



# **DECAMANUSA 2020 THE YEAR OF ENDURANCE FESTIVAL ATHLETE GUIDE**

*Disclaimer: This document will continuously be updated. You can also find the latest version located on the website: [www.decaman.com](http://www.decaman.com) Follow DecamanUSA on Facebook: <https://www.facebook.com/decamanusa/>*

# Welcome to the DecamanUSA 2020

## The Year of Endurance Festival

The first ever “Year of Endurance Festival” offered in the USA. Not for the light at heart, expect to experience sun, heat, sleet, rain, mud, cold and maybe even snow. Be ready to push yourself to your wildest limits. This festival is meant for those who want to find their inner self, the one they never knew existed.

Same park venue as last year ~ Fontainebleau State Park ~ but many NEW changes and improvements from 2018:

- DecamanUSA will pick you up from the NEW Louis Armstrong New Orleans International Airport (MSY). No need to rent a car.
- NEW - Afternoon and evening scheduled Airport pick up times. Exact times will be posted on the website once athletes arrival times are coordinated. Please note, you may have to wait a few hours till to the next scheduled pick up time.
- We recommend all athletes and crew have US cellular/internet services to allow contact with the race staff in the event of flight delays etc.
- NEW ~ Indoor sleeping bunkhouse facilities with upgraded mattresses, showers, toilets, heating and air conditioning
- WIFI availability to check emails, Facebook, texting and race results. This is not intended to be used for streaming of music or videos. Please respect this request. We trust the honor system.
- NEW ~ Timing system with live real time results posted
- Live race results available via Television in kitchen area
- Bike and run course on pavement – no trails
- Undercover area for crew use ~ in addition to the Transition Pit Area tents, tables and chairs that are provided
- NEW ~ Kitchen and eating facilities
- NEW ~ Posted weekly menus
- NEW ~ Designated “Crew-Cooking” area in kitchen facility
- NEW ~ Professional cleaning company for bunkhouses, bathrooms and kitchen area
- NEW ~ Designated trips to local sponsor grocery store, Rouse Markets, for crew
- Uber transportation is available at this new park location for crew “on demand” needs (pick up and drop off at front of park)
- NEW ~ Laundry service available – self serve in park and outsource pick up
- NEW ~ Ability to pre-order sheets, pillows, sleeping bags and towels
- Onsite medical
- Onsite foot care guru: John Vonhoff, author of Fixing Your Feet
- Onsite 30 minutes of massages offered ~ time above is “Pay As You Go”
- Onsite bike mechanic – services only – Parts are “Pay as You Go”
- NEW ~ Professional Race Photographer – photos prior, during and after all race

**DecaManUSA will abide and follow ALL IUTA Rules and Regulations. Athletes are required to review all updated rules to be fully aware.**

**IUTA Link:**

[https://www.iutasport.com/?fbclid=IwAR2ZGHeJFTxJGJQ2uxD2uhUxlaaVdcqhWvw\\_stwRrfrPBRIRu6iPseXJZ7k](https://www.iutasport.com/?fbclid=IwAR2ZGHeJFTxJGJQ2uxD2uhUxlaaVdcqhWvw_stwRrfrPBRIRu6iPseXJZ7k)

**IUTA Rules Link:**

[https://www.iutasport.com/iuta/rules?fbclid=IwAR1E8WCa\\_5lvNk0fKPb\\_hDYyQGshV3AYJhA5mRhMfJUUD3MScb971s9TTG8](https://www.iutasport.com/iuta/rules?fbclid=IwAR1E8WCa_5lvNk0fKPb_hDYyQGshV3AYJhA5mRhMfJUUD3MScb971s9TTG8)

**What is the Race Location?** Fontainebleau State Park - New Orleans, Louisiana USA

<https://www.crt.state.la.us/louisiana-state-parks/parks/fontainebleau-state-park/index>

**When do the Races Start?** October 30, 2020 through November 29, 2020

**Where do I register:** [www.decamanusa.com](http://www.decamanusa.com)

Take advantage of our Black Friday Special!! Save \$50 - \$100  
Register on our website beginning November 29, 2020

The race is limited to entrants – secure your space asap!

