



Athlete Guide

Beware of the Barracuda Triathlon

Welcome to the Beware of the Barracuda Triathlon,

We are excited to host you for a thrilling weekend of multisport adventure at Eagle Rock Resort! With a beautiful open-water swim, a challenging bike course, and a fast, fun run to the finish, this race is sure to be unforgettable.

As you prepare for race day, please take a few moments to review the athlete guide and the emails we send. These contain important details to ensure a safe, fun, and successful experience. We know how hard you’ve trained to get here, and we want you to have a fantastic race as you chase your goals.

On race day, be sure to thank the flaggers and volunteers who gave up their weekend to support this event. Their dedication makes the Barracuda possible, and we are so grateful for their efforts.

We look forward to seeing you on the starting line and celebrating with you at the finish!

Robin Barth, Race Director #GoRUR

2025 BEWARE OF THE BARRACUDA

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Athlete Guide

Beware of the Barracuda Triathlon

🔦 **Bring a head lamp or flashlight as it will be dark until start of the race**

Schedule of Events

Friday

- 3-6pm:** packet pick-up at the beach (optional but encouraged)
- 6pm:** beginner triathlon clinic and athlete briefing located at transition

Saturday - Race Day

- 5:15-6:45am:** bike racking, packet pick-up, and race day registration at the beach area
- 6:45am:** transition closes for **Sprint** racers/**7:15am:** transition closes for **Super Sprint** racers
- 7:15am:** Sprint start
- 7:45am:** Super Sprint start
- 10:15am:** awards and bike check-out

Race Site Address: Eagle Rock Resort, 132 Cheyney Drive, Hazleton, PA

For early packet pick-up on Friday (9/26) you can park at the beach

*Event day parking (9/27) is at **Base Lodge - 388 Walden Ct, Hazleton, PA***

Important note: All Athletes must park at base lodge parking on race morning. After passing the Guardhouse, turn **RIGHT** at the second Stop Sign. Go to the bottom of the hill, and the Base Lodge parking is on your right.





Athlete Guide

Beware of the Barracuda Triathlon

Top 10 Things to Know About Race Day

1. Eagle Rock Resort is located on over 5,000 acres in Hazleton, PA, offering a slew of amenities from an 18-hole golf course to ski and snow sports. Wow!
2. While there is plenty of parking, all athletes MUST park at Base Lodge on race day and ride or walk their bikes to transition.
3. Timing chips are expensive and time consuming to replace, don't lose it. You will be given your timing chip at packet pick-up.
4. Body marking will be located adjacent to transition, please have your bib # with you.
5. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
6. Only athletes are allowed in transition area and are allowed to pick up their bikes. Bike stickers need to be placed on the bike frame which coordinate with your bib number so we can verify ownership of each bike at exit.
7. Waves will start in the water at the swim zone ropes edge. It is deep at this location. You will be treading water, or you can stay back where you can still stand. Keep all your course buoys on your left shoulder.
8. 🔦 **Bring a headlamp or flashlight as it will be dark until the start of the race.**
9. Post-race food and drinks will be available. Enjoy!
10. Stay safe and have fun! #GoRUR!



Rise Up Racing Team at the Lewisburg Triathlon



Athlete Guide

Beware of the Barracuda Triathlon

Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the cut off time. Athletes must complete the bike course by 10am. If you are not tracking to finishing the bike course by 11am you will be picked up and then be allowed to continue the run but will not qualify for age group awards. You will still receive a finish medal.

Transition Area

💡 **There will be some lights but we do ask that you please bring a headlamp or flashlight to better see in transition**

Triathletes may enter the transition area starting at **5:15am**. Transition closes at **6:45am** for **Sprint** racers and **7:15am** for **Super Sprint** racers.

Rack space is available on a first come, first serve basis. Each 10' section of rack will hold 3 bikes per side for a total of 6 bikes. Be a good neighbor in transition and be mindful of those who are still racing!

