



2023

Athlete Guide

April 22, 2022

Race Day Schedule

- 6:15-7:45 am – Race-Day Packet Pickup inside the Transition Area
- 7:15 am – Athletes may enter water to warm up
- 7:45 am - Prerace meeting at Transition Area
- 8:00 am – Race Start (**TRANSITION AREA CLEAR**)
 - 8:00 am Olympic Distance Swim Start
 - “Rolling Time Trial Start”
 - 8:20 am - Sprint Distance Swim Start
 - “Rolling Time Trial Start”
- 11:00 am – Estimated Start of Awards
- 12:30 am - Triathlon Course Closes

Parking

Parking attendants will help you park on race day. There are multiple places to park your car. **Keep in mind that no cars are allowed to leave until after all bikes are in. Cars parked in the orange areas cannot leave until all runners are in.** Please plan ahead and leave ample time to park and get to the start line.



Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race. You may body mark yourself with a black sharpie before arriving on race day or body marking supplies will be available at check in.

Numbers must be large and visible at all times while on the bike course!

1. Right Calf – Age or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left Calf – Event
 - **O – Olympic Distance**
 - **S – Sprint Distance**
3. Left and Right Arm – Bib Number



Timing Tag and Bib Instructions

- In your packet, you will find an orange timing tag and Velcro strap. This is how we record your splits during the race.
- **You must have this around your left ankle at all times during the race.**
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (**there will be a \$20 fee for lost tags**).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion**

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.



Water Temperature/Wet Suits

Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.



Weather

The race will continue rain or shine. HOWEVER, in the event of lightning and/or other adverse weather conditions, we will delay and/or cancel the race for the safety of our athletes, volunteers, and staff, if necessary. We appreciate your understanding!



Swim Start

The swim start will be a Rolling **Time Trial** start. Athletes will be lined up in 2s by their estimated swim times. Swimmers can adjust their place in line if desired. Swimmers will need to pause on the timing mats for a few seconds then may enter the water when ready.

There will be a break between the Olympic Distance final swimmer to enter the water and the first Sprint Distance start to spread out the field. During the Olympic Distance start, the Sprint Distance athletes will be lined up to await their time trial start.



SWIM CAP COLORS:

