



2024 ATHLETE GUIDE

Race Date: Sunday, 9/15/24 Race Start: 9:00am
Location: Owl's Nest Resort 40 Clubhouse Ln. Thornton, NH

September 9, 2024

Dear Athlete,

Thank you for signing up for the 1st ever Clutch Rescue! This concept has taken 2 years to come to life & we could not be more excited for Sunday.

We believe we have put together a special experience for you. We are incredibly thankful to have you for our initial adventure triathlon. We will have more communications as the week goes on and will try to answer any questions that come in via email. I will be on site up there on Thursday testing communications & verifying trail/road conditions. The Clutch Rescue is going to be an amazing race!

The Owl's Nest Resort fully supports this race & wants to see it develop into a festival like atmosphere as the event grows. We could not be more thankful for their support and assistance while we launch this race. We are also incredibly grateful to the Town of Thornton & the US Forest Service. First year events are extremely challenging to navigate with new local municipalities and organizations, but they have all been great to work with.

There are a few unique characteristics of the Clutch Rescue that athletes should pay careful attention to.

1. There are multiple transition areas. Please plan accordingly.
2. Remember to plan for carrying the egg down from the summit of the mountain. The egg is not fragile and is flat on one side. We will have physical pictures posted of them tomorrow on our IG.

Please read through this guide and reach out with any questions.

Sincerely,

Jeff Smith
USAT Certified Race Director
Outsider Endurance

www.outsiderendurance.com

OUTLINE

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1. PARKING

Parking will be in a designated area inside of the Owl's Nest Resort. Please follow the Event Parking signs as you enter the resort. All cars should be parked inside of the designated parking area. Please do not park near residential units as those are reserved for guests. We have plenty of parking spaces available.

2. THE LAYOUT AT OWLS NEST

The view of the Owls Nest as we plan to set it up. This Google image is somewhat out of date but gives a good idea of how things will be laid out.



Please see the image below for a better idea what the resort currently looks like.



3. SCHEDULE OF EVENTS

Saturday, 9/14/24: Packet pick-up

- **2:30pm:** Race packet pick-up opens
- **4:00pm-5:00pm:** Practice swim in the designated area accessed from the swim start/finish.
- **5:30pm:** Packet pick-up concludes.

Sunday, 9/15/24 (RACE DAY!)

- **7:00am:** Race packet pick-up, body marking begins and transition opens.
- **8:30am-8:50am:** Warm-up swim
- **8:30am:** Race packet pick-up concludes; all athletes must be checked in. Your T2/T3 bag must be labeled and checked with Outsider Staff
- **8:40am:** All athletes must be out of the water.
- **8:50am:** Final race announcements from the Race Director.
- **9:00am:** Start of race.
- **1:00pm:** Food service begins
- Awards will be presented based on finish times.

4. RACE PACKET PICK-UP/REGISTRATION

The Clutch Rescue is a USAT sanctioned event and USAT requires the following:

- **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS.**
- Athletes may pick up packets for other athletes if they have a photo of that athlete's ID.
- Relay Teams: A picture of each member's photo ID is required for packet pick up.

BIB NUMBERS WILL BE EMAILED WITH THIS ATHLETE GUIDE.

The packet given to you at will include the following:

- Bib # and pins: To be pinned to your race top or worn around your waist with a race belt.
- Bike helmet sticker: To be applied to the front of your bike helmet
- Bike frame sticker: To be wrapped around the bike's top tube or seat tube.

The race packet pick-up will be available:

- Saturday, 9/14 **2:30pm -5:30pm**
- Sunday, 9/15, **7am-8:30am**

5. TIMING

Outsider Endurance will be timing this event. There will be no timing chips. Your splits will be recorded as you pass through areas of the course. We will record the race time when you arrive at Mt. Tecumseh, when you leave Waterville Valley & when you finish the race.

After completing the race, results will be available at the timing table.

