

Triathletes,

We are just over one week from Border Wars Triathlon. We want to get this email into your hands so you are in the know on all details as you prepare for the event. Please take a few minutes to read through the event details.

Swim Course:

Unfortunately we have had unseasonably high rainfall over the past month. Due to the high rain levels the dam has been open causing the water levels in the Alton Slough (Ellis Island) to drop significantly –especially in the last 2 weeks. We were able to get on site Friday (1 week ago), and again this past Monday. Initially we were very concerned about water depths as we do not want athletes running/swimming through the sediment layered at the bottom of the sanctuaries floor. We also had concerns with a high number of dead fish (Asian carp). We immediately drew a water sample and submitted that to the labs. We also spoke with the Corp of engineers as well as several experts on water, runoff, and the risks involved. We monitored the water all week with no rise in the water level occurring we knew we were pressed to make a decision on the swim. We spent the entire week working with all permitting agencies to come up with an alternate race plan.

Ultimately we did get our water sample back TODAY (9/15/16) which confirmed that the water is NOT safe for swimming. Both E Coli and Fecal Coliform were too high for safe swimming. This immediately forces us to cancel the swim, and go to the back up plan.

Please read further for the new race layout.

Race Location: (Parking/Start/Finish/T1 & T2)

Lincoln-Shields Recreation Area
Access by Riverlands Way
West Alton, MO 63886



This spot is located straight south (across the river) from the Alton Amphitheater. It is straight west of Riverlands Way where the swim & T1 were planned to take place. This area allows us to keep the race a 3-leg race format with two transitions. It also gives athletes/spectators the ability to park on site. It is also the best option for us to keep the race courses similar to the original route continuing us having a minimal impact on local traffic flow.

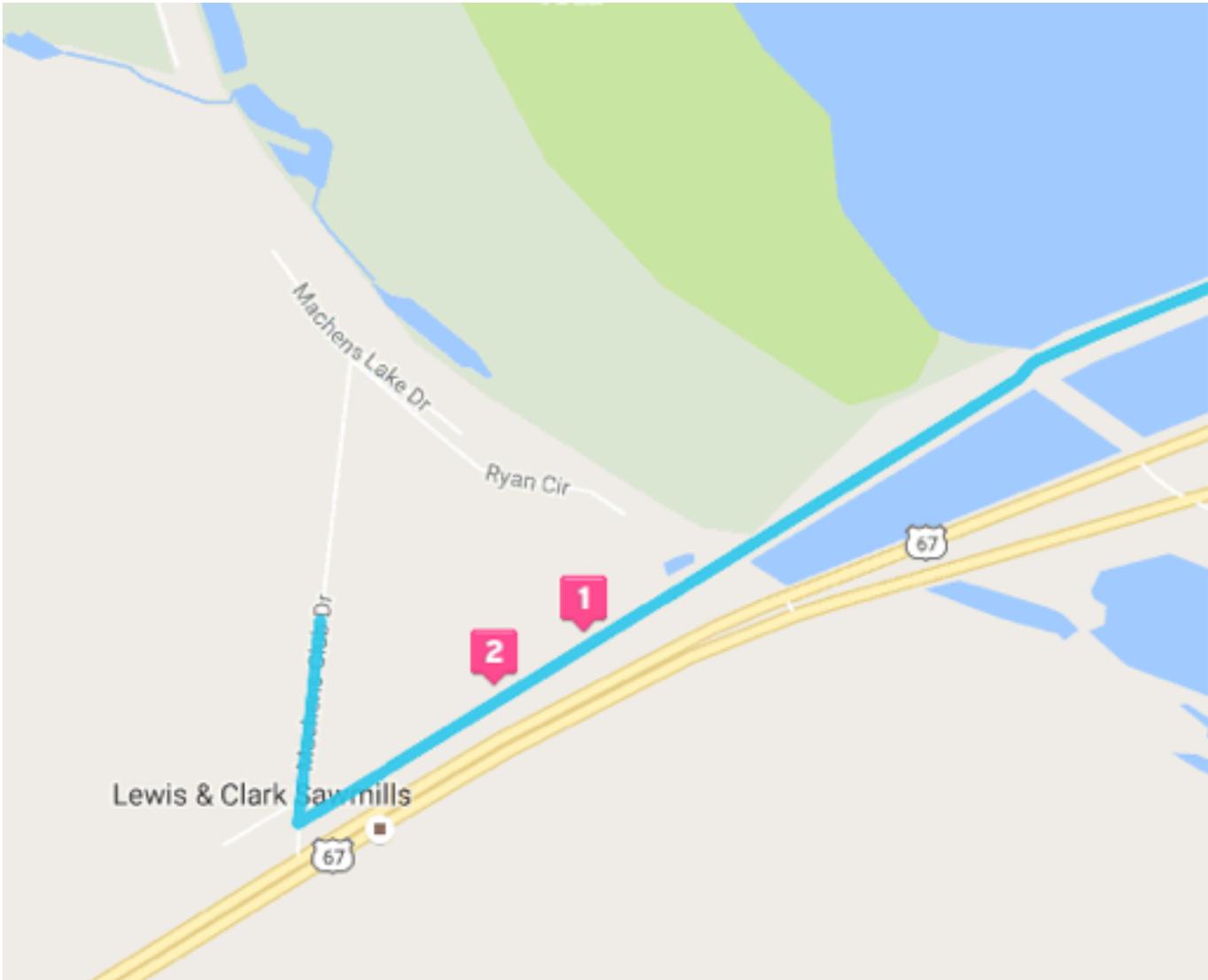
Race Format:

3.1 Mile Run, 56 Mile Bike, 13.1 Mile Run (72.2 miles)

Run Leg 1: 3.1 Miles (out and back)

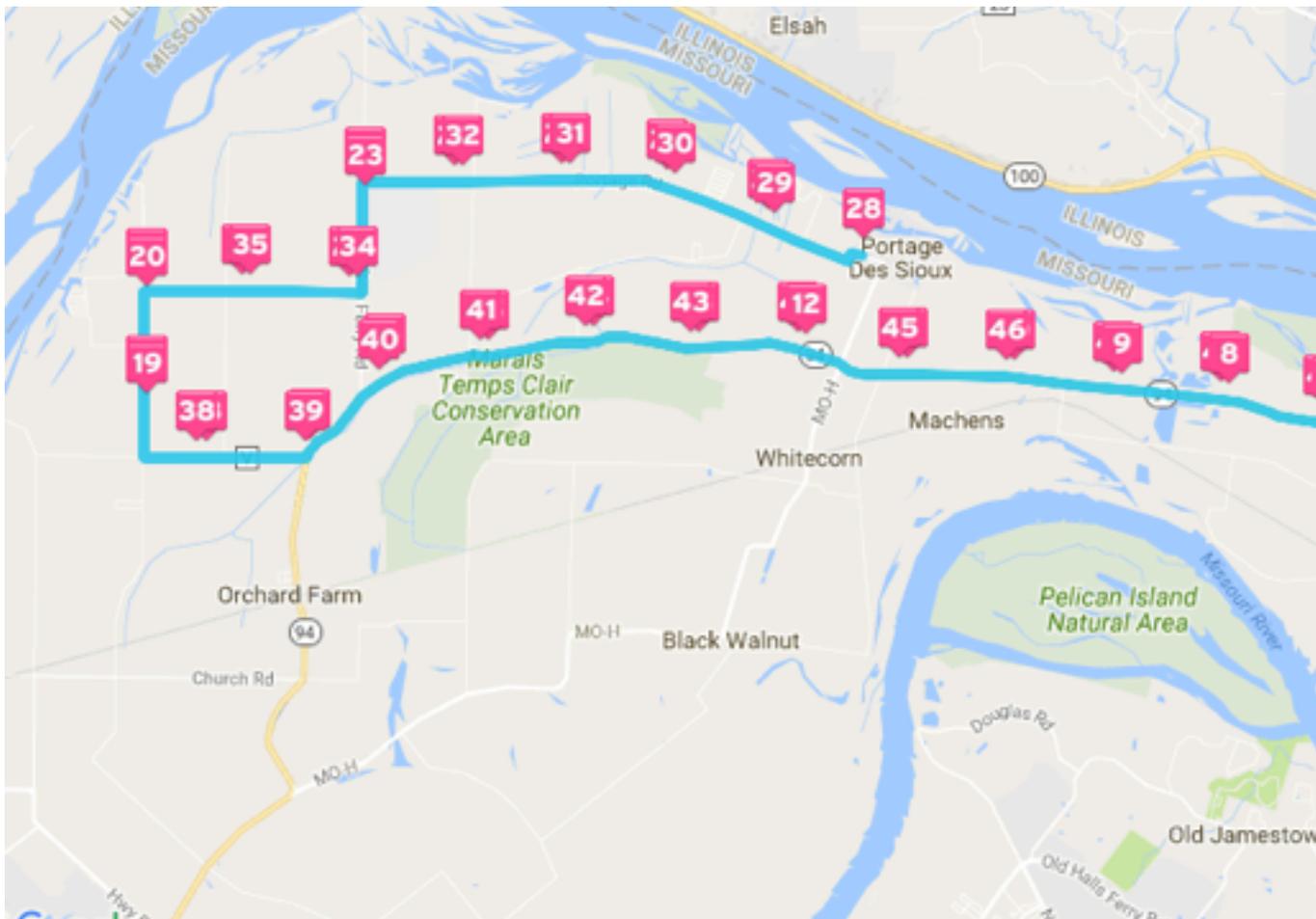
Athletes will run a 3.1 Mile first leg. We will have a mass start headed south on the "Alton Trail" out of Lincoln Shields. The route is a combination of paved trail, small