Olympic*

Male – Red

Female – Grey/White

Relay – Green

Sprint*

Male - Yellow

Female - Orange

Relay - Green

Blue – Nervous swimmer or new triathlete both distances

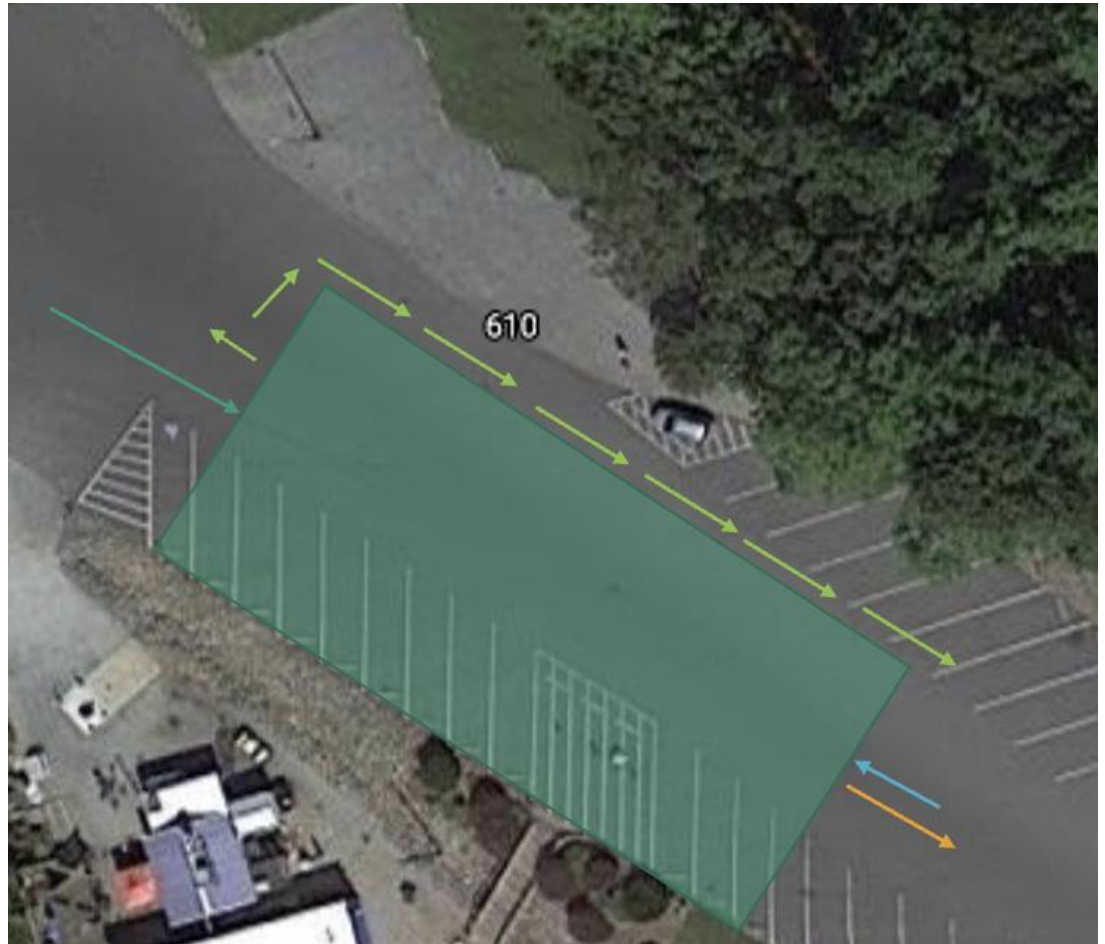
*Includes Collegiate

Relay Teams

- Relay teams will share the same bib and ankle chip.
- All team members should have body marking. Whichever team member is biking needs to ensure bib number is large and visible at all times while on the bike.
- Bib and ankle chip exchanges must take place in transition at the team's bike location.
- Bib must be worn on the front during the run.

