

PARTICIPANT EMAIL UPDATE #2

Hello Racers!

Again thank you for registering for the 26th Annual Beaver Freezer Triathlon and Duathlon. We're excited to have you out on this amazing course in just under three days!

Firstly, **Swim Waves** and **Start Times** are now posted online [here](#), as well as attached below. If there is any major discrepancy in your time, please let us know.

Please **READ THIS FULL** second race update. It is full with some important answers to questions we have been getting, as well as all information relating to race day. If you have any last minute questions, first check out our FAQ page. If you don't find the information you need there, please email us at beaverfreezer@gmail.com and we'll get back to you ASAP!

Packet Pick Up

You can pick up your race packet on Friday April 6st from 4-7pm, OR on Saturday starting at 6:30am. Remember, you have until 30 minutes before your scheduled start time to pick up your packet.

Location: Dixon Recreation Center Lower Classroom [425 SW 26th St, Corvallis, OR 97331](#)

Schedule of events available [here](#).

Important notes about packet pick up

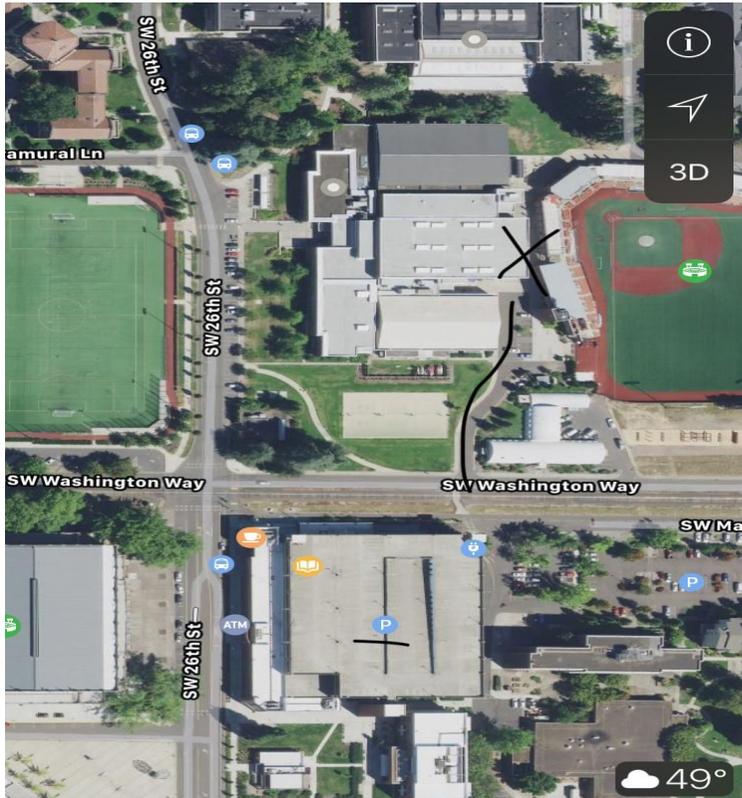
- You **MUST** show a photo ID during packet pick up.
- Youth athletes can show their school ID.
- You cannot pick up another racers packet.
- You must sign the waiver at packet pick up.
- Youth athletes (under 18) - your parents must sign your waiver. You can download a copy [here](#).

Other Notes about Packet Pick Up on Friday:

If you are planning to come pick up you packet on friday, the parking meters outside of Dixon are metered until 7pm. So be prepared to bring some spare change if you wish to park there. Or you could park in the long lot on Washington Way next to the intramural fields, that parking opens up to the public at 5pm, however do not park there before 5pm as you will get a ticket. My advice and the best option I feel is you park on the fourth floor of the parking garage that I underlined. This floor has a 1 hour free parking for Beaver Store Users, however is always empty and if you are planning to be in and out, this is a great place to park. You can also simply pay for

parking there as well if you plan to be longer and join the race debrief and walk the course with us.

The X on the map indicated the classroom and the path you would take to get there coming from the parking structure. (Image Below) Note: There is no parking fees on campus for Saturday packet pick up, this is only for people who plan to pick up their packet friday.



Race Details

Swim

We are no longer accepting swim time updates, unless there was a major error, ie: you have 20 minutes when really you swim a 500 in 7 minutes.

1. Check In

Please report to the pool for check in 15 minutes prior to your start. You have been assigned to a specific wave time (updated 4/3/2018). After all 4 people in your lane have checked in, you will have time to warm up in the diving well or bulkhead area if you choose.

