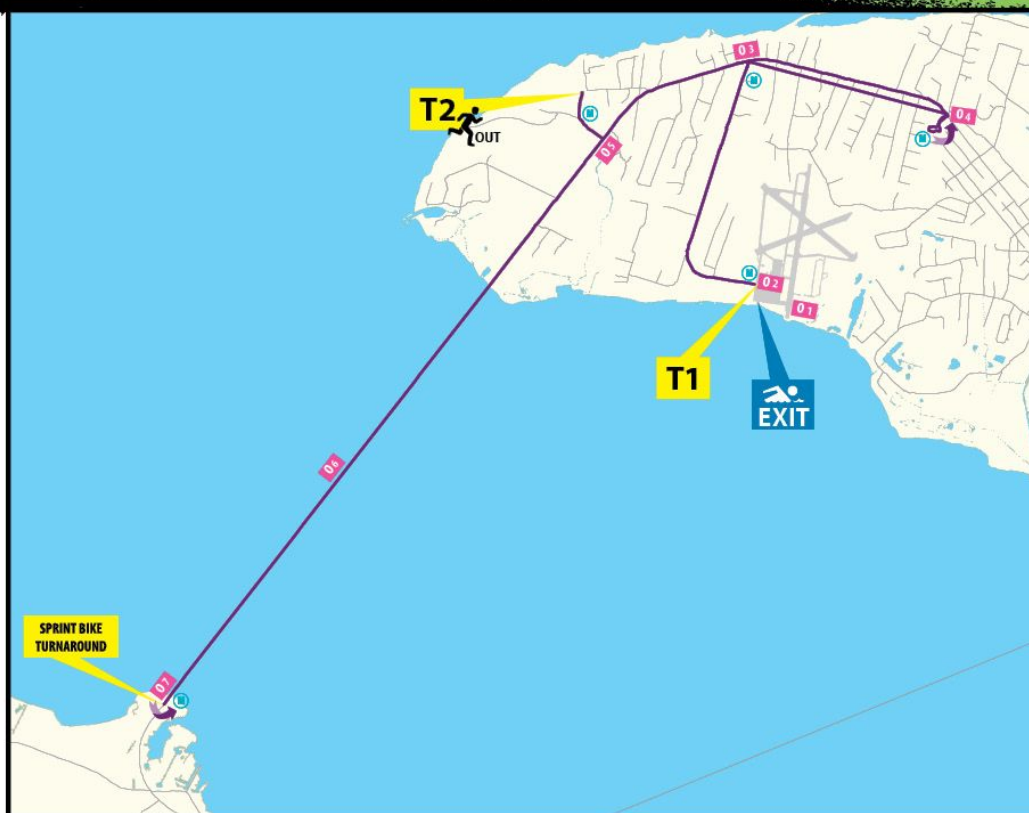


map key

— Sprint Bike Course

O# OBRA Radio

M Course Marshall





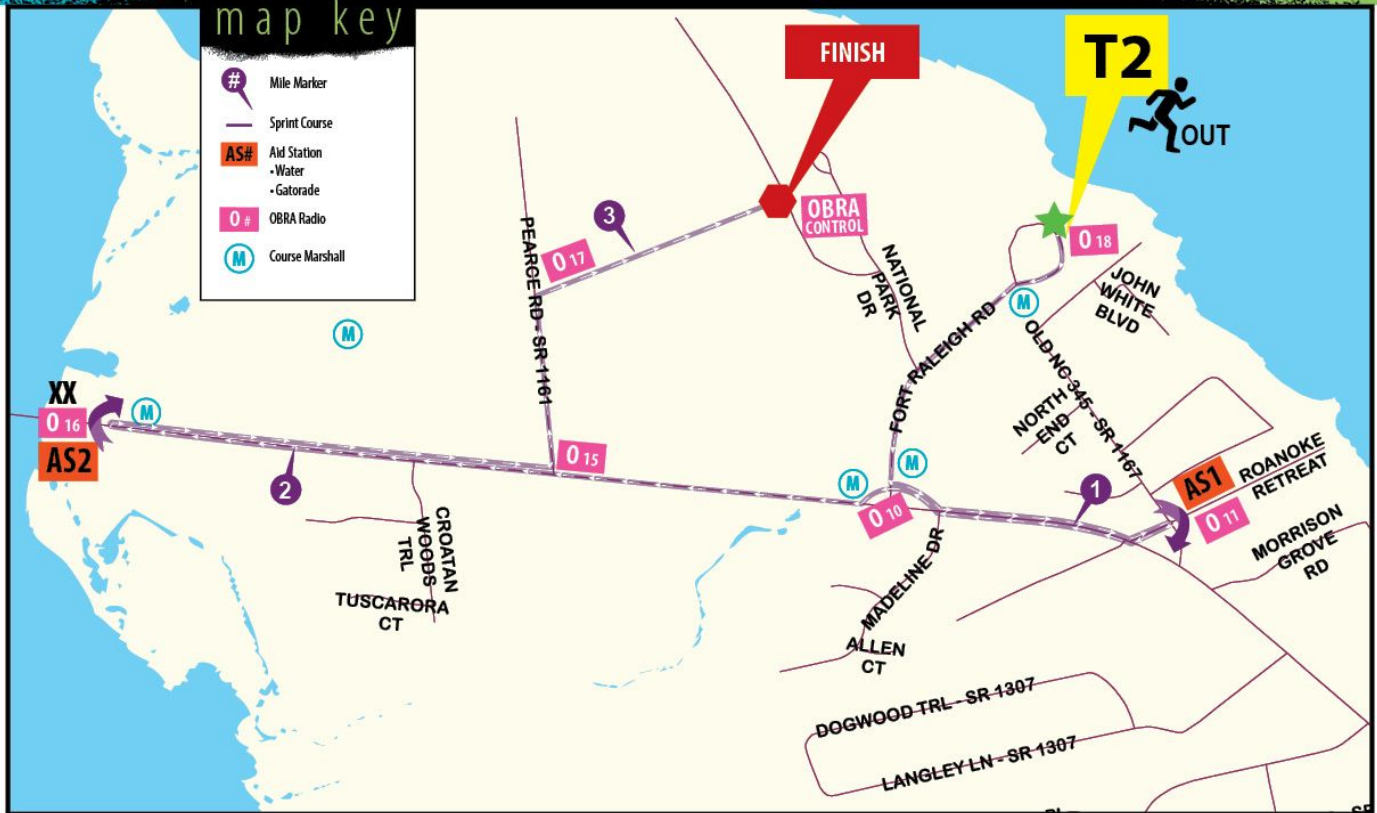
sprint RUN