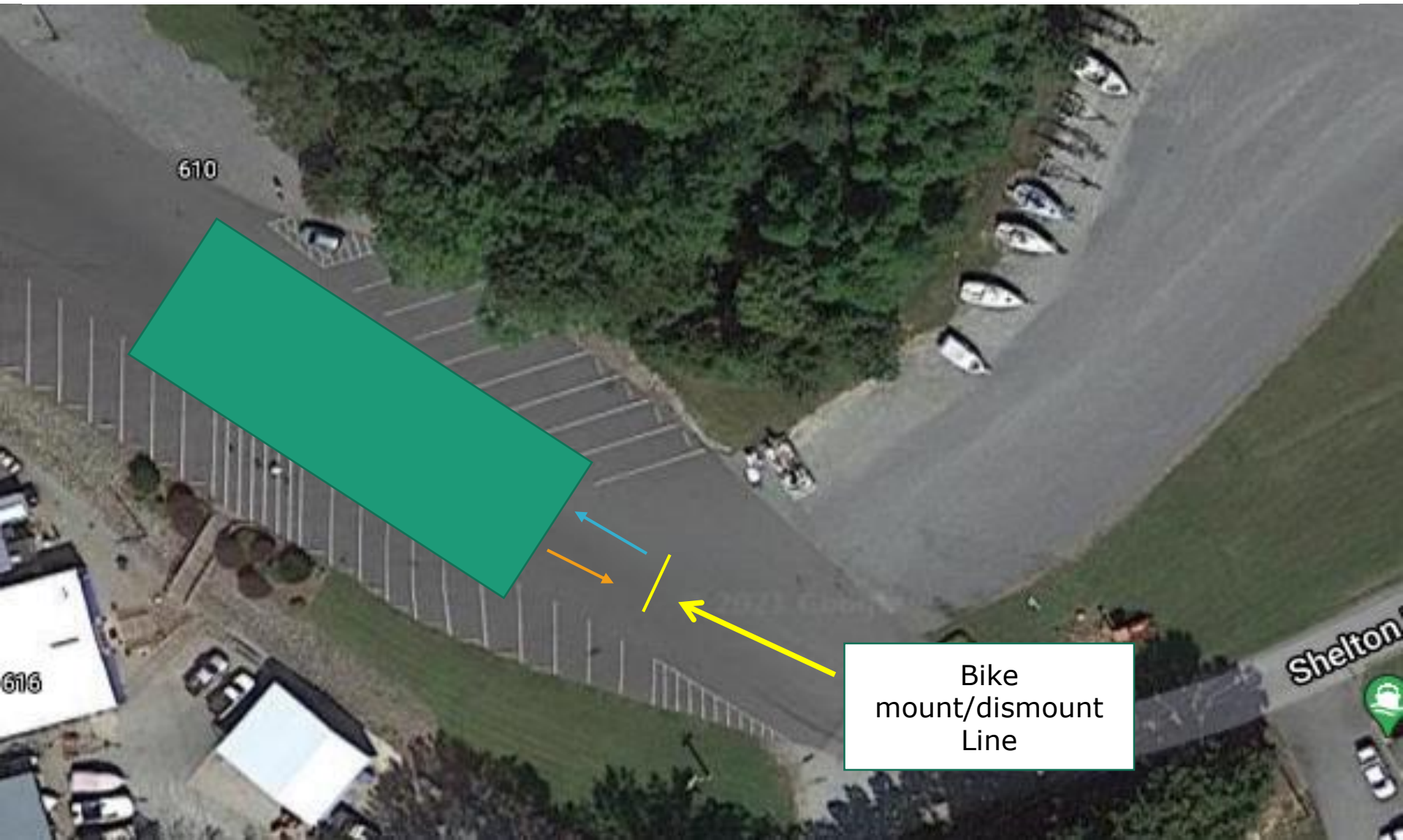
Transition Area

Swim In →
Bike Out →
Bike In ←
Run Out ←



There will be timing mats at both ends of the transition area. In order to get your splits, ***you must cross those mats as you enter/exit the transition area.*** Please be mindful of all barriers and keep your gear in your marked spot only.

Bike Mount and Dismount



Map of Coned Bike and Run Lanes on Shelton

Map of Aid Station on Campsite Road

AID STATION: Water and Breakthrough Nutrition

Olympic distance athletes will pass this 4 times.
Sprint distance athletes will pass this 2 times.

Shelton Road will be coned for 3 lanes of traffic (**red dotted lines**):

Bike Out will be in the right lane when exiting the marina.

Bike In will be in the center lane.

Run Out and **Run In** will be in the left lane when exiting the marina.

When in doubt, look for directional signs and/or volunteers to direct you!

