

OFFICIAL ATHLETE GUIDE



2015

Wally Man Triathlon

**Saturday, June 27th 2015
Lake Wallenpaupack – Hawley, PA**

Intro – the time has come

It is our goal to remove all barriers to leading a healthy lifestyle. By creating safe, well organized, and fun multisport races we will make the race day experience accessible to everyone, leaving will power as your only excuse. It is that electrifying feeling of nervousness mixed with excitement that you get when stepping out of your comfort zone ... THAT is what we want to share. Seeing that in the eyes of others is why we do what we do!

This is our second annual Wally Man Triathlon, presented by Evolve Sports LLC. The Evolve team has been working tirelessly to make sure this event exceeds all expectations, especially our own! June 27th, race day, is quickly approaching. Time has flown by, but now each one of you will get to see what all the hype is about and we need all of you to help shape and grow this event into what we'd all like it to be.

The beauty of this race is not just in the swim, bike, and run or just in the finisher medal, although they are completely awesome. We hope to help others recognize the real value around this sport and the community it creates. If you are just looking for a workout, you can do that on your own. This is not just a race, but a weekend to engage with friends, family, and complete strangers who share the common determination to evolve in all aspects of their lives! We're excited to share this experience with each and every one of you!

The Evolve Team

Changes and Updates for 2015

Packet Pickup

- Packet Pickup will not be open all night
 - Packet Pickup will be open from 3:00pm Friday afternoon to 11:00pm
 - Packet Pickup will re-open from 4:30am Saturday to 6:15am

Swim Course

- The Swim Course is a little bit shorter this year
 - Sprint is 0.35 miles (as compared to 0.5 last year)
 - Olympic is 0.75 miles (as compared to 1.0 last year)

Bike Course

- The Bike Course is a little bit shorter because excludes the Cherry Ridge runway this year
 - Sprint is 12.82 miles
 - Olympic is 21.25 miles

Check-in / Packet Pickup

Transition/Start Location:

Pocono Lake region Chamber of Commerce
2512 U.S. 6
Hawley, PA 18428

On Site Packet Pickup and Expo

Packet pickup will be held from 3:00-11:00 pm on Friday and 4:30-6:15 am Saturday morning on race day, please allot 20 minutes for packet pickup, should you decide to do so on race morning.

Bike must be racked in transition BEFORE 6:45 am; transition opens at 5:00 am.

YOU ARE THE ONLY PERSON WHO CAN PICK UP YOUR PACKET. ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT TO PICK UP PACKET. USAT RULES!

You Must Bring:

1. Government Issued Photo ID
2. USAT Card (USAT members only)

In Your Packet:

1. Race bib
2. Bike bib (sticker)
3. Other goodies
4. T-Shirt
5. Race Information



*Note: You will receive your swim cap as you cross the timing mat before entering the water
You MUST wear the provided swim cap as the color helps our lifeguards track racers.*

Parking on Event Day - Do not park in the lots of local businesses (we got complaints last year)

Parking will be just North of the Visitor's Center / Transition Area at the nearby Wallenpaupack Area high School:
2552 US 6
Hawley, PA 18428

Please walk bikes along the shoulder of the south bound lane of US-6 to transition.

Transition Area - Opens 5:00 am

Transition Area is located in the parking lot adjacent to the beach. Transition is set up to provide an equal advantage to all athletes. Bike location will be chosen by the athlete on a first come first serve basis and all athletes in transition must have a body marking. To ensure security, no bike will be allowed to leave transition area once it has been racked.

TRANSITION AREA IS ONLY OPEN TO ATHLETES, NO SPECTATORS OR COACHES WILL BE ALLOWED TO ENTER AT ANY TIME FOR SECURITY PURPOSES

Body Marking – Starts at 5:00 am

We will be body marking at the transition entrances. You will NOT be allowed in transition without your bib and body marking. Volunteers will write the athletes' number on their right hand, right arm, and right calf.

