

FINAL ATHLETE UPDATE - 4/6/2018

We want to thank you again for registering for the 26th Annual Beaver Freezer Triathlon and Duathlon. We're excited to have you out in just under a day!

As before, please READ THIS FULL third race update. It is full of important information including race day weather.

If you have any last minute questions, 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!

Firstly, swim waves and start times are now posted online [here](#) and are attached below. If there is any major discrepancy in your time, please let us know.

The Weather

The weather forecast is predicting rain and significant winds for race morning. We are still planning to proceed with the race as usual but will monitor conditions as the morning progresses. We are **not** allowing disc wheels and highly recommend against using deep-section front wheels. Regardless, please ride with caution.

If winds are strong enough to pose a safety risk, Oregon State University officials will make the call at that time to forgo the bike portion of the race. At that time, all triathletes will be switched to an aquathon (swim, run) and all duathletes to a 5k. This decision would not be made until Saturday morning. Please know that this is a worse case scenario and none of us want to cancel any portion of the race, but your safety is our top priority. At this time, we are planning to proceed with the normal race as planned. An email will be sent out at 5am if the bike leg is canceled. Race status will also be posted on the main page of the race website (www.osubeaverfreezer.com). If you do not receive an email, assume the race is proceeding as usual. Announcements will also be made over the PA system.

If OSU does not decide to cancel the bike leg but you still do not feel comfortable riding in the wind, you may also switch to the aquathon or 5k yourself. To do so, please request to switch divisions at packet pick up or at the registration tent on race-morning.

Regardless, please be dressed for the conditions! Bring extra clothes, towels, and rain gear. You can always take off layers as you need. Lastly, pay attention to the roads and your surrounding as always.

Packet Pick Up

You can pick up your race packet on Friday, April 6 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.

Friday packet pick up is located in the Dixon Lower Classroom (entrance located between Dixon and Goss Baseball Stadium). See the [pinned location](#).

Dixon Recreation Center address: [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](#).

We suggest athletes watch our Beaver Freezer 101 talk. It's a great video that helps answer any first time triathlon questions such as how to set up your bike in transition, what to wear, bib placement on your bike, and more!

<https://www.youtube.com/watch?v=SECGh06uhUI>

Note: Finish line is in between SEC and MU, not in MU Quad as mentioned in the video

Swim

We are no longer accepting swim time updates.

****Please also remember to check the new updated swim start times, we have added in 3 10 minute breaks to the swim waves, thus your swim start time may have shifted a couple of minutes.****

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. So please be on deck and ready to go as to keep the flow of swimmers going.

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 and relay swimmers have 25 yards (one length) to go and Men have 50 yards (one lap) 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.

Changing Tents

There will be two changing tents located on the way to transition, 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 Hammer Nutrition will work great! When you finish the swim, grab your bag and head to the changing tents. Please bring only the clothes you intend to change into (i.e. don't bring your helmet to the pool/changing tent). The rest of your gear should be placed at your spot in transition. 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.

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 are mount and dismount lines outside of transition you must obey.

Our bike course is back to the original course after some unforeseen problems last year. The road that got washed away has been fixed! There are still some bumps here and there, so please pay attention to the road. 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 clear the course the day prior. However, we cannot control the debris that blows onto the course during the race, so please pay attention to the road.

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.

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 Heed. 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. Center your bike on a sticker and **place your gear on the same side of the rack as the wheel touching the ground**. 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 body-marked.

Please adhere to the following TA rules: □

* No glass

* No riding

* No spectators in transition. 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 2:00pm 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.

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 than enough parking 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.

We suggest arriving at the site a very minimum of one hour prior to your start time in order to get body-marked, set up in transition, 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 take 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

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

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.

FAQ: In case of cold and/or wet weather, can I put socks on over my timing chip?

Answer: Yes you can put socks over your timing chip. Just please do not take off the timing belt and place it over your sock as when taking it off and putting back on you can run the risk of not fully fastening it and losing it on the bike course or run!

More FAQ's [here](#)

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.

Sponsor Shout Out!

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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 & Kevin Le
2018 Beaver Freezer Race Director & Club President
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