Welcome to the 2023 Ordinary Mortals (OMT) and Mini Mortals (MMT) triathlon!

All the organizers hope you enjoy this unique reverse order triathlon and serpentine swim with a run to the finish line. Don't forget to bring your photo ID and USAT card (if annual member) to packet pickup!

Kim Arline, Race Director

Early Packet Pick Up:
- **Saturday, May 20th:** 4:30-6 pm at CSU-P Rec Center—race area! Packets, bibs.
- **Sunday, May 21st:** 6:30-8:30 am at CSU-P Rec Center. Packets, bibs, chip and body marking.
- Body marking: 9-11 years BLUE, 12-15 years RED, all others BLACK.

Transition Zone: see map below for more details

Must have bib to enter and exit with gear. —use gap in south (downhill) side of TZ to avoid conflicts with others still racing

7:00-8:45 am:
OM competitors may enter small gap in fencing on downhill side or run/bike entry to set up for race.

10:15-11:15 am:
OM competitors may remove gear from TZ using gap in TZ on downhill side. Please yield to any athletes still completing their race. Avoid enter and exit chutes.

11:15-11:35 am:
MM youth competitors may enter downhill side gap to set up gear. One parent may help set up but not allowed in TZ after 11:35 am (Volunteers in TZ will help kids during race if needed)

Race Day Schedule:
Inside Rec Center: packet and chip pick up, body marking, bathrooms!
- 6:30-8:30 am: OM packet/chip pick up, body marking
- 6:30-11:15 am: MM packet/chip pick up, body marking
- 7:00-8:45 am: Transition Zone open for OM athletes only (see sidebar)
- 8:00 am: Quick class on setting up gear in TZ– in NW corner of TZ *for any first timers* or anyone else wanting some tips
- 8:45 am: **OM athlete meeting** patio area north of Transition Zone

9:00 am: Race Starts at Bartley & Rawlings-run downhill past stadium
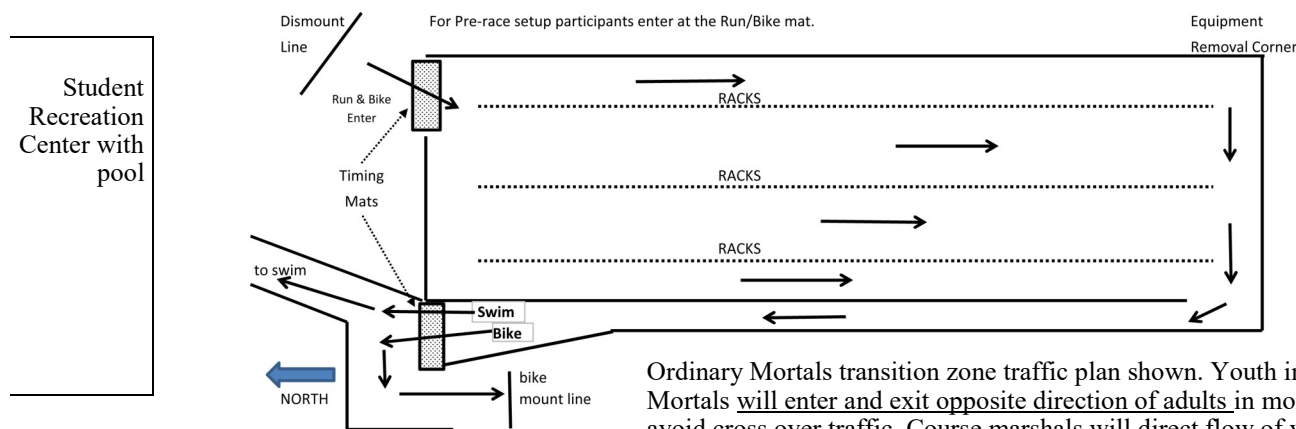   Mass start if 200 or less athletes.
        If over 200 athletes, Men start at 9:00 and Women start at 9:03

- **10:15 -11:00 am TZ reopens for OM athletes to remove gear.**
        Please yield to any athletes still completing their race.
- 11:05 am: OM awards ceremony near finish line/patio area
- 11:15 am: **Transition Zone opens for MM race** (parents may help set up in TZ but are <u>not allowed</u> in after 11:35 am. Please watch out for any adult competitors that may still be finishing their race and give them plenty of space!)
- 11:35 am: **MM athlete meeting** on sidewalk east of Transition Zone

MM mass start at intersection of Bartley & Rawlings to <u>run south on Bartley</u> two blocks to get on sidewalk at Calhan

- 11:50 pm: Mass run start for MM ages 5-8 (one parent may escort)
- 11:55 pm: Mass run start for MM ages 9-11
- 12:00 pm: Mass run start for MM ages 12-15
- 1:30 pm: MM awards ceremony near finish line area

Student Recreation Center with pool

Dismount Line

For Pre-race setup participants enter at the Run/Bike mat.

