



**HUMANS OF
STEEL RACING**

Harris Lake Multisport Festival
Athlete Guide



OVERVIEW

Date: Sunday, August 4, 2024

Location: Harris Lake County Park 2112 County Park Dr, New Hill, NC 27562

Parking is at the Hog Run Bike Trail for athletes and spectators. Use this [google map](#) to take you directly to the parking area.

Fundraiser: [DONATE HERE](#)

Our goal for this event is to support Girls on the Run Triangle, and raise enough funds to sponsor a team of 15 girls. Donations also go towards supplying sites with t-shirts, program bins, water bottles, medals, and our amazing culminating 5k experience! They will also be on site to collect last minute donations.

Event Distances:

- Reverse Sprint: 5k trail run, 12 mile road bike, 750m open water swim
- **NEW Reverse Sprint: 10k trail run, 20 mile road bike, 1500m open water swim
- Reverse Sprint Aquabike: 12 mile road bike, 750m open water swim
- **NEW Reverse Olympic Aquabike: 20 mile road bike, 1500m open water swim
- **NEW Reverse Olympic Relay

Event Schedule:

5:45 AM Parking opens
5:45 AM - 7:15 AM Packet pick up & transition open
7:30 AM PARK CLOSED TO TRAFFIC (no exit OR entry for cyclists' safety)
7:20 AM Athlete Briefing
7:30 AM Triathlon start (depending on number of athletes, there may be waves separated by a couple of minutes—TBD on race day)
7:40 AM Aquabike mass start
~9:30 AM Kids dash
~10:15 AM Sprint Awards
11:00 AM Bike course closes, PARK EXIT/ENTRY REOPENS
~11:30 AM Olympic Awards
12:00 PM Swim course closes

