

Pre-Race Update

Hello Racers!

Thank you for registering for the Annual Beaver Fever Duathlon and Triathlon. We're excited to have you out on this amazing course in just 7 days!

Please **READ THIS FULL** race update. It's jam-packed with all the information you'll need for a successful race. If you have any last minute questions please email us at beaverfeverdu@gmail.com and we'll do our best to get back to you ASAP!

IMPORTANT STUFF!

Swim Time Updates

Did you get in the pool and realize that your swim time is way off from your submitted swim time? Don't worry! You have a chance to update your swim time until 10/13. Send your updated swim time to 500yardswimtime@gmail.com

Please make sure your time is as accurate as it can be!

It will make the race run smoother and faster!

Packet Pickup

You can pick up your race packet on Saturday from 4-6pm and on Sunday starting at 6:30am. Both days, packet pickup will be in the transition area of the East Philomath Middle School Parking lot. You **MUST** show a photo ID during packet pickup. Youth athletes without an ID must be accompanied by a parent or legal guardian with a photo ID.

You cannot pick up another racers packet. Packets will include your bib numbers, helmet number, socks and other goodies.

You must sign the waiver at packet pickup.

Day of race packet pickup closes 30 minutes before your wave start or at 9:15am, whichever is earlier.

Race Briefing and Q&A Session

There will be a race briefing on Saturday evening at 5:30pm at packet pickup. There will also be a race briefing on Sunday morning at 8:30am. Please plan to attend one of these for race information. Question time will be limited on race day, so if you find yourself with lots of questions, try to make it on Saturday.

Wave assignments will be available this Wednesday and a reminder will be sent out with the next email update.

The full event schedule is available on the home page of the Beaver Fever website

(<http://www.osubeaverfever.com/>).

We need volunteers!

We're always open for more volunteers to help with this event. We need at least 65 people to have this race go smoothly! We have positions on the pool deck, on the bike and run course, in the finish area and other locations. If you know anyone who would like to volunteer please have them email beaverfever@gmail.com and we will get in touch.

Rules

Beaver Fever Athletes should abide by USAT rules.

Some rule reminders:

- * Fixed gear bikes are prohibited and may not be used.
- * All bikes must have bar end caps.
- * There is no drafting on the bike course.

Please keep 3 bike lengths between you and the next person. (This is approximately the distance between two yellow dash lines on any road.)

- * Headphones (iPods, etc.) are not permitted during the race. This is for your safety.
- * Your helmet must be worn and buckled at all times during the cycling portion.
- * Time penalties may be assessed if rules are broken.

RACE DETAILS

See the event map for a full course map, including outlines of the bike and both run courses. The Triathlon and Duathlon are NOT SOLD OUT. If you know someone who is thinking about racing, online registration is open until 10/11/16 for the Triathlon and 10/12/13 for the Duathlon. Day of race prices are higher, so have them sign up now! There will be no day of race registration for the Triathlon.

Course Distances

Sprint Triathlon Course (500-yard swim, 19.7-mile bike, 3.1-mile run)

Duathlon Course (3.1-mile road run, 19.7-mile bike, 3.1-mile run)

Swim

The entire pool will be open 30 minutes before race start for warm up. Once the race has started, there will be a lane open for anyone to warp up prior to his or her race. About 10 minutes before the wave start time, there will be a briefing for that wave, then swimmers will line up for the start of their race. There will be a 5 second delay between each swimmer. Athletes will circle swim in the counter-clockwise direction. To pass, it is recommended that you tap the person's feet in front of you. They should then pull over at the next wall allowing you to pass safely. We do not recommend mid-lane passing as this will likely result in a head on collision with another swimmer. After you have completed 475 yards or 19 lengths of the pool, the volunteer lap counters will signal you with a kick board to get out of the water when you reach the next wall.

The Weather

It is now fall in Oregon and we realize the weather may not be in our favor on race day. If you would like to change completely out of your wet swimwear, we will have two changing tents located in the transition area, one for men and one for women. Make the quick jog from the pool to transition, grab your gear and head into the tent to get changed. Public nudity will not be tolerated. Otherwise, if you would like to change in the locker room before leaving the pool area, you are welcome to do so. Please note the location of the locker room before you start. No personal items should be left in the building upon exiting, so scoop it all up and take it with you out to transition. If you decide to use the locker room, your swim time will not stop until you exit the building, so you may notice a slower swim split and faster transition split.