← To Marina

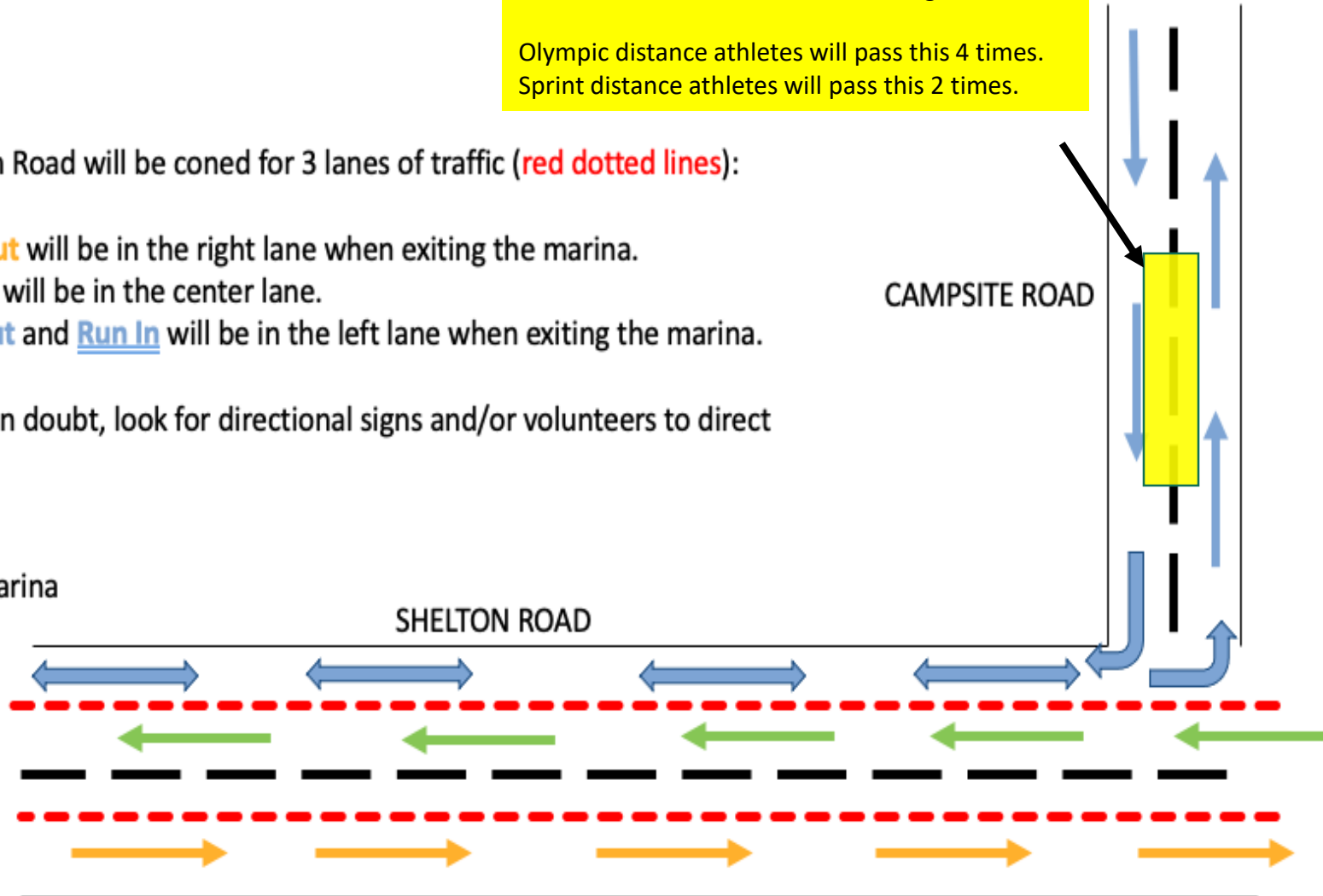
SHELTON ROAD

RUN OUT/IN

BIKE IN

BIKE OUT

CAMPSITE ROAD

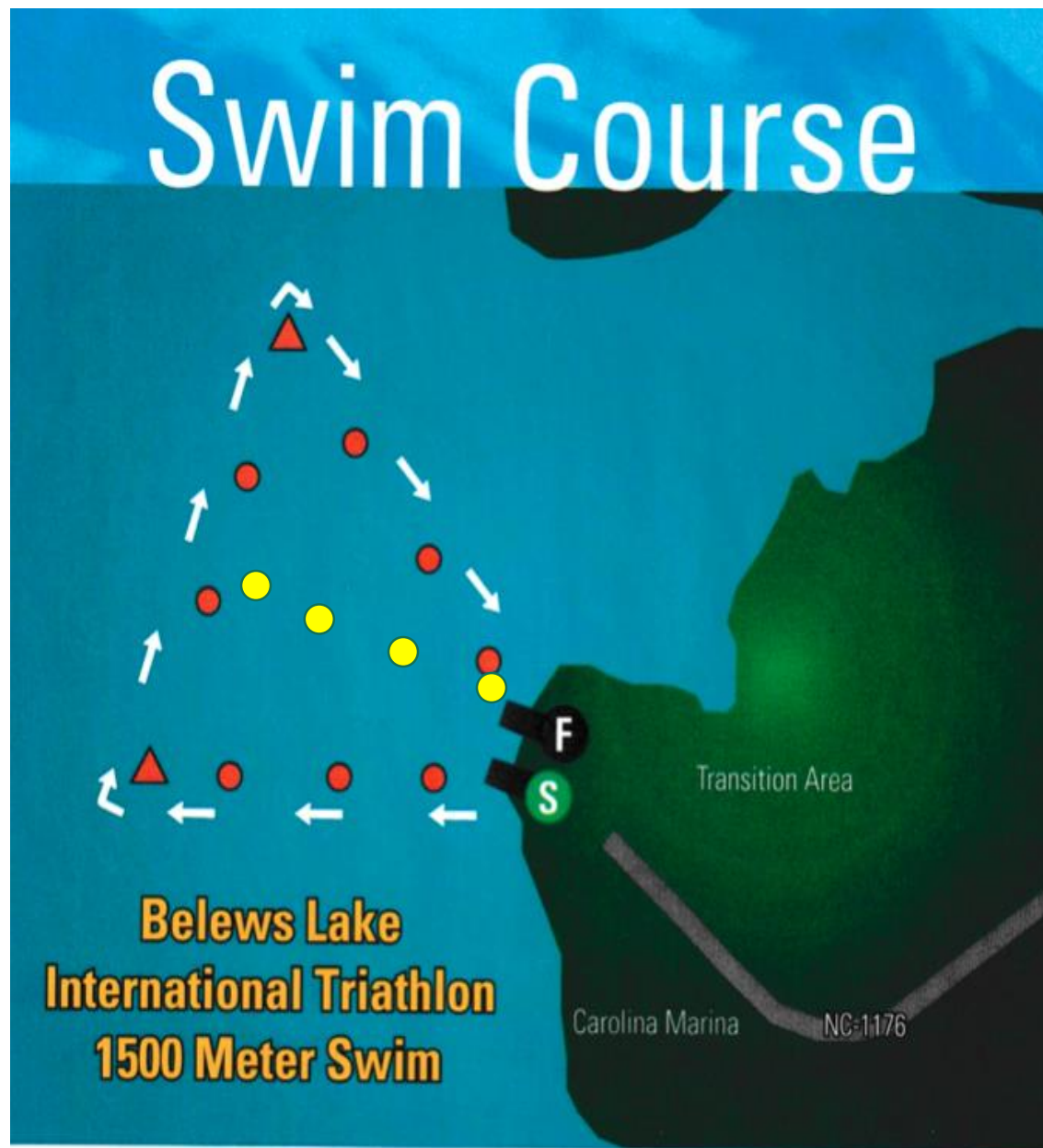


Olympic Distance

Olympic distance athletes will follow the orange buoys to complete the swim.

(Yellow buoys are for SPRINT distance athletes only.)

* In the event an athlete is removed from the swim course by boat – that athlete will be **REQUIRED** to pass a *medical safety screening* by medical personnel before he/she is allowed to leave the marina.



START



FINISH



LAKE



DIRECTION

Olympic Distance

The Olympic distance bike course is a 2-loop course.

- Head out of the marina on Shelton Rd.
- Turn right onto Ellisboro Rd.