Sept. 16 2018

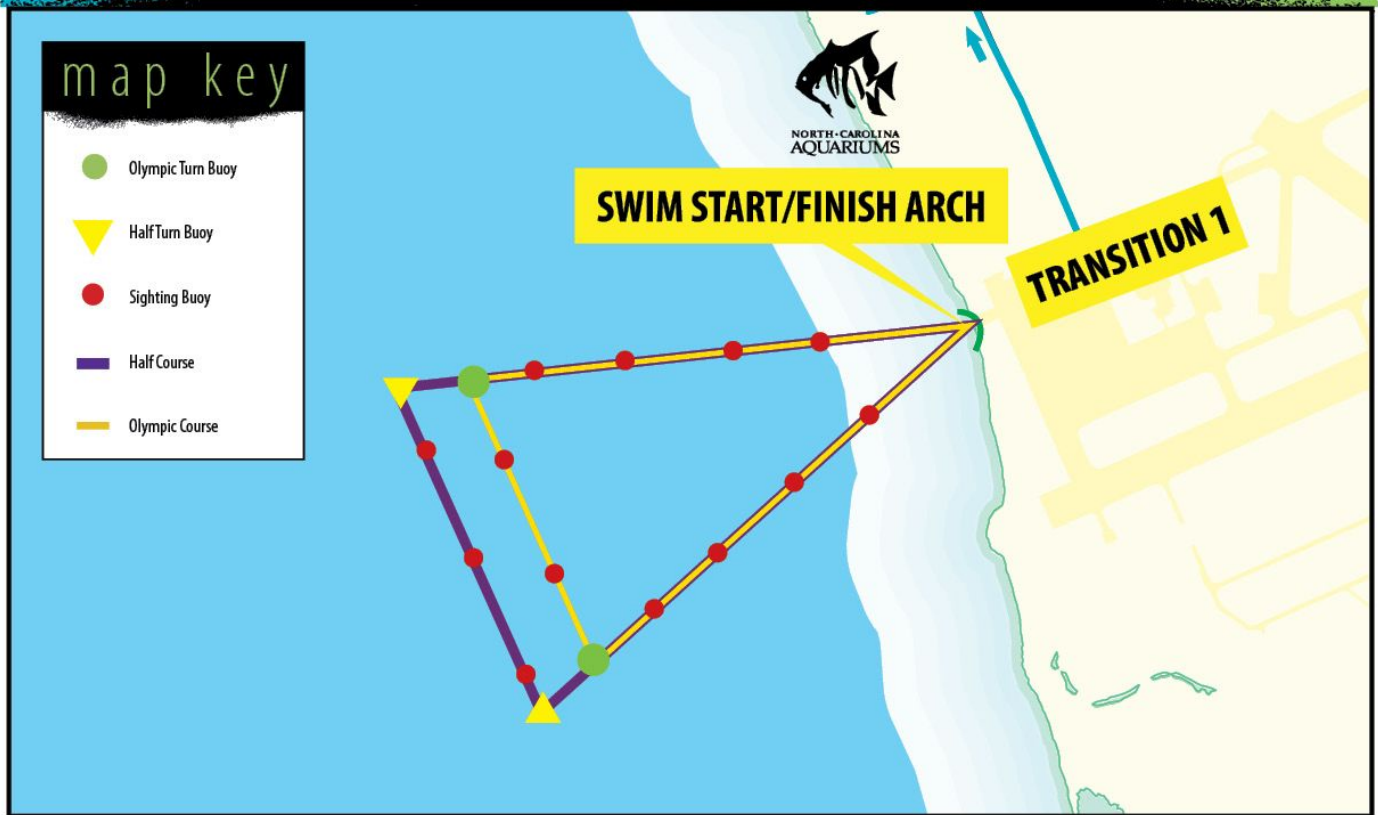


map key

- # Mile Marker
- Sprint Course
- AS# Aid Station
• Water
• Gatorade
- O# OBRA Radio
- M Course Marshal

