



NEW JERSEY

2024
RACER GUIDE

XTERRA. NEW JERSEY

Thank you for registering for the 2024 XTERRA NEW JERSEY!

We're looking forward to you joining us for an epic Trail Fest Weekend. We created these racer notes in an effort to provide every bit of information to ensure you have a great race experience. Please read through the entire guide, and if we missed anything, please send us an email at info@rsgadventures.com. The RSGA crew will be pretty swamped in the days ahead with setting everything up, but we'll get back to you as soon as we possibly can.

GETTING TO XTERRA NEW JERSEY - Wawayanda State Park

[Google Map Directions to Wawayanda State Park 885 Warwick Turnpike, Hewitt, NJ](#)

Please make sure to enter the park off of Warwick Turnpike near the Park Office. Once in the park, you'll continue approximately 2 miles and then make a left to head towards the Beach/Lake Area parking. If the main lot is full when you arrive, please continue along the road on the upper left side of the parking lot to enter the boat launch lot which will be used for overflow.

Please carpool if at all possible. NJ State Parks charges a \$5 event parking fee which will be payable when you enter the park. So besides helping the environment you'll also save some money by carpooling.

Don't blindly follow any navigation App as at times they will sne you to the back gate which will be locked.

Please use extra caution and drive slowly in the park as there will be other racers warming up or racing.



EVENT SCHEDULE



FRIDAY APRIL 26

9:00 AM Blue Bike Course Open for Pre-Riding or Running

12:00 PM Access to Campsites Opens

1:00 PM Red 10K & Pink 5K courses open

Note—Packet Pickup or Trail Runs will be done on Saturday morning starting at 7:00 AM

SATURDAY APRIL 27

7:00 AM Trail Run Packet Pickup Opens (*Must show ID when checking in.*)

Merchandise Pre-Orders Pickup & Sales Opens

8:00 AM Marathon Start

8:30 AM Half Marathon Start

9:30 AM 10K Start

10:00 AM 5K Start

11:00 AM Post Race Food & Drinks Opens

11:30 AM 5K Awards

11:45 AM 10K Awards

12:00 PM Access to Campsites Opens

12:00 PM Half Marathon Awards

1:00 PM *Blue Bike Course Open for Pre-Riding*

2:30 PM Marathon Awards

- All Trail Run Finishers (if registered by 4/20/24) will be getting a XNJ Finisher Pint Glass
- *For Trail Run Award Categories and World Championship Qualification Details, please see your event on the [XTERRA New Jersey Page](#) on XTERRA Planet.*
- *Please note award times may be adjusted based on Finisher Times.*

4:00 PM—7:00 PM **Multisport Early Packet Pickup Open (Must Show ID)**

Offsite at [Pennings Farm Cidery](#), 4 Warwick Turnpike, Warwick, NY 10990

Only 5 minutes away from Wawayanda State Park.

Simply make a left turn out of the park. Entrance on left side just before road Ts

We highly encourage all Multisport Racers to come to this early Packet Pickup.

There will be Food & Drinks available for purchase.

EVENT SCHEDULE



SUNDAY APRIL 28

7:00 AM Race Day Morning Multisport Packet Pickup Opens (*Must show ID when checking in.*)
Merchandise Pre-Orders Pickup & Sales Opens
Transition Opens

8:30 AM Racer Meeting on Beach

8:45 AM Olympic Triathlon—Men’s Wave Start

9:05 AM Olympic Triathlon—Women’s Wave with Aquabike & Relay Teams Start

9:10 AM Duathlon Start

9:30 AM Sprint Start

11:00 AM Post Race Food & Drinks Opens

12:00 PM MTB Marathon Start

12:00 PM Sprint Triathlon Awards

12:15 PM MTB Half Marathon Start

12:15 PM Gravel Bike Half Marathon Start

12:20 PM Gravel Bike Quarter Marathon Start

1:00 PM Transition Area Breakdown Starts

Note—Bikes will be moved to a combined rack if left in transition past this time

AWARD CEREMONIES SCHEDULE*

12:00 PM Sprint Triathlon Awards

12:45 PM Duathlon & Aquabike Awards

1:00 PM Olympic Triathlon Awards

2:00 PM Gravel Bike Quarter Marathon Awards

2:30 PM Gravel Bike Half Marathon Awards

2:30 PM MTB Half Marathon Awards

3:00 PM MTB Marathon Awards

- Please note this is an estimated schedule that may be adjusted based on finishing times.
- All Finishers (if registered by 4/20/24) will be getting a XNJ Finisher Pint Glass
- *For Award Categories and World Championship Qualification Details, please see your event category on the [XTERRA New Jersey Page](#) on XTERRA Planet.*

CAMPING

If you've made a camping reservation, there are four group camping sites. All racers with camping reservations will be allocated a tent camping spot at one of these four group sites.