6. BODY MARKING

All athletes need to get body marked. Body marking will begin at 7:00am on race morning. The body marking station will be located across from packet pick-up. Body marketing includes:

- Your race number marked on your left bicep, left calf and right hand.
- Your age marked on your right calf -- unless you are part of a Relay Team.
- Relay Team members will have an "R" written on their right calf

Body marking is essential for identifying athletes when on the course and in race photos made available for free post-race. **You must be body marked before entering transition on race morning.**

7. TRANSITION

Transition racks will be assigned by your bib number. There will not be any overnight racking on Saturday night. You will need to plan for 2 different transition areas in 2 different geographical areas. This will require planning for which items you will need for different sections of the race.

T1/T4 will be at the Owl's Nest Resort. T2/T3 will be at Waterville Valley at the trailhead for Mt. Tecumseh. Your gear for

T1/T4 should include items needed for your bike 1 & the final run of the event once you return to the venue.

**Pay careful attention to your footwear choices for this race. If you are planning to hike in the same shoes you are doing the final run in, you will have to carry them with you on your bike ride back to the venue.*

T2/T3 should include all items you need to safely hike out and back. This includes recommended items for your hiking backpack. Outsider Endurance staff will transport your gear from the Owl's Nest to Waterville Valley and have it on the ground at your designated rack spot when you arrive at the trailhead. Items needed in your pack should include at a minimum:

- 36+ Ounces of water or hydration
- 300+ calories & a source of sodium
- Basic hiking first aid kit
- Waterproof top outer shell. (Expect cool conditions at the summit of Mount Tecumseh)

Consider items like:

- Dry socks
- sodium
- solid foods/snacks
- sunscreen
- bugspray

Once all athletes have finished the hike, our staff will transport your gear back to the Owl's Nest. However, all items should be placed back in your backpack before you depart T2/T3. We will have no way to know what items are yours or other athletes. Again, all items must be inside of your bag prior to departing T3. It is highly unlikely that any items left in T2/T3 will be available for your run when you return to the Owl's Nest.

8. THE SWIM

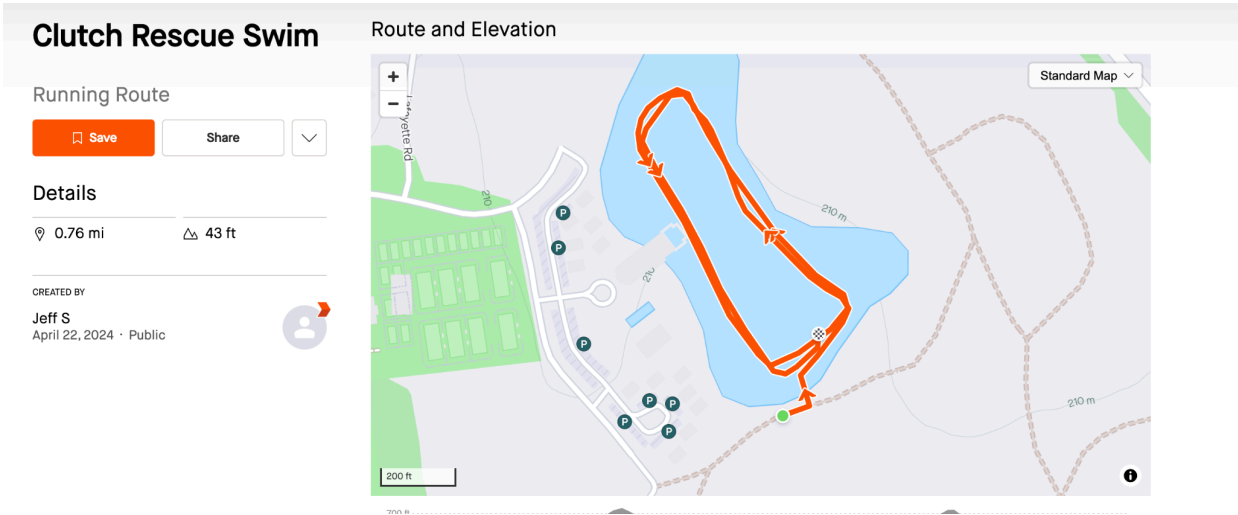
The Swim: The Clutch Rescue swim is a 0.7mi, 2 loop course that will be marked by buoys and supported by lifeguards in kayaks and in the water. The swim takes place in a lake that is not accurately shown on aerial maps. Water temperatures will be taken mid week and shared on our Instagram @Outsiderendurance

The swim start format will be a traditional "mass start", with men and women starting in two separate waves. All athletes will wade into the water and start 2 minutes apart. An athlete's time will start when their wave takes off.

