

**Indian Creek**  
**TRIATHLON**

**2019 Race Guide**

# Packet Pickup

We encourage all athletes to pick up their packets BEFORE Sunday. This will make race morning easier for you and for us.

## Locations and Times

### Thursday-Baton Rouge June 6, 2019

Location:

Buffalo Wild Wings  
7524 Bluebonnet Blvd.,  
70810

Times:

3:00pm – 7:00pm

### Saturday-Alexandria June 8, 2019

Location:

Academy Sports + Outdoors,  
3205 S. MacArthur Dr., 71301

Times:

12:00pm – 4:00pm

### Friday-Lafayette June 7, 2019

Location:

Academy Sports + Outdoors,  
301 Louisiana Avenue, 70501

Times:

2:00pm – 6:00pm

### Saturday-Alexandria June 9, 2019

Location:

Transition Area  
100 Campground Rd.,  
Woodworth, LA 71485

Times:

5:30am – 7:00am

## Late Registration

Online Registration: will be open until Saturday at 4:00pm. You can register online and go to ANY of the above locations to claim a packet.

In-Person Registration: You can register in person at Packet Pickup Thursday, Friday or Saturday is \$110. Registering in person race morning is \$120.

You MUST be able to show valid USAT membership or purchase a one-day license for \$15 if registering in person. SWAG is NOT guaranteed to people registering at packet pickup or race day.

You can pick up your packet at ANY of the above locations regardless of which site you selected during the registration process.

## Procedures

Only YOU can pick up your Race Packet and Race Bib. This is a USAT rule and as Indian Creek Triathlon is a USAT Sanctioned event we will abide by these rules. Please have your photo ID and USAT card or one day license present to prove that it is in fact you who is picking up your packet.

## What if I miss all Pre-Race Packet Pickups?

Any unclaimed packets will be brought to the race site for race day packet pickup. Please bring your Photo ID and USAT membership card to transition on race morning. Packet pickup will be from 5:30-7:00am.

## T-shirt Exchanges

We will only be able to provide you with the shirt size you requested during registration. If the fit isn't quite right or if you selected a wrong size, please bring your shirt with you to the race. After the race we will allow any t-shirt swaps that we have shirts left for. If you registered after June 2nd, we cannot guarantee your shirt size.



# Race Day Schedule

5:30 – Transition, Packet Pickup, and Race Day Registration opens

6:45 – Water support on the water, swim warm up allowed

7:00 – Packet Pickup and Race Day Registration closes

7:15 – Transition closes (everyone OUT)

7:20 – Pre-race announcements on the beach

7:30 – Race Starts (start details below)

8:50 – Anticipated first finishers

9:30 – Transition expected to open  
(closed until last bike is off the course)

10:15 – Anticipated final finishers

10:30 – Awards and door prizes

11:00 – Party on, but we will start to pick up

## Course Cutoff Times

Swim - 8:30am

(This allows minimum 40 minutes to swim 880 yards or  
4:30/100 yd pace)

Bike – 10:00am

(This requires a 13.5 mph average for 18 miles)

Run – 11:00am

(This allows a 19:20/mile pace for 3.1 miles)

## Directions

100 Campground Rd., Woodworth, LA 71485  
Google Maps will tell you to turn on Forestry Rd.  
**DO NOT DO THIS**

### From I-49:

Take exit #73 (Hwy 3265 / Robinson Bridge Rd.)  
Travel WEST along Robinson Bridge Rd. for ~2.0 miles  
Turn LEFT onto Indian Creek Rd. and travel ~1.3 miles  
Turn LEFT into Indian Creek Recreation Area  
The transition area is ~2.0 miles down this road on the left  
Parking is a ¼ mile PAST transition

### **DO NOT SPEED AT ANY POINT WHEN YOU GET OFF THE INTERSTATE**

The police take their speed limits VERY seriously and that is a good thing. Safer roads for you to ride on....

## Park Admission

You will pass a guard house along the road into the park. Please let them know you are racing, and you will not have to pay. If any spectators are coming to watch, there is a \$7 fee per car to get into the park. Please understand that these fees keep this park open and beautiful and are a small price to pay for this venue. FRESHJUNKIE Racing pays the entrance fee on the athlete's behalf for every racer that enters the park, but spectators in separate vehicles need to pay.

