

4/6/15 Racer Update – Blankets Creek Spring Sports Festival - Dirty Duathlon, Dirty Thirty MTB Race and 5 Mile Trail Run

Racers,

Thank you for registering for the Blankets Creek Spring Sports Festival, presented by Free-Flite Bicycles! We have an exciting event lined up! Several very generous sponsors have provided great swag and prizes for you and we have a full house of SORBA Woodstock Volunteers to help make your race experience a great one. Below you will find detailed information regarding pre and post-race activities.

Optional Early Check-in is from 4:00 pm to 7:00 pm on Thursday, April 9th at Free-Flite Marietta (Canton Rd location). If you check in on Thursday, you can sleep a little longer on Saturday morning, skip the check-in line before the race, and go straight to the start line. We will also have registration available at Free Flite on Thursday night.

Please note if you are on a team, you do not need your teammate present to check in, but you may not pick up your teammate's race bag/number unless you bring the accident waiver that they have signed. Likewise, if you want to pick up for a friend, you may only do so if you bring a signed accident waiver from them.

A link to the accident waiver is included in the email you just received.

Free-Flite Bicycles address: 2949 Canton Road, Suite 1000, Marietta, Georgia 30066

Regular Check-in for the Duathlon and Trail Run is from 6:30 am to 8:00 am at the Blankets Creek Trailhead in the picnic shelter. Check in for the Dirty Thirty XC MTB Race is from 6:30 am until 11:30 am.

Trail Run starts at 8:20 am, Duathlon starts at 8:30 am. Dirty Thirty MTB Race Starts at Noon. PLEASE NOTE EARLIER START TIMES THAN PREVIOUS YEARS.

If you have any teammate changes or are selling your entry to another racer, all changes need to be submitted no later than Wednesday, April 8th. **We will not be able to make roster changes on Saturday morning**, so please take care of any changes well ahead of time.

If you cannot make it to the race, you may still pick up your race bag at one of the check-ins or you may have a friend pick it up for you. No waiver needed if you are not racing as you will not be given a race number. Race bags will not be mailed – they must be picked up by a human at one of the check-ins. Entries cannot be transferred between races.

Parking

The majority of our participants will be able to park in the Blankets Creek Parking Lot. Please park “neatly” and only take up one space. You may not set up tents or chairs in any parking spots – please reserve those for vehicles. Once the Blankets Creek lot is full, the remaining racers and spectators will be directed to park at River Church, which is just north of Blankets Creek on the Left side of Sixes Road. If you need to park at the church, you will be allowed to pull into the lot and drop off your gear. Please pack accordingly so that you can unload quickly and easily tote your transitional gear and bike. A backpack or small duffel should hold all the items you will need for the race.

Waiver/Check-in

Your first stop in the check-in process is at a table with race waivers. Each racer must fill out a waiver (or bring a signed waiver with you), and any children under 18 need to have their waiver signed by a parent or guardian.

If you are under 18 and your parents will not be attending the event, please ask them to sign the waiver ahead of time.

At check-in you will be given your race number(s), t-shirt, gear tote and swag bag. The numbers contain timing chips, so your tyvek number needs to be pinned right side up, on your front, and on your torso. Bike numbers must be attached to the front of your bike on the handlebar.

If you are competing as part of a team, the runner will receive a tyvek number that they must pin to their front, the biker will receive a bike plate that goes on the front of their bike. Since we are using timing chips, there is no need for the armband exchange, as we will be able to see exactly who is out on the course. Teams do not need to check in together, however you may pick up your teammates number/shirt/bag only if you bring a waiver that they have signed.

Transition Setup (for duathlon participants)

Once you have completed check-in, you should gather your gear and proceed to the transition area, which will be located in the grassed area of the Blankets Creek trailhead.

A volunteer will direct you where to stage your bike and gear. Solos will be in one section and teams will be in another. We will be a little tight on space in the TA, so bikes need to alternate direction on the racks to fit as many as possible (a volunteer will assist you). Each racer will have the same small amount of space so tents or chairs will not be allowed in the transition area. You may leave any gear you wish in the transition area during the race. The TA will be the only place to pick up food/drink during the race, so ensure you have food and water staged. Only registered racers will be allowed in the transition area - spectators must remain outside the transition area at all times so they do not interfere with flow of traffic in the TA. Race volunteers will be present in the TA at all times to keep an eye on your gear.

5 Mile Trail Run Details

The trail run will begin at approximately 8:20 and consist of one lap of the Dwelling Trail. There are no aid stations along the course, so you will need to be self-sufficient with food and water (if needed) while racing. You will receive a Hammer Gel with your swag bag; we encourage you to carry it with you. You are welcome to leave any pre/post-race food, drink, or gear in the Duathlon Transition Area. There will be light snacks available post-race – bananas, grapes, cookies, fig bars, and fluids. The awards ceremony for the run will be at approximately 10:00 am.

Dirty Thirty Ultra XC (15 or 30 mile) Details

The Dirty Thirty will begin at 12 noon. Depending on the final number of riders we may have a mass start or have smaller staggered starts. Those riding two laps (intermediate and expert categories) will start in the first wave, with beginners starting in a second wave, approximately 2 minutes after. This could be staggered further depending on final numbers. Those riding two laps will be given a 1 gallon Ziploc to use as a drop bag. You may put any food/drink items you wish to have during the race in this bag, or you may rely on the fluids and snacks at the aid station. Please write your race number on it and place it in the drop bag bin and we will transport it to the skills yard for you.

Pre-Race Meetings

We will have a **mandatory pre-race meeting at 8:30 am in the Blankets Creek Parking Lot for the Trail Run and Dirty Duathlon**. We will have a **mandatory pre-race meeting at 11:30 am in the Blankets Creek Parking Lot for the Dirty Thirty Ultra XC MTB race**. Here you will receive detailed course instructions and will be given a chance to ask any questions you may have.

Race and Post Race Activities

All Dwelling Dash runners will start in one mass start at 8:20 am. The duathlon will have staggered starts beginning at 8:30 based on category. Staging will take place in front of the transition area. The start groups will vary depending on number registered in each category (meaning we don't know exactly what they will be yet), but we do our best to keep the start groups close in size. You will have a number hand-written in black Sharpie on your race number, which denotes your start wave. If you start in the wrong wave, (and your timing chip will tell us if you do), you will be relegated to last place in your category, regardless of how fast your time was – so please listen for your correct start.

We are discouraging spectators being out on the trail. There will be a constant flow of runners and riders down the main doubletrack and we do not want any spectators to get hurt or interfere with racers in any way. Please encourage your spectators to watch the event from near the transition area.

You will be able to see your finish time and category placing nearly immediately upon finishing at one of the results tablets located near the timing tent.

The awards ceremony will be approximately 2.75 hours after the final wave of racers are released to allow for the majority of racers to finish. Prizes and medals will be presented to the top 3 in each division. You will need to be present to receive your award or make plans to pick it up after the race, as awards will not be mailed.

OTHER UPDATES:

We will be selling our Mountain Goat T-shirts (\$10), Hats (\$15), Visors (\$10), and Swiftwick Socks (\$10) at the race. Cash is always appreciated, but we are set up to take cards as well. We also have an assortment of old race shirts available for garage sale prices of \$3 each or 4 for \$10. Cash only on those please.

Please re-read the rules on the race website, and remember, no ipods or headphones will be allowed.

The race will run rain or shine, so dress accordingly if the weather is less than desirable. Courses may be shortened or altered in the event of extremely wet weather.

Thanks again for registering and we look forward to seeing you all on April 11th!