



***Please read this info about things that are new in 2023!***

### **Registration:**

Online registration will close on 9/8 once packet pickup begins. Late registration will then be available during packet pick-up from 1-6 pm on Friday 9/8 at Fort Raleigh. NO race morning registration is available.

### **Packet pick up/athletes meeting**

Packet pickup is at Fort Raleigh on Friday 9/8 1 pm -6 pm. There will be a mandatory athlete meeting at Fort Raleigh at 6 pm.

### **Bike Drop/Pick Up:**

Dropping your bike at the transition area- at the swim start- is now a part of packet pick-up the night before your race. Friday 8/9 from 4-7 pm, athletes will drop off bikes. Your bike MUST be racked ON 9/8 NO EXCEPTIONS. Security is in place overnight. You cannot pick up YOUR bike on Saturday without your bib. Bike pick up is from 11 am to 1:00 pm

### **Parking:**

Athletes can park at Ft. Raleigh National Historic Site starting at 5:00 am. Shuttles will take you to the swim start. Remember your swim needs, bike nutrition & hydration (you can visit your bike before the swim until 6:45). Air will be available by Manteo Cyclery at morning mechanical support, so pumps are discouraged in transition. Spectators can take the shuttle over to start and back to finish. THERE IS NO PARKING AT THE START. CARS WILL BE TOWED. PLEASE TAKE THE SHUTTLES

### **Shuttles:**

Shuttles will take all athletes to the swim start from Ft. Raleigh... 5:00-6:45 a.m.

Shuttles will bring spectators over once all the athletes have been taken to the start.