

Thursday- July 12, 2018

3:00 - 5:00 p.m. - Race check-in, bike check, and packet pick-up at Henry Hagg Lake, Boat Ramp C parking lot. **Please be on time for check-in**, and do not wait till the end to show up. **BRING YOUR BIKE**, USAT Yearly membership card, and any monies that might be due.

5:00 - 6:00 p.m. Pasta dinner at the Henry Hagg Lake, Boat Ramp C parking lot.

6:00 - 7:30 p.m. Introduction of athletes and race discussions at Henry Hagg Lake, Boat Ramp C parking lot.

Friday – July 13, 2018

6:00 a.m. – Race Staff will start prepping for the activities; some of us will have camped overnight at our staging/race area.

7:00 a.m. – Single/Double ANVIL Triathlon start! **We will start promptly at 7:00 a.m.**

Saturday – July 14, 2018

1:00 a.m. - Single ANVIL Triathlon official finish.

10:00 p.m. - Double ANVIL Triathlon official finish.

Sunday – July 15, 2018

11:00 a.m. - 2:00 p.m. Post-race Lunch and Awards Ceremony for athletes, support crews, family, friends, volunteers and staff – Prime Time Sports Bar and Pub. See “Post Race Lunch and Awards Ceremony” below for more information.



PLEASE RSVP BY TUESDAY, JUNE 26th, 2018 FOR THE FOLLOWING:

Please let me know when you plan on arriving in Oregon, so we can be on the lookout for you and where you will be staying.

McMenamins Grand Lodge ~ Like we did last year, for those of you that are in town, we will have an informal get together at the lodge, it is an old historic bldg. with a rich history. Here is the website: <http://www.mcmenamins.com/GrandLodge> There is a dining area outside the front entrance near a large garden/lawn area. Providing the weather is nice, we will gather there at one of the picnic tables. Teri and I will be outside at 6 p.m. to socialize a bit with whoever shows up.

Hammers ~ See attached picture. For more than four years, we have had the “Hammer” that we started the race with and when you finished, we took your flag and you were given the Hammer to slam the Anvil to signify your finish. Everyone used the same Hammer. Now you can have your own Hammer to signify your finish and then take home with you.

If you would like one, please let me know and I will have one at the race for you. The normal one is a 3 lb hammer but I have 2 lb hammers as well. They are \$40.00 per hammer. Please let me know if you would like one, and what size you would prefer.

Hammer Nutrition Discount ~ we are sponsored by Hammer Nutrition with product for the race (see below this section); however, if you would like your own (for the race or have more to take home with you), I please let me know as I get a 25% discount. I will order the product and you can pick it up at the race and pay me at checkin. Just let me know what product, how much, what size it comes in and if it's clothing (anything they sell pretty much) what size, color etc.

T-Shirts ~ I will be ordering T-Shirts for the race, they are the nice soft Next Level brand. Each racer will be provided with a T-shirt in his/her race bag. If you would like to purchase some additional for family/friends etc, please let me know the size (we only order them in the men's/unisex size) and how many you would like. For a women's specific cut, they run at least one size smaller than what you may normally wear. Let me know if you'd like a women's specific fit, otherwise they will be men's/unisex. They will be \$20.00 each.

Food ~ Let us know if you are vegetarian, celiac, etc. Although we strive to provide a menu that works for all participants, we cannot guarantee to have everything you need. Please plan to bring items that are tricky to find.

Food for the staff and racers is free. If you want your support crew to eat, the charge is \$25.00 per day (Fri and Sat). There is a food service hut at the Boat Ramp C parking lot (Robinson Family Lake House) next to us that serves drinks, chips, ice cream, etc. They are hoping to have prepared food permits by race weekend. Their hours: 7 a.m. – 7 p.m.

Pre-race Dinner/Race Brief ~ Please provide the number of people in your crew/family who will be attending the Free Pasta Dinner/Race Brief on Thursday, July 12th from 5:00 - 6:00 p.m.