The camping area can be accessed by making a left onto the Campsite road about 1.5 miles after entering the park and then another left after crossing the bridge (you will see the two large green toilets in front of you). *Please be extra mindful that there may be others on the park and campsite road and drive slowly and use extra caution.*

Friday Night Campers can set up starting at 12:00 PM

Saturday Night Campers please wait until 1:00 PM before going to campsites

Van or small trailers are permitted if you've made arrangements with us and purchased a 2nd camping reservation for each night you'll be staying with us. Van/Small Trailers should be lined up front to back on the far right of campsite 3.

Due to weight Larger RVs / Fifth Wheel campers are NOT permitted in the campsites area.

Please do not attempt to bring a larger vehicle through here as you will damage the bridge and impact the use of the camping area for future events.

We are trying to gain approval for an area for RVs/Fifth Wheels to camp near the Beach/Lake area and will share an update as soon as we hear back from the park this week. Please email us at info@rsgadventures.com if you'd like to have this option and if approved will be very limited.

Please note that there are not available showers at the park. We will have coolers at the base area, but please make sure to bring adequate water. There are animals in the park, so please make sure not to leave any food out or you may have some uninvited guests. The park is carry in / carry out so please do not leave any garbage.

If your plans have changed and you're not going to be camping please send us an email so we can remove you from the expected campers list that we will be submitting to the park.