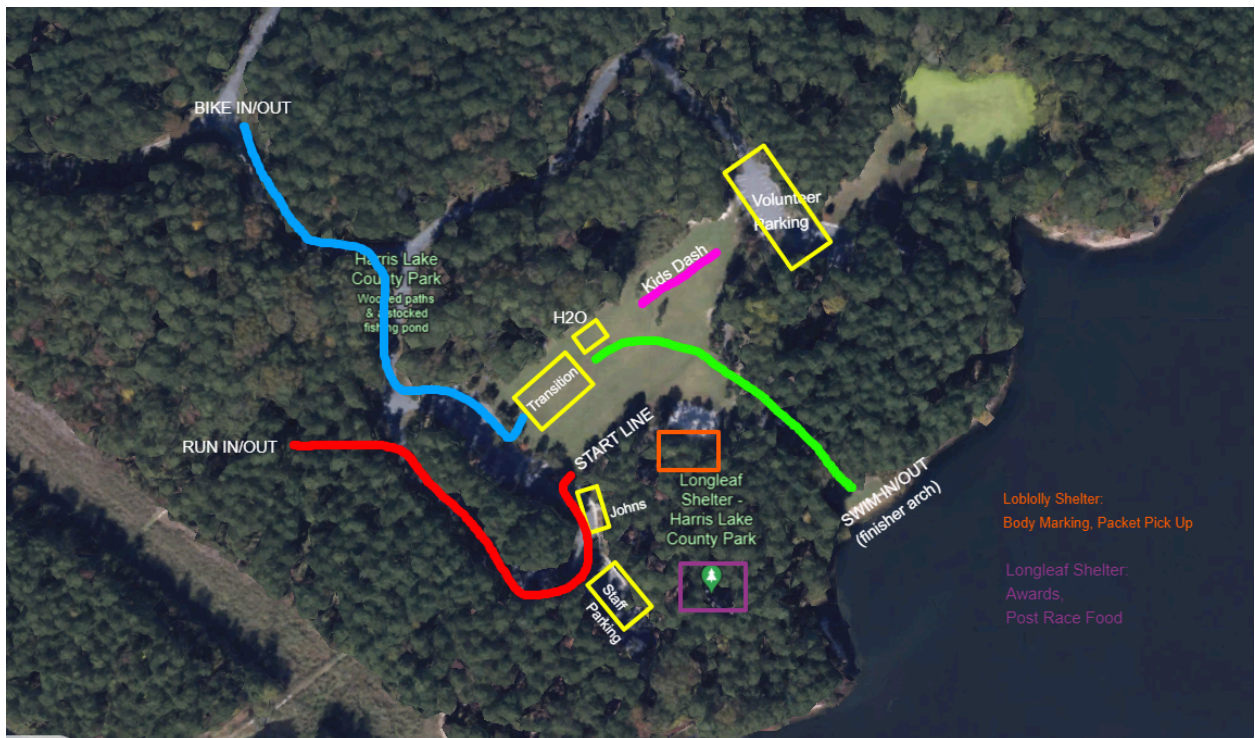


PRE-RACE INFORMATION

- **Please note there is a long walk (~1 mile) from the parking area to transition. Plan accordingly! You will want a headlamp for the walk and transition set up. You can ride your bike, but remember, USAT rules apply and you may be disqualified if you're not wearing your helmet.
- Please plan your nutrition and hydration wisely. There will be aid stations with water/ice at transition, as well as ~2 (or 5 miles for 10k) and ~3 miles on the run. There are NO aid stations on the bike, so please plan accordingly!
- Packet-pick up and printed maps will be at the Loblolly shelter near transition.
- Body marking will also be at the Loblolly shelter.
- RESTROOMS are CLOSED due to the nature of their well. Please use the port o johns near Loblolly shelter.
- Please pack out your trash so we don't overwhelm the park trash cans.
- We are working on Inside Out Sports being available for pre-race bike support, however, they are short staffed, so may not be able to come. We'll have a pump available, but please be sure you have your flat kit if we need to help you out at all.

