

Wednesday – October 3, 2018

4:30 - 5:30 p.m. – Triple/Single ANVIL Triathletes - Race check-in, bike check, and packet pick-up at Lake Anna State Park Lake Café (snack bar/deck area), which is above the beachfront.

5:30 - 6:30 p.m. Pasta dinner at Lake Café.

6:30 - 7:30 p.m. Introduction of athletes and race discussions.

Thursday – October 4, 2018

6:00 a.m. – Breakfast setup and mustering of athletes at Lake Café.

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

4:30 - 5:30 p.m. – Double/Single ANVIL Triathletes - Race check-in, bike check, and packet pick-up at Lake Anna State Park Lake Café (snack bar/deck area), which is above the beachfront.

5:30 - 6:30 p.m. Pasta dinner at Lake Café.

6:30 - 7:30 p.m. Introduction of athletes and race discussions.

Friday - October 5, 2018

6:00 a.m. – Breakfast setup and mustering of athletes at Lake Café.

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

Saturday – October 6, 2018

7:00 p.m. – Double and Triple ANVIL Triathlon official finish.

Sunday – October 7, 2018

11:00 a.m. - 2:30 p.m. Post-race Lunch and Awards Ceremony for the Single, Double, and Triple ANVIL triathletes, support crews, family, friends, volunteers and staff – Gari Melchers Belmont Estate. The food serving line will start at 11:30 a.m. See “Post Race Dinner and Awards Ceremony” below for more information.

PLEASE RSVP BY MONDAY, SEPTEMBER 17, 2018 FOR THE FOLLOWING:

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

Shelters ~ For those racers who are not able to bring their own shelter, I have space available in shelters at \$40.00 per racer if you would like to rent a spot. Each shelter spot comes with a 6 foot table and 2 chairs. Each 10x20 ft shelter will support 3 athletes. Renting a shelter spot saves you from having to bring your own. **The number of shelters is limited be sure to reserve early!**

Support ~ You should bring your own support crew as we are not able to provide crew support for all athletes. However, if you need some assistance, let me know as soon as possible and we will work something out. What we have done in the past is merge you in with one of the other racers who have a few people crewing for them.

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/volunteers and racers is provided free of charge. Support crews/family members will be charged \$25.00 U.S./day per person if they want to eat the food we prepare and provide. The kitchen/serving area is not run 24 hours a day; we have structured hours for serving food (breakfast, lunch, dinner, and snack at night). We are currently developing a menu for each race day. There are some grocery stores nearby, however it can be difficult for athletes and their support crews to get to the store, keep fresh food cold during the race, and/or prepare food since refrigeration is not available and there are no appliances available for cooking on the course. For planning purposes, please let me know if you want us to provide you and/or your support crew with meals.

Pre-race Dinner ~ Please provide the number of people in your crew/family who will be attending the Free Pasta Dinner at check-in on Wednesday, October 3 (Triple/Single athletes); or Thursday, October 4 (Double/Single athletes).

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 Gari Melchers Belmont Estate (your entry includes you and one other person, \$30.00 for each additional person). See their website for pictures and information <https://garimelchers.umw.edu/gari-melchers/>.

Hammers ~ Seeing how our races are called ANVIL now instead of IRON, we have an IRON ANVIL to start the race with. When you finish, you will hit it the ANVIL once for the Single, twice for the Double, or three times for the Triple with our Race Hammer to signify your finish. I have made some Hammers if you would like to buy one to FINISH your race with and then take it home with you. They are \$40.00 and come in a 2 or 3 lb size. Let me know what size you would like.

Timing Help ~ With the change in course we need more people than ever to staff the course. In order to ensure the integrity of the race and safety of our athletes we need to have people at

various places throughout the course for the entire duration of the event. If you have extra support crew coming to help you who would be willing to help us with one or two shifts, please let me and/or our Tina St. Pierre, our volunteer coordinator, know. Tina can be reached directly at 207-577-7373 or tina.stpierre0312@gmail.com . Shifts are 4-6 hours.

Note: RSVP to all of the above not later than Monday, September 17, 2018



We will be using **Hammer-Gel and E-Caps** product for the race. We will have Hammer-Gel packets on the drink/food table for you. There will be Fizz, Endurolytes and Fully Charged available. We will have HEED sports drink and Perpetuem at the food tent as well.

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. If there is anything particular you would like to purchase from them please let me know as we get a 25% discount on their products. We will have it at the race for you.

The Water Temp is usually around the 75-78 degree ~ 23-25 Celsius range. Most people will wear a wetsuit for the swim portion.

