Hello again everyone!

Thank you to those of you who have gotten back to me about your team registrations. We are so, so excited for the 2nd annual Triumph Relay.

This message will explain how the event will work, and has all the details you need, so please read carefully. It's a long one so settle in :-)

**OVERVIEW:**

This is an iron-distance and half-iron distance triathlon, spread over three days with one event each day, and the distance distributed among up to 5 teammates per leg of event.

-  Friday: 3800/1900 meters of swimming at Osborn Aquatic Center

-  Saturday: 112 miles of biking from Emerson Winery on Airlie Road, ~15 miles north of Corvallis

- Sunday: 26.2 miles of running at Bald Hill Natural area, based on private property (Brandis Farm) off of NW Oak Creek Drive

As a reminder, each team may have up to 10 team members, and up to 5 can do any leg of the event. All teams are encouraged to have friends, partners, spouses, family, whoever, show up to cheer them on!

This is intended to be a fun social event. You won’t be seeing the normal transition area, body marking, finisher medal production you are use to, but rather a low key, relaxed environment where you can make new friends, hang out with other tri minded (or not) folks, eat, drink, be merry and oh yeah, work out a bit. Some of you more than others - shout out to the solo folks!

We will be taking a team photo each day. This can be done at the start or end of the day on Friday and Saturday, but on Sunday it must be done before we start in order to get the awards done in time. If your whole running team can’t make it early on Sunday, try to get a team photo and send it to me before then.

We are planning enough food each day for our racers. If you have friends and family joining who are not on your team, please have them pack food for themselves. Thanks!

**Schedule Summary:**

 Friday

- 3:00pm-4:30pm camping set up at Brandis Farms if you’d like to set up camp before heading to the swim.

- 5:15pm – 5:45pm arrive at Osborn for team check-in and photos

- 5:45pm meeting on the pool deck

- 6:00pm START (as soon as pool is ready and all teams are checked in)

- ~6:30pm first half-iron teams will be finishing, and by ~8:15, we expect everyone to be done.

- Friday night food is brought to you by Laughing Planet. Burritos will be served at the pool.

- Osborn closes at 9:00pm

**Saturday**

- 7:30am, arrive at Emerson Winery for check-in and team photo

 - no need to get there earlier since you don’t have a transition to set up or anything

 - not all team mates need to arrive for the 8am start, but if you are arriving after the start, please use extreme caution at the winery driveway. There will be lot’s of bikes coming in and out at high speeds. Don’t take out a team mate!

- 8:00am START, time-trial style with 1-minute gap between send-offs, starting with fastest teams based on swim time

- We will have a few pastries out for early morning munching, but you should plan to have breakfast before coming out.

- Lunch will be a sandwich buffet. Build your own sandwiches just how you like ‘em. We will also provide some fruit and other snacks. We encourage each team to bring a potluck side item to share (salads, cheese to go with the wine, cookies/brownies, chips and dip are all welcome!)

- Wine: Emerson wine is delicious. We drank a lot of it last year. There will be sampling available all day. Help us thank Tom for hosting by buying a bottle or two. I believe Tom waives the tasting fee when you purchase a bottle, so why not?

-1:00pm first teams finish, by ~4:00pm we expect all teams will be done

- Socialize at Emerson all day long! Once the course is clear, we will take the party back to Brandis farms for the evening.

**Sunday**

- 8:15am – 8:45am arrive at Brandis Farm on NW Oak Creek Road for check-in and team photo. Reminder, photos need to happen first thing!

- 9:00am START (mass start of all teams)

-12:00pm or earlier first teams finish, by ~2:00pm we expect all teams will be done

- Lunch will be a large BBQ with burgers, sun burgers, dogs and the usual sides. We will fire up the BBQ around noon.

- Beer and Cider - Block15 Brewery and 2Towns Ciderhouse will be onsite providing our sore-muscle lubrication. Beer and Cider starts flowing at 10am and is on the house.

- Socialize at the farm during and afterwards!

Details on each leg:

**The SWIM, 3800-meters / 1900-meters**

-  The swim will take place in the indoor pool of Osborn Aquatic Center in Corvallis.