Race Day Schedule of Events: Saturday, June 27th

- 5:00 AM - Transition Area Opens
- 5:00 AM - Body Marking
- 6:15 AM - Packet Pickup and Race Day Registration Closes
- 6:30 AM - Waterfront Opens for Warm-up Swim
- 6:45 AM - Transition Area Closes
- 6:45 AM - Safety briefing at Waterfront (Required)
- 7:00 AM - Olympic Male Start
- 7:05 AM - Olympic Female Start
- 7:30 AM - Sprint Male Start
- 7:35 AM - Sprint Female Start
- 10:00 AM - Post Race Entertainment Begins
- 10:00 AM - Sprint Awards
- 10:30 AM - Olympic Awards
- 8:30 PM - After Party at Capri Restaurant/Bar

Key Race Information

Swim Staging / Start

- Swim start is located on the Palmyra Township Beach
- There will be four wave starts from the beach
 1. Olympic-Male
 2. Olympic-Female
 3. Sprint Male
 4. Sprint Female
- Each wave will walk past the timing mat and receive their race specific swim cap
- Athletes will be directed to enter the water 5 minutes before start of race

Ask Questions during the Safety Meeting and Stay informed!

The Swim

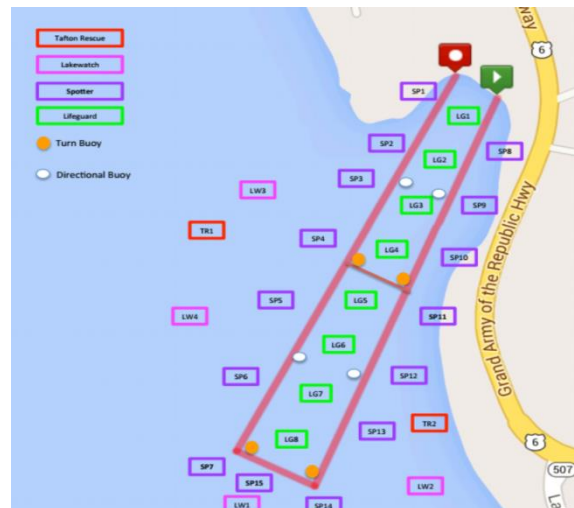
Both the Sprint and the Olympic Swim Courses are Out and Back Swims. There will be 8 buoys on the course, located at 0.05 mile, Sprint turnaround (0.15 mile), 0.25 mile, and the Olympic turnaround (0.35 mile)

- **Wetsuits will not be necessary, but are permitted**
- Water temperature will be around 70°F
- The clock for the swim will start once the gun goes off for your wave and stop, once you cross the timing map, going into transition

Who's out there with you?

We will have certified lifeguards in the water, who are experienced with the beach area. Additionally, we will have numerous spotters in kayak's / SUP's along with the aid of the Tafton Rescue Boat, rescue divers, police, and Boat Watch. Boat Watch will be making a perimeter to the course protecting athletes from all boat traffic.

Swim Map (Olympic and Sprint)