2. Starting Line

After warming up, please proceed to the start line. Here, you and the 3 other people in your lane will line up in order of your starting position. Once assembled, you will be given the next available lane and will start as soon as the lane is clear. Some of our waves have athletes with a

broad range of times, in some cases, up to two minutes. Please don't be shy and talk around to arrange yourself in a group of 4 of all similar times. This will benefit everyone in the lane as no one is having to slow down to pass or stop to get passed.

To start:

When the starter gives you the signal, you will walk one at a time to the timing mat. Here, you will stand on the mat until the starting volunteer clears you to enter the water. Your time starts 5 seconds AFTER you step off the mat. You must WALK to your lane and get in FEET FIRST. Any diving will result in a restart of your swim without a restart of your time.

Volunteers will be available to answer any questions you have at the start.

Lane Etiquette

You will circle swim in the counterclockwise 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. Please **DO NOT** pass mid-lane as this will likely result in a head on collision with another swimmer - OUCH!

Counting Laps

Our volunteer lap counters will signal you underwater when: Women have 50 yards (one lap) to go and Men/ Relays have 25 yards (one length) to go.

Once you see the signal, get out of the water after you complete the next lap/length. Exit the pool at the southeast door and head to transition.

We recommend you count your laps along with us. 3 counters are better than 2

Super Fast Wave

You guys will start in the pool on a send off. We will give you directions at 10am in the pool. Your start is at 10:05am.

Bike Course

- The roads are NOT closed to vehicle traffic. Please watch for traffic when passing.
- Always ride on the ride side of the road. Ride right, pass left.
- Helmets are required. No helmet, no race.
- No headphones.
- Mount/Dismount Area: 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.

Our Bike course is back to our original course after some unforeseen problems last year. The road that got washed away and caused us to change route has since been fixed so we will return to our fast and flat course! Even though we did get some positive reviews on the new challenge NW Cardwell Hill posed to participants. The Bike course has a couple major turns, but we will

have flaggers and volunteers at all parts of the bike course to guide you along. You can find a turn by turn directions and a course map [here](#).

-Will the course be cleaned, with the recent storms and rain?

Yes we will have a crew going out friday to clean any parts that have debris, as well as getting the county and city to sweep the course!

Run Course

This is a 3 loop course. You will go up the library hill 3 times and will pass the aid station 3 times before heading to the finish which is located between the MU and the new SEC (student experience center).

There are no headphones allowed on the run, or in the race in general!

Aid Station

There is one aid station on the course and it is sponsored by Hammer Nutrition! It is located on the run course at the top of the hill. Athletes will pass the aid station 3 times on the run. The aid station will be stocked with water and Hammer gels products. Please do not litter. Trash cans will be available after the aid station.

Transition Area

The transition area (TA) opens at 6:30am on race day and is located in front of Dixon Recreation Center on 26th Street.

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. Bike racks will be marked with stickers. You will be asked to center your bike on a sticker with your wheel down and gar placed on the same side of the rack as the sticker. TA 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 TA It is the participant's responsibility to get your body marked.

Please adhere to the following TA rules:

* No glass

* No riding

* No spectators. Please do not encourage friends or family to enter the TA

* Please pick up after yourself. Please put your garbage in the trash cans and help us "Leave No Trace."

Please remove your gear promptly after your race. TA will be secure until 2:00p.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 TA.

Relay Team Specifics

There will be a relay team meeting at Dixon pool 7:30am on race day. Please have everyone on your team at the pool for the meeting.

Tagging for the bike and the run legs occur at your bike racking spot. If you are only doing one leg of the race please turn in your timing chip before leaving the transition area. If you are racing both the swim and the run, you should avoid all timing mats while waiting for the next leg of your race.

All relays start at 8am in Langton. Awards for relays occur with the du awards, immediately after the super fast wave.

Rules

While this is not a USAT sanctioned race, Beaver Freezer Athletes should abide by USAT rules.

Some Rule Reminders:

Headphones (iPods, etc.) are not permitted during the race. This is for your safety.

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.)

Your Helmet must be worn and buckled at all times during the cycling portion.

Time penalties may be assessed if rules are broken.

Parking & Arrival On Race Day

Parking is available in the parking garage at the corner of 26th and Washington. (**Roof rack? WATCH YOUR BIKE!**) There is some parking on the East side of Goss Stadium. There is very little parking available at the south end of the intramural fields along 26th street. There is more parking than necessary at Reser Stadium.

