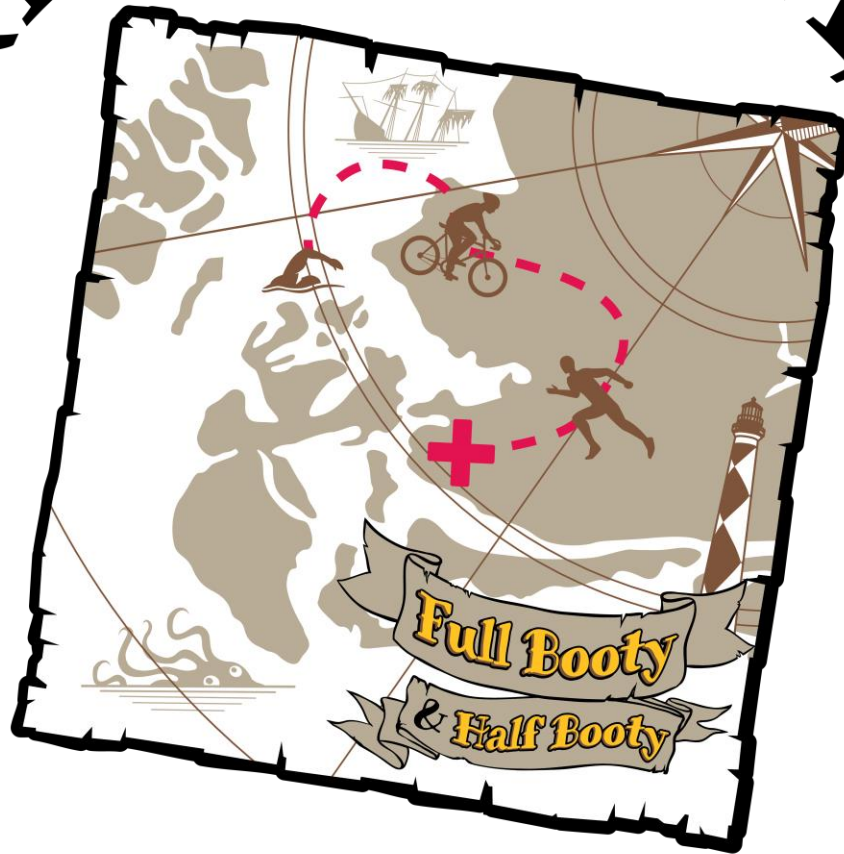


# CRYSTAL COAST



# TRIATHLON

## **Crystal Coast Full and Half Booty Triathlon**

Dear Crystal Coast Full and Half Booty Triathlete,

On behalf of the volunteer Crystal Coast Full and Half Booty Triathlon Board of Directors, I am honored to welcome you, your family and friends to the First Annual Crystal Coast Full and Half Booty Triathlon in beautiful Beaufort, North Carolina.

I am sure by now you have completed your training and hopefully are excited about race day. I truly hope you all do well and achieve your goal whatever that may be. Please listen to your body and if at any time you feel uncomfortable seek help. Stay with your training planning and most importantly enjoy yourself. When you finish on Sunday you will accomplish something that 99% of the people in this world have not and you should feel very proud of yourself. As race organizers we worked hard this past year trying to do everything we could to make this race enjoyable and safe for all of you. Please visit the pre-race Expo for important information about the race. We will have an informational session Friday at 5:00PM and Saturday at 3:00PM. Although this meeting is not mandatory it is highly recommended that you attend. The event guide contains much useful information and is a Must Read. Please don't hesitate to ask questions of the race officials at the Expo or at the Transition area.

The Crystal Coast Triathlon is a 100% non-profit race, meaning no members of the Board of Directors or the Race Director are paid for their work. Additionally, 100% of profits go to local charities such as the Friends of the NC Maritime Museum and the Beaufort Boys & Girls Club. Our goals are to put on a first-class triathlon at the Crystal Coast and raise money for worthy charities. We hope you get a chance to spend time sightseeing in the Beaufort area. The town of Beaufort, incorporated in 1723, is the third oldest town in NC. Walking along the boardwalk you may get to see dolphins in Taylor Creek, or wild horses across the creek on Carrot Island. The NC Maritime Museum, on Front street is a popular attraction offering visitors the opportunity to see relics from Blackbeard's ship the Queen Anne's Revenge. For foodies, there are many excellent restaurants in and around Beaufort.