Post-race Lunch and Awards Ceremony ~ Please provide the number of people in your crew/family who will be attending the Post-race Lunch and Awards Ceremony at Prime-Time Sports Bar and Pub. The Double ANVIL entry includes you and one other; the Single ANVIL entry just includes the athlete. The additional fee is 30.00 per adult.

Note: All of the above requires a RSVP by Tuesday, June 26th



We will be using Heed, Perpetuem (Caffé Latte), Hammer-Gel and E-Caps (Endurolyte) product for the race. The Hammer products will be on the drink table for your use. You can check out their website at <http://www.hammernutrition.com/>. They are a very well-known company in America and provide their products to numerous races.

Shelters ~ We will not be providing shelter space at this race. There are three options. Bring your own shelter, your crew can work out of your vehicle, or use the pavilion shelter behind and to the side of the timing tent.

Support ~ You need to provide your own support crew. At the very least, they are highly recommended. We might have a few people around that can provide support at times, but they will not be dedicated support.

Grocery Store/Restaurants - Lake Stop Store is located just outside of the park, Gaston Market is a short drive in Gaston, and larger retail stores are found in Forest Grove. If you are looking for a latte or fancy coffee option, Scoggins Creek Coffee Hut is in Gaston, a 15-minute drive from the race site. Friday, they are open 5 a.m. – 5 p.m. and Saturday their hours are 6:30 a.m. – 5 p.m.

The Weather (per WeatherChannel.com) is usually on average 82 Fahrenheit/27.7 Celsius during the day and 52 Fahrenheit/11 Celsius at night. The July timeframe is not the rainy season for this area, so let's keep our fingers crossed we will not have any rain. Please be prepared for all weather conditions.

Here is the link to weather.com for the Forest Grove area

<http://www.weather.com/weather/tenday/1/USOR0124:1:US> . Sunrise at (5:37 a.m.) and sunset at (9:01 p.m.) means we will have a lot of daylight during the race.

Bike Mechanic – Make sure your bike is prepped and ready for race day. If you need to ship a bike and have it assembled and ready for the race, you can use Olson's Bicycles. Mike Olson is the owner, fgbiker@groveweb.net , address is Cole Carter Building, 1904 Elm Street, Suite 1, Forest Grove, OR 97116. (503) 359-4010 <http://olsonsbicycles.com/> .

Please bring your bikes with you to check-in Thursday so we may put the timing chip on it. Teri and I will be staying at the park that night, so you can leave your bike there overnight along with any other gear you might want to. It can stay under the pavilion or in your shelter if you have one that you are setting up. There are critters around the area, so I would be careful of any food stuff.

Massage Therapist ~ Jacqueline, with Silver Rain Massage, will be at the race to provide massages during and post race for you. She will be on site starting at 11:00 a.m. Friday. We will post her full hours, on location, so you can plan your massage. If you need one pre-race, let us know.

Hemoglobin/Doping Testing ~ We will be testing you during race check-in, it is a simple procedure. Your finger is poked with a lancet to get a drop of blood on a cuvette that goes into a Hemocue Hemoglobin machine to get a value – per below. We are just trying to show the world that this sport is clean and that we are proactive in making and keeping it that way. For most people, there should be no problems. We had one person out of the last two races we tested (80 people) that was slightly above the limit, and that value was suspect as we tested him later and he was within limits.

Here are the Hemoglobin limits.

Men - 17.5 gm/dl

Women - 16.5 gm/dl

Reason for testing Hemoglobin: An elevated hemoglobin does give a competitive advantage. Various methods have been used to elevate the hemoglobin including EPO, transfusions, hypoxia tents and living at very high altitude. All of these are considered "blood doping" and are banned by the International Olympic Committee (IOC) and World Antidoping Association (WADA).