The Weather is usually in the upper 40's/mid 50's (7-12 Celsius) at night to mid 70's/lower 80's (23-29 Celsius) during the day. In 2005/06 we had non-stop rain from Thursday night through Saturday night, the temps got down to upper 40's at night, and in 2013 and 2014 we had some type of rain early Wednesday morning through Saturday night. The majority of the athletes in 2005/06 were not prepared for the extended wet and chilly conditions and had to use garbage bags as emergency foot and hand protectors, jackets etc. **Please be prepared for all weather conditions.**

Bike Mechanic - We hope one of the racers has a support crew who is a skilled bike mechanic and can work on your bike for you. If there are major issues there is a local bike shop (Olde Towne Bikes) in Fredericksburg who can provide services during normal daytime hours. If you have specific needs/parts for your bike (especially metric) please bring them with you, including spare tubes and tires. You may also ship your bike to Olde Towne Bikes and they will have it set up for you. Their mailing/shipping address is 1907 Plank Road, Fredericksburg, VA 22401. Phone is (540) 371-6383, ask for Gary if he is available. <http://www.oldetownebicycles.com>

Sports Massage Therapy Services – Travis Mimms, CMT, who provided massages last year, will be back this year to provide sports massage for athletes and crew members. As in years past, Travis will be on-site and available to all race participants and their crew members for sports massage therapy for the duration of the event, starting Wed afternoon October 3.

As part of your registration, you have 30-minutes of massage service available to you at no additional charge. You may use this in small time increments (i.e. 3, 10-minute session throughout the event OR 1, 30-minute post-race recovery session). If you know that you would like to schedule a particular time (before the race, during transition or post-event), please contact Travis or have a crew member speak with her to schedule. Walk-ups are welcome, but scheduling

ahead is a better guarantee of having your time when you want it. You may transfer your time to a crew member or athlete, and please inform Travis of this. Any additional time is billed at \$1/minute, and you may run a tab and pay before the official end of the race. Cash/check is preferred, he does take Google Pay. Travis can be reached at tmimms15@gmail.com or (804) 382-0111.

Hemoglobin Testing - We test all athletes during check-in with a very 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. The purpose of this is to show the world this sport is clean and we are proactive in making and keeping it that way. For most people, there should be no problems; just make sure you are well hydrated.

The Hemoglobin limits are:

Men - 17.5 gm/dl

Women - 16.5 gm/dl

Reason for this: 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.

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.

Grocery Store - There is a large Food Lion grocery store about a mile in as you exit Interstate 95 at Thornburg (Exit 118, which is approximately 20 minutes to the State Park). There is also another Food Lion closer to the park, past Lake Anna Winry where the awards luncheon will be held, once you arrive. There are smaller stores within a few miles of Lake Anna State Park that carry limited items.

Shelters and Lights – I have light strings that we will hang from shelter to shelter down alongside the road, so we have light at night. I hope to be able to run these by electricity this year instead of the quiet generators I have. If you are bringing your own shelter, please put them as close to each other as possible so we are able to string the lights down the line. If shelters are 20 or 30 feet away it is very difficult to string lights. We will have people around helping set up and they will help guide you as to where to set up your shelter.

Timing System – The race will be chip timed using the system I built myself. It works, just doesn't cost 40K like the ones the big boys use. 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 5" 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 with 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 some people still use. We will be updating the website throughout the event with results, the system updates every 5 minutes. I will have a 37" TV to show the results on for the support crews, staff and racers. Sorry no videos will be played at night. ;-)

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.

Support during the race: A few people have asked me if their support crew can help them during the bike or the run section. The answer is NO for both the bike and the run. We have never allowed it for the bike but used to for the run. We stopped this practice in 2013.

For one, The Double and Triple ANVIL are part of the IUTA and on course support is not allowed under their rules. Athletes are racing for position and having someone pace you is a definite advantage. Someone who isn't able to have a pacer with them is at a disadvantage, and losing even one place to someone who has crew helping them will cost points in the rankings. And, two, the race 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 and chat with them to take the drudgery off the race.

There will be a certain area where you can be provided support during the race along the AnVillage area where the shelters are set up. More information will be put out at the race brief.

Lake Anna State Park - The State Park is open to the public during daylight hours. At night there may be some light traffic as there are cabins and a RV/pop-up/tent campground. The main portion of the road coming in the front entrance to the AnVillage area could have traffic; the portion of road from the AnVillage to the bike turn at the parking lot of the Cabin Loop will only be our people that have a cabin there (most of the cabins are rented by our group). The traffic during the day is minimal as it is during their non-busy season. Please observe our traffic rules and regulations; ride on the right side of the road and be aware of your surroundings before making turns to make sure a vehicle is not approaching you.