gravel trail, and some county road. It is an out and back run and we will only be on this route for the first run leg. We will have H2O at the turn around (1.55 M) and at the "Run In."



Bike Leg: 56 Miles (out and back)

Athletes will make a right out of Lincoln Shields Recreation Area and join up right where the original bike route connects to HWY 67 S. They will ride all the same roads as the original route, but in a slightly different pattern going straight out and back. This makes up the lost mile on Riverlands Way, and the distance lost from riding across the river on HWY 67. We will have H2O & HEED water bottle exchange as well as a port o pot at Hwy 94/HWY V. You hit this spot going out at mile 17, and coming back at mile 39. You will also have an option for H2O water bottle exchange at the turn around on Mile 28.



Run Leg 2: 13.1 miles (out and back)

The second run leg will exit the transition and make a right out of Lincoln Shields Recreation Area. They will wrap around to the east side of HWY 67/Clark Bridge then take a bike path up onto HWY 67 N/Clark Bridge. We will have a single lane closure across the bridge and around to the MCT Confluence Trail connecting right off Discovery Pkwy. They will proceed to the 6.55 mile mark (just ½ mile east of Canal Rd/Confluence Trail Intersection.) then turn around and return to the finish located near the transition in Lincoln Shields Recreation Area. Run aid stations will stay the same as originally planned.

Run Leg 2 Aid Stations:

Run Out-(Port O Pot, Gel, Heed, H2O, Soda)