YOU CANNOT DRIVE ON CAMPUS! Please be sure to approach OSU from the south as cars are not allowed to drive through campus. If you are coming from out of town, please follow the signs to Reser Stadium to find parking and transition. This includes either taking 14th street or the highway to 26th street. If you live in town, you know what to do

We suggest arriving at the site a very minimum of one hour prior to your race's start, in order to get body-marked, set up in the Transition area, warm up, etc.

For directions to the race venue, visit the Beaver Freezer website.

[Parking Map](#)

Results & Awards

An awards ceremony will be held on Saturday after all participants have finished. This is scheduled for 12:30pm, so go ahead and grab a shower and come back for awards.

Awards will be presented to the males and females in the following categories:

Road Bike Tri Overall: 1st, 2nd, 3rd

Road Bike Tri Age Group: 1st, 2nd, 3rd

Mountain Bike Tri Overall: 1st, 2nd, 3rd

2 Person Tri Relay: 1st in each combined age category

3 Person Tri Relay: 1st in each combined age category

Duathlon Overall: 1st, 2nd, 3rd

Age Group Duathlon: 1st

Mountain Bike Age Group: 1st

Duathlon Relay: 1st

Age Groups Tri: 16-19, 20-24, 25-29, 30-34, ..., 65+

Age Groups Du: 16-19, 20-29, 30-39, ... 60+

Relay age categories will be announced race day.

Post Race Massage And Chiropractic

Free post race massage are provided by [First Corvallis](#). After your race, enjoy a 10-minute massage by First.

For Sale

We will have OSU Triathlon apparel and gear for sale at the race. This includes tri shorts, tri tops, tri one piece suits, shirts/sweatshirts and other gear/swag. Sizes are limited to what is on hand, but there might be something just for you! We can only accept cash or check, so if you want to do some shopping, bring your paper money. Old freezer race shirts will be just \$5! Other Tri-club swag will be on sale starting at just \$2! Tri kit pieces start at \$20 and go up to \$100 depending on the kit.

The Weather

The weather has not been looking like spring yet, but this race did get its name for that reason! As it stands now, it is showing 100% rain and some cold temperatures but that has never stopped us in the past! We will keep hoping it changes and just prepare for rain. However with Oregon, you never know, maybe it will be sunny and 60 come saturday, we'll try to work our magic like we did last year.

Nonetheless, if the weather does not cooperate with us and you would like to change completely out of your wet swimwear when exiting the swim, we will have two changing tents located on your way to the transition area, one for men and one for women. If you plan to use the changing tents, please bring your dry clothing in a small bag to the pool area with you. Your goodie bag from Pearl Izumi Outlet will work great! When you finish the swim, grab your bag and head to the changing tents just outside of the transition area entrance. Once you enter the transition area, you will not be allowed to go back out to the changing area, so you must bring the clothing with you to the pool. Please don't bring everything... No helmets especially. The changing area is designed to give you a private place to take off your swimsuit and put on your shorts/pants/shirts. The rest of your gear should be placed at your transition spot. If you have questions about this, feel free to ask the transition area staff on race day. Please note, public nudity will not be tolerated.

Note:

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 in Dixon will be available until 2pm for post race showers and warming if you need it.

Volunteers

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 fill out the volunteer registration information here: [Volunteer Link](#) .

Volunteers are provided with a t-shirt, lunch (burritos), coffee, and Benny's donuts!

Questions? email: beaverfreezer.volunteer@gmail.com

FAQ: Can I use the locker room to change?

Answer: Yes, but we do not recommend it, and actually discourage it. If you decide you must use the locker room, you are on your own. There will not be any race staff or volunteers in the locker rooms to direct you. No personal items should be left in the building upon exiting, so scoop it all up and take it with you out to transition. You must exit the pool in the same direction as all the other racers or you will not be allowed into transition and your time will not be recorded.

More FAQ's [here](#)

Sponsor Shout Out!

Hammer Nutrition** (www.hammernutrition.com)

FIRST Corvallis ** (www.firstcorvallis.com)

TriSports ** (www.trisports.com)

Tried and True Coffee ** (www.triedandtruecoffee.co)

Benny's Donuts ** (www.bennysdonuts.com)

Orangetheory Fitness ** (www.orangetheoryfitness.com)

A2Bikes ** (www.a2bikes.com)

Ben Shragal

Oregon State Triathlon Club

2018 Beaver Freezer Race Director