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# ATHLETE GUIDE

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MAY 8, 2021 | GREENBRIER STATE PARK



# SWIMRUN MARYLAND

GREENBRIER STATE PARK | MAY 8, 2021

## **Life is about experiences. Create them, don't wait for them.**

SwimRun is about the experience, stepping out of your comfort zone, pushing yourself to the limit and taking on whatever the course throws at you. You are about to embark on an epic adventure through nature either individually or with your teammate. Either way you are guaranteed to have stories to tell when it's all over.

Please take a few minutes to read all of the information in this athlete guide. Pay special attention to the following:

1. Face masks REQUIRED before and after the race.
2. Pre-race meeting on race day at 7:30 AM
3. Mandatory Gear
  - Jersey (to be provided by the race)
  - Whistle
  - Pressure Bandage
  - Swim Cap (to be provided by the race)
4. Course markings and rubber bands.

On behalf of Rip It Events, thank you for making SwimRun Maryland part of your racing season. We look forward to bringing you an unforgettable race experience.

Danny Serpico  
Race Director  
Rip It Events

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## SCHEDULE

### FRIDAY, MAY 7

TIME	DESCRIPTION	LOCATION
5:00 PM – 7:00 PM	Athlete Check-In	Greenbrier State Park 21843 National Pike Boonsboro, MD 21713 (Race Venue)

### SATURDAY, MAY 8

TIME	DESCRIPTION	LOCATION
6:00 AM	Park Gates Open	Greenbrier State Park 21843 National Pike Boonsboro, MD 21713 (Race Venue)
6:15 AM	Athlete Check-In, Mandatory pre-race gear check	Race Venue
7:30 AM	Mandatory Pre-Race Meeting	Race Venue
8:00 AM	Race Start	Race Venue
10:30 AM (approx)	Short Course Awards Ceremony	Race Venue
12:00 PM (approx)	Long Course Awards Ceremony	Race Venue

## HOW DOES IT WORK?

SwimRun racing is about getting from A to B in teams of two or individually along a pre-determined cross-country style course consisting of a number of runs and swims. Teams can be equipped with wetsuits, shoes, some compulsory safety gear and other equipment they wish to bring, such as paddles, buoys and fins. Each team of two must stay within 10 meters of each other at all times. Teams and individuals must complete the race with all equipment they started with. There are 13 total legs of running and swimming combined in the long-course event and 9-legs in the short course event.

## PARKING

There is ample parking close to the start/finish area for both Friday and Saturday (race day). Follow event parking signs as you enter the park.

## ANTICIPATED WEATHER FORECAST

- Air temp expectation on May 8 in Boonsboro, MD based on averages: LOW 49 F, HIGH 73 F
- Water temp in Greenbrier Lake is expected to be near 70 F



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## FACE MASKS

Everyone is required to wear a face mask when not racing. A disposable face mask will be given to athletes at race check in and can be worn in the race starting chute. At the start of the race, swimrunners will run under the arch and dispose of their mask in a trash can. Upon completion of the race, swimrunners will be given another disposable mask.

## ATHLETE CHECK IN

Please bring a photo I.D. to athlete check in. At athlete check in, you will receive:

- Race Jersey
- Swim Cap
- Timing Chip
- Participant T-shirt

## MANDTORY GEAR CHECK

Prior to the start of the race, all teams must present their gear to race staff for inspection. Gear check in will be available starting at 6:15am race morning.

**All athletes must have the following gear:**

- Race Jersey - must be worn and visible at all times during the race.
- Swim Cap - must be worn visibly on the head during all of the swims.
- Wetsuit that covers the torso if temperature rule is in effect
- Whistle

**At least one member of each team must also carry:**

- Waterproof pressure bandage
- Timing Chip – provided by race officials

**Optional but recommended gear:**

- Pull buoy
- Paddles
- Goggles
- Tether
- Waterproof pouch
- Personal nutrition options

Flotation help that is bigger than 100 cm x 60 cm will NOT be allowed. Any motorized equipment is strictly prohibited. All teams must bring all of their equipment from start to finish. If a team fails to bring all of their equipment to the finish line, they will be disqualified. Equipment CANNNOT be left at aid stations.