-  Check-in will be open at 5:15pm at Osborn. We are waiting for confirmation on using the outdoor pool deck in the back for check-in. For now, plan to check-in out front unless you hear otherwise.

- We have enough teams signed up that we need to split the pool.

-  Bulkhead will be at 25 meters, so each lap, down and back, is 50m. Each team will therefore need to complete 76 laps for full and 38 laps for the half.

- Lane assignments are as follows:

Shallow end (half teams, solo’s and furry toes)

Lane 1: Furry-Toed Fly Catchers

Lane 2: Solo Terry and Fat Ninja

Lane 3: Solo Tonya and Solo Paul

Lane 4: Solo Alyson and Solo Greg

Lane 5: Solo John

Lane 6: Solo Mike

Lane 7: 2-3 Hares and 1-2 turtles - depends on the day ;-)

Lane 8: Something fun!

Deep end

Lane 1: Yellowstone

Lane 2: Team Canada and OneSpeed

Lane 3: Posse Bros and Posse Babes

Lane 4: Strive-Corvallis and ANA-BAMA-PA-STR-UMPH

Lane 5: Chookies and Cougar Bait

Lane 6: Side Saddle Streakers and One Bourbon, one shot, one beer

Lane 7: Lobo Loco and Blood, Sweat and Beers

Lane 8: Red-eyed Trifrogs and Ted and the Kimdoms

- IF there are two teams in a lane, SPLIT THE LANE, do not do a circle lap swim. There will not be any more than 2 per lane. Diving is not allowed.

-  You may distribute the laps among your swimmers any way you like. For example, you could rotate every lap, or each member could do their portion in one big segment, it’s entirely up to you!

-  There will be a master clock, everyone will start at the same time, and it’s up to each team to keep track of laps and finishing time. This is an honor system. As I said, this is a small event intended to be fun! There will be a white board on the deck for teams to track laps. Each team is encouraged to have a non-swimmer participant, friend, or volunteer on deck to help with the lap counting. We will also hand out clip boards with lap split rows so you can track your times. It’s fun to see if your laps stay the same or slow down over the evening.

-  We expect each team will complete the swim in under 2 hours, meaning we should be done around 8:00pm.

-  Bean and cheese burritos from Laughing Planet will be available for participants, as will showers in Osborn.

-  The facility will close at 9:00pm, so everyone needs to be done by then.

**The BIKE, 112-miles / 56-miles**

-  The bike course is a 11.2 mile out-and-back based from Emerson Winery on Airlie Road, repeated 10 times for 112 miles total or 5 times for 56 miles total.

-  Each team must complete 5 / 10 laps, and again, you may distribute those laps any way you like.

-  Teams are NOT to break up laps (i.e., switch riders out on the course); the exchange is intended to be only at Emerson

-  This is a **RULES OF THE ROAD RIDE**!!! That means there are no flaggers controlling traffic and riders are responsible for obeying normal traffic rules.

- The course: this course is very flat and easy to navigate. There are 2 turns (right out of Emerson onto Airlie Road, left from Airlie back into the Emerson Driveway) and a turn-around. Easy-peezy. The course will be marked with our standard cones and arrows, 2 arrows leading a turn, plus confirmation straights.

- **MANDATORY FOOT DOWN** at the bottom of Emerson’s driveway. For safety, we are requiring riders to put a foot down at the bottom of the hill before making the right turn onto Airlie. This is a blind right turn and we want you to be extra safe and look before turning. To be fair to all, everyone needs to put a foot down.

 -  Traffic was very low last year and we expect this year to be the same.

- On the way back into the winery from your ride, please yell out your team name to the volunteer at the corner. They will radio up to us at the top of the hill so we can announce the returning team mates and you can be ready if your leg is up next.

- Interactive map found here: <http://www.triumphrelay.com/course.html>

-  The race will **start at 8:00am**. This will be a time-trial style start. The first team will start at 8:00am, the second team will start 1 minute later, etc., until all teams have a rider on the course.