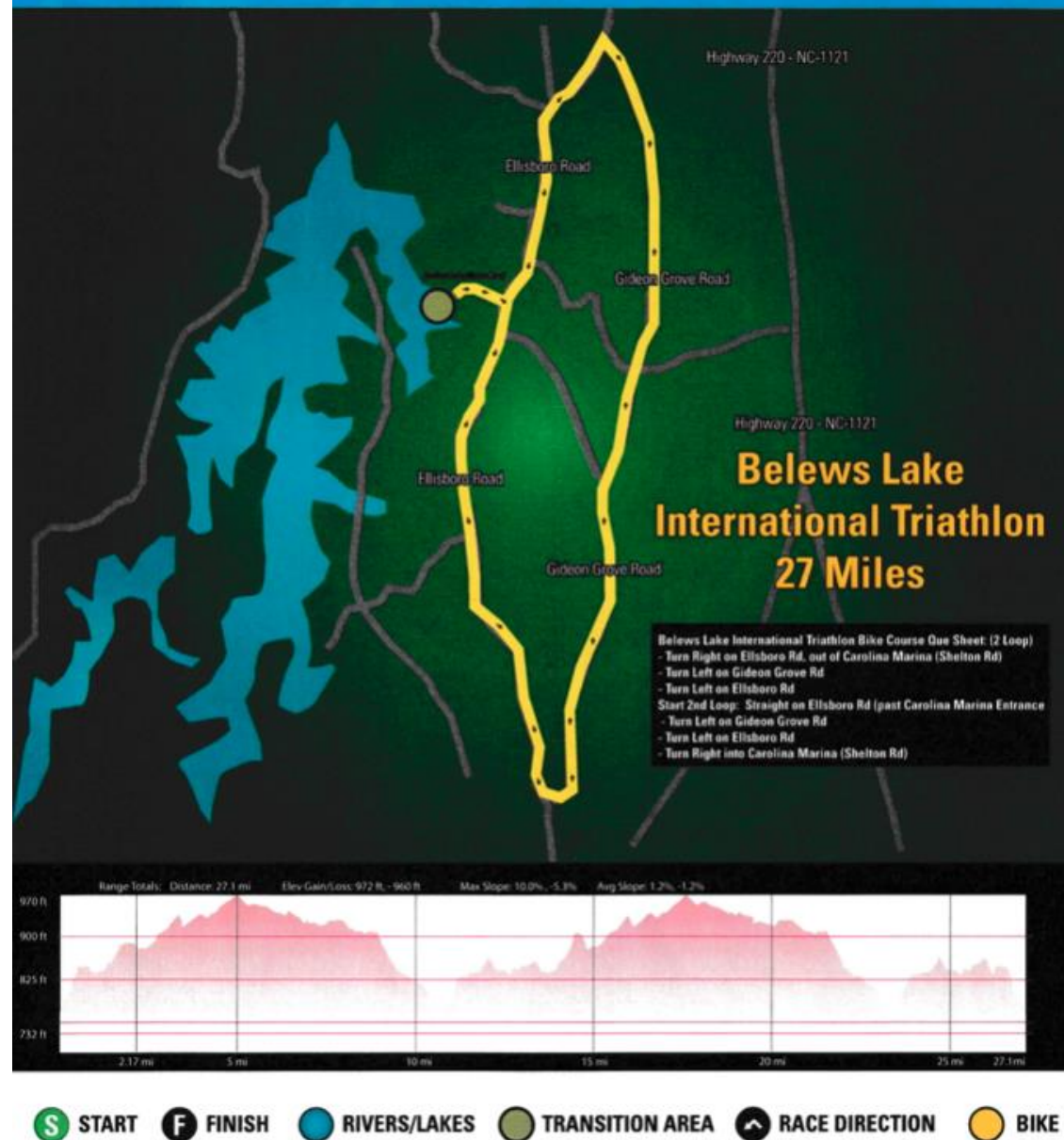
(note: when turning right onto Ellisboro there will be a merge lane created with cones to keep 2nd loop Olympic Distance athletes from running into people leaving the marina)

- Turn left onto Gideon Grove Rd.
- Turn left onto Ellisboro Rd.

***Begin 2nd loop** (continue straight on Ellisboro Rd past the marina entrance.

- Turn left onto Gideon Grove Rd.
- Turn left onto Ellisboro Rd.
- Turn right into Marina Entrance/Shelton Rd.

Bike Course



Olympic Distance

The Olympic Distance run course is 2 loops (with the loop starting at the turn onto Campsite Rd).

-Athletes will run out of transition and out of the marina on Shelton Rd.

-Turn left onto Campsite Rd.

-Continue until turnaround point near lake.

-Turnaround

-Continue on Campsite Rd to turnaround at intersection of Campsite Rd & Shelton Rd.

-Turnaround

-Continue on Campsite Rd to turnaround point near lake for a second time.

