



SIERRA/CASCADES
MULTISPORT PRODUCTIONS

Shaver Lake Tri @ Lake Evans- Athlete Guide Sunday, October 31st, 2021

Volunteers Needed: We still need a few more! [Volunteer Here](#)

Links: [5K Run](#) | [10K Run](#) | [Sprint Bike](#) | [Olympic Bike](#) | [Website](#)

General Race Information:

Continued social distancing rules for 2021

- Please maintain Social Distancing of 6 feet from non-family members when possible
- Fully vaccinated participants do not need to wear a mask
- If not fully vaccinated, masks are encouraged, but are not required
- Masks will be available for before and after the event
- Please do not congregate at the venue after the event
- To avoid passing, faster athletes start first, slower athletes start later

Spectators are permitted

- Although spectators are now permitted, we still need lots of volunteers.
- If family and friends are attending, consider volunteering for 50%-100% off a future race entry.
- Volunteer discount codes are transferable and stackable.

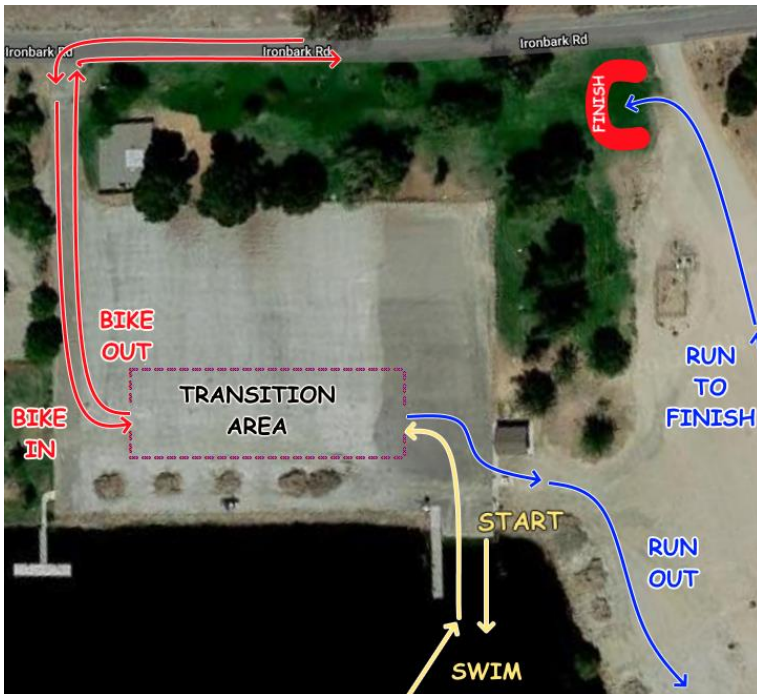
Awards

- All multisport events are submitted to USAT by DOB and are ranked by USAT in 5-year increments.
- Triathlon and 5k & 10k will have 1st, 2nd & 3rd Overall Awards for Male and Female participants.
- Two Sport and Relay events will have 1st Overall Awards for Male and Female participants.
- Sprint & Olympic Triathlons and Duathlon will have age group awards in 5-year increments, M/F.
- 5k & 10k will have age group awards in 10-year increments, M/F.

Multisport Athletes

- Place your gear inside the transition area beginning at 6:30am.
- There will be up to 8 bikes per rack and the location for each bike will be marked on the bike racks. Specific spots will not be assigned, only location to help athletes rack in correct locations to avoid bikes needing to be moved to accommodate other athletes. To avoid your bike being moved, please rack in a designated space.
- Olympic athletes must be out of transition by 7:45am for accurate results.
- Sprint athletes must be out of transition by 8:15am for accurate results.
- A separate area near the run out will be marked for Aquathlon Athletes.
- The multisport events are USAT sanctioned, and race officials will be onsite. An overview of USAT rules is located on the registration website: [USAT Rules Overview](#). See the full USAT rules here: teamusa.org.

Transition



Bike racks will have 4 athletes per rack and a separate area without bike racks marked for Aquathlon athletes. A wrist band will be included in your packet that will indicate if you should rack during the “Olympic” or “Sprint” time. **Wrist bands must be worn to enter transition.** The color of the band will match the locations that you can rack your bike. Bike racking will alternate between Sprint and Olympic athletes to help maintain distance while setting up and tearing down transition.