In case of rain, please leave your post-race clothing in your car so it is nice and dry when you finish the race.

Locker rooms will be available until 1pm for post race showers and warming if you need it.

Road Run Course

The run course takes runners through relatively flat country roads and city streets. There is one hill just over half way through the run that you "eat for breakfast".

Bike Course

The Bike course is 19.7 miles and takes riders from the Middle School transition around the "Decker" loop and back. Riders enjoy beautiful country scenery; a few small hills and a challenging climb before descending back to the Alsea highway for a fast stretch back to transition. Mount/Discount Area: At the Beaver Fever, you are not permitted to ride your bike in the transition area. There is a mount and dismount area outside of the bike in and bike out.

Cross-Country Run Course

The run course takes runners through a relatively flat trail running single track featuring fast, and scenic tall pines and aspen groves and challenging creek crossing.

Aid Stations

There is one aid station on the course and Hammer Nutrition sponsors it! It is located on the north side of transition. Athletes will pass the aid station after the swim or road run just before entering transition.

They will pass it twice on the cross-country course at the start of the run and at mile 1.5. The aid station will be stocked with water and Hammer Nutrition products including Heed Sports Drink and Hammer gel. Please do not litter. Trash cans will be available after the aid station.

Transition Area

The transition area opens at 7:30am on Sunday and is located in the east parking lot/basket ball courts at Philomath Middle School.

Your transition spot is designated by the wave you are in. Please rack your bike in the appropriate section. Bikes should be racked alternating directions, and should be close together. Transition area volunteers will help you rack your bike if you have any questions.

Upon arriving at the event, body marking will take place at each entrance to the T.A. It is the participant's responsibility to get your body marked.

Please adhere to the following T.A. rules:

- * No glass
- * No riding
- * No spectators. Please do not encourage friends or family to enter the T.A.
- * Please pickup after yourself. Please put your garbage in the trash cans and help us "Leave no Trace."

Please remove your gear promptly after your race. The transition area will be secure until 2:30p.m. on race day. The bike you take in and out of the transition must have a matching bib number to the bib number on your person. Make sure your bike has your bib number on before taking it in, and please don't take it off your bike until you leave the transition area.

Parking & Arrival On Race Day

Parking is not available at the Middle School parking lot on Race Day due to Church Services.

Parking is available in the High School lot located just North of the middle school. We suggest arriving at the site a minimum of one hour prior to your race's start, to get body-marked, set up in the Transition area, warm up, etc.

For directions to the race venue, visit the Beaver Fever website (<http://www.osubeaverfever.com/directions>).

Results & Awards

An awards ceremony will be held on Sunday after the majority of participants have finished, once we have the final age group finisher data.

Awards will be presented in the following categories: Triathlon Awards

* Overall: Awards presented to the top three overall male and female finishers and the first place overall male and female mountain bikers.

* Age Group: Awards presented to the top three male and female finishers per age division (19 & Under, 20-24, 25-29, 30-34, ..., 65+)

Duathlon Awards

* Overall: Awards presented to the first place overall male and female finishers.

* Age Group: Awards presented to the winner of each age division (19 & under, 20-29, 30-39, 40-49, 50-59, 60+)

* Relays: Awards will be presented to the top relay team in the triathlon and the top relay team in the duathlon. Race results will be posted online within 48 hrs of the race.

Post Race Food

We've got a great post-race treat sponsored by Great Harvest, New Morning Bakery, and more! Athletes can eat for free after the race.

Post Race Massage And Chiropractic

Free post race massage provided by First Chiropractic. After your race, enjoy a 10-minute massage provided by First Chiropractic Staff

For Sale

We will have OSU Triathlon Apparel for sale at the race.

This includes tri shorts, tops and some shirts/sweatshirts. Sizes are limited to what is on hand, but there might be some swag just for you! We can only accept cash or check, so if you want to do some shopping, bring your paper money. Those who registered before 10/1 were given the option of ordering a shirt. If you pre-ordered a shirt, you can pick it up at packet pickup.

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Sponsor Shout Out!

Check out our sponsors,

Like them on Facebook, thank them for sponsoring the race and of course, patronize them! We are so grateful for all our wonderful sponsors for donating their time and goods to help make race day great for you! Stop by and say Hi and be sure to tell them you saw them at the Beaver Fever!

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