Only athletes are allowed in the transition area and only athletes are allowed to pick up their bikes. **Bike pick-up starts at 10:15am. You will need to show your bib number to pick up your bike.**



Athlete Guide

Beware of the Barracuda Triathlon

Race Numbers

Each athlete will receive three (3) race numbers

1. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
2. The other sticky number should be put on the front of your bike helmet.
3. The number with 4 holes is to be worn on the front of the body **during the run** and when crossing the finish line, we have safety pins or you can use a race belt. **This bib number only needs to be worn during the run.**



Timing Chips

Each athlete will receive their timing chip at packet pick-up, we highly recommend putting it on immediately once given to you.



1. There is a \$50 replacement fee if you lose or otherwise fail to return your chip, be sure to return it to the finish line.
2. We recommend the left angle, non-chainring side.
3. If you want splits, you need to cross the split points marked by yellow cones when you race!
4. If you drop out of the race, please bring your timing chip to the finish line and inform our timers of your decision.



Athlete Guide

Beware of the Barracuda Triathlon

Body Marking

Body marking is located adjacent to the transition area. Volunteers will write your race # on both shoulders. Your age will be on one calf and the other calf will be marked with an **A for age group, S for sprint, SS for super sprint, and/or R for relay team**. Be sure to show your race # or chip to the volunteer to make sure you get the correct #! You can choose to do your own body marking, please ensure it is done correctly.

Aid Stations

Bike: no aid stations available

Run: will be 2 aid stations - one at the Dam and one at the turnaround. There will be Gatorade and water available. **Super sprint** athletes will only hit **1** aid station (at the Dam) and **Sprint athletes** will hit **both** aid stations.

Race Results & Awards

Race results can be found at [Second Wind Timing](#). We are planning on an in-person award ceremony starting at **10:15am**. Awards to be given include: top male & female overall, top 3 relay teams, and the following age groups 1st-3rd male & female: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+





Athlete Guide

Beware of the Barracuda Triathlon

USAT Penalties

USAT penalties, if any, will be noticed to athletes ON COURSE. **This consists of the athletes being shown a Blue or Yellow Card** requiring a stop at the Penalty tent located at Run Out.

Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

Questions about results can be directed towards the race timer or race director usually located near the finish line.

USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USE Triathlon [HERE](#)

USA Triathlon Most Commonly Violated Rules [HERE](#)

[USA Triathlon Competitive Rules \(complete list\)](#)

USAT Aging Up Policy: participants will compete in whichever age group they would be in as of December 31st of this year.

