



# Huntington Lake Triathlon 2019 - Athlete Guide

## Saturday, June 15th, 2019

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

**Map Links:** [Run](#) | [Sprint Bike](#) | [Olympic Bike](#) | [Website](#)

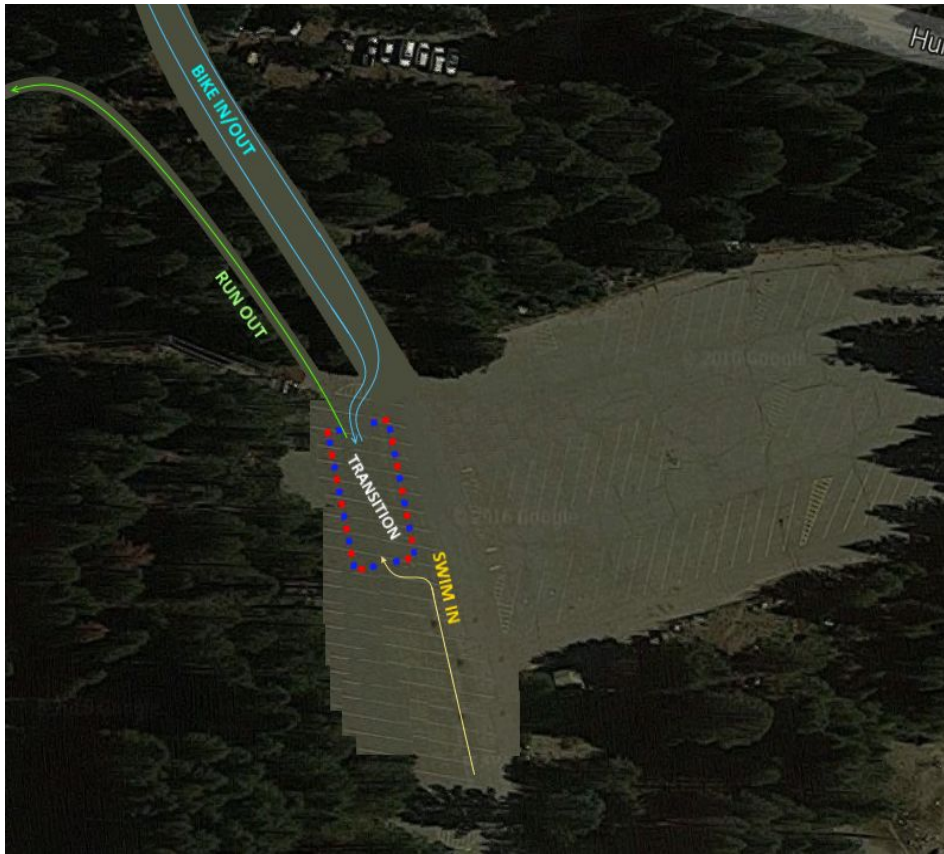
**SPRINT SWIM:** Beginning in the water at Lakeshore, athletes will utilize the sandy shoreline area immediately to the East of the Huntington Lake Boat Launch. Participants swim around buoys for 400 yards, exit the water near the entry point utilizing an existing asphalt ramp and making their way through a small section of forest behind the bathrooms, and proceed to the Transition Area.

[image coming soon]

**OLYMPIC SWIM:** Beginning in the water at Lakeshore, athletes will utilize the sandy shoreline area immediately to the East of the Huntington Lake Boat Launch. Participants swim around buoys for 1600 yards, exit the water near the entry point utilizing an existing asphalt ramp and making their way through a small section of forest behind the bathrooms, and proceed to the Transition Area.

[image coming soon]