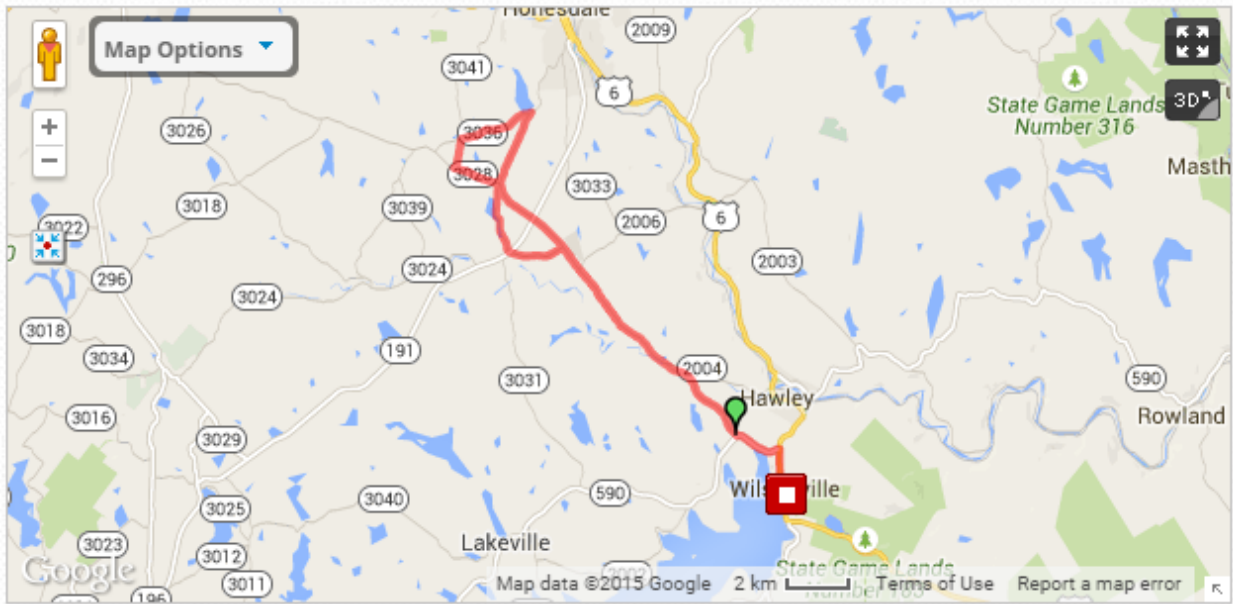
The Bike

This out and back course takes you through the rolling hills of NE Pennsylvania with two challenging up-hills, and several fast down-hills! Due to athlete feedback, the Cherry Ridge runway loop will be excluded from the 2015 race, making both courses a tad shorter.

The bike will start and finish at the Lake Wallenpaupack Visitors center. All east bound traffic traveling along The Grand Army of the Republic (U.S. 6) will be shifted into the center left turn lane beginning at the intersection of PA 590 to Bear Run Rd. Cones will be used to divide all lanes. Once the athletes turn onto PA 590 the course becomes open to traffic and all athletes must abide by all traffic laws unless otherwise directed by a uniformed officer and/or traffic marshal.

This is a **NO DRAFTING** race and rules will be enforced by Evolve Sports officials. All traffic posts will be monitored by volunteer Fire Police, State/Local Police Officers, as well as numerous volunteers. There will be ample signage, cones, and volunteers along the course, but **it's up to YOU to know the course**

Olympic Bike Map and Turn-by-Turn



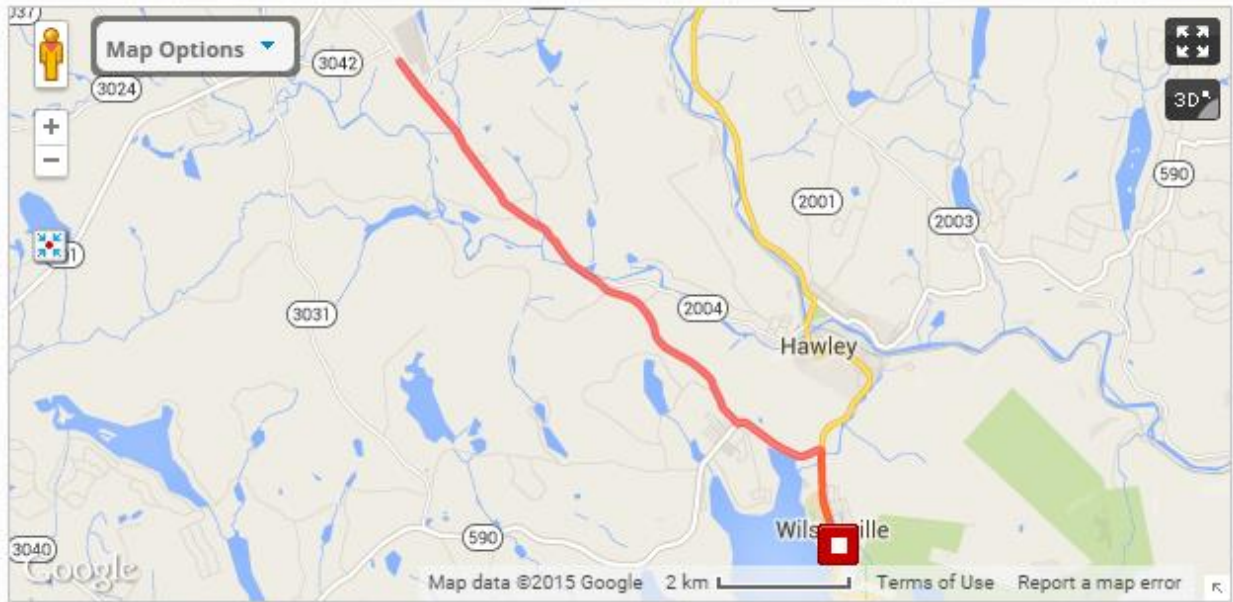
OLYMPIC Bike		
Distance (miles)	Turn	Road
0	Start	Visitor's Center
0.87	Left	PA 590
1.75	Right	Owego Turnpike
6.4	Straight	Sprint Turn Around
6.75	Straight	Runway
8.14	Right	Wanoka Rd
9.55	Sharp Left	Schoolhouse Rd
10.95	Left	Darling Rd
11.49	Left	Owego Turnpike
11.42	Right	Wanoka Road
14.74	Right	Owego Turnpike
19.49	Left	PA 590
20.36	Right	US 6
21.25	END	Visitor's Center