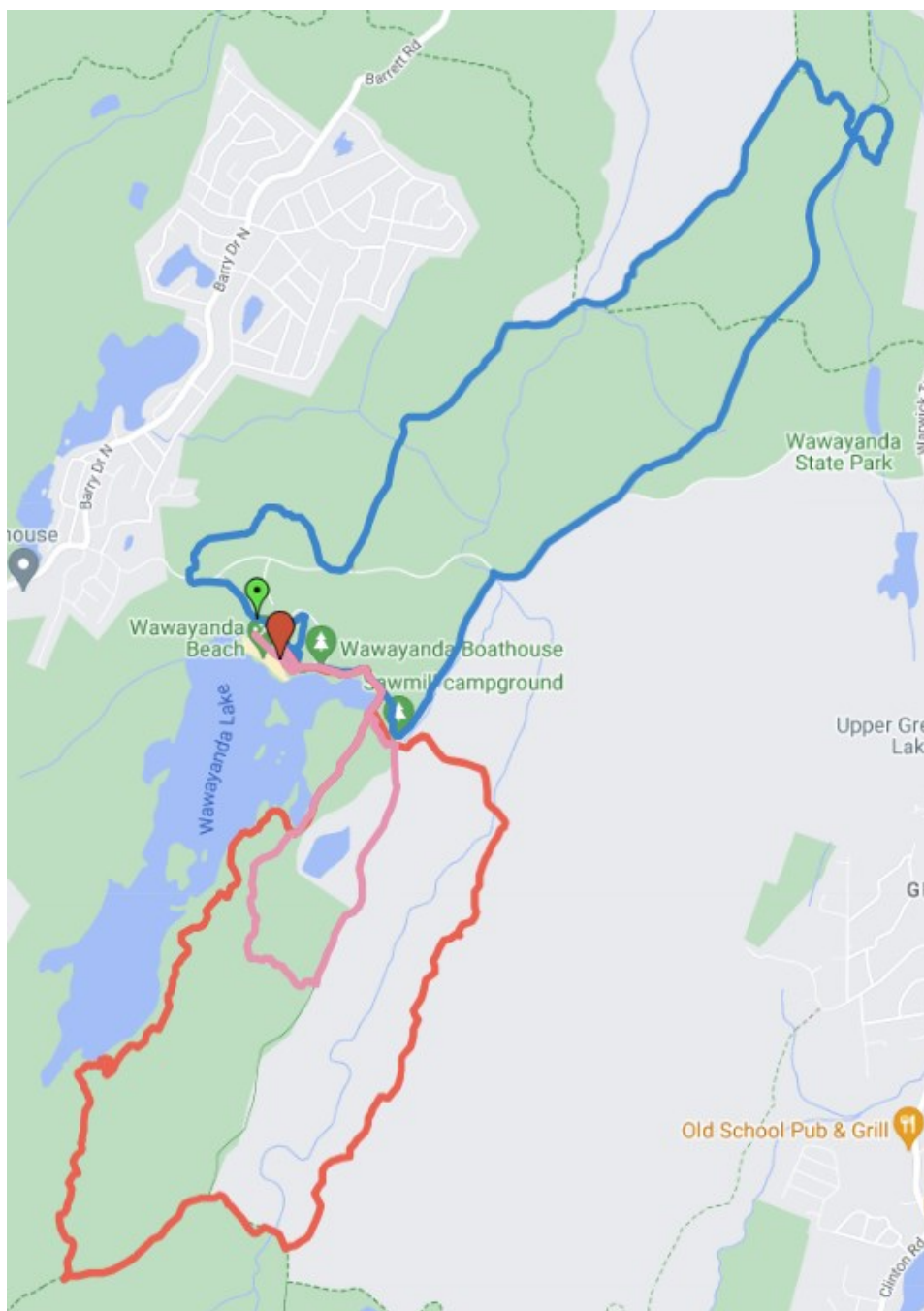
COURSE MAPS



NEW JERSEY

Racers can access all current Maps and download GPX files from:

- ◆ [XTERRA New Jersey](#) on XTERRA Planet within each event's page or
- ◆ [RSGA XNJ Event page](#) on RideWithGPS.
- ◆ Aid Stations are marked on the course maps with a Red Box with white letter A
- ◆ When you open one of the loop maps drag cursor from left to right on elevation profile and it will move cursor through the loop
- ◆ Start and end portion of the Pink 5K and Red 10K loops are the same



COURSE MAPS (Continued)



NEW JERSEY

We did make some changes to the Red 10K Loop and the Pink 5K Loop earlier this month.

When looking all the courses overlapped we realized there would be two way traffic across the thin wooden bridge before the Furnace area. To avoid this the Red & Pink loops will make a right onto Wingdam (approximately .4 miles from base area) and then make immediate left.

At the Furnace area the Red 10K loop will continue straight and pass the campsites. The Pink loop turns right to head up Laurel Pond.