## START TIMES

Wave 1 - 8:00 AM- Long Course Teams

Wave 2 – 8:02 AM – Long Course Solo

Wave 3 – 8:04 AM – Short Course Teams

Wave 4 - 8:06 AM – Short Course Solo

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## COURSE LAYOUT AND LEGS

### LONG COURSE LEGS

SWIM – 6 LEGS: 2.4 Mi

RUN – 7 LEGS: 16.4 Mi

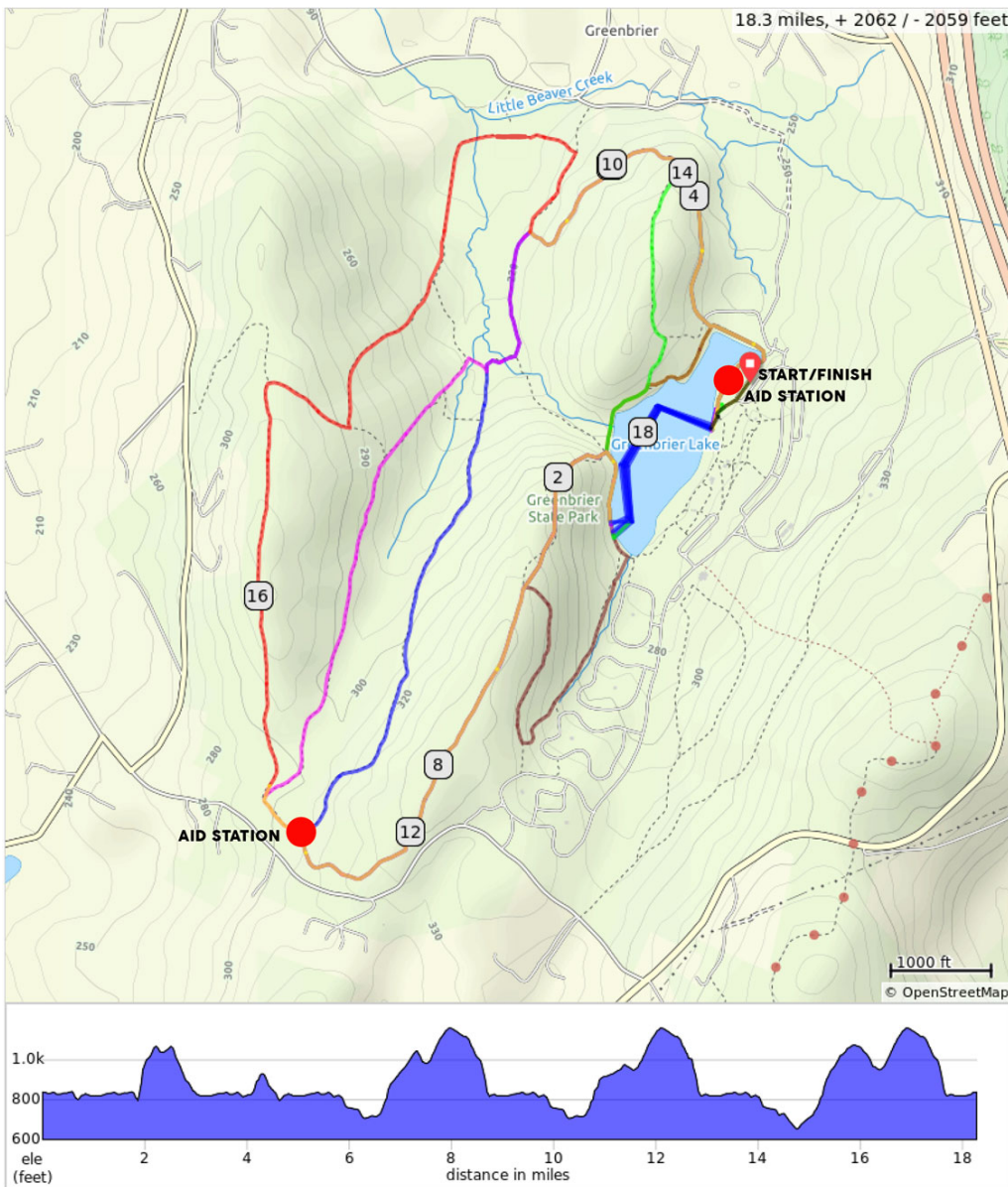
TOTAL DISTANCE: 18.8 Mi

### SHORT COURSE LEGS

SWIM – 4 LEGS: 1.6 MI

RUN – 5 LEGS: 7.9 MI

TOTAL DISTANCE: 9.5 MI



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## Run 1 – Start - .9 mi (YELLOW)

Run the boarder of Greenbrier Lake (Big Red Trail) to swim entry point. You should be wearing your YELLOW rubber band to remind you to follow the YELLOW marking flags.

## Swim 1 – Lake Swim - .4 mi

The swim course is the same for each SWIM leg and is marked by yellow buoys. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color.

## Run 2 – Big Red and Camp Loop Trail - 1.9 mi (ORANGE)

Run Big Red Trail to Camp Loop Trail to swim entry point.

## Swim 2 – Lake Swim - .4 mi

The swim course is the same for each SWIM leg and is marked by yellow buoys. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color.

## Run 3 – Copperhead Trail - 1.3 mi (GREEN)

Run Big Red Trail to Copperhead Trail then back to Big Red Trail. Proceed to swim entry point.