All multisport athletes will be able to set up transition on Sunday beginning at 6:30am.

After the swim (or Duathlon 1st Run)... Athletes proceed to the East entrance of transition and walk/run with your bike to the West exit of

transition. Do not mount your bike until you reach the “mount line” outside of transition.

After the bike... Athletes approach the West entrance of transition. Dismount at the “Dismount Line” prior to entering transition. Walk/run your bike through the entrance to your position and rack your bike. Make sure your race number is on and visible from the front. Proceed to the East exit and head out on the run course.

Swim Course

The swim course will be closed to boats and non-race watercrafts. The swim start will be time trial start and will begin on the boat ramp with athletes starting in 15 second increments. Athletes can warm up in the water. Lifeguards may instruct athletes about designated areas for warm up and provide additional course instruction at the start line. The swim is expected to be wetsuit legal; it is chilly but warm enough to swim without a wetsuit.

Sprint (800 yard) swim



Olympic (1600 yard) swim



Bike Course

****Note: This is NOT a closed course. Cyclists are required to follow all traffic laws unless told otherwise by a volunteer. There will be a tent and volunteers at the turn around points.**

Sprint (12 mile) bike



Olympic (24 mile) bike



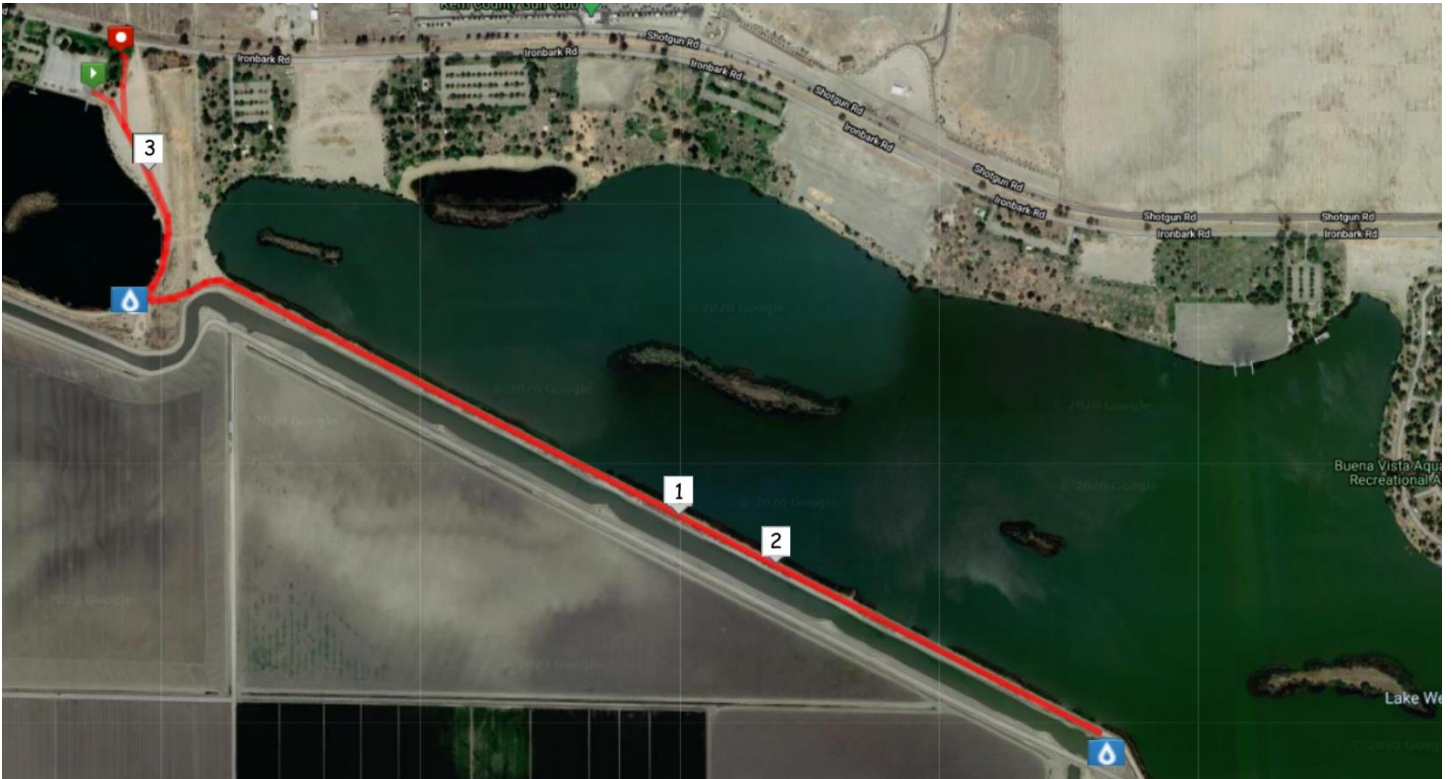
Turn by turn Instructions:

- Exit Lake Evans East Boat Ramp parking lot and turn right to follow the road out of the park.
- Turn right onto Union Road.
- Union Road turns right and turns into Coles Levee Road.
- **Sprint** athlete turn around at JG Boswell. **Olympic** athletes continue straight.
- Coles Levee Road turns left and turns into Pieri Road.
- Pieri Road turns right and turns into Hill Road.
- Turn left at Millux Road (you will not cross the train tracks).
- **Olympic** athletes turn around at 12 miles.

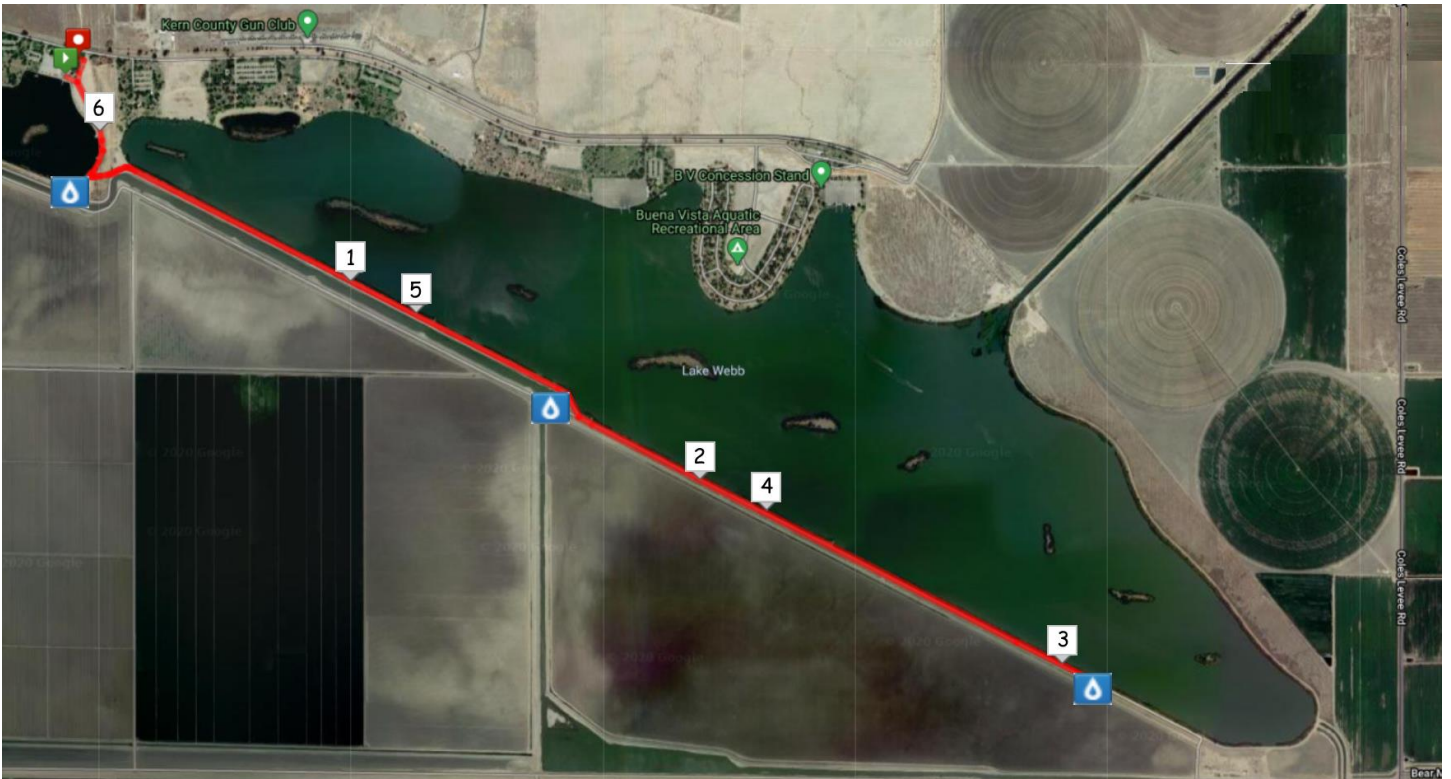
Run

Runners will begin at the southeast corner of the Lake Evans East Boat Ramp parking lot. Runners will head south and follow the orange cones marking the run course. Turn left to follow Lake Webb. An aid station and volunteers will be at the 5K and 10K turn around locations.

5K Run



10k Run



Duathlon Special Instruction

Duathlon athletes will begin at the run start at 8:35 with 10 seconds between participants. Duathlon athletes will complete one loop of the 5K run course and enter transition at the East “**swim in**” entrance. Athletes proceed to the West entrance of transition and walk/run with your bike to the north exit of transition. Do not mount your bike until you reach the “mount line” outside of transition. Athletes approach the West entrance of transition. Dismount at the “Dismount Line” prior to entering transition. Walk/run your bike through the entrance to your position and rack your bike. Make sure your race number is on and visible from the front. Proceed to the West exit and head out on the run course.

Aquabike Special Instruction

Aquabike athletes will start the swim course with the triathlon athletes and should seed with the triathletes athletes and self-seed based on speed. Your finish time for the aquabike is when you cross the “bike in” timing mat after the dismount entering transition. Aquabike athletes can cross the finish line for photos and to get your medal. Please be mindful of athletes finishing.

What is in the Race Packet?

- (1) **Race number Tritats**: You will get two sets of your race number which should be placed one on **each arm** where it will be visible below your kit sleeve.