I also want to thank our Sponsors, our many dedicated volunteers, law enforcement and medical personnel for their support. Without their help this race would not happen.

Please accept my best wishes. I hope you have a great race. I will be seeing athletes off at the Transition area and then will be at the finish line all day to congratulate you on your completion of the race.

Sincerely,

Kaz Yahyapour  
Crystal Coast Triathlon Race Director

## DISCOVER THE CRYSTAL COAST

No matter your vacation destination, variety is key. With more than 85 miles of enticing North Carolina coastline, nine distinct regions – including “America’s Favorite Town” – and hundreds of events and activities, you’re sure to find your Crystal Coast. Come discover North Carolina’s Gem.

Here on North Carolina’s Crystal Coast, the opportunities aren’t just endless, they’re enticing. Whether you’re looking to relax on the sand, drop in a line, hit the waves or hit the town, you’re sure to find your Crystal Coast.

### BEAUFORT

Named by Travel + Leisure as “America’s Favorite Town” among other accolades, Beaufort brings even more to the table than meets the eye. Dock your boat at a downtown marina and walk from one charming boutique to the next. Take in some history at the Beaufort Historic Site and NC Maritime Museum or drop your kayak in Taylor’s Creek. Then, relish in it all with cocktails and award-winning seafood overlooking the water at sunset. It’s no wonder so many people call Beaufort their home away from home.

<https://www.crystalcoastnc.org/>



## Crystal Coast Full and Half Booty Triathlon Schedule of Events

### Friday, May 10:

**3:00 pm – 7:00 pm:** Vendor Expo and Participant Packet Pickup. Bike service available by Inside-Out Sports  
The Beaufort Hotel NC (2440 Lennoxville Rd, Beaufort, NC 28516)

Notes:

All participants are required to pick up their OWN packet on Friday or Saturday at the Expo including each Relay Team member. Packet pickup will not be offered on race morning. The transition area will not open until Sunday morning and there will not be overnight security there. Bikes and race gear can NOT be left at the transition area until Sunday morning.

**5:00 pm:** Participant informational session at Expo location  
Participants are not required to attend informational sessions but are strongly encouraged to do so.  
Course maps will be provided at informational sessions.

### Saturday, May 11:

**9:00 am – 5:00 pm:** Vendor Expo and Participant Packet Pickup. Bike service available by Inside-Out Sports  
The Beaufort Hotel NC (2440 Lennoxville Rd, Beaufort, NC 28516)

Notes:

All participants are required to pick up their OWN packet on Friday or Saturday at the Expo including each Relay Team member. Packet pickup will not be offered on race morning. The transition area will not open until Sunday morning and there will not be overnight security there. Bikes and race gear can NOT be left at the transition area until Sunday morning.

**3:00 pm:** Participant informational session at Expo location  
Participants are not required to attend informational sessions but are strongly encouraged to do so.  
Course maps will be provided at informational sessions.

### Sunday, May 12:

**4:30 am:** Transition area opens.  
NC Maritime Museum Property on W. Beaufort Road Extension (275 West Beaufort Road Extension, Beaufort, NC 28516)  
**6:45 am:** Transition area closes.  
**7:00 am:** Full Booty Event starts.  
**7:15 am:** Half Booty Event starts  
**4:00 pm:** Half Booty Award Ceremony  
**Ongoing:** Full Booty Overall Winners announced as they finish.  
**12:00 pm:** Full booty ends  
**12:30 pm:** ALL BIKES MUST BE REMOVED FROM TRANSITION AREA

Helpful links:

Expo Location: The Beaufort Hotel NC (2440 Lennoxville Rd, Beaufort, NC 28516)  
Transition Location: NC Maritime Museum Property on W. Beaufort Road Extension (275 West Beaufort Road Extension, Beaufort, NC 28516)  
Finish Line address: Front Street Beaufort, NC 28516



## **Expo Information**

BEAUFORT HOTEL NC, AN ASCEND HOTEL COLLECTION MEMBER

2440 Lennoxville Rd, Beaufort, NC, 28516, US

Phone: (252) 728-3000 Fax: (252) 728-3003

[HOTEL LINK](#)



## **Full Booty Triathlon, Aquabike, Relay – 7:00 AM START**

## **Half Booty Triathlon, Aquabike, Relay – 7:15 AM FIRST WAVE START**

**Arrival Time:** Arrive at the transition area no earlier than 4:30 am as the gates are scheduled to be open at 4:30 am. **EVENT START- 7:00am Full Booty.** The transition area will close 6:45 am.