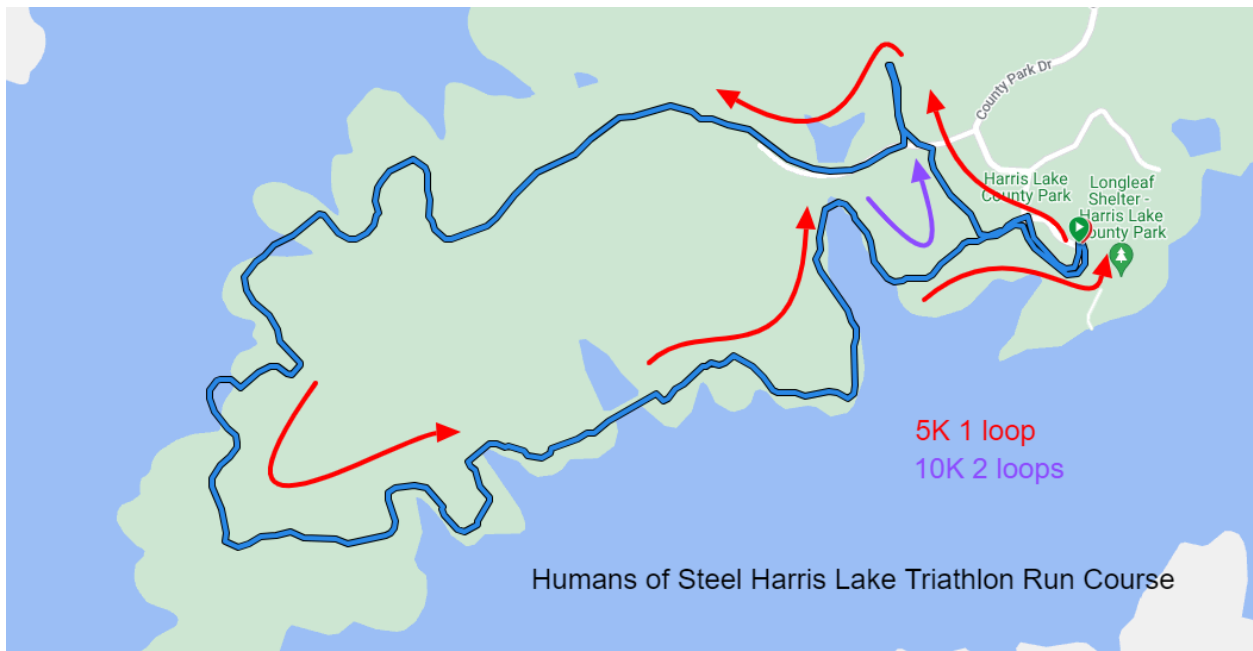
TRANSITION

- The transition area is first come, first serve. In other words, there are no designated spots that you must be in. Arrive early!
- No more than 6 bikes per rack. You'll alternate how they are racked (one on one side, the next one on the other side).
- From run to bike, the transition is about 50yd or so.
- From bike to swim, the transition to the swim is about 200yd.
- The transition area is in the grass.
- All **RELAY EXCHANGES** must take place in the transition area at the rack of the cyclist, without impeding other athletes.



RUN COURSE

- Remember, this is FIRST due to the reverse format.
- 5km (3.1 miles) through the single track Peninsula trail (~1 mile) and maintenance gravel roads (~2 miles) at Harris Lake County Park.
- It is a 2 loop course for the 10km (6.2 mile) course. Trail shoes are nice to have, but “regular road” running shoes are fine (racing flats are not recommended on the gravel/pine straw).
- It is a flat course, but the single track trails do have roots and pine straw. The course is closed to the public during the race, so you won't have to dodge any hikers or dogs!



BIKE COURSE

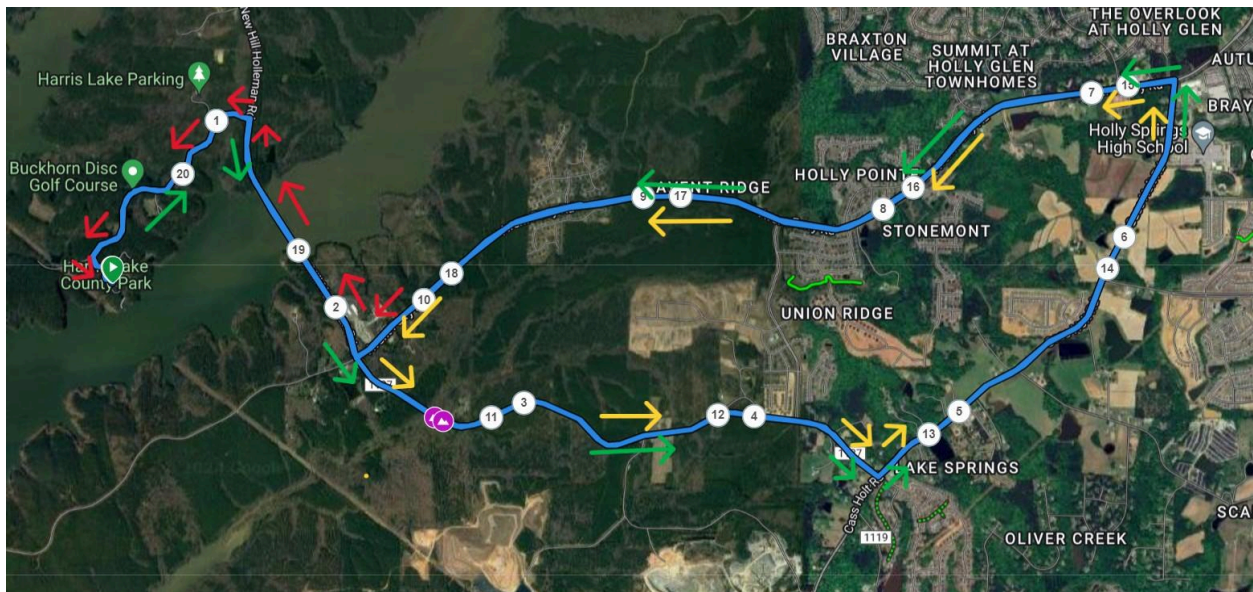
BIKE COURSE:

The bike course is on paved roads through Holly Springs with volunteers, signs and police as major turns. However, it's always good to be familiar with the course.