-Turnaround

-Continue on Campsite Rd

-Turn right onto Shelton Rd

-Veer right towards finish line

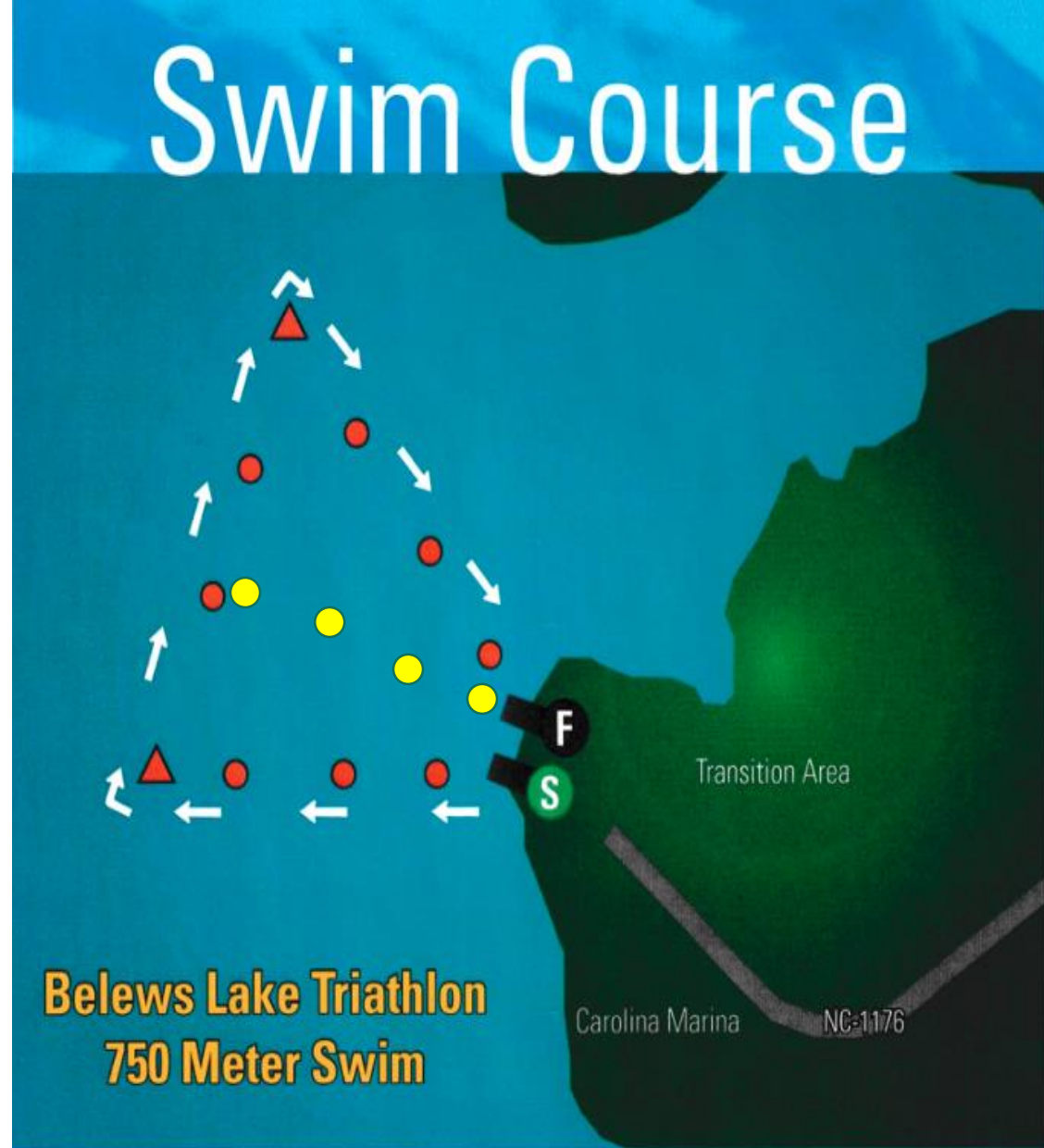
Run Course



Sprint Distance

Sprint distance athletes will follow the orange buoys around the first turn, then at the next buoy they will follow the yellows buoys to shore.

* In the event an athlete is removed from the swim course by boat – that athlete will be **REQUIRED** to pass a *medical safety screening* by medical personnel before he/she is allowed to leave the marina.



START



FINISH



LAKE



DIRECTION

Sprint Distance

The Sprint bike course begins with athletes leaving the marina on Shelton Rd.

-Turn right onto Ellisboro Rd.

