

Race Day Schedule

5:30am Transition Opens/Race day registration/Packet Pick up

7:00am Transition Closes

7:10am Pre race Brief at swim start

7:14am National Anthem

7:30am Age Group Athletes

7:45am Duathlon Run #1 begins above swim start

11:30am Awards Ceremony

Transition

Transition Area is located adjacent to the One Arsenol Parking Lot off of Dillingham St. You're closest point of reference is the Columbus Trade Center.

The Swim

Start out with a 500m swim downstream. After a quick jog from the swim exit back up to the swim start, finish with a second 500m swim for a total of 1000m. Did we mention it's all down stream?

Duathlon Run #1

Duathletes will start 7:45am from Woodruff Park (directly above the swim start) for their 1 mile run.

The Bike

The course begins and ends around the Riverwalk and will be closed to pedestrian traffic. The course is so pretty, you'll want to do it twice! Luckily, you get to do two 13 mile loops for a total of 26 flat, fast miles. We have a lead vehicle clearing traffic and the course is well marked with directional signs and volunteers along with Police to help you stay on course. Please be mindful that the City of Columbus is graciously allowing us to use their property. Keep all your trash with you.

Technical support will be on the course to assist with emergency repairs whenever possible; but athletes are expected to be able to handle basic repairs (changing a flat, basic adjustments, etc) themselves. Please be self-sufficient.

USAT officials will also be on the course to enforce USAT rules and regulations.

The Run

The run course is a 2-loop course along the beautiful Chattahoochee River. Three aid stations are located along the course. You will pass these aid stations twice.