## Swim 3 - Lake Swim - .4 mi

The swim course is the same for each SWIM leg and is marked by yellow buoys. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color.

## Run 4 – Rock Oak Fire Trail - 3.8mi (BLUE)

Run Big Red Trail to Rock Oak Fire Trail back to Big Red Trail. Proceed to swim entry point. Aid station at mile 2.3.

## Swim 4 - Lake Swim - .4 mi

The swim course is the same for each SWIM leg and is marked by yellow buoys. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim. Exit will be at the end of the swimmer's beach. **SHORT COURSE PARTICIPANTS RUN TO FINISH LINE. LONG COURSE CONTINUE TO AID STATION THEN BEGIN RUN 5.**

## Run 5 – Snelling Fire Trail - 3.9 mi (PURPLE)

Run Big Red Trail to Rock Oak Fire Trail. Take Snelling Fire Trail back to Big Red Fire Trail. Proceed to swim entry point. This 3.9-mile run includes the steep accent a 1.5miles in, reaching upwards of 13.6%. Walking this climb is certainly an option. The next mile will be a much more gradual climb followed by a 330ft drop over the next ¾-mile. Aid station at mile 2.33.

## Swim 5 - Lake Swim - .4 mi

The swim course is the same for each SWIM leg and is marked by yellow buoys. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color.



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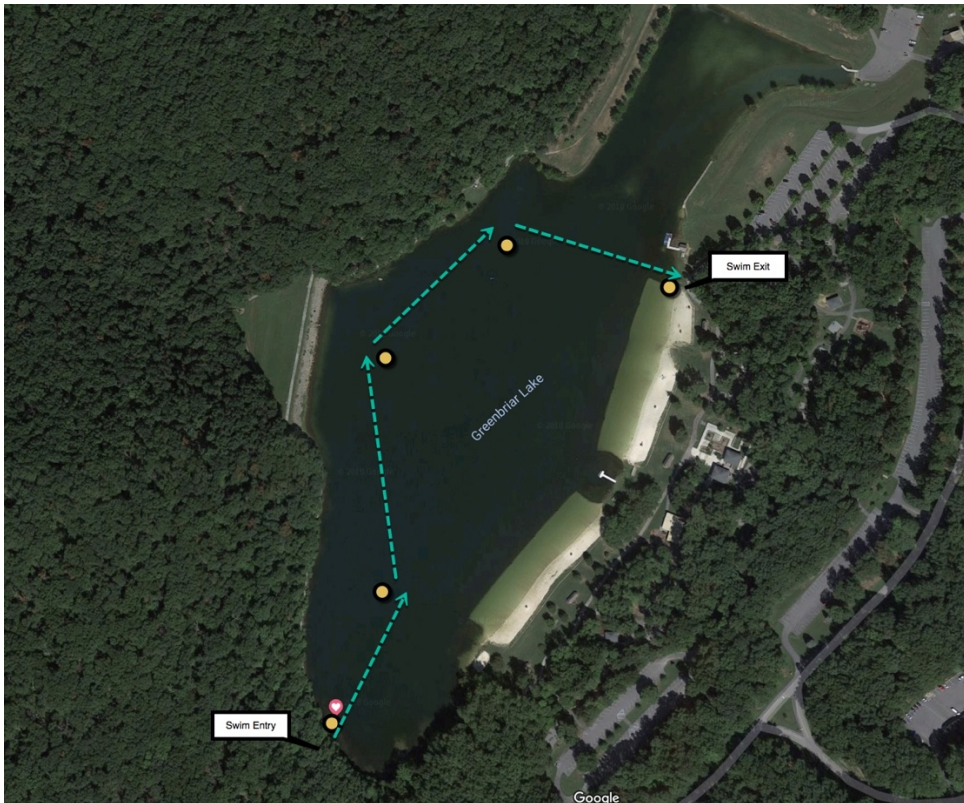
## Run 6 – Full Big Red Trail - 4.6 mi (PINK)

