

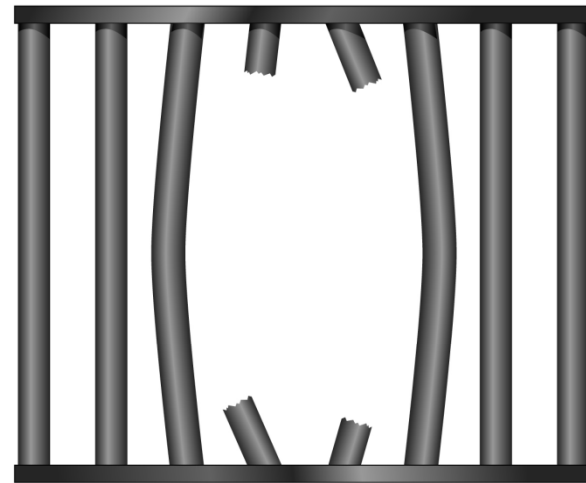


Gale Moore, Realtor



DR. SHAUN CORBIN, M.D. (E.N.T.)
COLUMBIA ORTHOPEDIC CLINIC (Dr. James Wiesman, M.D.)
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JAILBREAK



September 28, 2024
3.5 mi. Canoe
8 mi. MTB
2.65 Trail Run
Columbia, Tennessee



TRIATHLON

Two-person Team
(combined finish times)

or

Two-person Relay
(canoe together, then one bike, the other run)

CANOES PROVIDED!

\$65 each person (by 9/1/2024)

Conducted by the Columbia Cycling Club
www.ColumbiaCyclingClub.com

Check-in 7:00-8:30; Depart 8:30; First Wave Start 9:30; First Finishers 11:15; Lunch 12:00; Awards 1:00

TEAM OR RELAY Participants must compete with a partner since these are two-person canoes being provided. If both want to do the full triathlon, then sign up as a TEAM: Partners should not stick together after the canoe portion; your finish times will be combined (added together) for finish results. Alternatively you may compete as a RELAY: Partners canoe together, and then one person will continue on the bicycle while the running partner waits for the bicyclist to return. When the bicyclist finishes, he or she will tag the runner to begin the run course. Team and Relay partners will compete at the same time, but scoring results will be separate.

Introducing the new category of eBike Relay for 2024. This category is not gender specific. Please make sure you understand the difference between Team and Relay registrations. These are the race categories:

| | | | |
|------------------------|-----------------------------|----------------------------|---------------------------|
| Team Male/Male | *Team Male/Male 80+* | Team Male/Female | Team Female/Female |
| Relay Male/Male | Relay Male/Female | Relay Female/Female | Relay eBike |

*For males whose combined ages are 80 and over. Not available in Relay category.

NO PERSONAL CANOES ALLOWED Two-person canoes from neighboring rental businesses are being provided as part of the entry fee. No personally owned canoes will be allowed for this event. Personally owned single blade paddles and life jackets are allowed. Participants will need to be physically able to carry the canoe (80 lbs.), along with their partner, down an embankment to the river. Canoes and paddles will not all be identical. In fact, some canoes will be aluminum and others fiberglass or composite. Entrants must accept these shortcomings as a condition of registering.

3.5-MILES ON THE DUCK RIVER The canoe start will be near the Maury County Jail (thus the name). We will start in waves of about 30 canoes. The person in the back of the canoe hangs on to a rope strung across the river. Waves will begin 7 minutes apart. Expect the canoe trip to take 40+ minutes. Participants will need to wear shoes, water shoes, or mountain bike shoes and expect them to get wet. Life jackets must be worn; the rental companies will provide them but personally owned jackets are allowed.

8-MILE MOUNTAIN BIKE ON SINGLE TRACK The bike course will be one loop of the Chickasaw Trace Park trails minus two difficult climbs. It is almost all single-track trails in woods. There are plenty of technical (difficult and challenging) sections. After two miles the course takes on several tough climbs. Riding the course in advance is strongly encouraged. **Cycling participants must gain some mountain bike experience on trails before racing.** Beginners are welcome, but first-timers on trails may be pulled from the race. Approaching riders must be allowed to pass. Passing is generally accomplished by the approaching rider announcing, "On your left," or "I need by," and then the lead rider must concede and allow the pass. Helmets must be worn.

2.65-MILE TRAIL RUN The run section is flat for the first mile and then a moderate hill on the second mile. The last portion includes running up the steep Death Ditch or alongside the Ditch depending on wetness. We do not expect bikes to be on the same trail portion at the same time as runners except as a backup plan if a trailer of canoes does not show. If this occurs we ask bicyclists to announce their approach and pass carefully. Relay Runners: Expect to wait 40+ minutes for your partner to return from biking. You may get wet on the canoe trip, so be prepared to stay warm with a towel or blanket or a change of clothes.