Furthermore, having an artificially high hemoglobin puts the athlete at risk for a stroke and other vascular complications. Testing for EPO is very difficult and expensive. Various sports organizations adopted a simpler approach of testing for blood doping by measuring the hemoglobin. In the future testing for "Total Body Hemoglobin Mass" will be an even better test but this is not widely done or practical yet.

Shelters and Lights – As mentioned earlier, we will not be providing shelter space, so you may bring your own shelter to set up, work out of your vehicle, or use the pavilion space next to the parking lot. See the transition map I have provided on the website for where the pavilion is located. Athlete parking will be along the right side of the lane AS YOU ENTER our parking lot section. Once you hit the end and U-turn to continue to start heading out of the parking lot, **we are not going to allow any athlete cars in that section**, only staff/volunteer cars only. Other staff/volunteer cars can/will park in the other parking area.

The center area of the lot is where athlete shelters will be placed and is also where we will have light strings running the length between shelters (see the map) It is a good 10-foot wide section, allowing plenty of room for shelters – no cars! If you plan to operate out of your car, please park along the right side of the lane as you enter the lot. Remember that no athletes are to be parked or sheltered along the lane where our race staff/tents are placed.

Timing System – I will be using my chip timing system that I built myself. It works great, just doesn't look as fancy as those others but costs a tremendous amount of money less. It is modeled after the one used in Mexico for the Deca and Quintuple. I am not using mats on the ground that you ride over or run over. I have built the antennae with pvc pipe that is 2' x 4' rectangle and these will sit by the edge of the road. I will have a cone out that you will ride between it and the edge. I have gotten a 9' read range on the bike and 3.5' on the run. You hear the familiar beep from the computer when you cross within range. For the bike I have a chip that is about the size of a cigar, it is almost 6" long and about the size of your thumb. These will be mounted under the seat (or somewhere under the seat). For some of you that have funky seats, things under it, we will manage somehow to get this on your bike. For the run, I have the normal chip that goes on an ankle strap or it can be put on your shoe. I have nice neoprene ankle straps that do not rub the leg like the older models that some people still use. We will be updating the website throughout the day every 5 minutes.

We have a flat screen TV to show results on for the support crews, staff and racers.

Henry Hagg Lake - Owned by the U.S. Bureau of Reclamation, maintained and operated by Washington County, the Park features numerous picnic areas, two boat launching facilities, a fully stocked lake for fishing, more than 13 miles of hiking/mt. biking trails, and observation decks for wildlife and bird watching. Since the creation of Henry Hagg Lake in the mid-1970s, Washington County, the Bureau of Reclamation, and the Washington County Elks Lodges have shared a commitment to make the Park user-friendly to every visitor. Located just 25 miles southwest of Portland, resting at the base of Oregon's beautiful coastal range, Hagg Lake offers visitors the best of outdoor recreational activities.

That being said (I took it off their website), it is situated out in the country part of the area, there is not a lot of vehicle traffic, especially during the week, when most people are working. So, it's good

we get the swimming and biking portion done before Saturday when the weekend people come out to ski, fish and do whatever they do out there.

We will have some “race in progress” signs that will be placed on the course, alerting others that we have racers riding on the roadway and running on our section of the run area. **You must still be cautious and aware of your surroundings, and others, while on the bike or run section.**

IPODs/MP3 Players – Not allowed per USAT rules for this course. Even at night on the bike course, there will be vehicles on the road, and for the run section, it is open to the public on the off-road section and you will be running on the edge of the roadway where there are cars.

Parking at race site ~ As you start to enter the park, there is a pay station where they charge \$7 per day to park. This fee will be paid as part of your race (\$14 per car for both race days), so **DO NOT STOP AT THAT PAY STATION** to get a parking pass for the race. We will collect your money and provide a yellow pass that will be placed on your dashboard. If you head out before Thursday, you need to pay and have the pass on your rear-view mirror or else you will be ticketed. Once you go thru/past the pay station, the lake is ahead of you. Take your first left toward Boat Ramp C (see signs) and travel approximately 3 ½ miles to Boat Ramp C. As you make the right turn toward the lake and Boat Ramp C, make the first turn to the right into our parking lot. You will see us!