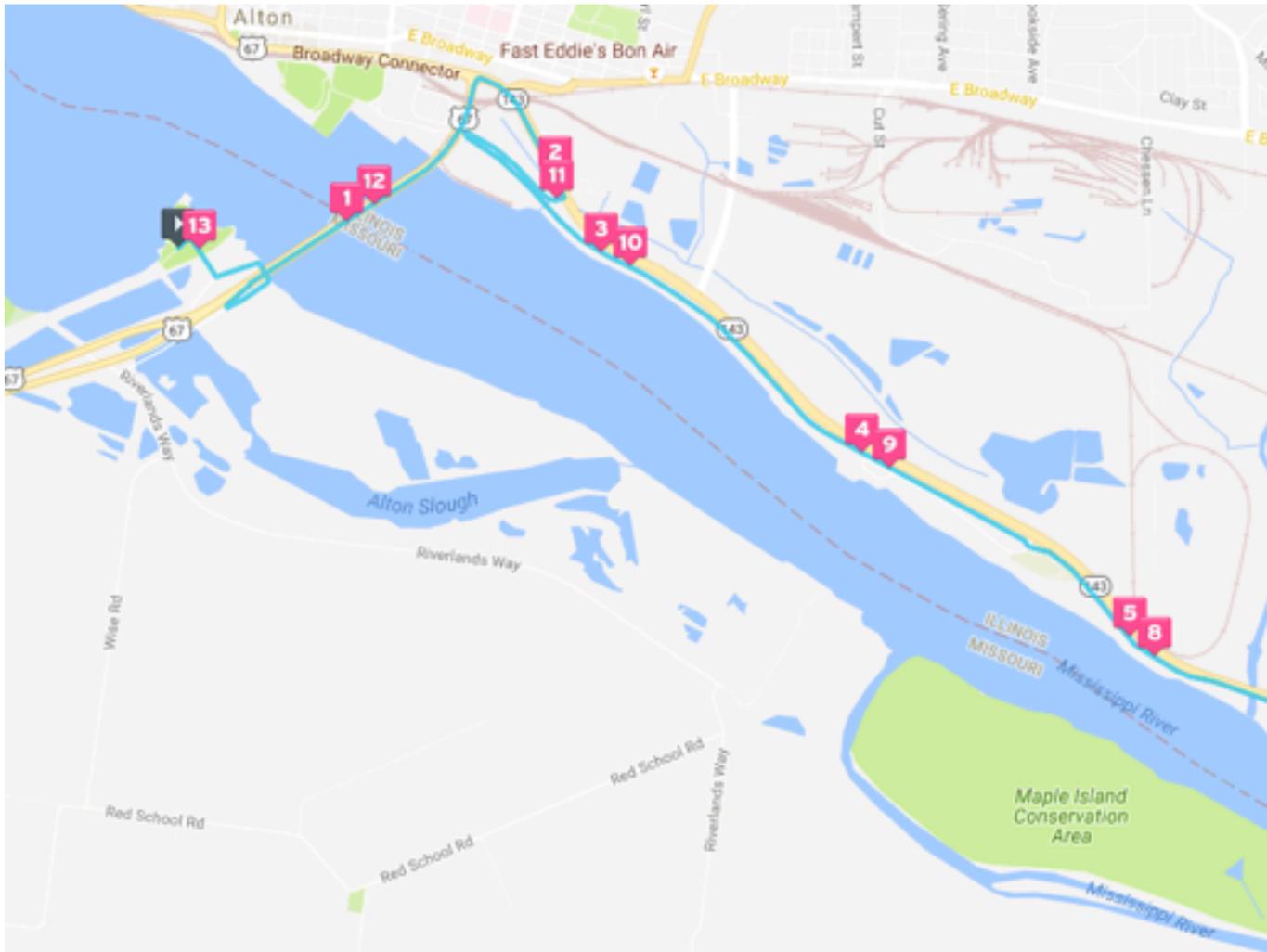
1.5/11.6 Mile Mark (H2O)

3/10.1 Mile Mark (H2O/HEED)

4/9 Mile Mark (Port o Pot-Great Rivers Museum)

4.5/8.6 Mile Mark (H2O/HEED)

6/7.1 Mile Mark (H2O/HEED, GEL, Banana Half, Pretzel Cup/Soda)



Weekend Schedule:

Saturday 9/24/16:

4:00-7:00 PM Packet Pick Up @Lincoln Shields Recreation Area

Sunday 9/25/16:

6:30-7:40 Packet Pick Up @Lincoln Shields

7:45 AM Pre Race Instructions

8:00 AM Race Starts (Male Wave/Female Wave)

12:00 PM-5:00 PM Post Race Grub Available

1:30 PM Bike Course Closes

3:30 PM Awards (estimated)

4:30 PM Run Course Closes

We will not have early bike racking available in this location. Please plan to rack bikes race day only.

We know this is NOT the race that you have trained/planned for all year long. We are equally disappointed as this is easily our favorite race of the year. We know we can provide a phenomenal race experience with our staff, safety team, and volunteers. We want to encourage you all to keep your heads up and attack this race with equal excitement and determination just as you had planned with the swim leg present. We will race fast, break through challenges, hurt, cry, and celebrate in joy an awesome race with all of you on 9/25/16. We still can't wait to see each of you Triathletes, each of you Warriors....cross the finish line with us at Border Wars Triathlon.

We know you many of you will have questions. Please feel free to email us at events@racemaker.org and we will do our best to answer them ASAP. We will be updated websites ASAP, and we will continue to update you on details as we filter through the changes. Please try to avoid asking us questions via social media as that gets hard to track and keep up with if lots of folks start using it. Thanks for working with us to have a great race.

Happy Training,
RaceMaker Productions
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