**What 13 Races are inclusive in the Year of Endurance Races?**

- ❖ Triple Deca - 1 x 30
- ❖ Blore Split - 1 x 10 followed by 10 Continuous
- ❖ Continuous Double Deca
- ❖ Deca – 1 x 10
- ❖ Deca Continuous
- ❖ Quintuple 1 x 5
- ❖ Quintuple Continuous
- ❖ Quadruple 1 x 4
- ❖ Quadruple Continuous
- ❖ Triple 1 x 3
- ❖ Triple Continuous
- ❖ Double 1 x 2
- ❖ Double Continuous

**What are Race Entry Fees and What is Included?**

Entry Fees include the following:

- ❖ Online registration to one of the 13 DecamanUSA 2020 Races
- ❖ Custom Race Gift Bag including multiple items from sponsors and DecamanUSA 2020
- ❖ Roundtrip Airport Transportation of athlete/gear and **one** crew member gear) to Fontainebleau State Park (additional crew members are a minimal charge)

- ❖ Lodging at the new improved indoor bunkhouse accommodations beginning the **evening before** your official race start date through **evening after** the official race end date.
- ❖ 3 Daily Meals PLUS 24/7 snack / food buffet with coffee and drinks always available – *you will not go hungry!!*
- ❖ Weekly Food Menu's for the 3 main meals
- ❖ 10 x 10 shared Pit Canopy are with a table and 2 chairs, power and lighting
- ❖ Option for Undercover crew access with power, lighting and water
- ❖ Pre-race Welcome for race overview and bike check in at Fontainebleau Visitors Center Facility located within the park
- ❖ Post-race Grand Awards Ceremony Banquet at the historic Benedicts Plantation, Mandeville – we provide transportation to the ceremony then to the airport
- ❖ Crew "Cooking Pit" in kitchen area with hotplates and microwaves
- ❖ Pre-order purchasing of your linens, blankets, pillow, sleeping bag and towels on website **TO BE AT THE RACESITE WHEN YOU ARRIVE!!** All you need to do is make your bed.
- ❖ Professional cleaning services for bunkhouses, showers, bathrooms and kitchen
- ❖ Professional Race Photographer – prior, during and after all races.
- ❖ New race timing system with posted statistics online and in Kitchen Area
- ❖ Onsite Bike Mechanic – services only. Parts are "Pay as you Go"
- ❖ Signed copy of "It's All About The Deca" by our race director/Triple Deca Finisher, Wayne Kurtz
- ❖ Onsite foot care from John Vonhoff and his crew. John is a world leader in footcare for ultra-endurance athletes and author of "Fix Your Feet".
- ❖ Onsite medical
- ❖ 30 minutes of onsite sports massage – can be taken in 15 minute intervals. Additional time is "Pay as you Go"
- ❖ Custom made, one of a kind awards
- ❖ **A Special Award to any Triple Deca athlete who completes under 510 hours – which is an average 17-hour ironman per day over 30 days.**

**NO EXCEPTIONS WILL BE MADE**

If you choose to make other sleeping or transportation arrangements  
**NO ADJUSTMENTS OR REFUNDS WILL BE MADE TO YOUR RACE FEE**

| US Dollars | Race                   | US Dollars | Race                 |
|------------|------------------------|------------|----------------------|
| \$4,150    | Triple Deca            | \$1,400    | Quadruple Continuous |
| \$4,100    | Double Deca Continuous | \$1,300    | Quadruple 1x4        |
| \$3,700    | Blore Split            | \$1,200    | Triple Continuous    |
| \$2,800    | Deca Continuous        | \$1,100    | Triple 1x3           |
| \$2,750    | Deca 1x10              | \$1,000    | Double Continuous    |
| \$1,650    | Quintuple Continuous   | \$1,000    | Double 1x2           |
| \$1,550    | Quintuple 1x5          |            |                      |