Run full Big Red Trail loop. Aid station at mile 3.

## Swim 6 - Lake Swim - .4 mi

The swim course is the same for each SWIM leg and is marked by yellow buoys. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim. Exit will be at the end of the swimmer's beach. **LONG COURSE PARTICIPANTS RUN TO FINISH LINE.**

## SWIM COURSE MAP



## COURSE MARKING

The run courses will be marked by colored flags on the ground. Additionally, in areas where there is a long stretch of running, marking tap will be placed on trees to indicate a confidence marker. The swim course will be marked with yellow triangle buoys indicating the start, course and finish. The swim course is the same for each SWIM leg. Swimmers must keep buoys on their RIGHT shoulder for the duration of the swim.

Due to the configuration of the run courses, we will follow a color-coded system. At the start of each run leg (aid station), you will need to pick-up a colored rubber-band indicating which loop you are about to start. You will follow the marking flags matching the color of the rubber band you have on your wrist. You will trade that color for the next color as you pass through the aid station to begin your next run segment. The run course colors are:

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- Leg 1: Yellow Run
- Leg 2: Orange Run
- Leg 3: Green Run
- Leg 4: Blue Run
- Leg 5: Purple Run (long course only)
- Leg 6: Pink Run (long course only)
- Leg 7: Run to the finish – no band needed.



## GENERAL RULES AND COURSE DETAIL

### **WETSUIT POLICY:**

IGNITE SwimRun events use the following policy: If the low race day air temperature and low race day water temperature, combined, is less than 120F, wetsuits will be MANDATORY. If the low race day air temperature and low race water temperature is equal to or greater than 120F, wetsuits may be optional at the discretion of the Race Director.

### **TEAM POLICY:**

Teams of two must stay together, within 10-meters (approx. 30ft) of each other, for the entire race. You are a team after all! Some teams like to use a bungee tow rope, or tether, which can help even out the individual's strengths allowing one person to be 'pulled' along and will help to keep you close during the swims, however, they are not mandatory.

### **TEAM/ATHLETE ASSISTANCE REQUIREMENT:**

All teams/athletes are obliged to assist any team/athlete that is injured or sick and in need of assistance. Failure to provide assistance will result in immediate disqualification. Outside assistance from anyone other than race staff or other participants is prohibited.

### **TRANSITIONS:**

Teams must arrive at each transition as a pair. A swim buoy will mark the entrance and exit to each swim leg. NO DIVING is allowed at any water entry. Teamwork is particularly important at transitions as you might need to help each other out of the water or check that each other's wetsuit is just the way you need it as you make your water entry.

### **AID STATIONS**

Each aid station will have water, Gatorade (lemon lime), Gatorade Chews, GU Energy gels, GU Energy Stroopwaffles and Cliff Bars. Trash may be discarded at these aid stations, but no other equipment may be left at an aid station.