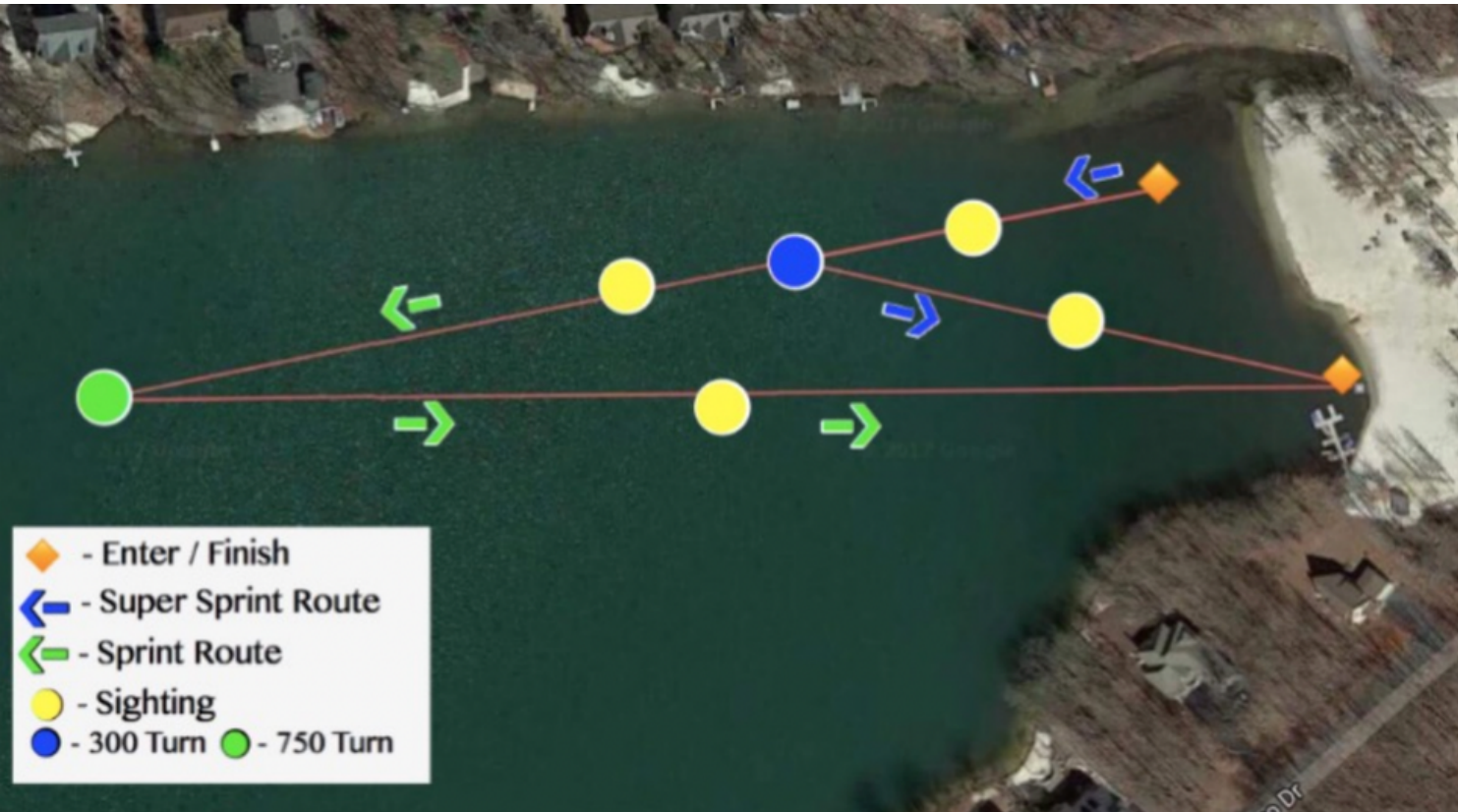




Athlete Guide

Beware of the Barracuda Triathlon

Swim Course



Important note: waves will start in the water at the swim zone ropes edge. It is deep at this location. You will be treading water, or you can stay back where you can still stand.

Keep all course buoys on your **left** shoulder.

Sprint starts at 7:15am and will swim out to the **green buoy** marked on the map.

