



# REV3 TRIATHLON KNOXVILLE KNOXVILLE

## SPECTATOR GUIDE

We all know that spectating is a sport of its own! While your athlete is out there racing, you are charged with tracking them, being at the right spot to cheer them on (at just the right time), meeting them at the Finish Line (and running down the chute together!) and keeping any other family members/friends in tow! This Guide should help make YOUR weekend more enjoyable. Here are some things you need...

### RACE WEEKEND SCHEDULE

<http://rev3tri.com/knoxville/schedule>

### ATHLETE GUIDE

<http://rev3tri.wpengine.netdna-cdn.com/wp-content/uploads/2016/04/athleteGuideKnox.pdf>

## EXPO VENDORS/ FOOD & DRINK

Cool off during the day with a refreshing and healthy snack. Shake Around Town will be back selling her famous smoothies. Race temps are looking to be about 80 degrees, definitely plan to enjoy a refreshing snack break here!

If you are looking for something a little more filling than a smoothie we will also have the Viet Grill Food Truck on site on Saturday and Sunday. Viet Grill is Knoxville's ONLY 100% vegetarian food truck. Jessie Nguyen is the chef and owner. About half of her regular menu is vegan, including delicious spring rolls and a vermicelli bowl.

Who can manage a 5:00am wake up time without coffee? No worries, Honeybee Coffee will be all set up and ready for you on race morning right outside of transition. They will have coffee and some light breakfast items available.

After the race, REV3 hosts a Backyard BBQ for the athletes but you will have the ability to purchase food from our vendors and enjoy the beer tasting available in our beer garden. There will be spots around the expo that you can relax and enjoy your meal together.

## FUN

Crossfit Knoxville will be in the house and bringing lots of "fun" equipment for you to test out. This will be a fun activity for you or your little ones to try.

While you are browsing the expo be sure to check out LAUNDRY Women's Clothing Store which will have a booth in the expo. This is the perfect spot to check out some women's athleisure wear.

## BEER GARDEN

On race day from 10am-4pm the Knoxville Area Brewers Association will be offering a Beer Tasting with local craft brewers and many options to choose from. You will find the Beer Garden inside the REV3 Expo to the left of the stage.

## KIDS ZONE

### WHEN:

Friday	4:00pm-8:00pm
Saturday	11:00am-5:00pm
Sunday	10:00am-2:00pm

### WHERE:

Inside the Rev3 Expo area

REV3 is excited to host our new and improved Kids Zone. Here, all kids can come and play on the inflatable, make inspirational signs for athletes, play interactive video games on the two Wii stations or just hang out on the comfy bean-bag chairs. An "All Weekend" pass to the Kids Zone can be purchased in the Retail Tent to the left of the stage for just \$5 and includes entry into the Dance Dance Revolution Kids Competition. Finalists will face-off in a Championship Battle shown on the Expo jumbotron! Parents must stay with their kids while they are in the Kids Zone. We will have staff and volunteers to monitor the area, but cannot be responsible for unsupervised children.

## RACE DAY PARKING

There are three great places to park on race day.

- The G-13 Garage on 11th Street - this is directly across from the REV3 Expo with the easiest in/out access.
- The S-7 Lot on Cumberland Ave - this is between the REV3 Expo and Transition Area. Due to construction on Cumberland Ave, there could be delays getting to this lot.
- The G-10 Garage on Neyland Ave - this is a perfect place for athletes and those that don't plan on leaving until the event is over as the SW Bound side of Neyland Ave will be closed during the race.

**UTK PARKING MAP:** <http://parking.utk.edu/wp-content/uploads/sites/6/2014/06/UT-Campus-Parking-Map-2015-16.pdf>

## TRANSITION AREA

Located in the C15 Parking Lot - 849 Neyland Dr, Knoxville, TN 37902 This is a great spot to see most of the action. From here you will see your athlete come out of the swim and head out on the bike. You will then see them return from the bike and head out on the run. If they are doing the Half, you will see them as they turn to make their second loop on the course (around mile 6). The Finish Line is a short walk down the greenway and so everyone will be able to get down there and see their athlete finish!

Transition will be the place to be on race day thanks to HARPER AUTO SQUARE in Knoxville. They will have the music blasting and their 24 foot airstream trailer so you can hang out and wait for your athlete in comfort.

## SWIM

The Swim starts at Calhoun's (400 Neyland Dr, Knoxville, TN 37902) and finishes at the Lady Vol Boathouse (900 Neyland Dr). Spectators have a great view of the entire swim.

## BIKE

Just outside of transition gives you a chance to see your athlete coming and going, but if you want to see the real high flying action head on out to Bonnie Kate Elementary School (7608 Martin Mill Pike, Knoxville, TN 37920). This is the 9.5m mark for both races as well as the 42m mark for the Half Rev. This is also the location of a bike aid station so there will be lots going on.

We suggest you get out there before the bike starts, but if you leave later, avoid the bike course by taking Henley St to Maryville Pike to W Governor John Sevier Hwy to Twin Creek Rd to Bonnie Kate E.S.

## RUN

Tyson Park (2351 Kingston Pike, Knoxville, TN 37919) will be a great place to provide encouragement to your runners as they pass by this location twice for the Olympic Rev and Four times for the Half Rev. All of the signs made at the inspiration station will be placed in the park which should provide superb photo ops. Be careful, you just might find some costumed characters out that way as well.

## FINISH LINE

Located in Worlds Fair Park (954 World's Fair Park Drive), we encourage you to wait for the athlete at the top of the finish chute and run across the finish line with them! Be sure to stay clear of any other athletes as they cross the line too! All athletes will get a FREE Finisher's photo, so practice your smile and get in on the action!

## ATHLETE TRACKING

### QUARQ REAL TIME TRACKING

Want REAL TIME race tracking on your athlete? Have them reserve their Quarq Collector NOW. For just \$39, you can keep track of their minute by minute location on the course along with their speed/pace so you know EXACTLY when you need to be at that special location. The athlete wears a small tracking unit and then shares a tracking website that allows you (and anyone you want to share the online link with) to keep an eye on their real time progress from any smartphone, tablet or computer.

**TO RESERVE AND FOR MORE INFO:** <http://rev3tri.com/quarq/>

### REV3 TRISCORING LIVE

You can also keep track of your athlete on the REV3 official timing system. This will update when your athlete crosses a timing map at a few specific locations around the course. (please note, this site will not be Live until race day)

**TRISCORING LIVE RESULTS:** <http://triscoringlive.com/>