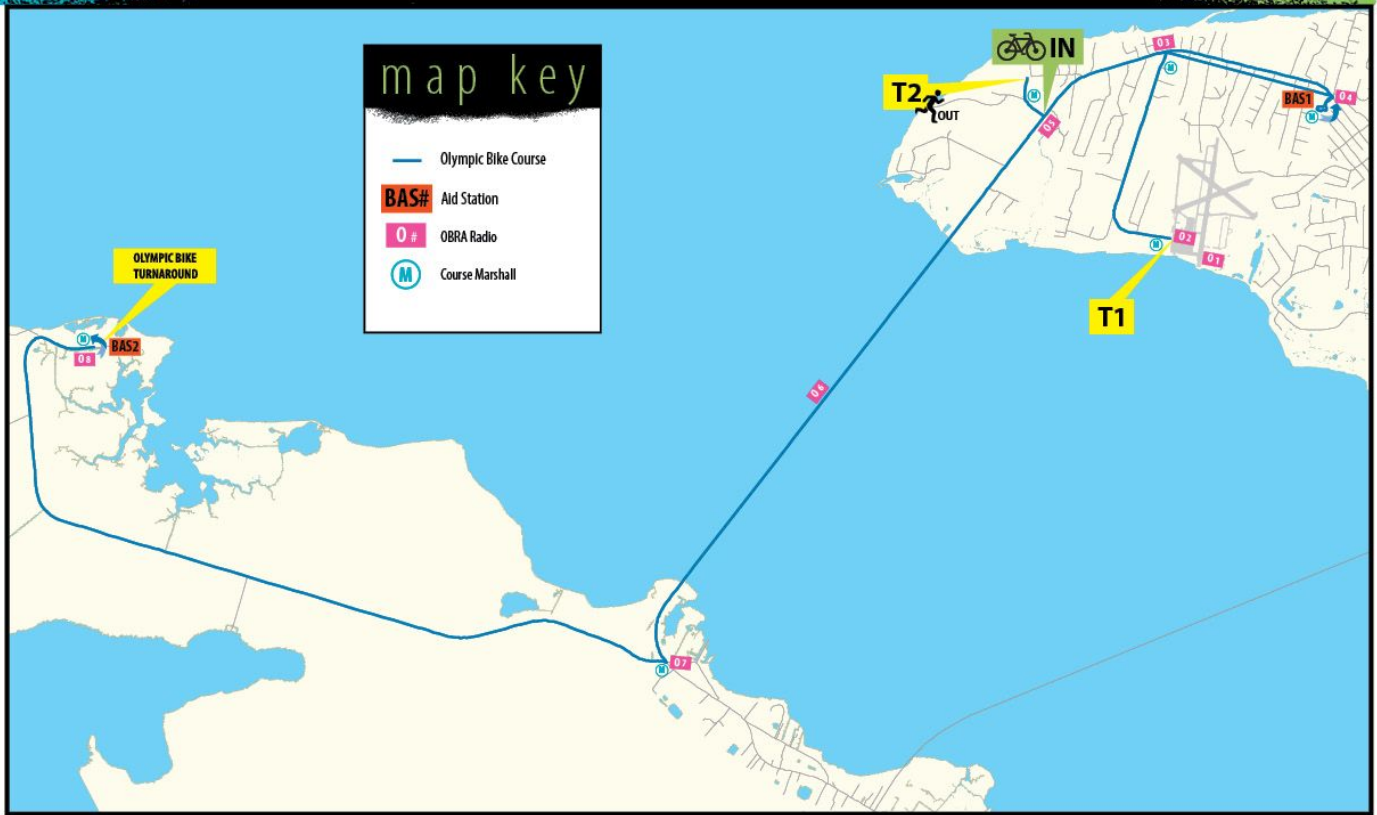


half & olympic SWIM





olympic **BIKE** Sept. 15 2018





olympic RUN

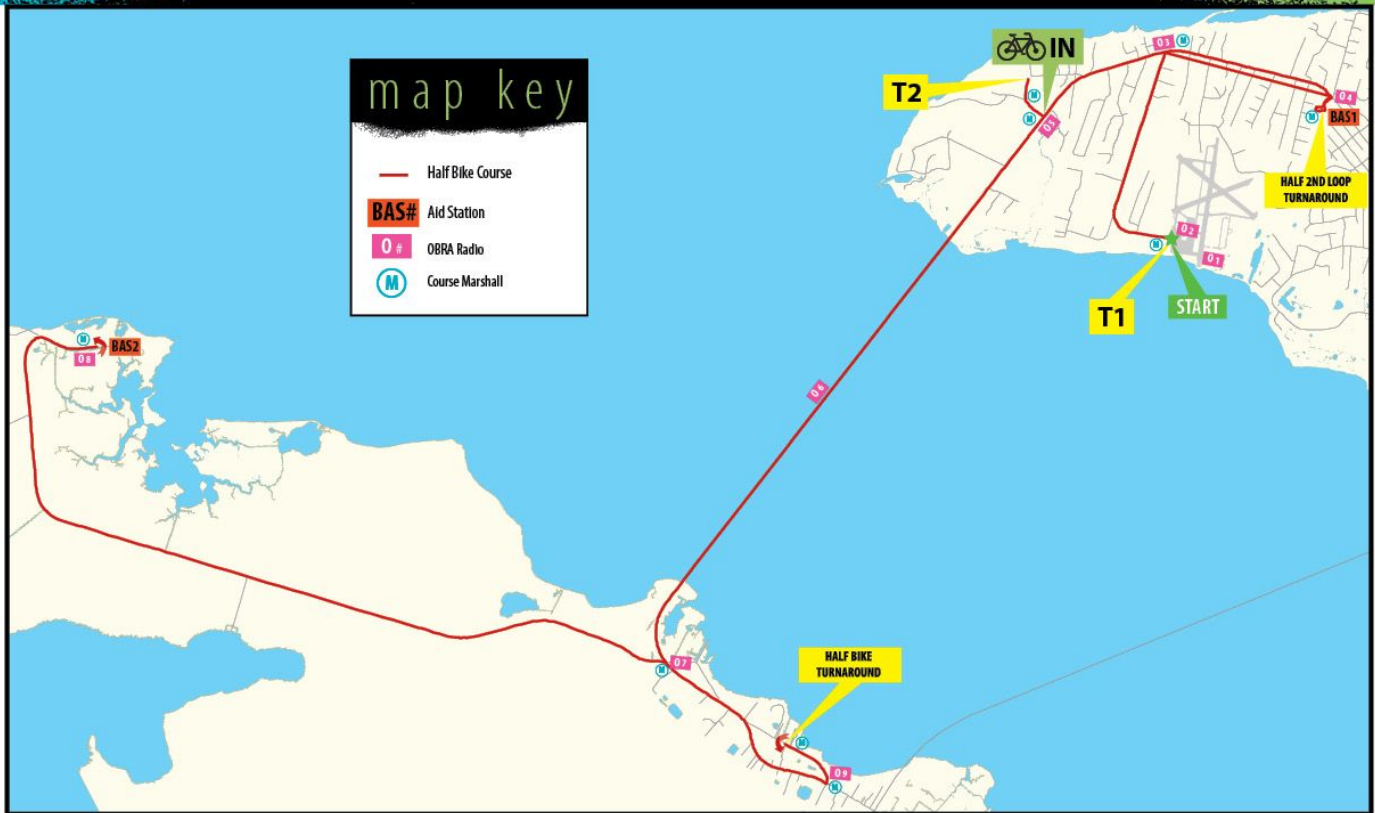
Sept. 15 2018



map key

- # Mile Marker
- Olympic Course
- AS# Aid Station
 - Water
 - Gatorade
 - GEL at AS2 & AS3 (MM 4.25)
- O# OBRA Radio
- M Course Marshal