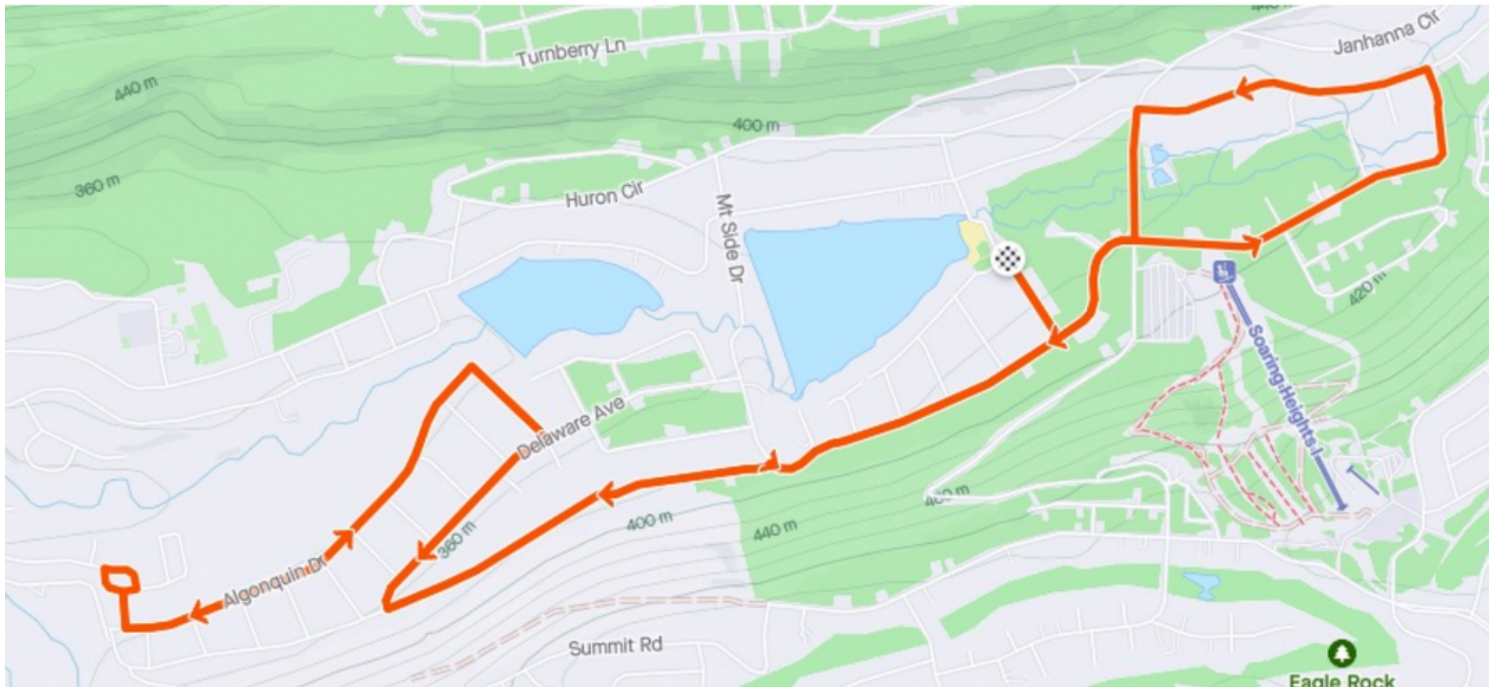
Super sprint starts at 7:45am and will turn earlier at the **blue buoy** marked on the map.



Athlete Guide

Beware of the Barracuda Triathlon

Bike Course



Course route link can be found [HERE](#)

Bike course is 7.9 miles

Sprint course will complete **2 laps** - important notes below:

- On your **second lap you DO NOT ride down the hill back into transition**. There will be a sign that has a **RIGHT ARROW** to finish & a **STRAIGHT ARROW** to 2nd lap positioned at the top of the hill.
- **DO NOT CROSS THE SOLID YELLOW LINES**. This is a USAT rule and carries a DQ as a penalty. With bike traffic running out and back on some sections of the road, it is an important safety concern.

