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**IDAHO**



**October 4, 2025**

**Triathlon and Relay**

**Race Bible**

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## **Definitions**

Athlete - a person, regardless of physical limitations, that is participating in any portion of the event.

Bike - Any accepted type of equipment used during the Bike Leg of the event.  
(i.e. handbike, recumbent trike, etc.)

Wave - A defined grouping of athletes designated to start the race at the same time.

# WELCOME TO THE ANNUAL IDAHO HIGH MOUNTAIN TRIATHLON!

This is the only triathlon held in eastern Valley County. This is a challenging course starting in the geothermal waters of Warm Lake, covering a bicycle course that crosses 7300 ft., and ends in a relatively level run course. 2025 is an epic year as we invite adaptive athletes to join!

This fantastic event is a fundraiser for the Yellow Pine Area. The Idaho High Mountain Triathlon Group uses the proceeds from this event to fulfill our mission: Establish and provide a sustainable triathlon in the Yellow Pine area to promote healthy activity, recreation and tourism and improve the economic stability of the area.

## RACE BIBLE

Please read this race bible. We put it together to help both the seasoned racer and the first-timer!

This is meant to be a useful resource to guide you through the event. Have a great time!

## ATHLETES

The Idaho High Mountain Triathlon is open to able-bodied and Adaptive Triathlon Division 1 adaptive athletes. ATD1 athletes consist of three main subdivisions:

- ATD1 Ambulatory - In both bike and run, athletes may use approved prosthesis or other supportive devices
- ATD1 Wheelchair - Must use a handcycle or recumbent trike on the bike course and a racing wheelchair or similar device on the run course.
- ATD1 Visually Impaired - One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

Both able-bodied and adaptive athletes may compete as individuals or relay teams. Relay teams may be a combination of adaptive and able-bodied athletes.

## ONLINE REGISTRATION



Online registration opens at 8:00 a.m. on March 1st on RunSignUp.com. You can scan the QR code to get more information. For the Relay you must have a team of three (3) members to register. Athletes must be 18 years

of age or older on October 4, 2025, in order to participate. Payment in full is required at time of online registration. Registration fees are tax deductible.

All athletes and supporters are welcome at the After Party in Yellow Pine. The Idaho High Mountain Triathlon is working with our local non-profit, YPAC Corp. If you are unable to attend, consider your entry fee a tax-deductible donation.

### **ATHLETE'S GET TOGETHER**

The Athlete's Get Together is Friday 6:00 PM at The Banshee Irish Pub at Warm Lake Lodge. This is a great opportunity to get to know the other athletes. Attendance is not required.

## **DAY OF THE EVENT**

### **CHECK IN & ORIENTATION**

- Check in and bag pickup is Saturday morning from 7:30 AM to 9:00 AM next to North Shore Lodge. You will pick up your bib, bike tag, timing chip, start wave assignment, and bag at Check In.
- Orientation is at 9:00 AM next to North Shore Lodge. Attendance is mandatory for all athletes and their teams.
- All participants are required to bring valid photo identification to check in and pick up their Check In bag. Bags will not be handed out to friends or family members, only to the registrant. If you are not able to race, you can still receive the goodies that come with your bag and your shirt. If you are not able to pick up your bag/shirt, you can contact us at ihm.triathlon@gmail.com and arrange for someone else to pick it up for you. All timing chips will be removed before the goodies are given out to the person who is just picking it up.
- All Relay Team members must be present to check in. Photo identification is required for all team members.
- You must check in before you drop your bike at T1. Park your personal or support vehicles in the designated parking area north of North Shore Lodge, and walk your bike and any necessary gear across the road to T1 and the swim beach. Overflow parking is available at the Warm Lake Bible Camp on Warm Lake Road.
- By 9:30am, place your T2 gear in your T2 bag (in the bag received at Check In) and give it to the volunteer. It will be transported to T2 for you.
- You must have your bib number (located on your bag, bib, swim cap, bike tag) to access the starting area.
- Athletes must attach their bike tag (in your Check In bag) before leaving the bike at T1. Your number will be on your swim cap; your bib; your wet bag; T2 bag; and your bike tag.