**Packet Pick Up:** Friday (5/10) 3-7 pm and Saturday (5/11) – 9:00 am -5:00 pm @ The Beaufort Hotel NC

**USAT Annual Members:** All members should have a copy of their USAT card and their driver's license in order to pick up your packet. ***YOU MUST PICKUP YOUR OWN RACE PACKET PER USA TRIATHLON RULES including Relay teams.***

**Non-USAT Annual Members:** If you have not paid the one day \$15.00 USAT fee please be prepared to pay this at the race site. Cash or checks made out to FS Series will be accepted at the check-in area.

**Parking:** All parking will take place at the transition area on the NC Maritime Museum Property on West Beaufort Road Extension or in downtown Beaufort vicinity. Once the swim portion of the event begins (at 7:00am), vehicles will not be allowed to enter the Maritime Museum lot. Vehicles will not be allowed to leave the Maritime Museum lot until 1:00pm. The parking at the transition area is 1 mile from the finish line and is easily walkable. **REMEMBER: IF YOU ARE ON YOUR BIKE AT ANY TIME AT ANY USAT EVENT YOUR HELMET MUST BE FASTENED!**

**Body Marking:** All participants must be marked at the body marking area located near the transition area. Body marking will stop at 6:45am.

**ULTRA by RFID:** You will receive a timing chip and strap **on race morning**. All straps should be secured to your **LEFT ANKLE** with velcro going all the way through and attaching to the other side of the velcro band. Relay teams will use a neoprene strap to attach the timing chip that is located in your race packet around your left ankle. You will exchange with your team members at your bike rack location each time.

- **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 while the event is in process unless you are racing.**

**Pre-Event Instructions/Meeting:** A pre-race meeting will be held Friday 5/10 at 5 pm and Saturday 5/11 at 3 pm at The Boathouse. This meeting will go over course logistics and race instructions. Please plan to be there!

**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:** The estimated time for the awards ceremony is 4:00 pm for the Half Booty event. However, this time may change depending on the time of the last finisher. Full Booty overall winners will be recognized as they finish.

**Results:** Results will be posted throughout the race. Complete results will be posted on [www.fsseries.com](http://www.fsseries.com) by 1:00 am on Monday (5/13). <https://crystalcoasttri.com/evtresults>.

### **Transition Area:**

- All participants will have a designated bike rack depending on the assigned bib number. However, there are no specific positions assigned on the designated rack. Find your range of bike numbers and rack your bike. **For example, if you are #67, place your bike anywhere on the rack with # ranges 61-80!**
- **NO bike storage the night before the race or overnight of the race**
- Participants only in the transition area. You are the only one that can remove your bike.
- At the bike start, participants will have to run their bikes across the timing mats and past the mount line before getting on the bike. At the bike finish, participants will have to dismount at the same place and run their bikes across the timing mat to re-enter the transition area.
- Bike technical support will be available Sunday am at the transition area and on course

### **Changing Tents (Full Booty Only):**

- A male and female changing tent will be available at the transition area for the Full Booty ONLY.
- You can place your changing clothes in the changing tent or at your transition rack.

### **Relay Teams:**

- Swimmers will tag the bikers at the bike rack location and exchange the timing chip. Bikers will place the chip band on their left ankle.
- Bikers will tag runners at the bike rack location and exchange the timing chip. Runners will place the chip band on their left ankle.

### **Special Needs Bags (Full Booty Only):**

- You receive a special needs bag for the bike and run course at packet pickup. Please be sure to attach the color numbers to your bags.
- Sunday morning we will have bag drop for both bags at the transition area.
- We will bring back the bike special needs bag to the transition area after the bike segment
- The run course special needs bags will remain at the turnaround until the last runner completes the turnaround. The bags will then be brought back to the transition area.

### **Additional Notes:**

- When you finish the race, please find a volunteer to return your chip/band.
- **Runners - Please do not pin your BIB number on your back. Have it facing forward at the finish line!**





TIMES BY AGE/ Cut-off times are established for each of the event components as described below. The Crystal Coast Triathlon reserves the right to pull athletes off the course who exceed any established course time cut-offs.