## INDIVIDUAL RACE DETAILS

### Triple Deca 1 x 30

Start: Friday, October 30, 2020  
Fee: \$4,150 US  
Bunkhouse: Arrive: Thursday, October 29, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 720 hours  
Prerace: Thursday, October 29, 2020  
5:30 pm  
Fontainebleau State Park Visitor Center  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### Double Deca Continuous

Start: Saturday, October 31, 2020  
Fee: \$4,100 US  
Bunkhouse: Arrive: Friday, October 30, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Pool or Private "spring water" non-chlorine lake, TBD  
Hours to Finish: 672 hours  
Prerace: Friday, October 30, 2020  
5:30 pm  
Fontainebleau State Park Visitor Center  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### Blore Split – 1 x 10 followed by 10 Continuous

Start: Thursday, November 5, 2020  
Fee: \$3,700 US  
Bunkhouse: Arrive: Wednesday, November 4, 2020  
Depart: Monday, November 30, 2020  
Swim Location: 1 x 10: Lake Pontchartrain  
Continuous: University of New Orleans Aquatic  
Center  
Hours to Finish: 552 hours  
Prerace: Wednesday, November 4, 2020  
5:30 pm  
Bunkhouse Kitchen Area

Awards Ceremony: Monday, November 30, 2020  
11:00 am  
ETA MSY Airport: Depart for airport – 2 pm  
3:30 pm

### **Continuous Deca**

Start: Sunday, November 15, 2020  
Fee: \$2,800 US  
Bunkhouse: Arrive: Saturday, November 14, 2020  
Depart: Monday, November 30, 2020  
Swim Location: University of New Orleans Aquatic Center  
Hours to Finish: 312 hours  
Prerace: Saturday, November 14, 2020  
5:30 pm  
Fontainebleau State Park Visitor Center  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
ETA MSY Airport: Depart for airport – 2 pm  
3:30 pm

### **Deca 1 x 10**

Start: Thursday, November 19, 2020  
Fee: \$2,750 US  
Bunkhouse: Arrive: Wednesday, November 18, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 240 hours  
Prerace: Wednesday, November 18, 2020  
5:30 pm  
Fontainebleau State Park Visitor Center  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
ETA MSY Airport: Depart for airport – 2 pm  
3:30 pm

### **Quintuple 1 x 5**

Start: Tuesday, November 24, 2020  
Fee: \$1,550 US  
Bunkhouse: Arrive: Monday, November 23, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 120 hours

Prerace: Monday, November 23, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### **Quintuple - Continuous**

Start: Monday, November 23, 2020  
Fee: \$1,650 US  
Bunkhouse: Arrive: Sunday, November 22, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 144 hours  
Prerace: Sunday, November 22, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### **Quadruple 1 x 4**

Start: Wednesday, November 25, 2020  
Fee: \$1,300 US  
Swim Location: Depart: Monday, November 30, 2020  
Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 96 hours  
Prerace: Tuesday, November 24, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### **Quadruple - Continuous**

Start: Wednesday, November 25, 2020  
Fee: \$1,400 US  
Bunkhouse: Arrive: Tuesday, November 24, 2020  
Depart: Monday, November 30, 2020

Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 90 hours  
Prerace: Tuesday, November 24, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### **Triple 1 x 3**

Start: Saturday, November 21, 2020  
Fee: \$1,100 US  
Bunkhouse: Arrive: Friday, November 20, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 72 hours  
Prerace: Friday, November 20, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

### **Triple Continuous**

Start: Saturday, November 21, 2020  
Fee: \$1,200 US  
Bunkhouse: Arrive: Friday, November 20, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 60 hours  
Prerace: Friday, November 20, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm



## Double 1 x 2

Start: Saturday, November 21, 2020  
Fee: \$1,000 US  
Bunkhouse: Arrive: Friday, November 20, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 48 hours  
Prerace: Friday, November 20, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