## Parking

DO NOT park along the main road or around the transition area. You will be parked in your own way on the race course and may get towed. Instruct your family and friends of this as well. There will be PARKING signs and an attendant to help guide you to your spot.

# Race Day Registration and Packet Pickup

Race Day registration and packet pick-up will be available from 5:30 – 7:00am for those last-minute race deciders you know. The fee will be \$120 per person on race day, and we can't guarantee any race SWAG for race day registrants. Bring your photo ID and USAT card. If you don't have a valid USAT membership you will be required to buy a one day license for \$15.

Please plan to arrive early if you are getting your packet race day. That gives us time and you time with no hectic last-minute rushing.

## Transition

There are restrooms in the pavilion where the finish area is and restrooms and showers in the bathhouse near the beach where the swim is located.

Body Marking: race number on both upper arms and race age on left calf.

**ONLY ATHLETES ARE ALLOWED IN TRANSITION AREA!!!**



Be sure your handle bars have proper bar ends in place and that your helmet is a proper fitting bike helmet.

We will have a USAT official on site. If your leg goes over your bike you MUST have a helmet on. This goes for BEFORE and AFTER the race. The penalty is disqualification for the day. WEAR YOUR HELMETS!!!

**Bike Rack Assignments:** The racks will have signs on the ends identifying which numbers go on that row. 8 bikes will need to fit on each rack (4 on each side of the bar) so please be considerate of your fellow triathletes with your stuff and RACK BY YOUR SEAT.

We are using disposable timing chips with an ankle strap. You will be given your disposable timing chip at packet pickup. DO NOT FORGET YOUR TIMING CHIP!!

**SWIMBIKERUN**

## Swim Waves

This year we will utilize a rolling swim start instead of mass wave starts. Swimmers will be asked to self-seed themselves by anticipated swim finish time or average 100 yard pace time. Faster swimmers will be seeded in the front and slower swimmers will be seeded in the back. All swimmers **MUST** cross the timing mat that will be located at water's edge to begin the race. Swimmers will enter the water one swimmer every 3 seconds. The first swimmer will go at 7:30am when the cannon is shot and the last swimmer should enter the water before 7:50am. We think this change will make a safer and more enjoyable swim for all our participants



We will abide by the USAT ruling for wetsuits which **DOES NOT ALLOW** wetsuits when the water temperature is over 84 degrees. We do **NOT** expect the swim to be wetsuit legal or optional, but a prepared triathlete would bring a wetsuit just in case.

Swim caps will be given to you at packet pickup. Please wear the provided swim cap.

There will be kayaks, paddle boards and sheriff boats on the water for support. You are allowed to hold on to any of these things as long as they do not give you forward progress. Should you want to withdraw from the race, let a swim support volunteer know and they will assist you. Make sure to turn your timing chip in, so we know you are out of the water and off the course.

The turns will be marked with **LARGE YELLOW** buoys. Smaller orange buoys will be in line to help with sighting. Keep the buoys on your right at all times as the course is a clockwise loop.

400 meter swimmer will start last and will turn at the first buoy. There will be paddle boarders at the buoy to ensure that you turn in the right location.

## Bike Course

There is one road that goes into and out of the park. You will be biking out and biking in on this road. Campers and other Indian Creek Park users will also be trying to get into and out of the park on race day. PLEASE be alert and careful. We will be communicating with vehicles and asking them not to pass any bikers. USE CAUTION if you try to pass a vehicle. There can potentially be two-way vehicle traffic so you should NOT cross the center line. Stay on the right side on the way out and the right side on the way in (normal lane usage).

The course is open to traffic. We have police and volunteers at corners and intersections, but know that we can't keep all vehicles off the course. It is your responsibility to ride safe and be alert. Stay on the far right side of the lane unless you are actively passing another rider.

The turnaround (10 miles in) will be marked with a cone, a police officer and a volunteer. You are turning around on a two lane road. Slow your speed and unclip your shoes to avoid a spill.