Again ~ Parking during the race on Friday and Saturday is covered by your race fees, as well as Thursday's parking during check-in/dinner/brief.

Children/Pets – While we encourage a fun, family atmosphere at our race, our greatest concern is for the safety of your family and the safety of the racers and staff. Please keep your children and pets off the race course and roadway always.

Pacing Support during the race: A few people have asked if their support crew can help them during the bike or the run section. It is a NO for both.

For one, we are part of the IUTA for the Double ANVIL, and it is not allowed under their rules. Athletes are racing for position and having someone pace you is a definite advantage, so someone who is unable have a pacer with them is at a disadvantage. Losing even one place to someone that has a crew helping them will cost them points in the rankings. Secondly, it is supposed to be about you, and you finishing the race under your own steam, your own power and mental toughness. We have gone back to the grass roots of racing where it is you against your competitors. This doesn't mean you can't run alongside another athlete during the run only and chat with them to take the drudgery off the race.

There will be a certain area that you can be provided support during the race and this is inside the parking lot/transition area. We will have a cone positioned right before they take the left turn to head out of the parking lot area; reminding you no more support past this point.

Swim Section - The swim segment takes place in the lake. The main start area will be in waist deep water as is the turn around. We will have people counting your laps. It is recommended that your support crew keep track of your laps too, to ensure none are missed. We will use different color swim cap for athletes; with 2 or three athletes using the same color; and the same counter counting that color. The swim line is 1,584 feet/482.2 meters long one length, so 3,168 feet/965.6 meters in a

loop, this means Double Anvil athletes will swim 8 laps to complete 4.8 miles; Single Anvil Plus athletes will swim 6 laps to complete 3.6 miles; and Bad Ass Single Anvil athletes 4 laps to complete 2.4 miles.

Per the park office, the water temp is usually 76 Fahrenheit ~ 24.4 Celsius degrees. We expect everyone will wear a wetsuit for the swim portion. I will be checking the water temp myself once I am there.

Double Anvil athletes must complete the swim segment within 5 hours of the race start (12:00 p.m. Friday); Single Anvil Plus athletes have 3.5 hours of the race start (10:30 a.m.); Bad Ass Single athletes have 2 hours of the race start (9:00 a.m.).

Bike Section - The bike segment takes place around the perimeter of Henry Hagg Lake. There are no lights along the course, so it can get quite dark at night. As it gets dark, **you will be required to use adequate lighting (white light) on the front of your bike and a red flashing light on the rear.** The front white light should broadcast decently 15/20'. We also highly suggest a headlamp attached to your helmet. Ensure you have sufficient batteries to last throughout the night. There is electricity available to charge spare batteries. The bike segment is a 10.68-mile (17.187 kilometer) (as calculated by Jones Computer, what the Olympic people use and any certified race course) loop around the lake using the road itself. You will start the bike at the timing mat to "start" the bike segment, ride out of our "parking lot" area and onto the road, taking a right turn and riding the course in a clockwise fashion. As you enter back into our "parking lot area", you will ride the correct way thru our parking lot (past your vehicles that you can get support out of and loop around and back thru the timing mat for one full lap.

If you have raced this venue during the past four years, you are aware that road repair and re-paving has been constant. Teri was at a road crew meeting this past week and will have a full overview during the pre-race meeting. Completed: The section of road that had a slide is repaired.

Double Anvil athletes will bike 21 full laps, which put you at 224.28 miles completed; Single Anvil Plus athletes will bike 16 full laps for 170.88 miles and Bad Ass Single Anvil athletes will bike 10.5 laps for 112 miles.

Road bikes must be in good working order, please make sure they are so there will be no surprises during the race. You may use more than one bike, however, remember that we need to move the timing chip to your other bike when you swap them out, let us know when you are going to do this, so we can be prepared.