Tentative swim wave starts are:

All men 9:00 AM

All women 9:02 AM



Athletes will keep right of all buoys and make 2 counterclockwise loops. Spectators will be able to be very close to the water's edge during the swim & should be able to observe along the deck of the "Lakehouse" on site.

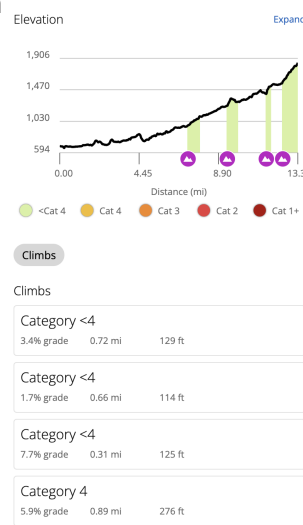
9. THE BIKE(S)

All athletes will be required to obey all traffic patterns and traffic laws. This course will not be marked & we will not have many signs out. It is highly recommended that all athletes download the courses on their bike computers. Outsider Endurance will have a lead vehicle and a chase vehicle on the road with athletes. Also, we will place warning signs that cyclists will be on the road. However, YOU SHOULD NOT ASSUME ANY VEHICLES WILL STOP FOR ATHLETES ON A BIKE. Always stay to the right side of the road, except to pass. Always check for vehicles before passing. All bikes should have lights and illuminated before entering the water.

Bike 1 cue sheet.

- Bike out on Resort Way.
- Turn left onto Owl St.
- Turn left on 175.
- Turn right onto Upper Mad River Rd.
- Turn right onto Burbank Hill Rd.
- Turn left onto NH Rte 49.
- Turn left onto Tripoli Rd.
- Stay left onto Ski Area Rd.

Bike 1 route can be found [here](#).



Bike 2 cue sheet.

Bike out on Ski Area Rd.
Merge onto Tripoli Rd.
Turn right onto NH Rte 49
Turn right onto Burbank Hill Rd.
Turn left onto Upper Mad River Rd.
Turn left onto 175.
Turn right onto Owl St.
Turn right onto Resort Way.

This course can be found [here](#).

10. THE HIKE

Athletes will leave T2 and head up "Mount Tecumseh Trail via Waterville Trailhead". This hike is an out & back 4.9mi trek, generally considered a challenging route. We will have Outsider Endurance staff/volunteers along the course for safety and to ensure all athletes stay on course. Upon reaching the top of Mount Tecumseh, all athletes must grab an egg from the nest prior to heading down the mountain. This egg will be with you for the rest of the race. Please plan accordingly so that you can carry the egg on the last 3 legs of your race. Exact dimensions will be available as we approach the race. Plan for it to easily fit into a pocket of a cycling jersey or in the palm of your hand. (The size of an actual egg.). Athletes will be rescuing these stolen eggs & returning them to the Owl's Nest at the finish line. Total elevation for this hike/run is 2295'. Elevation at the summit of Mount Tecumseh is 4003'.

All athletes will be encouraged to hike/run with a pack of supplies.
36+ Ounces of water or hydration
300+ calories & a source of sodium
Basic hiking first aid kit
Waterproof top outer shell. (Expect cool conditions at the summit of Mount Tecumseh)

We will have EMT on site at Waterville Valley with radio communications with our staff along the course. If an athlete plans to use trekking poles, please practice with them prior to this race.

At mile 2.1 of the hike, there will be a split. Athletes are to stay to the right here & maintain one-way traffic to the summit and back down. We will have a staff member here to direct you. In the event you cross an athlete or other hiker on the trail, please remember that hikers coming up the mountain have the right of way. Our event is permitted but the trails will remain open to the public. Our staff will do their best to alert the public and we have posted PSAs on hiking fb pages, but some people might not know you are racing. Please be respectful and safe while hiking.