I have three big yellow "CAUTION" signs that will be placed on the course, alerting drivers that we have racers on the road. **However, you still have to be cautious and aware of your surroundings.**

Swim Section - The swim segment takes place off the beach in waist deep to neck deep water, with some portions being over the head. You will swim a 2112 foot/644 meter clock-wise loop pattern around a swim line (swim line length is 1056 feet/322 meters). Single athletes will swim

6 loops, Double athletes will swim 12 loops, and Triple athletes will swim 18 loops. You must wear the colored swim cap provided to you during check in. Timers will be sitting on shore to time your laps and will observe you per the colored swim cap you are wearing.

Swimmers may use any swim stroke to propel themselves through the water and may tread water or float. You may not use any floatation device, flippers, or fins on the swim. The Triple swim must be completed within 8 hours of the race start, the Double swim within 5 hours, and the Single swim within 2 hours.

Bike Section - The bike segment takes place inside Lake Anna State Park. As mentioned above, there will be some traffic during the day and parts of the course may have traffic at night. There are no street lights along the course, so it can get quite dark at night. After 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' and be seen by oncoming bikers/vehicles. We also highly suggest a headlamp attached to your helmet. Ensure you have sufficient batteries to last throughout the night, especially the Triples riding two nights. There is electricity available to charge spare batteries. The bike segment is a 5.069 mile (8.157 kilometer) loop. This measurement allows for the Single athletes to complete 22 full bike laps (112.462 miles actually completed), Double's 44 laps (224 miles completed), and Triple's 66 laps (athletes will do a quick ½ mile lap at the beginning of the race to complete 336 miles total).

Road bikes must be in good working order, please make sure they are so there will be no surprises during the race. You must wear an ANSI/Snell approved bike helmet during the bike course. **YOU MAY NOT DRAFT.** Drafting (off other bikes, cars, etc.) 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 roads are generally flat with minor elevation gain in a couple of places. There is one section as you leave the swim transition heading away from the lake towards the front gate that has a long slight rolling uphill (1/2 mile) to it, you will only bike this once. You will be sharing the AnVillage with vehicles and runners, so you will need to be aware of your surroundings. Traffic in the park should be minimal during Thursday and Friday.

Extra bikes – you are allowed to use more than one bike during the race, however we need to switch your chip from one bike to the next. When you are getting ready to do this, give us a heads up a lap or two before hand so we can be ready. It will only take a minute or two to change it out.

I will have a bike pump capable of hitting 160 psi, and a bike stand if your bike needs working on. We are hoping that at least one of the support crews is a capable bike mechanic and would like to assist throughout the race, if something were to happen to your bike.

Triple athletes must complete the bike segment within 43 hours of the race start (1:00 a.m. Saturday), the Double athletes within 26 hours of the race start (9:00 a.m. Saturday), the 1x2 Single athletes within 13.5 hours of race start (8:30 p.m.), and the Single athletes within 13 hours of race start (8:00 p.m.).

Run Section - The run segment takes place inside the State Park as well on a 1.00769 mile (1.621719 kilometer) loop course. Triple athletes will complete 78 loops, Double athletes 52 loops and Single ANVIL athletes 26 loops. **You must use a flashlight/head light for the front of you and some type of reflective light for the back.** You may stop and rest at any time along the course; however, the race clock is still in motion. Triathletes may not receive any assistance in the form of transportation or pacing from there crew.

Triple athletes must complete the event within 60 hours, Double athletes within 36 hours, 1x2 Single athletes within 18 hours and Single athletes within 17 hours of race start. The Double and Triple ANVIL races officially end at 7:00 p.m. Saturday.

License: The Triple and Double ANVIL Triathlon are sanctioned by IUTA (International Ultra Triathlon Association) and USAT (United States Triathlon Association), the USAT also covers the Single ANVIL Triathlon. We will comply with all rules as communicated by the Associations. Please bring cash or check to pay for the license. You will fill out the forms at check-in, if required. If you have a yearly membership to USAT, don't forget to bring your membership card with you to check-in. One day USAT license is \$15.00, if you want to sign up for a yearly membership, please do it before the race, print out your license and bring that to checkin with you.

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

Kirb and the crew

Lake Anna State Park, 6800 Lawyers Road, Spotsylvania, VA 22551-9645 (540) 854-5503

Gari Melchers Belmont Estate, 224 Washington Street, Falmouth, VA 22405 (540) 654-1848