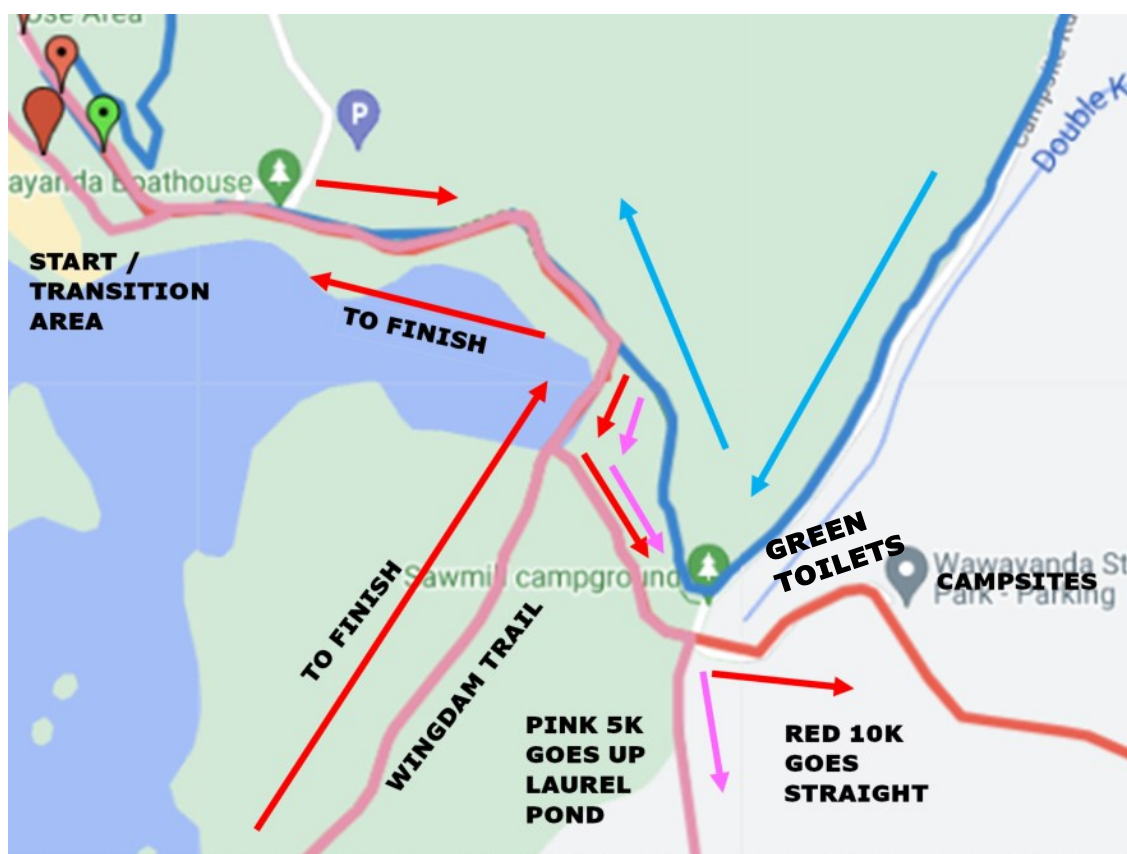
The inner loop for the Red Loop 10K is the reverse of what we originally posted as quite frankly it wasn't flowing right, so we reverted to the same direction we used last year.

Please note Pink reconnects with Red at Sitting Bear and continues all the way to the finish.

Near the end of the loop you will be coming from Sitting Bear onto Wingdam and make sure to go straight to the T and make the Left onto the fire road to head toward finish.

We will be overmarking this part of the course and it's worth checking out prior to the race so you're 100% clear.

We do not anticipate any additional course changes, however we will assess trail conditions while marking the course during the week. If an update is required we will update the maps on the Ride-WithGPS XNJ Event page and communicate via email and social media.



TRAIL RUN ADDITIONAL NOTES



TRAIL RUN WORLD SERIES

All loops start and finish at the base area.

You must go through the finish arch to complete one loop and start the next one.



Marathon Loop Order is Blue Red Blue Red

Half Marathon Loop Order is Blue Red

10K Loop Red

5K Loop Pink

If you decide to not complete your race, please report to the timer so we're not looking for you out on course.

Please note the Trail Run version of the blue loop does NOT include the woods section above the finish area that is part of the Multisport events. After passing through Finish arch runners will simply turn left to head to Red loop or continue straight to Blue Loop.

Current Weather Forecast is 41 to 65 degrees

TRAIL RUN ADDITIONAL NOTES



MARATHON CUT OFF TIMES

11:30 AM to finish 13.5 miles (3 1/2 hours) - 1st Blue + Red Loops

1:00 PM to finish 20.5 miles (5 hours) - Complete 3rd loop (2nd Blue) before final Red loop

HYDRATION

All runners should be carrying a bottle or wearing hydration pack.

Marathon / Half Marathon should carry at least 200 calories and whistle.

AID STATIONS

Main Aid Station Tent will be set up in base area just past the Start/Finish Arch.

Half Marathon & Marathon Racers may stage Hydration or Food here.

We will have Gatorade bottles, water, Gu Gels & Chews & Bananas for you here.

You will pass this aid station every time you finish a loop before heading out for the next one.

Half Marathon @ Mile 7 and Marathon @ Miles 7, 13.5 & 20.5

On Course Hydration Stations

There are two unmanned hydration stations at Mile 3.3 on the Blue Loop and mile 2.7 on Red 10K Loop. (Half Marathon Miles 3.3 & 9.7 & Marathon Miles 3.3, 9.7, 16.8 & 23.2)

Water Coolers ONLY. To minimize waste please bring a bottle or cup to refill if you need to use these aid stations.

For the 10K (Red) there is one unmanned Hydration Station at Mile 2.7.