Super Sprint athletes will be doing the same course - but just **1 loop**

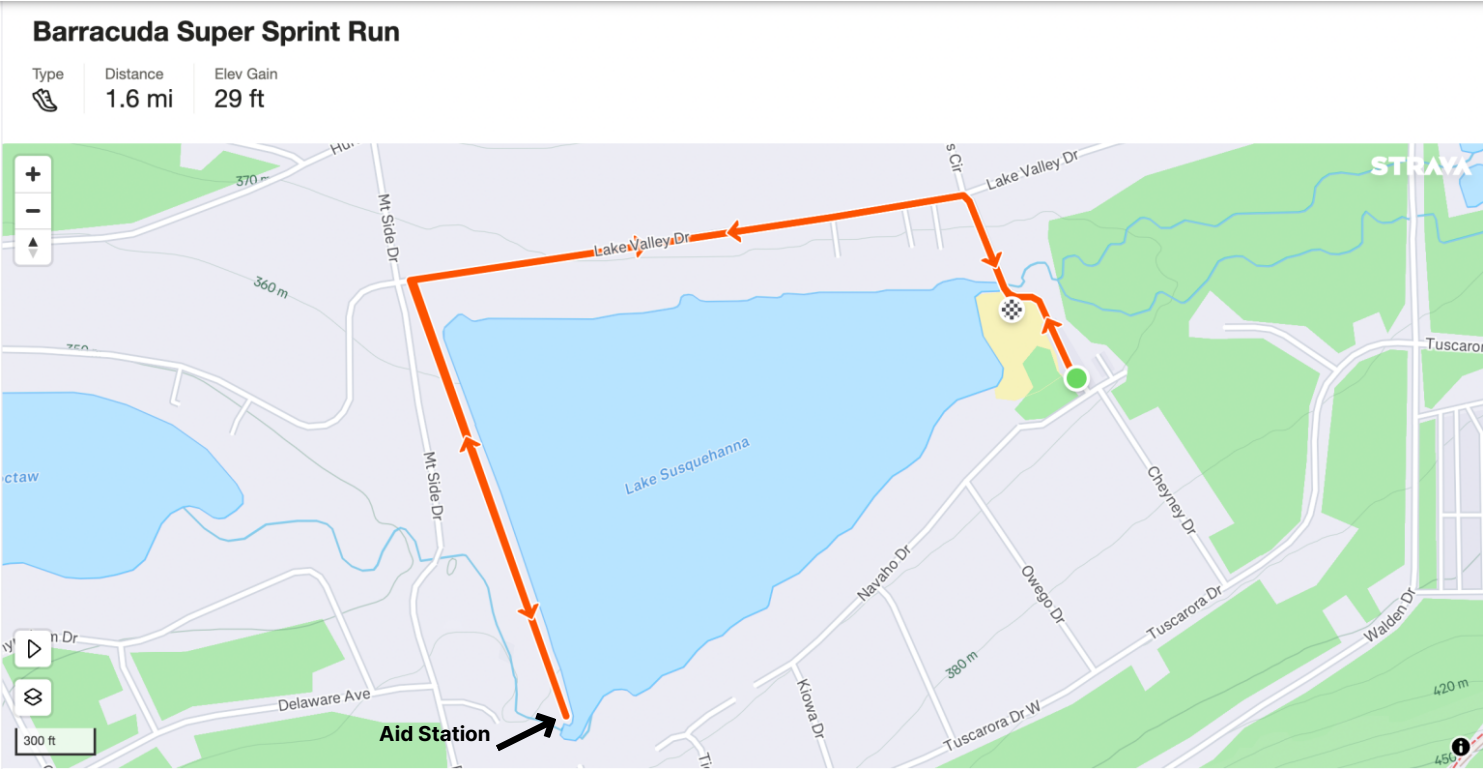
💡 **Remember to bring a headlamp or flashlight for the morning of the race - it will be dark!**



Athlete Guide

Beware of the Barracuda Triathlon

Run Course - Super Sprint



Link to 1.6 mile Super Sprint run course - [HERE](#)

Runners will come directly back to the finish line after the out and back on the dam (grassy out and back). After the dam, super sprint athletes will turn **RIGHT**.



Athlete Guide

Beware of the Barracuda Triathlon

Run Course - Sprint

Barracuda 5K Run

Running Route

Save

Share

Easy

3.12 mi

116 ft

CREATED BY

robert g

June 28, 2024 · Public

Route and Elevation



Link to 3.1 mile Sprint Run Course: [HERE](#)

Runners will exit the parking lot on the lower side following the road out. You will do a short out and back across the breast of the dam/across the lake (grassy out and back), and then continue toward the **LEFT** down the run course to a turnaround.

Important note → on your **return trip**, you **WILL NOT** repeat the dam out and back. Volunteers will be there to direct you.



Athlete Guide

Beware of the Barracuda Triathlon

Post-Race Feast – Sponsored by Giant!

Cross the finish line and head straight to our **Bagel Bar**, sponsored by **Giant!** Refuel with a variety of fresh bagels, loaded with your choice of cream cheeses, and grab a banana to keep the energy rolling.

And what’s better than bagels after a race? **Freshly brewed coffee and a cookie** to celebrate your hard work!

A huge thank you to **Giant Food Stores** for keeping our athletes fueled and smiling post-race.

Race Photos by Bradley Dieffenbacher Photography

Bradley Dieffenbacher
PHOTOGRAPHY



**SCAN QR CODE TO DOWNLOAD
YOUR RACE PHOTOS**