Notes:

- ***Continues straight at sprint turn around at 6.4 miles***
- A water bottle swap will be at mile 16.5
- Know the course
- Obey all traffic laws unless otherwise directed by a volunteer
- Miles 2-20 are open to traffic

[Olympic Bike Route on MapMyRide.com](http://MapMyRide.com)

Sprint Bike Map and Turn-by-Turn



SPRINT Bike		
Distance (miles)	Turn	Road
0	Start	Visitor's Center
0.87	Left	PA 590
1.75	Right	Owego Turnpike
6.4	U-Turn	Sprint Turn Around
11.05	Left	PA 590
11.93	Right	US 6
12.82	END	Visitor's Center

Notes:

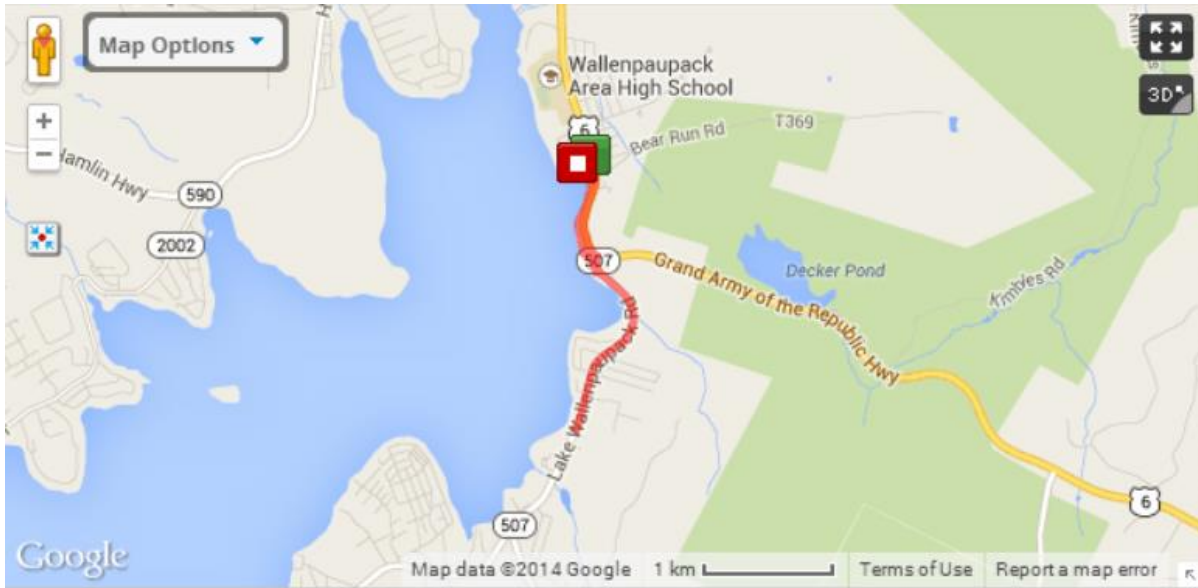
- *Sprint splits from Olympic and U-turns at 6.4 miles*
- Obey all traffic laws unless otherwise directed by a volunteer
- Miles 2-12 are open to traffic

[Sprint Bike Route on MapMyRide.com](http://MapMyRide.com)

The Run

The Wally Man Run Course shows you everything great that the Lake has to offer in a super flat, fast course from start to finish! There will be three Aid stations on the Sprint course and five on the Olympic Course, to make sure you're hydrated and fueled for the scenic finish along the lakeside dike. There is no better view of the lake!