For the Pink 5K loop please note there are not any aid stations after you leave the base area.

TOILETS

2 Green Toilets in the Furnace Area (Mile 6.3 Blue & Mile .55 Red Loop)

4 Toilets Close to base area adjacent to the boat launch lot. (Mile 7 Blue & Mile 6.1 Red)

6 Toilets Near Packet Pickup after crossing through Finish Arch

TRAIL RUN ADDITIONAL NOTES



FINISHING & POST RACE

After crossing Finish you will make a hard left to enter the Post Finish Zone. This is where you will pick up your XNJ Finisher Pint Glass.

If you decide to not complete race please make sure to check in with event timer so you can be marked as DNF and ensure that we're not our searching for you on the trails.

Post Race food will start at approximately 11:00 AM in the Post Finish Zone.

Food & Drink is for racers only. Additional food/drink tickets available in registration or for sale at event.

AWARD CATEGORIES & SCHEDULE

Full details on Age Group Awards are on [XTERRA New Jersey page](#) on XTERRA Planet.

Men's & Women's for all of the following:

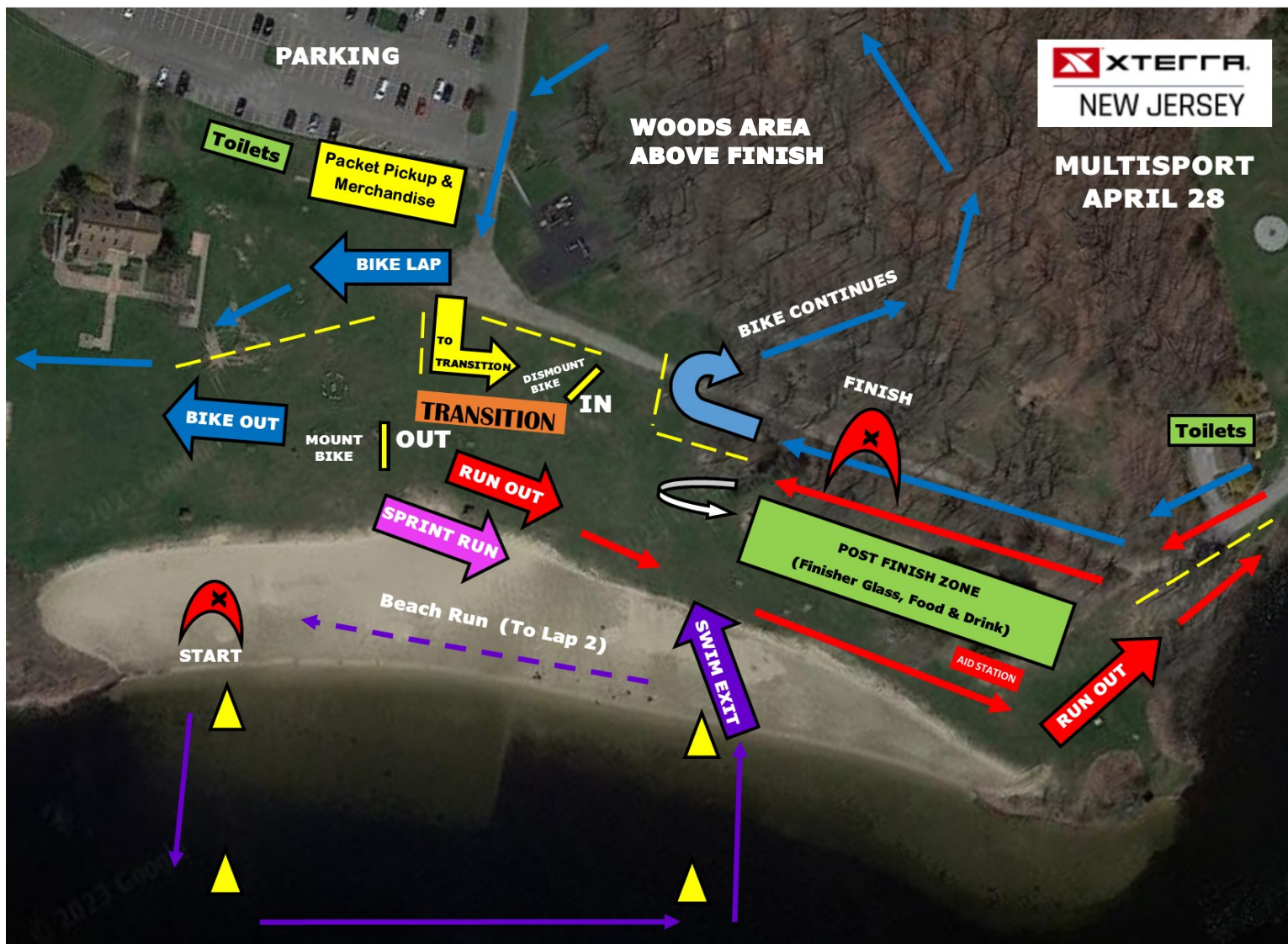
- ◆ Marathon <19 then 5 year age groups starting with 20-24
- ◆ Half Marathon <19 then 5 year age groups starting with 20-24
- ◆ 10K <19 then 10 year age groups starting with 20-29
- ◆ 5K Top 3 Overall