### **Check-In Bags include**

- Bike Tag: to be placed on the front of the bike or on the right-hand side of your adaptive bike. It must be visible to volunteers on the route.
- Bib: to be placed on your chest and visible during the run course.
- Timing Chip: Your results will be captured by Brooksee.com using a timing transponder, commonly called “the chip”. Please follow these simple instructions carefully. Chips are to be worn around the right ankle. Not wearing the transponder properly may prevent you from being timed. Transponders are non-transferable! Be careful not to switch with friends, family, other racers, etc. (unless you're on a Relay Team).
- T2 Gear Bag: for any gear you want ready for you at T2.
- Relay Teams use the timing chip as the "baton" and pass it to their teammate when they transition at T1 and T2 designated points.
- Be sure you cross the timing points at the start, transitions, and finish line of the race.
- There will be volunteers at the finish line that collect the timing chip upon finish.

### **Lodging**

- Local area hotels (Cascade, Donnelly, McCall) are available. Please mention you are involved in this event for the best deal.
- Cabins and camping are available in the Warm Lake Lodge area. Reservations are required.
- Camping around Yellow Pine is first-come and free.
- Lodging in Yellow Pine is limited and requires a reservation (General Store Motel, Yellow Pine Lodge, Murph’s Cabins, Alpine Village.)

### **TRANSITION POINTS**

This event is a point-to-point race and has two transitions. Athletes will start in assigned waves.

**Swim Start** at the beach next to North Shore Lodge, swim out .8 km keeping the green swim lane buoys on your left. Swim around the end buoy (red) and return to your starting point. Stay between the marker buoys when swimming to and from the turn-around buoy. This swim begins and ends at the swim beach by North Shore Lodge for athletes starting on their feet or adaptive athletes starting on the dock and wanting to end on the beach. The swim begins and ends at the dock by North Shore Lodge for athletes that do not start on foot and want to end at the dock. Adaptive athletes must choose their swim leg end point before the event begins. The dock will have matting in the athlete seating area. Guides and assistants for adaptive athletes are allowed on the course. The elevation for this leg is 5300'. The length of the swim course is 1 mile (1.6k) and is expected to take around 1 hour for most athletes to complete. Athletes will be divided into “waves” to ensure the swim course is not

overcrowded at any time. The first wave starts at 10:00 a.m. Wetsuits are required for all swimming athletes.

**T1** (start of the bike course) is located next to the swim beach of the North Shore Lodge. Strippers are allowed. T1 is not available until 8:00 AM on Saturday.. There is a staging area for the relay teams' bicycles. There is a separate area for adaptive athlete bikes. No one is allowed in T1 without their number (check-in required prior to entering T1).

- Your bag includes a plastic “wet-bag” that is pre-labeled with your bib number. Place your swim items and any other items in this sack after you swim. A volunteer will collect your wet-bag at T1 and transport it to Yellow Pine for pick up after the race.
- Your bag also includes your T2 Gear bag. Place any gear you want available at T2 in the bag. It will be transported to T2 for you.
  - Relay members may transport their “wet-bag” themselves, if desired.
- The Yellow Pine pick-up point is in the center of town next to the information kiosk. Nothing should be left at T1 when you begin your bike ride. Any items left at T1 may be shuttled to Yellow Pine but the Idaho High Mountain Triathlon is not responsible for items left in this area. If you want it, put it in the wet bag and hand it to the volunteers at T1.
  - The course is marked with arrows and signs.
- Medical personnel are available at T1.

**T2** (start of the run course) is located on Johnson Creek Road (north gate at Cox Ranch.) Your T2 gear will be waiting for you at the transition point. Able bodied athletes will leave their bikes and pick up their T2 gear on the right-hand side of the road. Bike racks are available. Adaptive athletes will leave their bikes and pick up their T2 gear on the left-hand side of the road. Adaptive athletes have a designated area to park their bikes. Check the T2 bag for your bib number. Relay Athletes can be shuttled to T2 if personal transport is not available. Race volunteers will be located at T2 if you have questions and to load bikes onto transport trailers. Be sure to cross within the marked area of T2 to ensure your time is tracked. Volunteers are available to point out the correct location for equipment.

- Relay teams please note the marked area for transfer of timing chip.

**Finish Line** is at the intersection of Yellow Pine Ave. and Ellison Ave. in Yellow Pine. Be sure to cross under the Finish arch to ensure your time is tracked. Medical personnel are available at the finish. Volunteers will ensure all athletes arrive in Yellow Pine. Arrangements can be made at T2 to store equipment for later pickup, if desired. If so, your equipment will be behind a gate at T2. The Idaho High Mountain Triathlon is not responsible for items left in this area. Gear transported to Yellow Pine from the starting area will be in the marked Gear Pick Up area.