- (2) **Race age Tritats**: Race age is placed on the **left calf**. This is your race age which is the age you will be on 12/31.
- (3) **Helmet sticker**: This is placed on the **front center** of your helmet.
- (4) **Bike number**: This is typically placed on one of your bike tubes or the seat post.
- (5) **Race bib**: Your race bib must be worn during the run **facing forward**.
- (6) **Ankle chip**: Ankle chip must be worn during entire event and should be worn on the **left ankle**.
- (7) **Swim Cap**: A latex swim cap is provided and is based on your distance. You must wear the provided swim cap to identify your event and for visibility while in the water. Please contact the race if an athlete has a latex allergy or needs other accommodations.

Packet Pickup: Friday, October 29th, 4:00pm-6:00pm
Sole 2 Soul, Bakersfield
9000 Ming Ave, Unit K-1
Bakersfield, CA 93311

Sunday, October 31st, 6:30am - 8:30am
Lake Evans East Boat Ramp
Buena Vista Aquatic Recreation Area
13601 Ironbark Rd
Bakersfield, CA 93311

Picture ID is required for USAT events.

Packet pickup on Thursday will be drive up style, and you will not exit your vehicle. Please have your confirmation email with barcode ready for a quick packet pickup.

We continue to offer “race day registration” online until 8:30am or the race sells out

Schedule: 6:30am-8:30am Race Day Packet Pickup with online race day registration
6:30am Transition Opens for all Athletes
7:45am Olympic Athletes Clear Transition
7:50am Mandatory Olympic Meeting at boat dock

7:50am Mandatory Duathlon Meeting Outside of Transition "Swim In"
8:00am Olympic Triathlon Begins
8:10am Duathlon Begins
8:10am Sprint Athletes Clear Transition
8:20am 5k and 10k Run Begins
8:20am Mandatory Sprint Meeting at Boat Dock
8:30am Sprint Triathlon, Aquabike, and Aquathlon

Food: To go boxed lunches will be served to participants near the finish line.

Parking: Transition, start line, and packet pick up will be located in the Lake Evans East Boat Ramp parking lot.
Please park in the Lake Evans parking areas: Parking Lot 1, Parking Lot 2, Lake Evans East Boat Ramp parking lot, and the Lake Evans overflow parking area.

There is a \$7 day use fee for the Buena Vista Aquatic Recreation Area.

Questions: E-mail ray@activitynut.me, or call (559) 352-1208