TRAIL RUN AWARDS CEREMONIES	
5K	11:30 PM
10K	11:45 PM
Half Marathon	12:00 PM
Marathon	2:30PM

* Awards schedule may be adjusted based on finish times

MULTISPORT ADDITIONAL NOTES

BASE AREA MAP



Olympic Triathlon Swim 2X 500M + 3X Blue Bike Loops + Red 10K Run

Aquabike Swim 2X 500M + 3X Blue Bike Loops

Duathlon Pink 5K + 2X Blue Bike + Red 10K Run

Sprint Swim 500M + 1X Blue Bike Loop + Pink 5K Run

***If you decide to not complete the race,
please report to the timer so we're not looking for you out on course.***

Sunday Weather Forecast is 50 to 71 degrees

PACKET PICKUP

Saturday 4/27 4PM-7PM at [Pening's Farm Cidery](#) (5 minutes from park)

Sunday 4/28 Race Day Packet Pickup Available starting at 7AM

(Yellow Ready Set Go Adventures tent adjacent to parking area)

Please bring your ID when you check in.

Recommend being onsite 90 minutes before your race start.

At Packet Pickup you will receive:

- Race Bib # - One for Bike & One for Run (on race belt or pinned to race kit)
- 3 Twisties for Bike Bib # & 4 Pins for Run Bib #
- XTERRA Temporary Tattoo
- Swim Cap (Yellow for Olympic & Green for Sprint)
- Ankle Strap with Timing Chip (*Must Be Returned at End of Race or be charged \$100*)
- XTERRA New Jersey T-Shirt (if size selected in registration)
- Pre-Ordered Merchandise
- *Additional XTERRA New Jersey Available for Sale*

TRANSITION AREA SET UP

Opens Sunday at 7 AM (Do NOT stage your bike & gear on Saturday)

You will need to have checked in at packet pickup and present your race bib to enter Transition area.

Only racers are allowed in Transition Area.

Racks will have 5 or 6 bikes on each.

Please be mindful of this as you place your gear in your transition area.

There will be designated rack area for Sprint Racers.

Olympic Triathlon, Team Relay, Aquabike & Duathlon may use any other bike racks.

This is where you will stage your bike & running gear and where you'll put wetsuit after swim

For a guide to setting up your transition area—here's a good [YouTube video](#)

RELAY TEAMS will transfer the ankle strap timing chip in Transition Area to switch racer

RACER MEETINGS ON THE BEACH

8:30 AM Olympic, Team, Duathlon & Aquabike

9:15 AM Sprint

SWIM

Bring a wetsuit for your swim.

Water temperature anticipated to be in the 58-64 degrees range

Depending on temperature, race may be wetsuit mandatory and/or distance adjusted.

Official announcement will be made Sunday morning.

Wetsuit Max Thickness is 5mm.

Neoprene caps are allowed, however you must have your XNJ cap on top.