## AID STATIONS

Seven (7) Aid Stations are located throughout the course. Signs are posted indicating the Aid Station is 1000 feet ahead.

Volunteers at each station will hand athletes hydration/nutrition. Volunteers are also available to assist with access to facilities at Aid Station #2, #3, T2, and Finish.

Aid Station 1 is located at T1 by the swim beach/dock at North Shore Lodge. Hydration, nutrition, First Aid, and ADA toilet facilities are available.

Aid Station 2 is located at the intersection of Warm Lake Highway and Summit Lake Campground entrance. Hydration, Nutrition, First Aid and ADA toilet facilities are available.

It is at the turnoff at Landmark (onto Johnson Creek Road) that the bike race changes from pavement to dirt road.

Aid Station 3 is located at the Trout Creek Campground. Hydration, Nutrition and First Aid are available. Toilet facilities are available. ADA toilet facilities are available in the campground.

Aid Station 4 is located at T2 Hydration, Nutrition, ADA toilet facilities, and First Aid are available.

Aid Station 5 is located across from the Johnson Creek Airstrip entrance. Hydration, Nutrition, First Aid, and toilet facilities are available.

Aid Station 6 is located 300 feet past the Golden Gate Campground. Hydration, Nutrition and First Aid, and toilet facilities are available. ADA toilets are located in the campground.

Aid Station 7 is located at the Finish Line. Hydration, Nutrition, ADA toilet facilities, and Medical Care are available.

## RACE DAY DETAILS!

- This is an open course race. The course is marked with arrows on the road and signs.
- There are potholes, loose gravel, traffic, wildlife, uneven surface, etc. along the course.
- All participants are responsible to be alert and obey all traffic laws to help protect themselves from injury while participating.
- We do our best to limit traffic on the roads but there can still be pedestrians or vehicles (and wildlife) on the course.
- A “follow” vehicle will stay behind the final athlete all the way to the finish line.
- Please watch for volunteers and emergency vehicles along the bike and run courses. Flaggers will do their best to limit traffic impact.
- This route is on the Idaho Backcountry Discovery Route. Expect motorcycles and ATVs on the road.

**RACERS NOT COMFORTABLE RACING UNDER THESE CONDITIONS SHOULD NOT PARTICIPATE IN THE IDAHO HIGH MOUNTAIN TRIATHLON.**



### **SWIM - 1.6k**

- Begins at the swim beach/dock at North Shore Lodge.
- Volunteers will be checking for timing chips, the correct swim cap color and bib numbers.
- The race is a “gun start” and your time will begin when the race official counts down and says “go”. This activates the timing chip.
- Each wave has a designated swim cap color that can be found in your bag. The number on your race cap should be the same as the bib number, wet-bag tag number, T2 Gear bag number, and bike tag. If it is not, immediately locate one of the race volunteers.
- The start line for athletes on foot is the line drawn in the sand. The start line for the seated athletes is the padded area of the dock. Swim with the green, swim lane buoys on your right. You will need to swim around the end buoy and back. The return point is clearly marked with a red buoy. Stay inside the swim lane markers.
- There will be watercraft with safety personnel on the route and on the beach.
- Personal watercraft will be along the route if you need to rest. You are allowed to rest against the watercraft for less than a minute but then must continue or forfeit.
- If you exit the water before the swim finish line or need to be removed for any reason, you will be required to forfeit your timing chip and are disqualified from the race. You will not be allowed to continue the remaining disciplines.
- No snorkels or flotation devices of any kind are allowed. If you are not comfortable swimming in open water unaided, then do not register. Only visually-impaired athletes are allowed to have guides on the swim course.
- No refunds, credits, transfers or deferrals allowed for any reason even if you are removed from the water by a race official or lifeguard for your own safety.
- The swim finish is at the start line on the beach or dock. You will exit the water and will cross the timing line to give you a swim split.
- T1 is to the right as you exit the swim beach or dock. Look for the sign that says “Bike Start”. The bike leg timing begins at that point. Follow the course signs and arrows painted on the roadbed.
- Spectators are welcome along the shore to cheer on their swimmers but not on the starting line of the beach.