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## **CHECKPOINTS:**

Teams failing to pass a checkpoint (Water Entry and Exit/Aid Station) will be disqualified.

## **MEDICAL SUPPORT:**

All swim legs are staffed with kayak support. Race personnel are connected to EMS via race radio. Boonsboro EMS will be onsite to address cramping, bruising, sprains, scrapes and other race related injuries as well as to provide medically necessary transport services.

## **FOLLOW CORRECT ROUTE:**

It is the responsibility of each team to know the course and be aware of each transition location. Teams are responsible to make sure that they stay on the course. If any member of your team goes off course, you should return to the spot that you went off course and continue. The course will be marked; however, signage can be removed or changed by vandals without warning.

## **BODY MARKING & RACE NUMBER:**

Participants will use permanent marker to write their race number on the back side of both hands. This can be completed at the mandatory gear check tent on race morning.

## **TIMING CHIP:**

Timing chips will be distributed at the MANDATORY GEAR CHECK on race morning. Timing chips must be worn by one team member during the entire race and must be strapped to the ankle. Return your timing chip at the collection bin inside the finish chute after your race is complete.

## **CONDUCT:**

All participants must display courtesy, respect and sportsmanship at all times. This includes not littering or polluting the landscape or environment. Restrooms are available after each swim leg. Please use them. Nudity is strictly prohibited. Littering of any kind will result in disqualification.

## **RACE OFFICIALS:**

Violations of race rules may result in disqualification, depending on the severity of the infraction. Any rules violation that is determined by race officials to have placed the safety of any participant, volunteer, staff, or the general public at risk will automatically result in a team disqualification.

## **TIMING**

The event is chip-timed, and a Team's official time will start when they cross underneath the starting arch and end when they cross back under the finish arch. Teams must cross the finish line together.

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## CUT OFFS:

Teams and solo participants must finish their race by:

RACE	CUT OFF TIME
SHORT COURSE	1:00 PM
LONG COURSE	3:00 PM

## RESULTS

LIVE results can be viewed on your mobile device after completing the race. To view results, go to <https://www.ripitevents.com/results> and click on the Swimrun Maryland results option.

Awards will be given to the top 3 teams in each of the following divisions:

- Women's Team Division
- Men's Team Division
- Mixed Team Division

## FREQUENTLY ASKED QUESTIONS

What is the water temperature and how strong is the current?

- There is virtually no current in Greenbrier Lake. The water temperature will be taken on the Thursday before the event and announced via our social media accounts. Expected water temperature is about 70-degrees.

What race nutrition will be on the course?

- There will be three aid stations on the course which you will hit multiple times. They will be fully stocked with Cliff Bars, Gu Energy Gels, GU Energy Stroopwaffles Gatorade Chews, and Gatorade (lemon lime) as well as water.

What is the purpose of the whistle? Do we need it accessible during the swim?

- The purpose of the race whistle is to alert officials, staff, volunteers and other racers of injury or any assistance needed. They can be in a pocket or belt during the swim.

How will the water exits be marked?

- Each water entry and exit will be marked with an Orange buoy

Will there be a bag drop to access dry clothes after the race?

- There is plenty of parking right near the start/finish/athlete tent area. You can leave your gear in your car and have easy access to it immediately following your race. We will keep a bin of keys on the race venue for athletes to store while racing.

Will there be bathrooms and/or showers at the finish line?

- Yes. Restrooms and a rinse-off station will be provided at the finish line.

Do I have to wear a wetsuit, what if I get hot?

- Wetsuits that cover the torso are mandatory if the combined water and air temperature is less than 120F. You can take your wetsuit down or off during any run portion of the event, but you must carry it with you for the duration.

Where do I get a water proof packed pressure bandage?

- Waterproof pressure bandages can be purchased online at Amazon.com. We will have a small quantity available for purchase on-site.

Is tethering required?

- No, tethering is not required but is encouraged.

Can I really wear fins if I want to?

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- Yes! You can use just about anything provided it is not larger than 100cm x 60cm and it doesn't have a motor. However, anything you use, you have to carry with you for the entire event. Choose wisely.