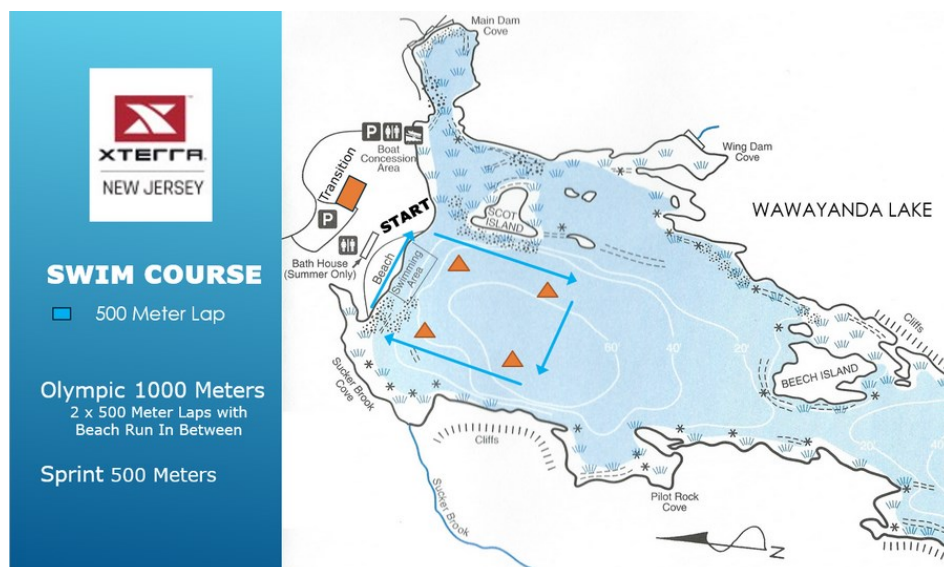
Neoprene Gloves & Booties are allowed as long as they do not aid in propulsion.

For full details, please see pages 18-21 for [USA Triathlon Swim Rules](#)

Olympic, Team Relay & Aquabike are 2X 500 meter swim with a beach run in between laps

Sprint is 1x 500 Meter Swim

Olympic Racers may switch to Duathlon or Sprint, however keep in mind that only Olympic Triathlon and 16-19 year old Sprint categories are World Championship Qualifiers.



BIKE

Mountain Bike or Gravel Bike required for racing.

We've been asked which is faster and the short answer is it depends on conditions and rider handling skills. There are sections where Gravel bike is faster and others where a Mountain Bike will be faster.

Over this past week the park has been doing a regrading project on the two main gravel/fire roads—Iron Mountain & Old Wawayanda. We'll check conditions when we're marking the course on Wednesday and will post on the [Ready Set Go Adventures Facebook Page](#) (please like/follow when you get a chance)

No Aerobars or bar ends allowed.

TIRES Gravel bike tires we recommend a minimum of 40mm. There are some rocks, roots and ruts in the course and you'll want the extra cushioning and traction in your XTERRA.

Do Not Ride a Bike in Transition—You will get a time penalty & endanger others.

Mount Bike after Exiting Transition to start bike portion of race and Dismount prior to entering transition before Run portion.

Follow BLUE bike signs. When exiting transition you will head to the right and then make a right onto Pumphouse Trail. You will exit the trail into rear parking lot area and continue onto the grass keeping the wooden fencing on your left and follow signs to make right into first singletrack section.

Keep right as you go through Finish chute as there may also be runners on course. You must go through the Finish arch for each lap to count or you will be disqualified. Once through the Finish arch you will bear right to enter the woods section above the finish area before heading out for next lap or into transition.

Again you will only go into transition after completing the woods above finish area on your last lap (Lap 3 for Olympic/Relay/Aquabike, Lap 2 Duathlon, completing the 1 loop in Sprint).

Staging Hydration/Food

There will be an area for Racers to stage additional hydration or food which will be on the grass after exiting woods section above finish area and before entering Pumphouse Trail. There will be signs for the Start and End of the Food/Hydration Staging Area. We will also have an aid station with Water, Gatorade, GU Gels & Chews, etc...Please take just what you need while racing so there's enough for everyone.

MULTISPORT ADDITIONAL NOTES



RUN

HYDRATION

All runners should carry a bottle or wear a hydration pack.

AID STATIONS

Run Aid Station will be after exiting transition to start your run.

We will have Gatorade bottles, water, Gu Gels & Chews & Bananas for you here.

