

Charlotte Long Course
March 1, 2008 – 9am Start

Arrival Time: Arrive at USNWC no later than 7:45 am. **EVENT START- 9:00am.** Packet Pick up line will close at 8:00 AM. If you are not in line by this time you will not be allowed to get your packet.

Packet Pick-Up: Friday (2/29) – 5:00 – 7:00pm @ Inside Out Sports on South Tryon Street
Saturday (3/1) -7:00 – 8:00am @ Race Site

Non-USAT Annual Members: If you have not paid the one day \$10.00 USAT fee; be prepared to pay this at the race site.

Parking: All parking will be done in USNWC parking lot. Please park in the back of the parking lot near the wooded area.

Winning Chip Timing: You will receive our timing chip on event morning at the Timing Chip Pick-Up Tent. All chips should be secured to you're LEFT ANKLE with the Velcro strap provided and not hidden under heavy clothing. Please review the Chip Instruction Sheet in your event packet. You are responsible for the return of your chip to the timing officials at the finish line. Failure to return your chip for any reason will result in a \$50.00 replacement fee. THERE WILL BE NO EXCEPTIONS TO THIS RULE.

- **NOTE: You must have your run number with you on race morning to pick up your timing chip.**
- **NOTE: Do not cross any timing mats between 10am-12pm on race day unless you are racing.**

Pre-Event Instructions/Meeting: A pre-race meeting will be held at the start line at 8:45 am on Saturday (3/1). This meeting will go over course logistics and race instructions. The start line is located next to the transition area.

Pick Up Your Trash: We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins - there will be plenty of them scattered around the course.

Awards: Award presentation will begin immediately after the last finisher completes the race. The estimated time for the awards ceremony is 2:00 pm.

Results: Results will be posted throughout the race. Complete results will be posted on www.fsseries.com by Monday (3/3) by 9:00 pm.

Transition Area:

- All participants will have a bike rack location. Find your range of bike numbers and rack your bike. They are no specific bike rack location.
- No bike storage the night before the race.
- Participants only in the transition area.
- Only the race participant will be allowed to remove his/her bike from the transition area.
- Participants will have to run their bikes to the transition area entrance before mounting and will have to dismount at the transition area entrance upon completing the bike leg.

Run 1:

Run Course 5.0 miles — The run will feature packed gravel, sidewalks, and trails.

See Attached Maps Below.

Bike:

- ◆ Course map available on the Finish Strong website and will also be inserted into the race packets.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Provided bike frame numbers must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers that are provided must be worn on the front of the helmet.
- ◆ No headphones, earphones, or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ No drafting – please make sure you are at least 3 bike lengths behind the person in front of you.

BIKE QUEUE SHEET:

1. TL out of USNC on Moores Chapel Rd.
2. TL Belmeade Drive
3. TL Mt. Holly Road (Mt. Holly becomes E. Charlotte Ave.
4. TR Woodlawn Rd turns into Old Hwy 27 Rd
5. TR Willowslide Rd
6. TR Stanley Lucia Rd
7. TL Alexis Lucia Rd
8. TL Mariposa Rd
9. TL Upper Stanley Rd
10. TL Blacksnake Rd
11. TR Stanley Lucia Rd
12. TL Willowslide Rd
13. TL Old Highway 27 Rd turns into Woodlawn
14. TL E. Charlotte Ave. turns into Mt. Holly Road
15. TR Belmeade Drive
16. TR Moores Chapel Rd
17. TR USNWC

Run 2:

Run Course 5.0 miles - The run will feature packed gravel, sidewalks, and trails.

See Attached Maps Below.

Relay Teams:

- Runners will tag bikers at the bike rack location.
- Bikers will tag runners at the bike rack location.

Directions to USNWC:

NORTH

If coming from the north of Charlotte, take I-85 south to exit 29 (Sam Wilson Rd). Go right on Sam Wilson until it runs into Moores Chapel Rd. Take a left on Moores Chapel Rd, continuing for about a mile. Take a right on Hawfield Rd. and follow the signs.