TRANSITIONS At the end of the canoe, strip off the company provided life jacket and leave it in the canoe. Carry your personally owned life jackets and paddles to transition. Those who will be biking will run about 100 yards from the boat ramp to transition. Bikes will be laid on their side in a grass transition area. Bicyclists will return to the same area to tag his or her relay partner, or to begin the run.

CHECK IN AT CHICKASAW TRACE; WE WILL TRANSPORT YOU TO THE CANOE START Participants will park and check-in at Chickasaw Trace Park. Stop at the second pavilion, the Hanson Shelter, to check in, and then take your car to the transition area further up the road. At 8:30 a.m. participants will load onto the bus or vans from the transition area to be transported to the put-in. Canoes are provided by one company, River Rat, and are very similar. Just choose a canoe and walk it down to the river. The start time of the race is uncertain, but hopefully by 9:30. We will take continuous trips with the van/bus until all participants have arrived and are at the river.

NO PLACE FOR SPECTATORS AT THE CANOE START Spectators will be able to watch transitions and some of the first mile of both the run and bike. There will be no place to park at the canoe start. Therefore we ask that spectators remain at Chickasaw Trace Park and not move the cars. Bring a lawn chair.

AWARDS Teams and Relays will be scored separately. Based on the previous year's attendance trophies will be awarded to Females three deep, Mixed four deep, Males five deep, and eBike relay four deep. A prize will be presented to the fastest individual male and individual female in the Team competition.

DIRECTIONS AND CHECK-IN Chickasaw Trace Park is the check-in point and it is located at 1419 New Hwy. 7, Columbia TN, 4.5-miles from Hwy. 31 in Columbia. If traveling from Hwy 412, take the Hwy 7 exit toward Santa Fe, go 3 miles (on left). Arrive by 7:45 a.m.! Signs and volunteers will direct you. For more information on the park and better directions, see www.ColumbiaCyclingClub.com/chickasaw

ACCOMMODATIONS Free primitive camping at race site. There are four hotels in Columbia, and eight at I65 and Hwy 412.

BAD WEATHER POLICY In the event of inclement weather or high water the race may be canceled and \$65 returned to each person. The canoe portion may be canceled and the event reduced to a duathlon and \$15 return upon check-in. Heavy rains prior to, or at the race start time may cause the race director to modify the bike and run course as deemed appropriate for the conditions. An alternate course may be shorter than the advertised distances.

PARTNER CANCELS If your partner gets sick or has to bow out after registering, substitutes may be recruited. Changes are allowed online. We can also make these arrangements at the check-in table the morning of the event. Changing classifications can also be arranged in the same fashion. You may also cancel for a full refund if notified by Sept. 19 or replacement from a waiting list is successful. Please call Jeff Yeager at 615-618-3446 to cancel.

KNOW THE COURSE We will work hard to make the course clear and inform our volunteers, but as with all races, participants are responsible for knowing the course. Pre-riding the bike course is recommended. Maps for the trails are located on the Club's website and permanent signs on the trails designate the differences between the Jailbreak course and the full (Classic) loop. The race will closely follow the Classic loop on the map starting near the Duck River Trailhead, but is modified to be beginner friendly: The MTB course does not include the Death Ditch, Corkscrew, Bigger Mountain, Dump Climb, and Rocky Loop. The run course will consist of the River Trail, Ravine Loop and lower Woodland Trail and will include running beside or in the Death Ditch, depending on wetness, and soon after, exiting into the field for the finish stretch.

GENERAL INFORMATION Columbia Cycling Club is the host for this triathlon. For FAQ's, additional rules, and confirmation of registration visit the website: www.columbiacyclingclub.com The race is co-directed by Gale Moore, 931-388-6290, galecourtnemooore@cpws.net and Duane Leach, 931-446-3187 ColumbiaCycling92@gmail.com.

PRE-REGISTRATION ONLY; \$130 per pair BY SEPT. 13 via ACTIVE.COM (take link from www.ColumbiaCyclingClub.com). **Price increases to \$140 per pair on Sept. 14. Price increases to \$180 per pair on Sept. 22.** Registrations are accepted in the order received. Entry fee is refundable (less Active fee) if canceled by Sept. 20, or, if we can replace your spot from a waiting list. Please call Jeff Yeager to cancel (615) 618-3446. Entry fee includes a long sleeve T-Shirt, canoe rental and food afterward. This race is limited to the available canoes. It may fill up, so register early!

INTERSCHOLASTIC MTB TEAM Proceeds from this race will go to the Columbia Cycling Club (CCC), a non-profit organization dedicated to encouraging exercise opportunities in the community, maintaining the trails at Chickasaw Trace Park, and to supporting the "Columbia Composite" Interscholastic Middle School-High School MTB race team.



Event Invitation: The Club invites you to its next event, the Chickasaw Trace Classic MTB Race on October 13, 2024 at Chickasaw Trace Park. The race includes beginner and junior races, a free kids race for ages 3-9, and an eBike race.