

**10/1/24 - RACE UPDATE** – Kinetic Multisports USPC Draft Legal Triathlon Festival and Women’s Collegiate Triathlon East National Qualifier Moved to Raleigh, NC

As many of you know western NC has suffered devastating flooding from Hurricane Helene. Rescue and recovery efforts are ongoing and will take years to complete.

Lake Norman State Park is currently closed and has suspended all special events for the foreseeable future. Since receiving this news, Kinetic Multisports has successfully worked with NC State Parks to move the event to the Sandling Beach Recreation Area just outside of Raleigh, NC.

The race is still scheduled for Saturday 10/12/24 and we are planning on having the NTDR race at 8am and Women’s Collegiate Triathlon races at 10am and 12 noon.

**Registration** – All registrations must be completed by 11:59pm Oct. 7. This is also the site where we will post updated information, results, photos, etc. Look for another email coming by noon Eastern on 10/2 with a reminder of how to register your team.

<https://runsignup.com/Race/NC/Troutman/DraftLegalTriathlonFestival>

**The Venue - Sandling Beach Recreation Area** – Located on Falls Lake, just north of Raleigh, Sandling Beach Recreation Area is one of Raleigh’s largest freshwater recreation areas with a swimming area, sandy beach and bath house. It’s a great venue and has hosted Set Up Events Sandling Beach Triathlon Festival for years, which incidentally is coming up this Saturday October 5 and hosting many collegiate club athletes and teams.

**Sandling Beach Address** - 14601 Creedmoor Road, Wake Forest, NC 27587

**Travel** – Sandling Beach is about 30 minutes north of RDU airport and a 2.5 hour drive from CLT. We know many teams already booked flights into Charlotte. If you can’t change your flight to RDU, plan on a 2.5 hour drive on mostly interstate roads.

**Bike Shop** – With locations in Charlotte and Cary, NC, [Inside Out Sports](#) is available for any of your last-minute bike needs. If you need extensive service or have bike shipping/receiving needs be sure to call first to confirm availability.

**Hotels** – There are a ton of hotels within a 30-40 minute drive of Sandling Beach. Do a quick google search and book at your preferred hotel in Raleigh, Durham, Cary, Wake Forest, etc. We do not have a preferred hotel at this location.

**Park Access** – Sandling Beach Recreation Area is closed for the season. For this reason, park access for athletes, teams, spectators, coaches, etc will be limited to 3-6pm on Friday afternoon and 6:15am – 3:30pm Saturday. There is **NO ACCESS** outside of these times. Parking at the main gate or along the side of Rt. 50 is prohibited and tickets will be issued by park staff.

**Road Closures** - Please note that park roads will be CLOSED during the Draft Legal races, NO EXCEPTIONS. We have a scheduled 30 minute window every 90 minutes for vehicles and buses to get in/out of the race site. Fortunately, we have plenty of road inside the park to stage buses and vehicles for these changeover periods. We ask that a driver remain with the vehicle at all times when in the staging area. Do not park outside the main gate or on the side of Rt. 50.

**Road Closure Times on Race Day** - 8:00 – 9:30am, 10:00 – 11:30am, 12:00 – 1:30pm, (approx)  
Plan accordingly, pack a positive attitude and tell any spectators to plan ahead too!

**Parking** – There are just shy of a 1000 paved parking spots inside this park. Do not park on the grass, do not pull over in the grass, do not make ruts in the grass. We'll have a parking map pdf online early next week detailing the main entrance, parking area, road closures, bus parking, etc.

**Course Preview Times** – Athletes may preview the courses from 3-6pm on Friday 10/11.

**Athlete Check In** – Athletes & Coaches may get their packets from 4:00 – 6:00pm on Friday 10/11 as well as 6:30 – 7:30am race morning.

**Swim Course** – The 750-meter swim will take place off the beach of Falls Lake. The water is up significantly right now, but we expect a beach start. Click [HERE](#) for the Swim Course.

**Bike Course** – The 12-mile bike course will consist of 4 x 3-mile loops. Each loop will race by the start/finish transition area. We will NOT be riding through transition each time. This is a rolling course with generally good pavement and long, sweeping loops at either end. **There are 2 speed-bumps** that athletes ride over in each direction on each lap. Yes, that's 16 speed-bump crossings over 12 miles. We aren't excited about the speed bumps either, just be careful and practice taking speed bumps at speed. The lap-out rule will be enforced for all races. Click [HERE](#) for the Bike Course.

**Run Course** – The 3.1 mile (5k) run course will consist of 3 x 1-mile out and back loops. Athletes will start additional loops at the top of the parking lot just before the finish line. Click [HERE](#) for the Run Course.

**Athlete Bike Warm Ups** - Athletes are discouraged from warming up on the bike/run course while other races are in progress. Bring a trainer and plan your warm-up accordingly.

**Results & Athlete Tracking** – You can sign up for athlete tracking and live results [HERE](#).

**Post Race Food** – Burrito bowls and post-race snacks will be available for all athletes from 10am – 2:30pm. Meals, snacks and coffee will be available for purchase.