ON COURSE HYDRATION STATION

There is one unmanned hydration stations at mile 2.7 on Red 10K Loop where Twin Bridges Trail connects with Cherry Ridge (runners make a right)

Water Coolers ONLY. To minimize waste please bring a bottle or cup to refill if you need to use these aid stations.

For the Pink 5K loop please note there are not any aid stations after you leave the base area. Again—make sure you take a bottle with you.

FINISHING & POST RACE

When you enter Finish chute please keep Left as there may be racers on bikes still racing. After crossing Finish you will make a hard left to enter the Post Finish Zone.

Please make sure to hand in your ankle strap/timing chip and pick up your Finisher Pint Glass there. (You will be charged \$100 if you don't return the ankle strap/timing chip).

We will have post race food starting at 11:00. The food and drinks are for racers only.

Additional food & drink tickets are available in online registration or will be available for sale at event if you have friends or family members joining you.

MULTISPORT ADDITIONAL NOTES



AWARD CATEGORIES

For full Award Categories and World Championship Qualifiers please see prizes section of your event on [XTERRA New Jersey page](#) on XTERRA Planet. Men's & Women's Categories for all races. Medals for the following:

- Olympic Triathlon >19 then 5 year age groups starting with 20-24
- Duathlon >19 then 10 year age groups starting with 20-29
- Sprint 14-15, 16-17, 18-19 then 10 year age groups starting with 20-29
- Aquabike Top 3 Overall
- Team Relay Top 3 Overall

<u>Awards Ceremonies</u>	
Sprint Triathlon	12:00 PM
Duathlon & Aquabike	12:45 PM
Olympic Triathlon & Team Relay	1:00 PM

**Award Ceremonies schedule may be adjusted based on Finish Times*

TOILETS

2 Green Toilets in the Furnace Area (Mile 6.3 Blue & Mile .55 Red Loop)

4 Toilets Close to base area adjacent to the boat launch lot. (Mile 7 Blue & Mile 6.1 Red)

6 Toilets Near Packet Pickup after crossing through Finish Arch

BIKE RACES ADDITIONAL NOTES

BASE AREA



Bike Races will start on the far side of transition area (far right when facing the beach).

UPDATED BIKE RACE SCHEDULE

12:00 MTB Marathon

12:15 MTB Half Marathon

12:15 Gravel Bike Half Marathon

12:20 Gravel Bike Quarter Marathon

Mountain Bike is required for MTB Marathon & Half Marathon Races. You may use a Mountain Bike or Gravel Bike for the Gravel Half or Quarter Marathon. 40mm tires or greater recommended if using a gravel bike.

BIKE RACES ADDITIONAL NOTES



RACE LOOPS

Pay attention to which race you are in and which loops you are doing — don't blindly follow another rider.

- ◆ MTB Marathon: Blue + Red + Blue + Red
- ◆ MTB Half Marathon: Blue + Red
- ◆ Gravel Half Marathon: 2 x Blue
- ◆ Gravel Quarter Marathon: 1 x Blue

At the end of each loop you must cross under the Finish arch so your laps count, otherwise you may be disqualified.

For the MTB Marathon, MTB Half Marathon & Gravel Half Marathon the Blue bike loop will bear right after passing through the finish arch and head into the woods above the finish area before starting your next lap.

Finish at the end of your last lap will be at the finish arch. Gravel Quarter Marathon (1 loop) Finish at the Arch (although you're welcome to ride through the Woods area afterwards).

After finishing make a sharp left to head into the Post Finish Zone to get your Finisher Pint Glass.

For MTB Marathon & MTB Half Marathon after finishing Blue loop Woods Above Finish section you will bear left to go around the backside of the Transition area to start the Red loop.

For MTB Marathon after completing your 1st Blue & Red loops you will bear right into Woods Section Above Finish Area to start your 2nd Blue loop and do so again before starting your last Red loop.

Please be extra mindful of runners that may still be on course.

AWARD CATEGORIES & SCHEDULE

Men's & Women's Top 3 for all Bike Race Categories

If we get a significant increase in sign ups then we will look at adding some age group categories.

Gravel Bike Quarter	2:00 PM
Gravel Bike Half Mara-	2:30 PM
MTB Half Marathon	2:30 PM
MTB Marathon	3:00 PM

* *Schedule may be adjusted based on finish times*