-  The exchange will take place at Emerson, it will require simple contact (i.e., a high-five) from the incoming rider with the out-going rider, both at a stop for the moment of contact. That is, we do NOT want cyclists moving in opposite directions trying to high-five each other!! Don’t worry, we put the high five zone on a bit of an uphill so you won’t have to screech to a halt for your tag.

-  There will be one aid station at the exchange on Emerson property with Heed and water, there will be no aid stations out on the course and you'll need to bring your own gels/chews/etc.

-  A volunteer will be keeping time. If you aren’t riding and would like to take a shift for 30-60minutes on timing, that would be much appreciated.

-  We expect every team to complete the course by the 4:00pm cut off. If you don’t think you can make the cut off, please let us know and we can get set up for you to start at 7am.

- Food and drink will be available, including water and non-alcoholic beverages, sandwich buffet, and wine for purchase from Emerson.

- We recommend bringing a picnic blanket or some camp chairs to hang out in/on while waiting for your turn to ride. There is a lot of shade from the big oak trees on at the winery.

**The RUN, 26.2-miles / 13.1-miles**

-  The full run is a standard marathon (26.2-miles) divided into ten 2.6 mile laps on the trails and paved paths around Bald Hill Natural Area and the Benton County Fair Grounds.

The half is a standard half marathon (13.1-miles) divided into five 2.6mile laps on the same course as the full.

-  We’ll be based at the farm of Corvallis Triathlon Club member Chuck Cox, located on 5770 NW Oak Creek drive, approximately 0.4 miles west of the intersection of Walnut and Harrison/Oak Creek.

-  All teams will **start together at** **9:00am**, so come earlier in order to have your first runner ready to go at that time!!

-  There will be one aid station with Heed and water at the exchange point (same place we start and finish). Again, bring your own gels or other nutrition if you would like more than liquid calories while running.

-  We will be grilling food and beverages will be available for participants as they finish. We’ll be providing grillable food, sides and some beverages (in addition to 2Towns and Block15). You are welcome to bring your own sides/grillables and non-alcoholic beverages as well

- Course: Interactive map can be found here: <http://www.triumphrelay.com/course.html>

- This course is very exposed to the sun. Please bring sun screen and a hat.

-The surface is as follows: dirt, grass, pavement, gravel, dirt, grass, sand, pavement. You can avoid nearly all of the pavement by running on the small side trail next to the bike path around bald hill. Regardless of the path you choose, we recommend trail shoes, or at least shoes you don’t mind getting dirty/dusty/sandy.

- We’ll announce winners as soon as the last runners are done and we have a chance to compile times from the three-day event.

- We recommend bringing a picnic blanket or some camp chairs to hang out in/on while waiting for your turn to run. There is some shade, and we will put up some pop tents in the grass at the farm. There is also a pond that is perfect for cooling off in after your run. You can even bring floaties and lounge around before/after your run.

**DIRECTIONS TO CAMPING AND PARKING ON SUNDAY**

5770 NW Oak Creek Drive is the address, but the entrance to parking and camping is just before that on Oak Creek Drive. Your GPS will tell you to keep going on Oak Creek, but you will make the right choice and follow our lovely signs for the race.

From Corvallis, when you cross 53rd street northbound, Harrison Blvd becomes Oak Creek. About a quarter of a mile west, after the light at 53rd and Harrison, you’ll see signs directing you to turn left into the big field. Turn there and follow the signs for parking/camping. There is no charge for parking or camping.

**VOLUNTEERS**

If you have a volunteer supporting your team, or a teammate who’s not racing a particular leg and they wouldn’t mind volunteering, please ask them to contact me directly at staci@bestinthewestevents.com. We could use help with timing each day, and foot down monitoring and radio communication at the winery on Saturday. We could also use help with cutting up watermelon and grilling at the BBQ.

Well, I think that about covers it. Whew!

This is going to be such a fun weekend and I can’t wait to meet all of you and do a little working out in the mean time.

If you have any questions, also please contact me at staci@bestinthewestevents.com or shoot me a text/give me a call at (541) 231-3661.

See you Friday!

Staci