

## Pre-Race Update #1

Hello Racers!

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 5 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 [beaverfreezer@gmail.com](mailto:beaverfreezer@gmail.com) and we'll do our best to get back to you ASAP!

### Packet Pickup

Packet pick up is at Dixon Lower Classroom on **Friday from 4-7pm**, and on Saturday morning it will be located outside of Dixon on the SW 26th side starting at 6:30am. An Address for Dixon Rec center would be, [425 SW 26th St, Corvallis, OR 97331](https://www.google.com/maps/place/425+SW+26th+St,+Corvallis,+OR+97331)

The picture below shows the lower classroom in regards to Dixon and Surrounding Streets. There will be a door opening to the outside sidewalk in which you can enter, just come up that street and you will see our tent and the opened door and come on in to grab your packet!



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. (Same one you did online, we just need your actual signature.)

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 Friday evening at 4:30pm and 5:30pm at packet pickup. There will also be a race briefing on Saturday morning at 7:30am. Please plan to attend one of these for race information from our Race Director. Question time will be limited on race day, so if you find yourself with lots of questions, try to make it on Friday.

### **Start Times**

Wave and lane assignments will be sent out in the next email on Wednesday as well as posted wednesday. Registration closes tonight for all events. Once that happens we will get the start times made with 5 minute gaps between some of the waves to allow for traffic gaps on the road.

There will still be day of DU registration, and we have a few spots left for that, so if you know anyone interested that will be the only day of registration we do after midnight tonight.

### **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](mailto:beaverfreezer.volunteer@gmail.com)

## **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 run courses.

[Link](#) to course page on Beaver Freezer Website

## **Course Distances**

Sprint Triathlon Course (500-yard swim, 12-mile bike, 3.1-mile run)  
Duathlon Course (12-mile bike time trial start, 3.1-mile run)

## **Swim**

Each wave will have approximately 5 minutes to warm up. After the

warm up, athletes will wait on the wall in starting order. There will be a 5 second delay between each swimmer. Athletes 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. 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 our new lap counters to get out of the water when you reach the next wall.

### **The Weather**

It is now Spring in Oregon however the winter weather is still sticking around. If you would like to change completely out of your wet swimwear, we will have a changing located outside of each pool. This allows you to change into shoes or warm base layers before putting on your biking gear for the bike.

As of right now the forecast isnt looking to be in our favour but last year it showed rain and we ended up with some sun on race day!

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.

### **Bike Course**

The 12 mile bike course has been changed back to our old course after last years issue with a road being washed out near Tangent Drive. The course is relatively flat, and should expect a fast bike time! Both turn arounds have very gradual climbs up to them and then a nice downhill back.

### **Road Run Course**

The run is around the heart of the Oregon State Campus among the beautiful brick buildings and old growth trees. Participants will enjoy a 3 1/4 loop course where their spectators can see and cheer them on multiple times before heading to the finish. The course is mostly flat and fast with one hill (you get to conquer it 3 times) just before the aid station. Participants will also pass the aid station 3 times!

**Mount/Discount Area:** At the Beaver Freezer, 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.

### **Aid Stations**

There is one aid station on the run course, which you will pass 3 times before finishing!

### **Transition Area**

The transition area opens at 6:30am on Saturday and is located right outside of Dixon rec center, on SW 26th ST in between Washington and Intramural Way

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 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. The transition area will be secure until 1:15p.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**

Plenty of parking is available in the large parking complex on 26th and Washington, it is attached to the OSU Beaver Store. And has about 6 stories of parking and is a very short walk down to transition.

More parking is available west of transition along the intramural fields, however this parking will fill up fast as there are limited spots.

We suggest arriving at the site a 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.

## **Results & Awards**

An awards ceremony will be held on Saturday 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 in the road bike and mountain bike divisions.

\* 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 provided by New Morning Bakery.

Athletes can eat for free after the race.

**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.

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