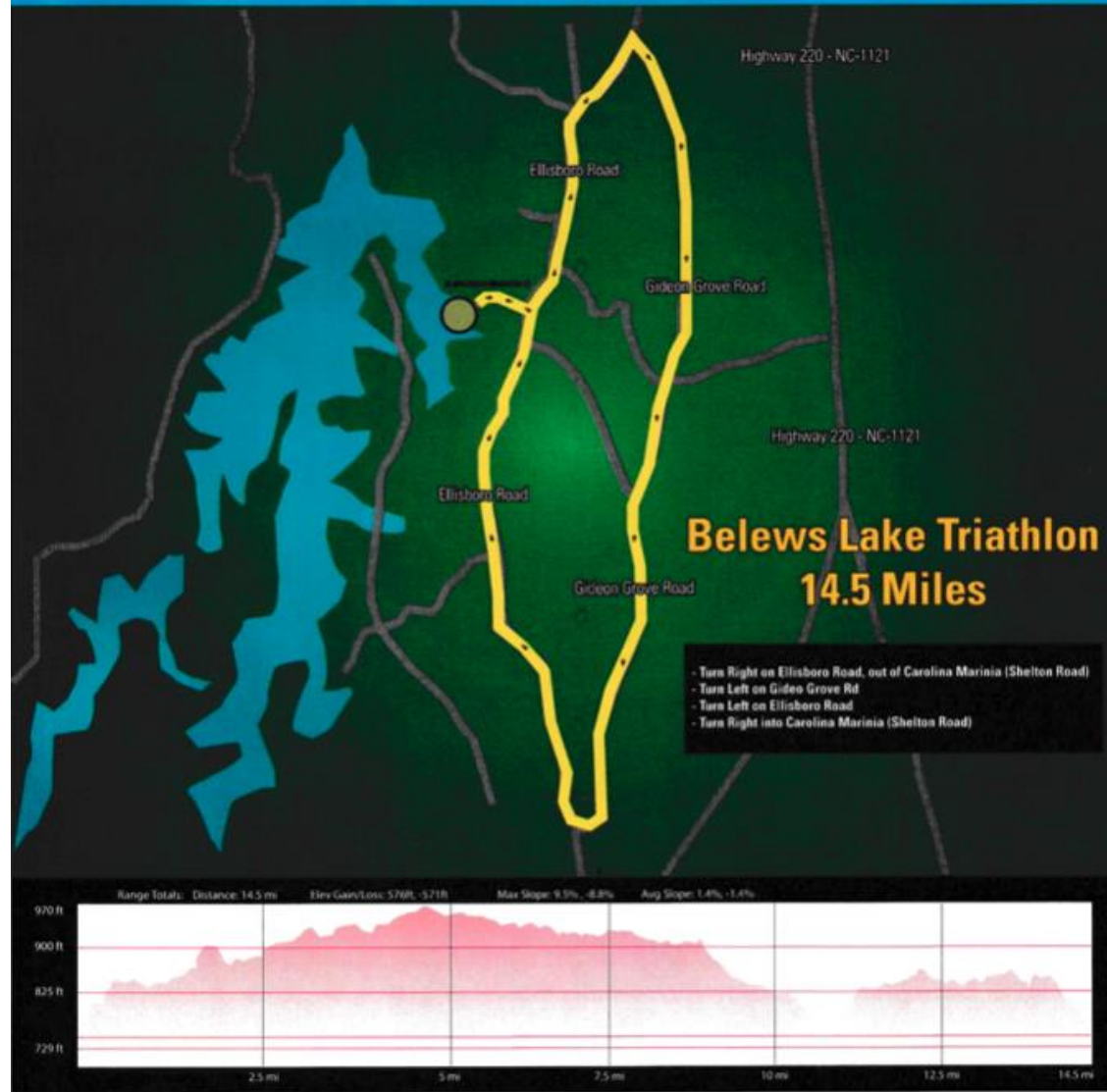
(note: when turning right onto Ellisboro there will be a merge lane created with cones to keep 2nd loop Olympic Distance athletes from running into people leaving the marina)

-Turn left onto Gideon Grove Rd.

-Turn left onto Ellisboro Rd.

-Turn right into Marina entrance on Shelton Rd.

Bike Course



Sprint Distance

The Sprint Distance run course is an out and back (no loops).

*The Sprint run course does not make a left turn onto Kingfisher Lane as the map shows, see directions below.

- Athletes will leave transition and the marina on Shelton Rd.
- Turn left onto Campsite Rd.
- Continue on straight until Turnaround
- Turnaround
- Continue straight on Campsite Rd heading back towards the finish area.
- Turn right onto Shelton Rd
- Veer right to finish

