



2016 NEW ORLEANS
ENDURANCE FEST
OLYMPIC · SPRINT · DUATHLON · AQUABIKE
MAY 28TH, 2016

ATHLETE GUIDE

May 24, 2016

Welcome athletes to the 2016 New Orleans Endurance Fest. This unique format offers athletes the opportunity to compete in Olympic Triathlon, Sprint Triathlon, Duathlon and Aqua Bike for the first time in the New Orleans area.

Please review the enclosed information for this weekends event and remember to also continue to go back to our official web site at www.nolaendurancefest.com.

Remember that since this event was rescheduled from April 3rd to May 28th, each athlete will receive a complimentary entry into the 2016 Entergy Bike the Big Easy. In the next week athlete's will receive a comp code so you can register for that event set for October 15th 2016. Good Luck!

Schedule – NOLA Endurance Fest

FRIDAY, MAY 27, 2016

1:00pm & 5:00pm	Athlete Briefings will be held at 1:00 p.m. and 5:00 p.m. near the registration area.
12:00pm-6:00pm	Athlete Check-in. Notice: Only the registered athlete is permitted to pick up their race materials. A photo ID is needed to pick up your race packets. Minors must be accompanied by a legal guardian. No new registrations on race day; new registrations on Friday only.

SATURDAY, MAY 28, 2016

5:00am-7:00am	Transition open; Bike Check-in
5:00am-6:45am	Packet Pickup Only. The 6:45 a.m. deadline to pick up a race packet will be strongly enforced.
7:20am	Transition (for Olympic Triathlon and Olympic Aqua Bike only) closes.
7:30am	Race Start / Olympic / Olympic Aqua Bike
	Swim Course Cut Off – 1 hour after start of final swim wave
	Bike Course Cut Off – 3.5 hours after start of final swim wave
	Run Course – 5.5 hours after start of final swim wave (Tentative)
8:30am	Transition for Sprint Triathlon, Sprint Aqua Bike and Duathlon closes
8:40am	Race Start/Sprint Triathlon & Aqua Bike
8:40am	Race Start/Duathlon



PACKET PICKUP INFO

Important; please note.

Packet Pickup will be held in the post event party area (see course map) at the race site at South Shore Harbor, 6701 Stars & Stripes Blvd., New Orleans, Louisiana.

Please review the Athlete Check-In hours carefully and plan your weekend accordingly.

Please do not wait to pick up your packet on race morning if it can be avoided.

We will not hold up the race start for late athletes. Once transition closes, tardy racers will not be allowed to enter transition.

Each athlete, whether an individual racer or a member of a relay team, must pick up their own race packet. We cannot make exceptions. Relay members can pick up their individual race packet separately from their other relay team members, if more convenient.

You must bring a government-issued photo ID and your valid USAT card (facsimile, smart phone copy, temporary printed card, etc.) if you are an annual USAT member to athlete check-in. If you are not an annual USAT member, it is likely you paid the one-day USAT race fee when you signed up online. If you did not pay the fee online when you signed up or if you are an annual USAT member and do not bring a valid USAT card to Athlete Check-In, you will be required to pay \$15.00 (cash or check) for the one-day USAT race fee in order to get your race materials.

Minors must be accompanied to Athlete Check-in by a parent. No exceptions.

A schedule of the race briefings is included in the schedule of events. We **strongly encourage** all athletes to attend a race briefing. Course changes and race updates will be covered.

Bike Check In

Saturday, May 28th, Bike Check in will be from 5:00am until 7:00am

Aid Stations

The event will offer 4 water stops along the race course for refueling needs

Swim Start & Duathlon Start

Mile 1 & Mile 2 along the 5K and 10K run courses. These stops on this out and back course are hit running in both directions

Water stops will offer, Ice, Water, Gatorade, GU Gels

Weather

Weather conditions are expected to be humid and warm with race time temps in the upper 70's and moving into the low to mid 80's by course closure times. Please drink accordingly!

Parking

The venue at South Shore Harbor offers plenty of parking in and around the race venue and it's all FREE! Come early and please pay attention to volunteers assisting you with parking once on site at South Shore Harbor. **NOTE: If you do park at South Shore Harbor you will not be able to leave this site without assistance because of course closures during the event!**

Tri Club Tents

Local Tri Clubs bring your tents and hang out at the post event celebration here at the New Orleans Endurance Fest!

Swim Group	Olympic, Sprint & Aqua Bike Divisions	Wave Time
1	Age Group Elite - Male & Female	7:30 a.m.
2	Relays & ParaTriathlete	Time Trial
3	Men 34 & Under	Time Trial
4	Men 35-44	Time Trial
5	Men 45+ & Clydesdale	Time Trial
6	Women 39 & Under	Time Trial
7	Women 40+ & Athena	Time Trial
8	Aqua Bike - Olympic Distance	Time Trial;

Swim Group	New Orleans Sprint Triathlon	Wave Time
9	Men 39 & Under	8:40 a.m.
10	Men 40+ & Clydesdale	Time Trial
11	Relays	Time Trial
12	Women 39 & Under	Time Trial
13	Women 40+ & Athena	Time Trial
14	Aqua Bike - Sprint Distance	Time Trial