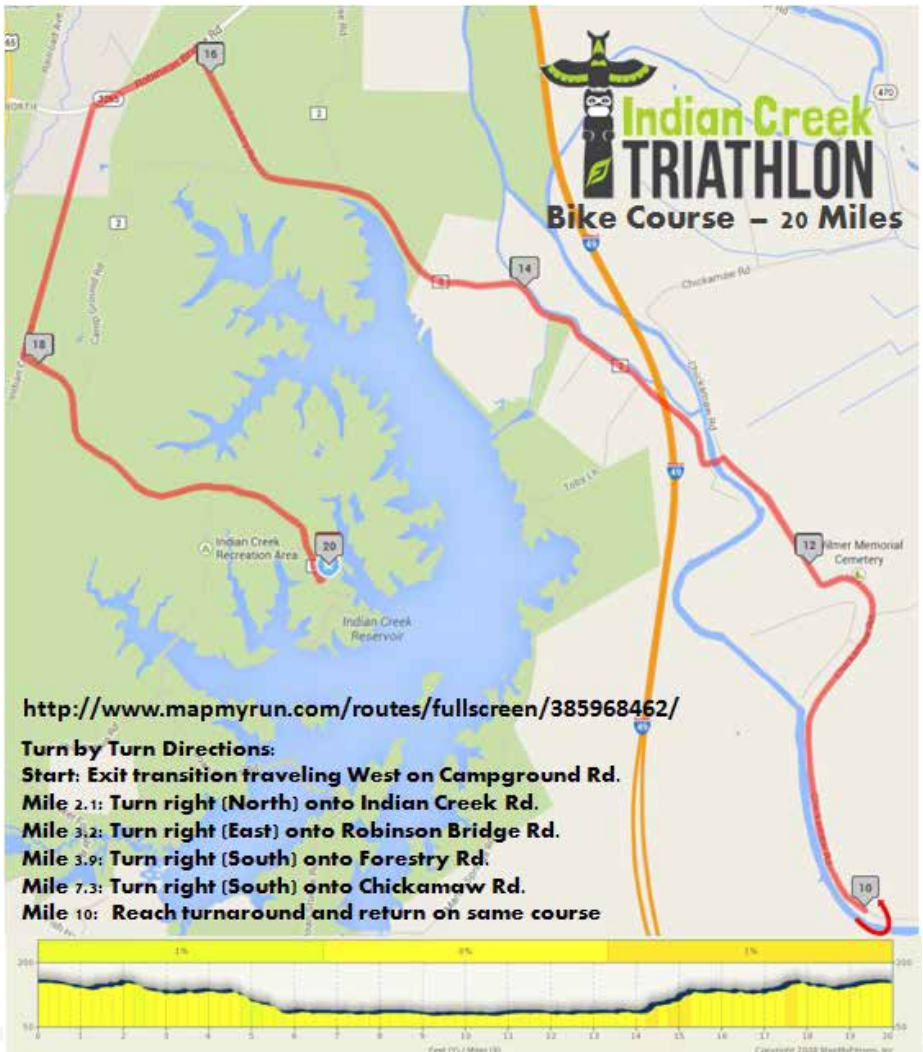
There are no aid stations on the bike course so plan your nutrition accordingly.

You DO NOT have to wear your race bib on the bike. Make sure your frame sticker is placed on your bike and that your helmet sticker is placed ON THE FRONT of your helmet.

This is a USAT sanctioned event and there is pride on the line. We will have USAT officials on the course looking for rule violations and giving penalties. It is YOUR job to know the rules and NOT break them. (For more information on USAT rules, visit <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>)



As we are all ambassadors of this sport, it is expected to self-govern and make others aware of rules infractions on the course. DO NOT be mean or confrontational under any circumstance. A new triathlete may be violating a rule they are unaware of. A courteous acknowledgement may be all that is needed to get that drafter off your wheel. If you can't be courteous, just remain quiet. If another racer notifies you of a rule you may be breaking, don't be mad or argue since they are likely trying to help you. If you can't be courteous in response, just remain quiet. ONLY a USAT official can assess a penalty. All penalties assessed are the decision of the USAT official and the Race Director. Decisions are final.