Equipment Removal Corner

Run & Bike Enter

Timing Mats

RACKS

RACKS

RACKS

to swim

Swim
Bike

NORTH

bike mount line

Ordinary Mortals transition zone traffic plan shown. Youth in Mini Mortals <u>will enter and exit opposite direction of adults</u> in morning to avoid cross over traffic. Course marshals will direct flow of youth.

Serpentine swim :

- The reverse order triathlon spreads out the field of competitors with the first two events to minimize bottlenecking in the pool serpentine swim. Organizers will watch closely each year for possible run wave start changes the following year. We are currently following USAT guidelines and recommendations for a reverse triathlon with mass run start.
- **Feet first** pool entry, **NO diving**, you start in shallow end!
  - Ages 15 & older start in lane 6 (right side of photo)
  - Ages 9-11 will start in lane 3 and ages 5-8 will walk to far side & swim one length back.
- **Swim along right side of lane** to far end of pool, touch wall (flip turns allowed). Swim back along right side of lane along rope to touch wall.
- **Duck under rope** and repeat for all six lanes for 300 yard swim or 3 lanes for 150 yard swim.
- **To pass:** tap the feet of the person swimming ahead of you, if your feet are tapped, please wait at the wall letting faster swimmer to go ahead.
- **Exit** the last lane and run out the door in the middle of the wall. Run across the grass to the finish line!
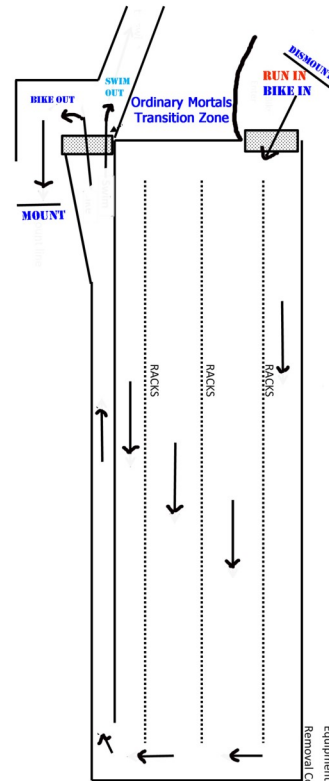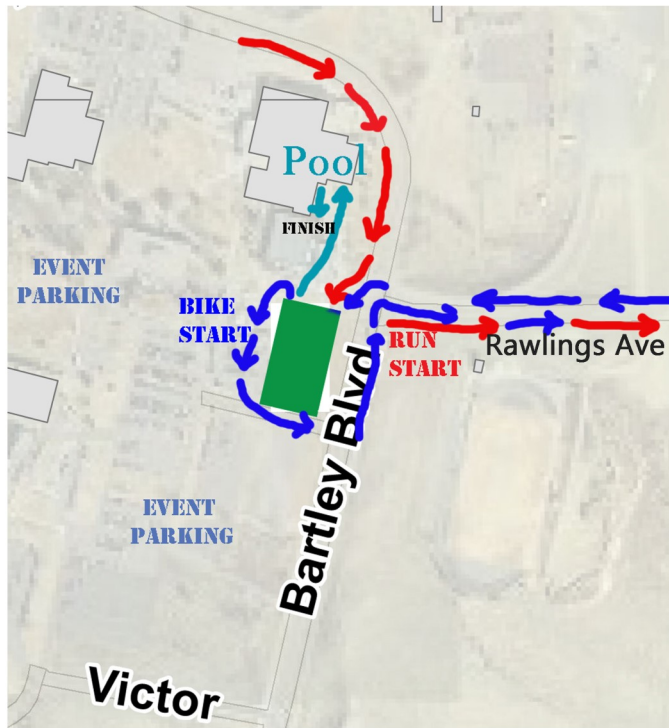

YOUTH 5-8 years old start on far end of pool for one 25 yard length back to exit pool. Walk along this side of pool to empty lane, timid swimmers encouraged to stay along wall