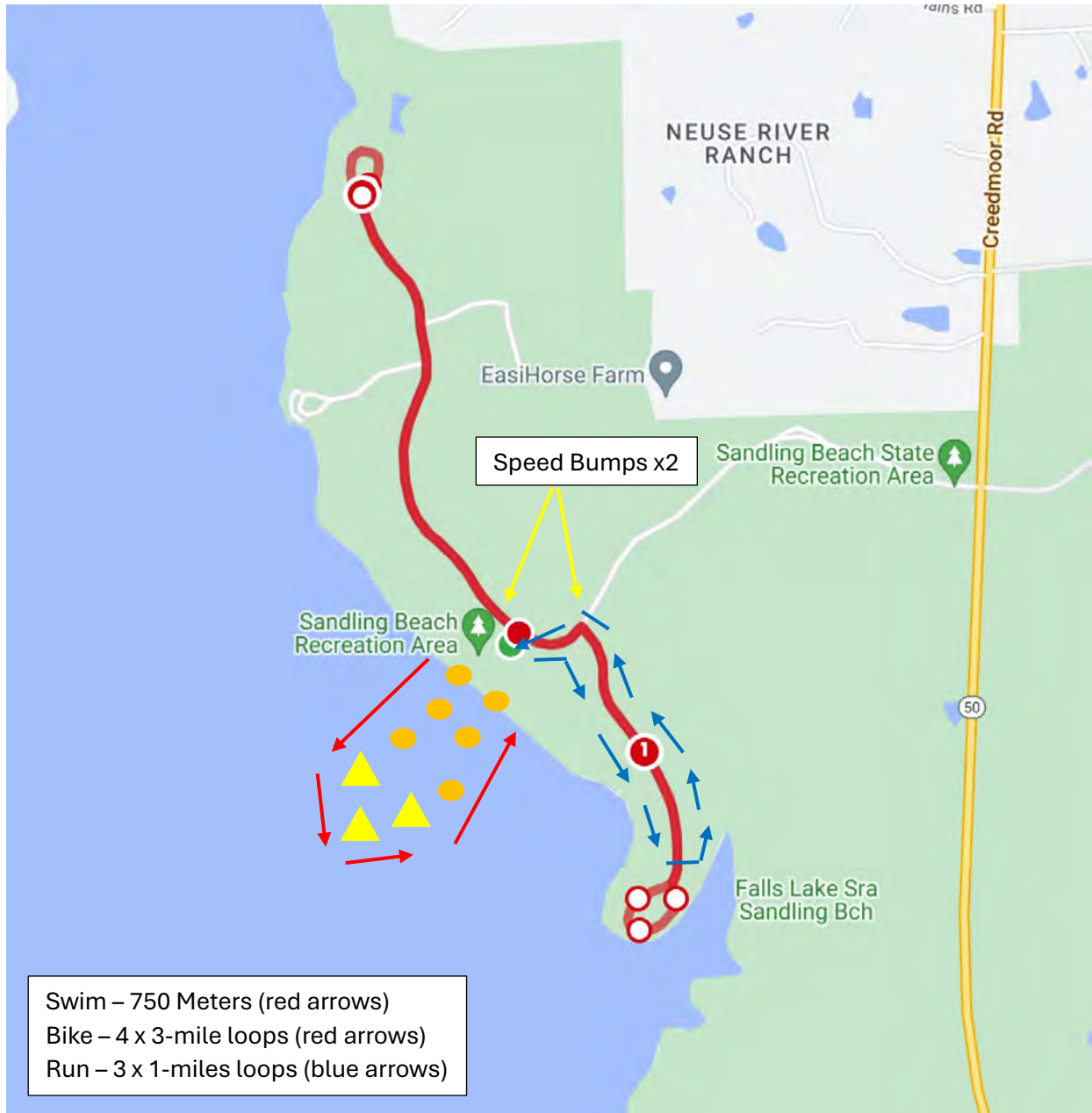
**Spectators** – Please come prepared with chairs, cowbells, sunscreen, bug spray, layers and a positive attitude! Also, be sure to review the road closure details so you are in the park with plenty of time to spare before your athletes race starts.

**Refunds** – If you can no longer make it to the race, email us before Tuesday 10/8 and we will refund your entry fee to the card on file. If you can no longer make it to the race and want us to donate your entry fee to western NC recovery efforts, please let us know.

We are grateful to be able to pivot to a new race site in less than 48 hours. This could not be done without the support of NC State Parks, the Women's Collegiate Triathlon Coaches Association, USAT, Set Up Events and the US Performance Center.

#GoKinetic

Women's Collegiate Triathlon National Qualifier\_Course Maps\_Sandling Beach, NC





USPC Draft Legal Triathlon Festival & Women's Collegiate Triathlon East National Qualifier\_Sandling Beach



**Schedule of Events - Collegiate Triathlon East Coast National Qualifier**  
**Sandling Beach Recreation Area**  
**Race Day Saturday October 12, 2024**

**Friday**

1500 – Park Opens for Course Preview

1600 – 1800 – Athlete Check-In

1700 – Athlete Brief (Optional)

**Saturday (Race Day) – All Races Draft Legal, Lap Out Rule Enforced**

0615 – Park Opens

0630 - 0730 – Athlete Check-In

***0800 – 0930 – National Elite Development Race (M/F, Approx 60 athletes), Roads closed***

***1000 – 1115 – Collegiate Triathlon “B” Race (Approx 75 athletes), Roads closed***

***1200 – 1315 – Collegiate Triathlon “A” Race (Approx 75 athletes), Roads closed***

1345 – 1415 - Awards Ceremony

1530 – Park Closes

***Draft Legal Races need closed bike and run courses, no cars on course while athletes are racing.***

**No Park Access Outside times posted above**