## Run Course

The run course is a simple out and back 3.1 mile course. You will be running along Campground road and for many of you, there will be bikes coming in and possibly cars coming in and out. Two way run traffic will be on the same side of the road. You will see orange cones in one of the lanes. Keep these cones on your left for the run out and keep them on your right for the run back. Please be aware of other runners and be courteous to oncoming runners.

There will be an Aid Station on the run course. We will have water and PowerAde at the aid station.



## Finish Area

We will have food, water, PowerAde and some adult beverages for our athletes. Please tell your friends and family who are coming to watch you to pack their own ice chests. We need to make sure we still have food and drinks for our racers that enjoy the courses longer than the speedsters up front. Thanks in advance for your help with this.

If your tri-team or club has tents or flags you want to put up around the finish area, please do so! You can unload all of your things near the finish area on your way in before you park in the morning. Please, no parking around the finish area. (There won't be as much room for your tents!)

# Awards Ceremony

We expect the awards ceremony to start at 10:30, but this may have to be adjusted depending on course and racer finish times. **YOU MUST BE PRESENT TO CLAIM YOUR AWARDS!!!!** We **WILL NOT** mail your awards to you. If you placed, hang around or have someone hang around for you. Seriously, don't send us the email saying "I didn't know I won when I left....." Thanks!

## Overall Awards

- Overall Male and Female Finishers – Places 1st – 3rd
- Overall Male and Female Masters (ages 40 +) – 1st Place
- Overall Male and Female Grand Masters (ages 50 +) – 1st Place
- Overall Male and Female Senior Grand Masters (ages 60 +) – 1st Place

Age Group Awards are given to 1st – 3rd place male and female finishers in each of the following age groups:

14 & Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 +

## Race Results

Race Results will be posted on our Facebook page and on our website shortly after the race is over. Our timer is Cajun Timing and you can find their website at [www.cajuntiming.com](http://www.cajuntiming.com)

## Weather Contingency & Medical Plan

The below is an illustration of our planning and processes involved in making changes to the race day schedule and/or events. Ultimately there are only three options available due to lightning, heavy rains, hurricane or community disaster. The options in order of preference are:

- Change of race start time on the scheduled date
- Modification of race format
- Cancellation of event

## FRESHJUNKIE Racing Refund Policy:

If inclement weather or any other cause forces the revision or cancellation of any event, funds will not be refunded. These acts of god are out of the Race Director's control, and therefore the event will not refund monies collected to host the planned events.

If a racer is unable to compete due to personal reasons, it is up to the Race Director's discretion to transfer entry into an upcoming race, but the general policy is no transfers. Exceptions can be made, but this must be requested before the last day before the race. The Race Director's decision is final. There are no refunds.

## Recommendations:

The Race Director or Course Director makes the call to remove individuals from the field of activity. The Co- Race Director is the designated weather watcher utilizing local resources and the internet. Safe locations for events will be personal vehicles, first responder vehicles if allowed, and permanent mortar and block buildings. Skill level of all athletes must be considered.

Re-location and evacuation of volunteer groups:

Race Director notifies coordinators/group leaders and begins volunteer removal from field of activity. Parking areas must be accessible in the event of inclement weather.

## Communication Plan:

The Race Director will initiate calls and discuss options and final decisions with all key personnel. In addition, all spectators will be informed of the weather situation and decisions affecting the race by PA system and bullhorn along course. This procedure will be discussed at the volunteer briefing and pre-race meetings.

## Lightning:

Since lightning is perhaps the most common and dangerous weather condition encountered by a Race Director, the recommendations by the NCAA and NSSL will be followed during events. Both agencies strongly recommend terminating activity when the lightning is six miles away since there is a strong probability that the next strike will be within a six-mile radius of the previous strike to ground.

### Flash to Bang Method:

Since it is unsafe to begin an event if lightning is present, the race will be delayed until the lightning is passed and area is safe. The National Athletic Trainer's Association recommends the flash to bang method for determining the distance strikes are near to your area. This method states that one should begin counting on the lightning flash and one should stop counting when the associated clap of thunder is heard. Then divide the time to thunder (in seconds) by 5 to determine the distance (in miles) to the lightning flash. For example, an observer obtains a count of 30 seconds from the time he spots the flash to when the thunder is heard. Thus, that lightning flash was 6 miles from the observer. The 30 second flash to bang count is recommended as the shortest allowable time to consider resumption of activity. As the count approaches 30 all activities should be postponed and all persons should be seeking a safe location. Another recommendation is that one uses the 30-30 rule which states that if an event is suspended due to the 30 second flash to bang method, one should wait at least 30 minutes from the sounds of the most recent thunder to resume activities.