### **FULL Booty**

#### Swim Course Time Limit

If the race is deemed wetsuit optional, athletes who choose to wear a wetsuit will enter the water after the last non-wetsuit wave. Wetsuit athletes will have to adhere to the Age-Group course cut-off and course closures.

The swim course will close 2 hours and 30 minutes after the last age group athlete starts the swim. Each athlete will get the full 2 hours and 30 minutes to complete the 2.4 mile swim regardless of what time they enter the water. Athletes who take longer than 2 hours and 30 minutes to complete the swim will receive a DNF.

#### Bike Course Time Limit

There is an intermediate cut-off at the start of the second loop of the bike course at 2:30 PM (mile 56). Any rider who has not reached the start of the second loop of the bike by 2:45 PM will not be permitted to continue. The bike course will close at 6:00 PM. Athletes arriving at the bike dismount line after 6:00 PM will not be permitted to continue.

All athletes will have 11 hours to complete the swim and the bike. Athletes taking longer than 11 hours to complete the swim and the bike will receive a DNF.

#### Run Course Time limit

The run course will close 16 hours and 59 minutes after the last age group athlete starts the swim. Each athlete, regardless of what time they enter the water, will have 16 hours and 59 minutes to complete the entire course (swim, bike and run). Any athlete that finishes the race before the final run course closure but has a finishing time greater than 16 hours and 59 minutes will be considered a DNF and will not be eligible for age group awards.

There are also two intermediate cut-offs:

The first is at the start of the second lap of the run course at 9:15 PM.

The second intermediate cut-off is at 11:15 PM at North Shore Drive turnaround (mile 22.5).

### **HALF Booty**

#### Swim Course Time Limit

If the race is deemed wetsuit optional, athletes who choose to wear a wetsuit will enter the water after the last non-wetsuit wave. Wetsuit athletes will have to adhere to the Age-Group course cut-off and course closures.

The swim course will close 1 hour and 10 minutes after the last swim wave. Each athlete will get the full 1 hours and 10 minutes to complete the 1.2 mile swim regardless of what time they start the swim.

Athletes who take longer than 1 hours and 10 minutes to complete the swim will receive a DNF. CCT reserve the right to pull athletes off the course who exceed any established course time cutoff.

#### Bike Course Time Limit

The bike course will close 5 hours and 30 minutes after the final swim wave start. Each athlete will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

#### Run Course Time Limit

The run course will close 8 hours and 30 minutes after the last swim wave start. Each athlete, regardless of what time they start will have 8 hours and 30 minutes to complete the entire (swim,bike, run) course START TIME/CAP COLOR

### **Full Booty Individual, Relay, Aquabike Start Times**

<b><u>Wave</u></b>	<b><u>Age Group</u></b>	<b><u>Start Time</u></b>	<b><u>Cap Color</u></b>
<b><u>1</u></b>	<b>All participants</b>	<b>07:00:00 AM</b>	<b><u>RED</u></b>

### **Half Booty Individual, Relay, Aquabike Start Times**

**\*\*\*Relays will start in the wave by the gender of your swimmer!**

<b>Wave</b>	<b>Age Group</b>	<b>Start Time</b>	<b>Cap Color</b>
<b>2</b>	<b>Males 40+</b>	<b>07:15:00 AM</b>	<b>LIGHT BLUE</b>
<b>3</b>	<b>Males 39 under</b>	<b>07:18:00 AM</b>	<b>GREEN</b>
<b>4</b>	<b>All Females</b>	<b>07:21:00 AM</b>	<b>PINK</b>

### **Swim Course**

- This will be an in-water start and you will swim counter clockwise around the course keeping the ALL buoys on your left side. YELLOW buoys are sight buoys. ORANGE buoys are turn buoys where swimmers will make a left turn.
- **Full Booty Swim – 2.4 miles 2 Laps -Half Booty Swim – 1.2 miles 1 Lap**
- Swimming is not permitted at the event venue at any time. Please be aware there is current in the channel.
- Swimming is available at the Sports Center (252) 726-7070 and Eastern Athletic Club (252) 728-1700. Please call to check pricing and availability.