### **BIKE - 45k**

- Bike helmets must be worn at all times from the moment you mount the bike to the moment you dismount. Riders will not be allowed on the bike course without one and if you are caught not wearing one you will be disqualified and removed from the course.
- From T1 bikers leave the lodge area toward the parking lot. Then turn right on Shoreline Road and ride to Warm Lake Highway. Follow the signs east over the summit to Landmark

intersection. The road up to Warm Lake Summit averages 10% to 11% grade. The first curve at the bottom of the hill is a 12% grade. The Warm Lake grade is approximately 3.5 miles long. Athletes continue on Warm Lake Highway to the intersection at Landmark. Turn north (left) and continue on Johnson Creek Road (FR413). Johnson Creek Road is dirt/gravel. The bike leg ends at T2, the north gate of Cox Ranch. The course is not closed to traffic. Please ride on the right side and only pass on the left. Be aware of road edges. There are some significant drop offs.

- The Johnson Creek Road has several 10% grades and two 12% grades (Rustican and Halfway Creek canyons.) These are all downhill. Be aware the 12% grades are each one mile long and are quite narrow. There will be flaggers at the bottom of Rustican Creek grade and the Halfway Creek grade to hold traffic. This does not guarantee athletes will not meet traffic on these sections.
  - A flagger will hold traffic as bikers merge on/off the highway, and at Yellow Pine. Please follow the rules of the road at all times. The only exception would be if law enforcement or traffic control officials wave bikers through. Always be alert and proceed with caution.
  - Bikers must have a bike tag with a number on their bicycle and a timing chip on their ankle. Athletes are expected to call out their bib number when passing Aid Stations. This is for your safety. The bike course includes Aid Stations #2 and #3.
  - Aid Station Volunteers will be taking pictures/video of passing athletes to track bib numbers for safety.
  - Bikers should not impede the normal and reasonable movement of vehicle traffic and should ride on the right side of the road. Be aware of narrow road conditions and drop offs. Idaho State law requires that bicyclists ride in a single file line and never two abreast.
  - Passing is to be done only on the left and should only be done when it is safe and legal to do so. The roads are not closed to traffic and this is the backcountry area where people and animals are out on the roads at all times.
  - Enjoy the epic views but don't forget to keep your eyes on the road.
  - Drafting on the bike during a triathlon is illegal and will incur a timing penalty of 3 minutes. A second drafting offense will lead to the racer being disqualified.
  - Volunteers in off road vehicles along the bike and run course will monitor and watch for emergency assistance needs. These volunteers are in radio contact with our Medical Teams.
  - If you are in an accident or have mechanical issues please move off to the right side of the road as much as possible. All racers are responsible to be aware of their surroundings at all times. Volunteers will be patrolling the route to watch for athletes needing assistance.

### **RUN - 13k**

- T2 is at the north gate of Cox's Ranch. The Run course start (timing point) is at the north end of T2. Look for the sign that says "Run Start".

- Follow Johnson Creek Road to Yellow Pine and the finish line.
- Athletes are expected to call out their bib number when passing Aid Stations. This is for your safety. The run course includes Aid Stations #5 and #6.

## AFTER PARTY IN YELLOW PINE

The After Party includes great food, awards ceremony, raffle, and games.

### FOOD:

- Yellow Pine. The main road will be closed to vehicular traffic. Food and beverages are provided. Donations to cover the costs are welcome.

### AWARDS CEREMONY:

- Yellow Pine Community Hall. Time will be announced. No trophies or medals will be mailed. Must be present to receive. A group photo will be taken and used in media promotions.

### GAMES:

- Regulation sized cornhole boards are available on the south side of the Yellow Pine Tavern. Play is free.
- Darts are available inside the Yellow Pine Tavern.
- The Yellow Pine Golf Course is available and free. Pick up clubs, balls, tees on the porch of the General Store.

## EVENT VOLUNTEERS

Volunteers wear “volunteer” lanyards and hi-viz vests. Please look for these helpful volunteers throughout the race and the After Party.

## ATHLETE SUPPORT STAFF

Your friends and family are welcome at all parts of the event. If they plan to drive from Warm Lake to Yellow Pine, it is recommended that they take the South Fork Road in order to impact the race as little as possible. When arriving at Warm Lake Highway from North Shore Lodge parking area, turn left (west). Drive approximately three miles and turn right (north) onto the South Fork Road. DO NOT FOLLOW YOUR GPS! It will send you over a rock-crawling trail. The South Fork Road is paved for 30 miles but is narrow. Watch ahead for traffic and wide-spots to pull out. At the end of the pavement, turn right (east) on the East Fork Road (dirt road) and travel 15 miles to Yellow Pine. At the cross road with Johnson Creek Road, turn left to enter

Yellow Pine. Flaggers will stop vehicles at this point when athletes are present. There are directional signs.