## Heavy Rains:

While heavy rains are a real possibility there is no standard on how much rain is too much rain; the RD must rely on instincts, racer skill levels, communications from course monitors, and law enforcement input to make the decision to as to when the course is no longer safe.

### **Heavy Winds/ Tornadoes:**

There is no set rule regarding on how much wind is too much; the RD must work with the race staff, law enforcement, and local weather to determine if the course is safe. In the event of heavy winds, the RD should secure all equipment from falls and communicate with all involved that a tornado warning has been issued. All parties should be instructed to move to a safe structure and take shelter. If a shelter is not available all parties are instructed to stay out of their cars and move into a shelter or lie flat on the ground in a ditch or depression and cover their heads or wear helmets.

### **Extreme Heat:**

Many events are held in hot and humid conditions, and it is the RD's responsibility to prepare for heat related issues. We will alert athletes before event of the possibility of extreme heat. We will provide adequate hydration options via water coolers, bottled water, sports drinks, wet towels, fruit and electrolyte capsules before, during, and after the event. EMS services will be on site and on call as well as adequate medical services at the finish line including catchers to lead racers to the medical tent.

### **Wetsuits:**

Pursuant to USAT guidelines wetsuits will be allowed when water temperatures are 78 degrees and below. Above 78 degrees and below 84 degrees wetsuits are allowed, but the racer will not be eligible for awards. 84 degrees and above wetsuits are prohibited due to the severe likelihood of dehydration.

# Thank You Sponsors

These local races aren't possible without the support of local sponsors. Entry fees aren't enough on their own to cover the costs of events. We are extremely thankful to have these great companies support this race and so many others so that we can have fun, active events to participate in. Please support and thank them with your patronage when you can.



# Volunteers

NO race of any size can be accomplished without a great volunteer base. Below are some organizations that have stepped up to help us in a big way this year. We can't thank you guys and gals enough. If you see a volunteer (in a bright PINK shirt) be sure to thank them. If you race in any events (which you are this weekend), you should really consider volunteering for other sporting events each year. It helps all of our sports and it gives you a better appreciation of the events you compete in.



Louisiana Athletic Club



Fit Families for Cenla



Precision Bikes of Lafayette



FRESHJUNKIE Racing Members



## Next Up

If you are looking for your next race, Northshore Half Marathon and 10 Miler is October 27th in Mandeville, LA and Battleship 12K is November 17 in Mobile, AL. FRESHJUNKIE Racing produces numerous great runnign races each month from October through March that all offer several distances from which to choose. Our full race calendar is below.



## RACE CALENDAR

## 2019 - 2020

|                                   |                |
|-----------------------------------|----------------|
| ST. JUDE CHILDREN'S WALK/RUN      | SEPTEMBER 28   |
| NORTH SHORE HALF MARATHON         | OCTOBER 27     |
| BATTLESHIP 12K                    | NOVEMBER 17    |
| BATON ROUGE TURKEY TROT 5K        | NOVEMBER 28    |
| ST. TAMMANY TURKEY TROT           | NOVEMBER 28    |
| TIGER 10K                         | DECEMBER 8     |
| MISSISSIPPI GULF COAST MARATHON   | DECEMBER 14-15 |
| LOUISIANA MARATHON                | JANUARY 18-19  |
| MARDI GRAS MAMBO                  | FEBRUARY 15    |
| OUR LADY OF THE LAKE AMAZING HALF | MARCH 7        |
| TUSCALOOSA HALF MARATHON          | MARCH 28       |
| HUEY P BRIDGE RUN                 | MAY 9          |
| CRAWFISHMAN TRIATHLON             | MAY 17         |
| INDIAN CREEK TRIATHLON            | JUNE 14        |



FRESHJUNKIE is a brand committed to healthy living. We are a brand of dreamers and doers, of believers, achievers and go-getters.