- The course is NOT closed to traffic, so please obey the NC laws for cyclists, which can be found [here](#).
- USAT drafting/passing policies apply, so please be honest and have fun!
- There are speed bumps in the park, so please be cautious going over them!
- There are NO AID Stations on the bike course.

SPRINT: 12.5 miles on paved roads (follow the green arrows on the picture, then the RED). Download the [GPX file here](#).

OLYMPIC: 20.5 miles on paved roads (follow the green on the picture, then the YELLOW arrows, then the RED). Download the [GPX file here](#).



SWIM COURSE

- Normally, there is no swimming access at [Harris Lake](#), but you may paddleboard/kayak there.
- Swim caps are required, which you'll be provided with.
- No floatation devices are allowed, nor are wetsuits permitted. The water is expected to be ~80-86 degrees Fahrenheit.
- The finish line is at the end of the swim, close to the restrooms, but it is not well suited to large crowds. There will be lifeguards and kayaks/paddleboards for water support.
- The sprint course is as shown (750m is ONE loop)
- The olympic course (1500m is TWO loops)
- Keep buoys on your RIGHT (the buoys are in descending order).





POST-RACE

- Provided in your packet pickup will be a bag for trash. We kindly request that you clean up after yourself and not put too much effort on the Harris Lake Staff.
- Kids dash will begin at ~9:30 AM
- Sprint Awards ceremony ~10/10:15 AM
- Olympic Awards ceremony ~11:00 AM
- **You may NOT leave the park until 11:00 AM. Please plan accordingly.**

SUGGESTED GEAR LIST

REQUIRED:

- Racing Kit/Clothing
- Headlamp
- Running Shoes
- Run bib (provided + pins)
- Bike with bar end caps (no ebikes)
- Helmet
- Flat Kit/Pump
- Goggles
- Swim cap (provided)
- Water bottles
- Race food/electrolytes
- USAT membership card

NICE TO HAVE:

- Watch or other device
- Race number belt
- Cycling shoes
- Socks
- Sunscreen
- Anti-Chafe
- Hat/Visor
- Towel or transition mat
- Sunglasses
- Phone/camera for photo booth
- Change of clothes
- Hand sanitizer

SPECTATORS

- We encourage spectators to bring up the energy and have fun! This is a family friendly event! Please bring signs, cheer on all racers, and ring some cowbells! There is a playground for kids.
- Please remember there's a 1 mile walk from the parking area to transition.
- Bring your own water bottle!
- We are trying to be "green" so please pack out your trash.
- **Please arrive by 7:30am, or after 11am, since the park is closed to outside traffic.**
- For the run course, it will be difficult to watch the runners on course, so we recommend remaining by the transition area.



- For the bike course, you can watch from the Holly Springs high school parking lot, which is right at a turn. PLEASE BE SAFE. However, this means that you cannot be at the park between 7:30am-11am.
- For the swim, the finish line area is very small, so we encourage you to watch from along the shoreline near the first turn buoy. Otherwise, it's best to wait along the greenway area near the restrooms once your athlete finishes.
- Bring your camera and take photos with your athlete at the photo booth!
- The park restrooms are closed, so be prepared to use the portable restrooms. It's nice to have hand sanitizer.

RULES

We are USAT sanctioned, so please follow all rules for non-draft legal competition. There will not be a course marshall. However, we expect that everyone respects the park, park rules, other racers, volunteers (please THANK them), staff and spectators. We also will follow [USAT rules](#) (namely, no drafting on the bike and NO HEADPHONES for safety).

Some common reasons for disqualification:

Bike helmet not fastened while in possession of your bicycle

Cutting the course/cheating

Using a phone during the event

Offensive or violent behavior/language

Outside assistance

We're incredibly excited for you to join us! Have a great race and THANK YOU!

~Coach Chris & [The Endurance Edge](#) Team