## Double Continuous

Start: Saturday, November 21, 2020  
Fee: \$1,000 US  
Bunkhouse: Arrive: Friday, November 20, 2020  
Depart: Monday, November 30, 2020  
Swim Location: Lake Pontchartrain, in event of inclement weather,  
will move to swimming pool  
Hours to Finish: 36 hours  
Prerace: Friday, November 20, 2020  
5:30 pm  
Bunkhouse Kitchen Area  
Awards Ceremony: Monday, November 30, 2020  
11:00 am  
Depart for airport – 2 pm  
ETA MSY Airport: 3:30 pm

## What Are Crew Costs? (all US Dollars)

- \$25 Per night bunkhouse – Note: There are 114 bunks to accommodate athletes/ crew. These are available on a first come first serve basis.
- \$25 Per day food cost – 3 meals a day, 24/7 snack buffet with coffee and drinks - (no charge for athlete's food)
- \$20 Per crew member over 1: Transportation fee to and from MSY airport for crew members ~ One (1) crew member transportation is included in athletes fee.
- \$25 Per person Grand Awards Ceremony (no charge for athlete)

**Registration and Pre-Payment is available on [www.decamanusa.com](http://www.decamanusa.com)**

### **Where will Prerace Meeting and Bike Check in be?**

Prerace meeting and bike check will be held in Fontainebleau State Park. Athletes can ride their bikes to meeting – transportation will be provided for crew members. All meetings start at 5:30 pm

### **Kitchen Rules:**

The kitchen facility in 2020 is in a different location from 2018's venue.

- ❖ Hours of Operation: 5 am – 10 pm daily. Kitchen will close for nightly for cleaning
- ❖ 24/7 snack buffet with coffee and drinks – you will not go hungry!!
- ❖ To comply with safety and health regulations, crew members and athletes are not permitted behind the kitchen door in the actual kitchen
- ❖ Weekly menus for 3 main meals each day
- ❖ Meatless options will be available, however any other dietary restrictions are the responsibility of the athlete and his/her crew
- ❖ There will be a "Crew Cooking" area in the kitchen eating area with hotplates and microwaves available 24/7. Crews need to bring or purchase their own pots and pans. Please be responsible and courteous and clean up after yourself.
- ❖ There will be refrigerators for athletes use. Please bring a marker to mark your food accordingly.
- ❖ Each athlete and crew member will be given a set of plastic dishes/glasses and utensils for their use during the race. We ask each athlete and/or crew member to wash their dishes after each use and keep these throughout the race

### **How can I get something special or additional food items during the race?**

- ❖ There will be posted scheduled days and times we offer trips to our sponsor grocery store, Rouse Markets for your convenience.
- ❖ If you choose to use another grocery store, you will have to call UBER or a Taxi for transportation at your own cost.

### **Can I get my bed linens, blanket, pillow, sleeping bag and towels before I get to the race?**

- ❖ As in any race, each athlete and crew are required to bring their own. For convenience, DecamanUSA has added a "DecamanUSA Store" on our website for these items. [www.decamanusa.com](http://www.decamanusa.com). By pre-purchasing, your items will be at the race site when you arrive. All you will need to do is make your bed!

### **How will I do my laundry while I am racing?**

- ❖ There are washer and dryers at the 2 campsite areas in Fontainebleau Park. The cost is \$1.25 per load. You do need a car to access as it is a bit far for a bike ride with a load of dirty laundry.
- ❖ We are negotiating with a local service to launder clothes based on a per pound cost – stay tuned for more info.

If you are interested in this option, we recommend you purchase a laundry bag the DecamanUSA store or bring a laundry bag with you clearly marked with your name.