half RUN

Sept. 15 2018



map key

Mile Marker

— Half Course

— Repeat loop 2 times

AS# Aid Station

- Water
- Gatorade
- GEL at AS2, AS4 & AS6

O# OBRA Radio

M Course Marshall



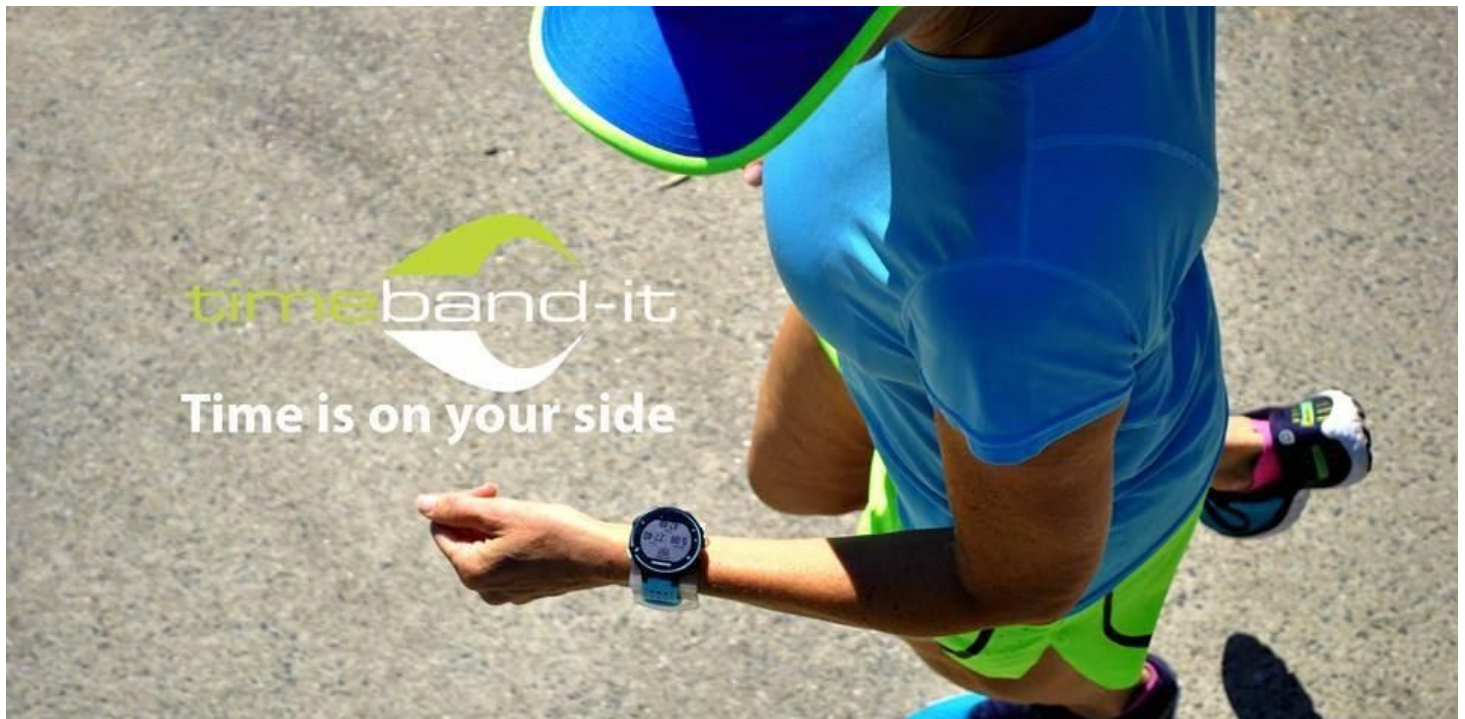
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Bib Look up
Maps
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Visit the Tri Outer Banks Sports retail tent to find out more!



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PIZZA HUT
RAMADA INN
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SUGAR CREEK RESTAURANT
SUNNY DAY GUIDE
VILLAGE REALTY

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Special Thanks

GARDEN DELI & PIZZERIA
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**AND OUR MANY
VOLUNTEERS!!**