11. THE LAST RUN

Once you finish your second bike, you will take off on a 2.8 mile hike through the Owl's Nest. Once athletes return to the Owl's Nest Resort, they will rack their bikes in TA and take off on one final run. Athletes should prepare for the 2.8 mile paved/trail run below. Athletes will need to remember their eggs out of transition as they will need to put them in the nest as they cross the finish line.

Outsider Endurance will have Gatorade Endurance along the course. We will have an aid station set up that you will be able to access twice on the run.

The run course can be found [here](#)

12. THE FINISH

Athletes will return their egg to their finisher medal to officially finish the Clutch Rescue. You will then receive your finisher medal & a water bottle. We will have water, gatorade endurance & snacks available to help you replenish yourself.

13. DETAILS FOR RELAY TEAMS

Relay teams are encouraged to come to packet pick up, but a single member can pick up the packet for the entire team with a photo of each team member's ID. You will receive 1 race packet and it will be listed under the bib# for your team. Your team can configure this race any way they want to. The same person can do multiple, consecutive or a single leg of the race. Your team will be responsible for transporting athletes to specific areas of the course. If an athlete exchange is taking place at T3/T4 that athlete will need to drive/be driven to Waterville Valley.

The swimmer on the team will complete the swim while the cyclist for the team awaits the swimmer at the team's rack position in transition. The swimmer should have their right hand and left bicep and left calf body marked with their number. An "R" will be written on their right calf to note "Relay".

Once the swimmer completes the swim and arrives at the team's rack position the cyclist can go out and ride the bike course. The envelope distributed to you at packet pickup will contain a small bike helmet sticker with the team's number and a larger bike frame sticker with the team's number... the cyclist should affix these to their bike helmet and bike frame. The cyclist should also be body marked with their number on the left calf and left bicep and an "R" on their right calf.

This process will be continued for every athlete exchange. Our staff will verify the relay exchange at transition racks.

14. POST-RACE

We will evaluate awards based on when athletes finish.

Food: Athletes in the Clutch Rescue are invited to enjoy the post-race catered meal brought to you by the Owl's Nest.

The menu includes:

- Fresh Fruit Platter
- Vegetable Crudites Display
- Assorted Cookie Bar
- Artisan Pizzas
- Cheese Pizza
- Pepperoni Pizza
- Veggie Pizza
- Buffalo Chicken Pizza
- BBQ Chicken Pizza
- Char Broiled Sliders
- Boneless Wings

Athletes may fill their plate one time at no charge. Your race bib is your meal ticket. Athletes wanting to go through the buffet line a second time must pay \$20 per plate. Spectators may purchase a pass to the buffet for \$20. We will begin serving at **11:00am**.

There will be a cash bar available for anyone over 21.

15. RACE PHOTOS (FREE!)

We will have multiple photographers around the race & will do our best to upload photos as quickly as possible.

16. WEATHER POLICY REMINDER

Please note the race will be held rain or shine, but if the weather or other unforeseen circumstances threaten the safety of athletes, race management reserves the right to cancel the event or alter portions of the swim, bike or run courses. Please understand that in the unlikely case that we did have to cancel the event, no refunds would be issued, however, a partial credit would be offered to the next year's race. Refer to the Outsider Endurance's website for complete policy details regarding cancellation, refunds, deferrals and transfers.

17. SPECTATOR INFORMATION

If you have friends or family coming to root you on during the race here's some info to pass along to help them plan their day:

- **Parking:** Spectators have the same parking options as athletes and the complete parking plan is covered in the "Parking" section of this guide.
- **Where to Spectate:** The best places to spectate are as follows:
 - At the "Lakehouse" next to transition to watch athletes as they swim.
 - At the mount/dismount line to see athletes as they leave and return on the bike and go out for the run.
 - Along the finish line chute to see athletes as they complete the race.
 - Spectators are permitted to drive to Waterville Valley. You may not drive alongside your athletes or hand anything from a moving vehicle to your athlete. This will result in a disqualification.
- **About the Owl's Nest Resort:** Spectators are encouraged to swim, hike, golf or play pickleball at the resort. For a complete list of options, please visit their website:
<https://www.owlsnestresort.com/>