## WAIVER OF LIABILITY

Individual waivers were signed during online registration.

## UNABLE TO ATTEND

We will not hold your race packet for you. No refunds, credits, transfers, or deferrals for any reason. To have your bag/shirt picked up by someone else, see **CHECK IN & ORIENTATION**. As this is a tax-deductible fundraising event; we thank you for your donation.

## WEATHER OR EVENT CANCELLATION

The event may be canceled if the following conditions occur:

- Wind gusts >25mph
- Sustained Wind >20mph
- Snowfall >2"
- Water Temperature <55° (USA Triathlon requirement)
- Landslide
- Wildfire where any part of the route goes to "Set" status

Race Officials reserve the right to cancel all or any portion of the event for any reason.

- No refunds, credits, transfers, or deferrals for any reason. As this is a tax-deductible fundraising event, we thank you for your donation.

## RULES

Violation of the rules may result in disqualification or variable time penalties. All decisions by race officials are final.

- Helmets- Helmets must be worn at all times when on a bike; before, during, and after the event. Anyone not wearing a helmet while on the bike will be immediately disqualified and removed from the course.
- Chin Straps- Chin straps must be buckled at all times when on a bike.
- Transition Areas- Athletes are to store all their equipment within the two designated transition areas. No equipment will impede the progress of another racer. No glass containers allowed in the transition areas.

- Bikers should not impede the normal and reasonable movement of vehicle traffic and should stay on the right side of the road. Idaho state law requires cyclists to ride single file and never more than two abreast. Be courteous to those that are trying to win their category and ride on the right side of the road. Think of driving on the freeway, drive right and pass left. This is a major safety issue. Most accidents happen on the bike course due to slow riders in the middle or left side of the road. DO NOT CUT CORNERS! Always signal your intentions while on the bike and make sure you have a safe space to pass someone and let them know you are passing. Never pass on the right of or in between other riders.
- Drafting is not allowed and is illegal during a triathlon. There will be volunteers patrolling the bike course in UTV's. They will report race numbers to race officials that are caught drafting. The 1st infraction is a 3 minute penalty. The 2nd offense is disqualification.
- Course- For each participant's safety and race equality, follow the outlined course.
- Headphones- No music may be played from personal audio devices through a speaker or into headphones, headsets, earbuds, etc at any time during the race. Penalty: 1st offense 3 minute timing penalty; 2nd offense will result in disqualification and removal from the race.
- Bike Tag- Bikes must display the bike tag on the front of the bike, or the right-hand side of a recumbent bike. Bike tags must be visible to the course volunteers during the bike leg.
- Bibs- Bibs must be visible on the athlete's chest during the run course.
- Racers that don't start with their assigned wave start time will be disqualified.
- No flotation devices of any kind will be allowed during the swims.
- No e-bikes or assisted propulsion.
- All racers must start with their designated start wave. No exceptions. Starting with the incorrect start wave will result in being disqualified and removed from the race.

Section	Distance	~Elevation
Swim	1.6 K	5300'
Bike	45k	5300' - 7300' - 5200'
Run	13k	5200' - 5000'
After Party	none	4900'

## Event Map

The event map can be found at [Detailed IHM Triathlon Map](#)

### LODGING:

#### **Warm Lake: (cabins/camping):**

**North Shore Lodge, 208-405-0854 (IHMT Partner)**

**Warm Lake Lodge, 208-632-3555 (IHMT Partner)**

#### **Yellow Pine: (rooms/cabins/camping/RV spots):**

**Yellow Pine Lodge, 208-633-3377**

**Murph's RV and Cabins, 208-369-3982**

#### **Cascade: (rooms/RV spots):**

**Hotel NoBo Inn, 208-382-5621 (IHMT Partner)**

**Cascade Lake Inn, 208-261-3187**

**Alpine Lodge and RV, 208-277-0175**

**Birch Glen Lodge, 208-277-0170**

#### **Donnelly: (rooms)**

**Boulder Creek Inn, 208-325-8638**

#### **McCall: (rooms)**

**Third Street Inn, 208-634-6300 (IHMT Partner)**

**Super 8, 800-536-0367**

**Nordic Inn, 208-634-7871**

**Scandia Inn, 866-238-8235**

**Lake Shore Lodge, 800-657-6464**

**Hotel McCall, 208-634-8105**

**Thank you for being a part of our annual  
Idaho High Mountain Triathlon!**