The Crystal Coast Triathlon is a USA Triathlon sanctioned event and will comply with all USAT wetsuit rules:

Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

The water temperature will depend on many factors including the spring weather in the area. The surface sea water temperature in Gallant's Channel where the swim will occur averages 72.1 degrees on event day with the average temperature range between 68.7 and 75.5 degrees Fahrenheit.

**Crystal Coast Triathlon**  
**SWIM COURSE**  
2.4 MILES / 2 LOOPS  
1.2 MILES / 1 LOOP

**LEGEND**

- Start
- Finish
- T Transition



## **Bike Course**

- **Hard shell helmets must be worn – make sure number (sticker) is placed on front of helmet.**
- Helmets must be fastened before leaving the transition area.
- Stay to the right to allow faster cyclists to pass on the left.
- **Bike frame numbers will stick to the bike frame. They will not leave a residue.**
- 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 4 bike lengths behind the person in front of you. USA triathlon officials will be on course
- Bike technical support will be available on course but please be sure to bring spare tubes and cartridges.

### Food and Drink on the Bike Course:

- Gu Gel (flavors: Salted Caramel and Strawberry Banana)
- [Full Booty Distance Old Winberry Road ONLY] Stroopwafel (flavors: Salted Chocolate and Wild Berry)
- There will be water and Gatorade available in ready to drink bottles in all Bike Aid Stations.

### Course overview:

- The bike course is one large loop with a smaller loop contained. Cyclists will ride the loop(s) in a clockwise direction.
- Once cyclists depart Beaufort, they will not return to Beaufort until the course is completed.
- **Full Booty Bike Course – 112 miles**
  - The Full Booty Bike Course includes completing the large loop once and the contained smaller loop three times.
- **Half Booty Bike Course – 56 miles**
  - The Half Booty Bike Course includes completing the large loop once and a 4-mile “lollipop” segment off of Highway 101 near the end of the course.
    - Half Booty participants are required to complete the additional 4-mile segment. They will make a right turn onto Tuttle Grove Road from Highway 101 to begin the segment. They will complete the segment when they return to Highway 101 at the same location they started the segment.

### ***112 mile Full Booty Bike Course Water Stations:***

#### ***Restrooms available at each Water station***

1. Mile 14 at Business Drive in Morehead City
2. Mile 28 & 90 at Theater on McCotter Boulevard in Havelock  
**(Special needs location Mile 58.5 [2<sup>nd</sup> Lap])**
3. Mile 41 & 70 Right turn off 101 to Old Winberry

### ***56 mile Half Booty Bike Course Water Stations:***

#### ***Restrooms available at each Water station***

1. Mile 14 at Business Drive in Morehead City
2. Mile 28 at Theater on McCotter Boulevard in Havelock
3. Mile 44 Right turn onto Tuttle Grove Road







## **Run Course**

- Please follow all RUN signs/arrows to be sure you are running the correct track.
- **If you must go to the bathroom on course - please use the Port-O-Lets located at every aid station!!!**
- Course overview:
  - The course is a flat 13 mile loop through downtown Beaufort, the Beaufort waterfront, and Beaufort residential areas.
  - **Half Booty runners** will complete the run course once for a distance of 13.1 miles.
  - **Full Booty runners** will complete the run course twice for a distance of 26.2 miles.
- Fuel and Aid Stations:
  - Locations:
    1. Transition area exit
    2. Moore Street and Front Street in the Traffic Circle
    3. Fulford Street and Front Street
    4. Front Street and Lennoxville Road
    5. Lennoxville Road and Craven Street
    6. Sycamore Street and Steep Point
    7. North Shore Drive Turnaround
  - Food and Drink available at the aid stations:
    - Water and Gatorade will be provided in cups
    - Flat Coke
    - Gu Gel flavors Salted Caramel and Strawberry Banana.
    - Stroopwafel in Salted Chocolate and Wild Berry.
    - There may be other drinks and snacks including pretzels and cookies at some of the marathon aid stations.





# 2019 Most Commonly Violated Rules and Penalties

## 1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

## 2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; Variable time penalty in transition area only.

## 3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Variable time penalty

## 4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Variable time penalty

## 5. Drafting:

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Variable time penalty

## 6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referee's discretion

## 7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

## 8. Headphones:

Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Variable time penalty

## 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

## 10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

## 11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**Penalty:** Variable time penalty