### **Where and When is the Grand Awards Ceremony:**

**When:** Monday, November 30, 2020 at 11 am – 1 pm.

**Where:** The Historic Benedict Plantation in Mandeville. A grand buffet serving the traditional old southern cuisine from local chef with carving stations,

- ❖ You must allow 2 hours to get over the causeway to the MSY Airport.
- ❖ Estimated arrival time to MSY will be 3:00 – 3:30 pm.
- ❖ We recommend not booking a flight prior to 5:30 pm.
- ❖ If you require earlier transportation than what DecamanUSA is offering, the cost will be your own and we suggest a taxi service to accommodate your bike and gear. Taxi Service information will be provided at the race
- ❖ Uber typically cannot accommodate your bike and gear

### **Event Cancellation:**

DecamanUSA can be cancelled by the organizers in case of force majeure or in any other case when the organizers believe that it is irresponsible to let the race go forward. This decision is entirely up to DecamanUSA race organizer and is final.

### **Refund Policy:**

There are **NO refunds** for any reason, however; the entry fee may be rolled over to a future DecamanUSA event - at the discretion of the Race Organizer.

### **Athlete Behavior:**

In the spirit of putting on an honest race ~~ 3 Guiding Race Beliefs:

1. Be safe at all times

2. Race your own race with fun
3. Be polite and friendly to fellow racers, volunteers and spectators

**Cheating in any way will not be tolerated:**

- ❖ Any race staff member reserves the right to pull a racer off the course upon witnessing cheating. The racer will not have a say/opinion in the decision and there will be no discussion. The DecamanUSA staff decision is final.
- ❖ Athletes race chip will immediately be taken by DecamanUSA and the racer will be marked as DQ on the race site. The racer will not be permitted to finish the race and will be asked to leave the race site within 24 hours.

**Do Not Litter on the Bike and/or Run Course:**

- ❖ If you have items with you on the bike or run course, please dispose of them when you return to transition

**Do Not Sleep or Rest ON the Bike and/or Run Course:**

- ❖ For your and the fellow athlete's safety, you are not permitted to sleep or rest on the course. You will receive 1 warning from a race staff member. If you receive a 2<sup>nd</sup>, your race chip will immediately be taken by DecamanUSA and you will be asked to sleep for 24 hours before returning to the race. The additional 24 hours will be added to your time, no exceptions will be made.

**The Race Staff decisions are final regarding athlete behavior. There will be no negotiation or discussions.** Additionally:

1. Athlete must complete the entire race to be an official finisher.
2. Athletes must be at least 18 years old.
3. Athletes must have health insurance and foreign athletes must coordinate their own insurance coverage.
4. Athletes are responsible for their own visas and passports from your country.

**How can I contact the DecamanUSA Staff during the race?**

Athletes will receive a card with staff names and phone numbers in their race gift bag at the Prerace Meeting

**Am I required to have Insurance?**

Yes, athletes are required to have Health Insurance. The insurance proof must be shown at Prerace meeting. NO EXCEPTIONS.

## Do I need a Medical Examination Prior to the Race?

Yes, DecamanUSA requires verification/confirmation your clinic or doctor that you are physically fit to race. The medical must be shown at Prerace meeting. NO EXCEPTIONS

## Bike Safety Requirements:

*NOTE: DecamanUSA follows all IUTA Race Rules, a few key highlights*

1. Athletes must wear a biking helmet
2. Have front lights and blinking back lights on your bike
3. Wear a reflective vest during twilight hours of dawn and dusk and 100% of the time riding in the evening
4. The St. Tammany Parish Trace is a closed path to public vehicles; however, the Trace has small golf cart like vehicles that may be on the Trace. For each athlete's awareness, the actual vehicles will be at the Welcome Meeting and each athlete will be required to take a photo beside the vehicle to confirm their awareness of the vehicles on the Trace.

Below is a photo of one of the Trace Vehicles:



## Run Safety Requirements:

*NOTE: DecamanUSA follows all IUTA Race Rules, a few key highlights*

1. Athletes are **NOT** permitted to wear headsets/headphones at anytime during the run
2. Athletes must wear a reflective vest during twilight hours of dawn and dusk and 100% of the time running in the evening.