START Lane 6 12 yrs +

FINISH Lane 1 Exit pool and run to Finish Line

Under rope **Under rope** **Under rope** **Under rope**

YOUTH 9-11 years old start Lane 3 for 150 yard swim

ADULTS & YOUTH 12-15 years old start Lane 6 for 300 yard swim

EXIT POOL   ENTER POOL

Exit pool area and run across grassy area to finish line
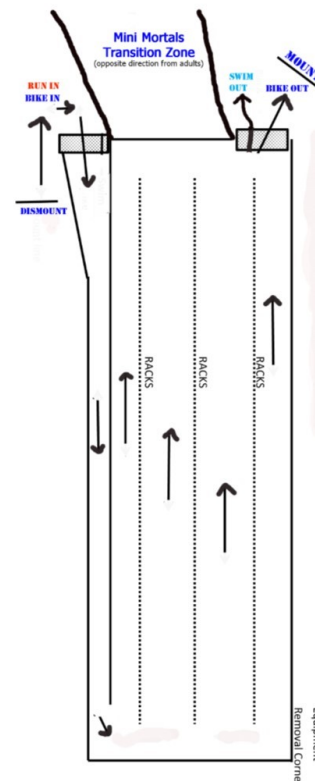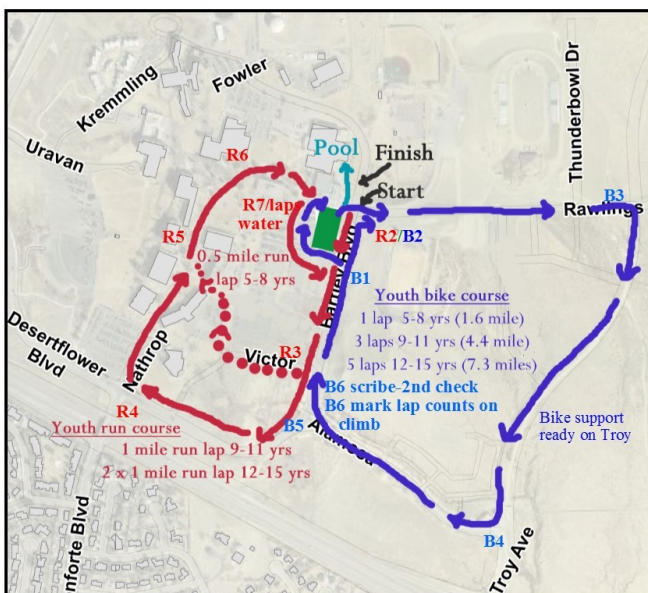
Parking and driving on campus:
- You may enter campus on Troy Ave or Bonforte.
- Parking is available south and west of transition and east by the stadium (shown in green on map to right).
- If you leave the race before all the participants are finished, we ask you to watch out for people still racing and yield to them. Please be extra cautious driving on campus 12:00 to 1:30 during our youth race or coming onto campus anytime between 9:00 and 1:30 pm.
- Please exit campus by the green routes to avoid race course.
- Traffic is blocked near the transition area and should use Troy to Rawlings to reach the Massari arena.

ORDINARY MORTALS TRIATHLON
TRANSITION AREA MAP

Pool

FINISH

EVENT PARKING

BIKE START

RUN START

Rawlings Ave

Bartley Blvd

EVENT PARKING

Victor

BIKE OUT
SWIM OUT
Ordinary Mortals Transition Zone
RUN IN BIKE IN
DISMOUNT
MOUNT
RACKS   RACKS   RACKS
Equipment Removal Co

MINI MORTALS TRIATHLON
(5-15 years old)

Kremmling   Fowler   Thunderbowl Dr

Uravan

Pool   Finish

R6   Start

R7/lap water   R2/B2   B3   Rawlings B

R5   0.5 mile run lap 5-8 yrs

B1   Youth bike course
1 lap 5-8 yrs (1.6 mile)
3 laps 9-11 yrs (4.4 mile)
5 laps 12-15 yrs (7.3 miles)

Desertflower Blvd

R3   Victor

Nathrop

B6 scribe-2nd check
B6 mark lap counts on climb

R4   Youth run course
1 mile run lap 9-11 yrs
2 x 1 mile run lap 12-15 yrs

B5   Alamosa

Bike support ready on Troy

Monforte Blvd   B4   Troy Ave

Mini Mortals Transition Zone
(opposite direction from adults)

RUN IN BIKE IN   SWIM OUT   MOUNT   BIKE OUT

DISMOUNT

RACKS   RACKS   RACKS

Equipment Removal Corner

Please note: Flow through transition is reversed for the youth to avoid overlapping traffic