SOUTH

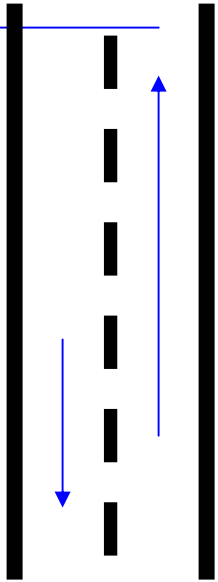
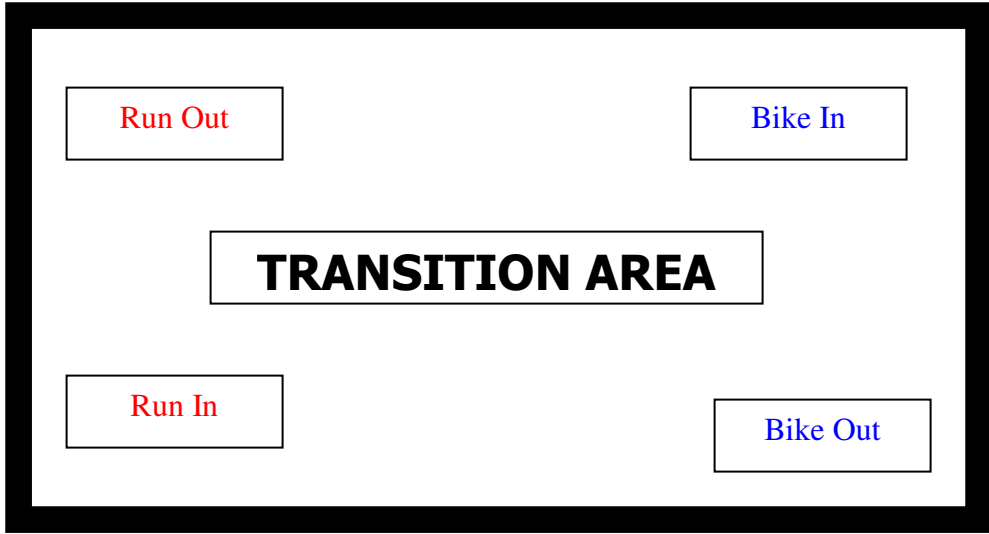
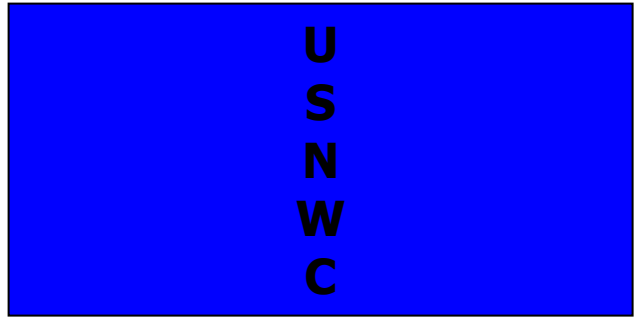
If coming from the South (Gastonia), take I-85 north to exit 29 (Sam Wilson Rd). Go left on Sam Wilson until it runs into Moores Chapel Rd. Take a left on Moores Chapel Rd, continuing for about a mile. Take a right on Hawfield Rd. and follow the signs.

SOUTHEAST

If coming from southeast Charlotte, take I-485 west to Moores Chapel Rd exit. Go left on Moores Chapel Rd, continue for about a mile. Take a right on Hawfield Rd. and follow signs.

[CLICK THE LINK BELOW TO SEE MAP AND GET GOOGLE DIRECTIONS FROM](#)

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=107851522214136591938.0000011210b634682a25f&om=1&ll=35.269308,-80.990911&spn=0.012298,0.015621&t=h&z=16>



START

FINISH

CHARLOTTE DUATHLON TRANSITION AREA