Sprint Run Map and Turn-by-Turn



ELEVATION (ft)



START ELEVATION
1215 FT

MAX ELEVATION
1294 FT

GAIN
138 FT

CLIMBS ON ROUTE

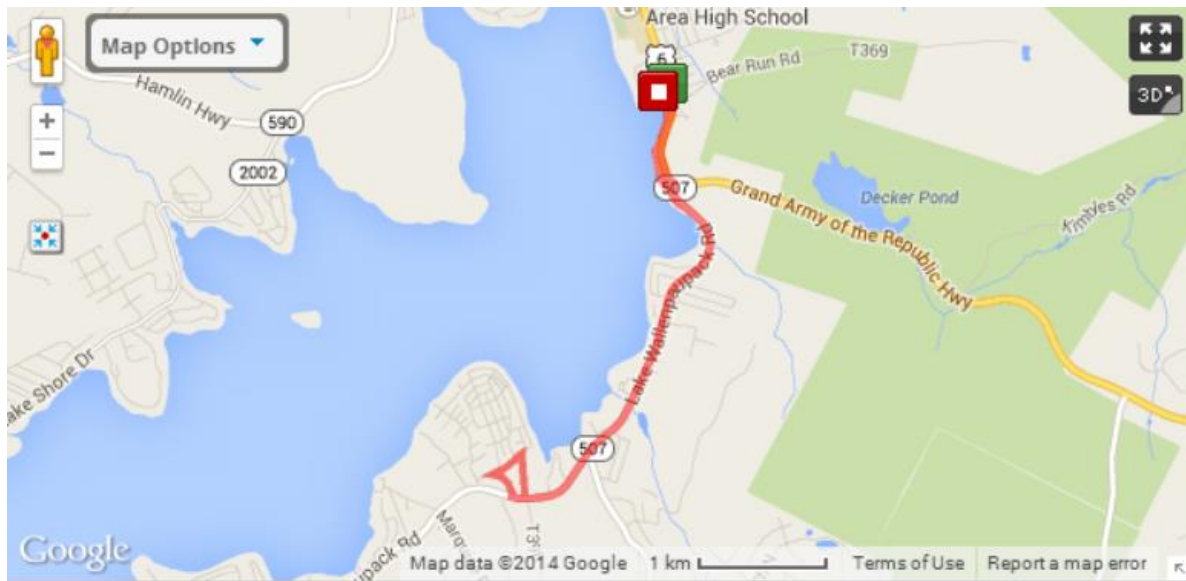
SPRINT Run		
Distance (miles)	Turn	Road
0	Right	US6
0.47	Right	PA507
1.44	U-Turn	Ehrhardt's
2.34	Left	Dyke
2.9	FINISH	The Lake

[Sprint Maps on MapMyFitness.com](http://MapMyFitness.com)

Notes:

- ***Sprint turns around using crosswalk in front of Ehrhardt's Restaurant***
- Obey all traffic laws unless otherwise directed by a volunteer
- Course is open to traffic
- Water/Aid Station: .5 Mile & 2.34Mile

Olympic Run Map and Turn-by-Turn



ELEVATION (ft)



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
1215 FT	1327 FT	258 FT	

OLYMPIC Run		
Distance (miles)	Turn	Road
0	Right	US6
0.47	Right	PA507
1.44	Straight	Ehrhardt's
2.17	Right	Manly Rd
2.79	Right	Spinnler
2.96	Left	PA507
4.77	Left	Dike
5.35	FINISH	The Lake

Notes:

- ***Olympic splits from Sprint continuing straight on 507***
- Obey all traffic laws unless otherwise directed by a volunteer
- Course is open to traffic
- Water/Aid Stations:
.50Mile; 2.0Mile; 3.25Mile;
4.75Mile

Olympic Maps on MapMyFitness.com