You must wear an ANSI/Snell approved bike helmet during the bike course. **YOU MAY NOT DRAFT.** Drafting is not allowed during this event. While on the bike segment, cyclists shall not work together to improve performance, efficiency, or position by teamwork or other joint conduct. All cyclists must assume and maintain a staggered riding position relative to the cyclists directly ahead. A variable time penalty shall be imposed for any violation of this. You may stop or walk your bike, but no time adjustments will be made.

The bike loop is not flat, it does have hills, you can see the Garmin profile on the Oregon Information page of the website. Mark Blore, who has raced the past three years, sent me some thoughts on the bike course to help you out with gear selection.

What Mark sent: *14,000+ ft of gain over 224 miles. I would suggest a minimum of a compact with a 12/28 rear. Most people will be on road bike and not tri bikes. Steve- the winner from last year had a triple crank. If you like a higher cadence I would suggest one of the newer 11/30 or 11/32 rear cassettes. If you have them you will use them. The good thing is the course is a 10 1/2-mile loop with 3 to 4 hills that require some effort and the rest are rolling. So at least there is not one big hill that requires the sustained effort for a long period of time. If people are conservative the first hundred miles, it helps tremendously on the back hundred and subsequently the run which also has some hills.*

Double Anvil athletes must complete the bike segment within 28 hours of the race start (11:00 a.m. Saturday); Single Anvil Plus athletes within 19 hours (2:00 a.m.) and Bad Ass Single athletes within 12 hours (7:00 p.m. Friday).

Run Section - The run segment is part off road and part on road, on a 1.3 mile/2.092 kilometer) loop course. Double Anvil athletes will complete 40 loops; Single Anvil Plus athletes will complete 30 loops; and the Bad Ass Single Anvil athletes will complete 20 loops. **You must use a flashlight/head light for the run section** once it gets dark. We will put lime down to mark the trail/path for day time running and will have light sticks on trees and uneven places/roots to mark the course for night time.

Part of the run is off road on single, double and wider track trail, and there are no large hills associated with it. The steepest part of the run is where you leave "our" parking lot to get onto the main road, taking a left turn to run against traffic to where you will take a left to head onto the trails, where we will have volunteers counting your laps. The side of the road you will be running on is 4-5 feet wide.

You may stop and rest at any time along the course; however, the race clock is still in motion. Athletes may not receive any assistance in the form of transportation. **You may not have your support crew pace you during the run.** The last lap of the run will be done backwards, as it is done in England for their Double and Triple Ultra Tri's. Everyone likes that format as the athletes get a chance to congratulate the finisher as they are on the last lap of the race.

Double Anvil athletes must complete the event within 39 hours of the race start (10:00 p.m. Saturday); Single Anvil Plus athletes 28.5 hours (11:30 a.m. Saturday) and the Bad Ass Single athletes have 18 hours (1 a.m. Saturday).

Official Timing: Please note that the main timing tent is the ONLY place to check the number of laps that have been completed. Although we will have timers on the run section, they are there to ensure everyone is completing the course and are not official time-keepers. They will refer you to main timing with any questions.

License: The Single and Double ANVIL Triathlon is sanctioned by USAT (United States Triathlon Association) and the Double ANVIL is sanctioned by IUTA (International Ultra Triathlon Association). All athletes are required to belong to USAT, either thru a yearly membership or purchase a one-time license. The yearly membership for USAT is \$50.00 and a one-time license is \$15.00, if you don't have a yearly membership. The IUTA Fee is part of the race entry fee.

If you have a USAT license, make sure you bring it to the race for verification. This event is also an IUTA World Cup Series Race. We will comply with all rules as communicated by USAT and IUTA. You will fill out any forms at check-in if required. Please bring cash or a check to pay for any fees or licenses (or other fees you might owe).

If you any have questions - please email me. We look forward to seeing you soon.

Teri/Kirb and Crew