

SCHEDULE OF EVENTS

FRIDAY, AUGUST 18

START	END	EVENT	LOCATION
3:30 PM	7 PM	Packet Pickup	Appalachian Outdoors Adventures (Downtown)
4:30 PM	5:30 PM	Optional Transitions Clinic and Race Q&A	Race Site—Start Area
5 PM	6 PM	Optional Open Water Swim Practice	Race Site—Start Area
7 PM	9 PM	Live Music—Souled Out Band (FREE)	Ruffner Plaza (Downtown)

SATURDAY, AUGUST 19

START	END	EVENT	LOCATION
6 AM	7:30 AM	International Packet Pickup	Race Site—Modern Woodmen Shelter
6 AM	7:45 AM	International Bike Check-in	Race Site—Transition Area
7:50 AM	7:55 AM	Pre-race Safety Briefing	Race Site—Start Area
8 AM		International Race Starts	Race Site—Start
12 PM	12:45 PM	*International Awards Ceremony	Race Site—Race Announcer
3:30 PM	6 PM	Sprint Packet Pickup	Appalachian Outdoors Adventures (Downtown)
4:30 PM	5:30 PM	Optional Transitions Clinic and Race Q&A	Race Site—Start Area
5 PM	6 PM	Optional Open Water Swim Practice	Race Site—Start Area
4 PM	11 PM	Page Valley Fair	Fairgrounds on Collins Ave. in Luray

SUNDAY, AUGUST 20

START	END	EVENT	LOCATION
6 AM	7:30 AM	Sprint Packet Pickup	Race Site—Modern Woodmen Shelter
6 AM	7:45 AM	Sprint Bike Check-in	Race Site—Transition Area
7:50 AM	7:55 AM	Pre-race Safety Briefing	Race Site—Start Area
8 AM		Sprint Race Starts	Race Site—Start
11:30 AM	12:15 PM	*Sprint Awards Ceremony	Race Site—Race Announcer
4 PM	11 PM	Page Valley Fair	Fairgrounds on Collins Ave. in Luray

➔ *You have the option of picking up your Sprint race packet on Friday night when checking in for the International Race for those of you doing the double.*

*Awards ceremony times are approximate and will depend on our finishing athletes.