## TRANSITION:



**Transition opens at 6:30am**

**Only athletes are allowed inside transition**

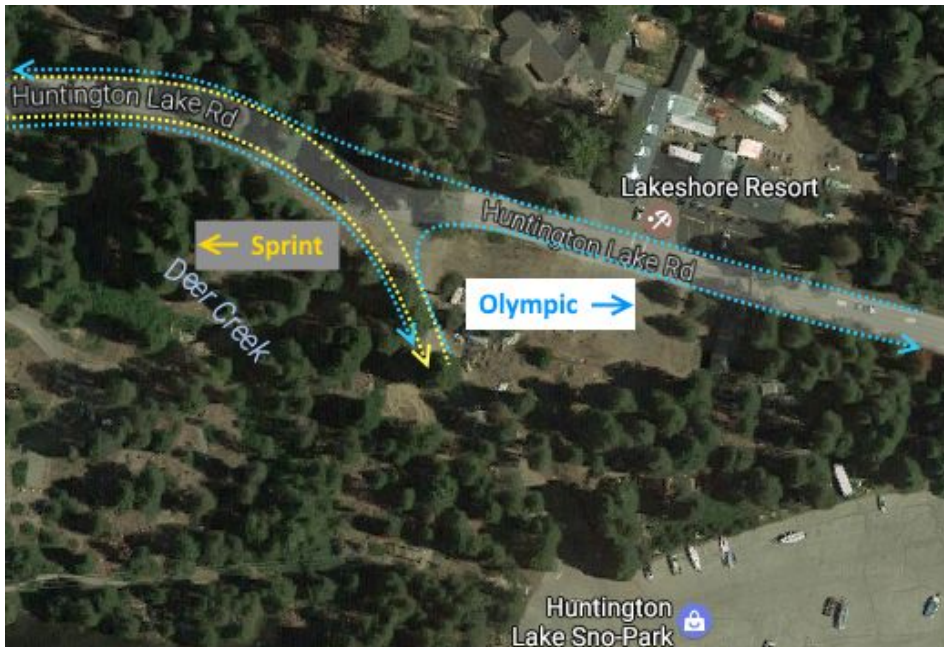
### **After the swim...**

Athletes proceed to the South entrance of transition. Change into bike attire 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.

### **After the bike...**

Athletes approach the North 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 North Exit and head out on the run course.

## BIKE OUT: Sprint VS Olympic



### **Bike Directions**

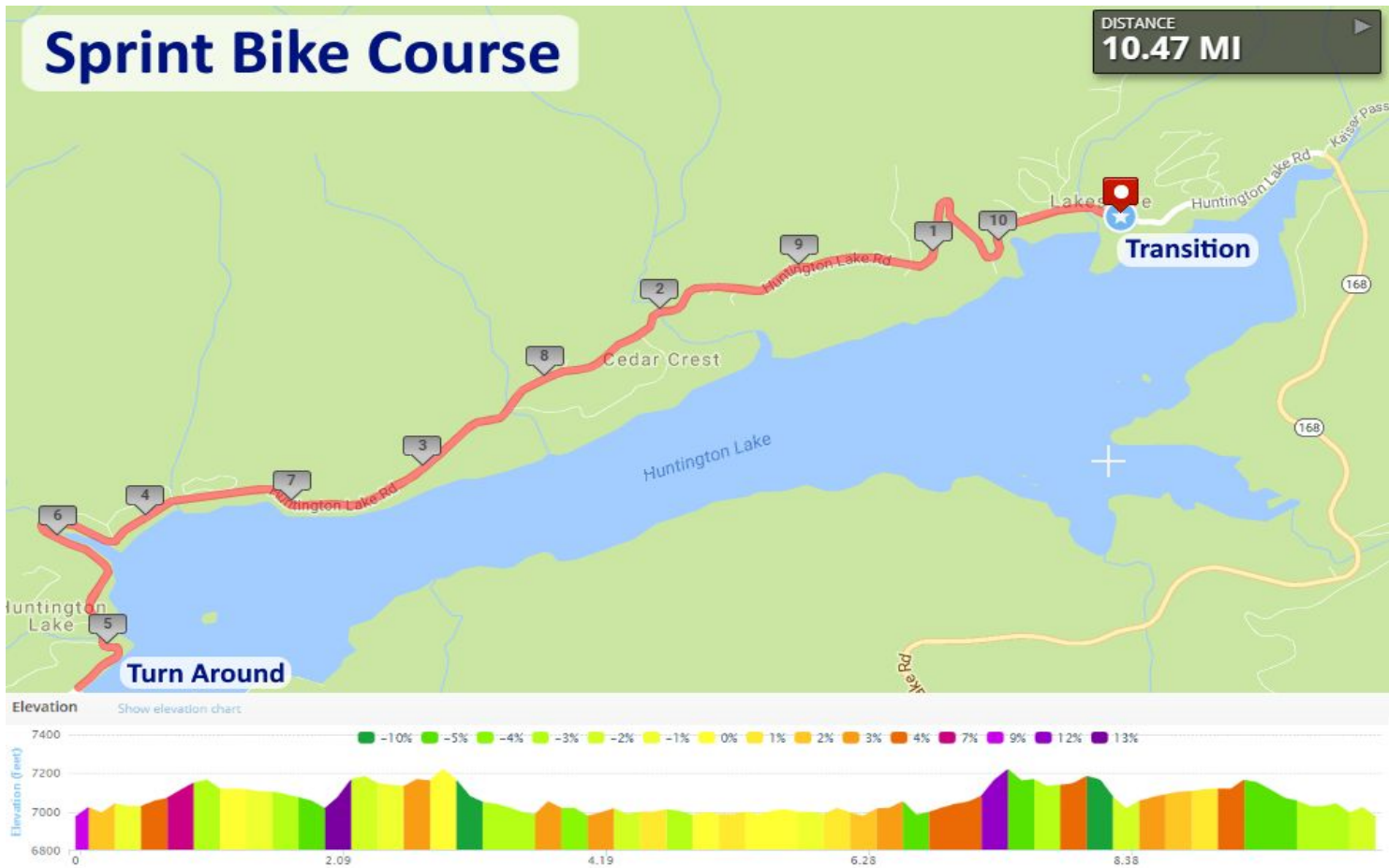
#### **Sprint:**

0.07 Turn **left** onto Huntington Lake Rd  
5.17 Turn around at the dam  
5.17 Turn right into the transition

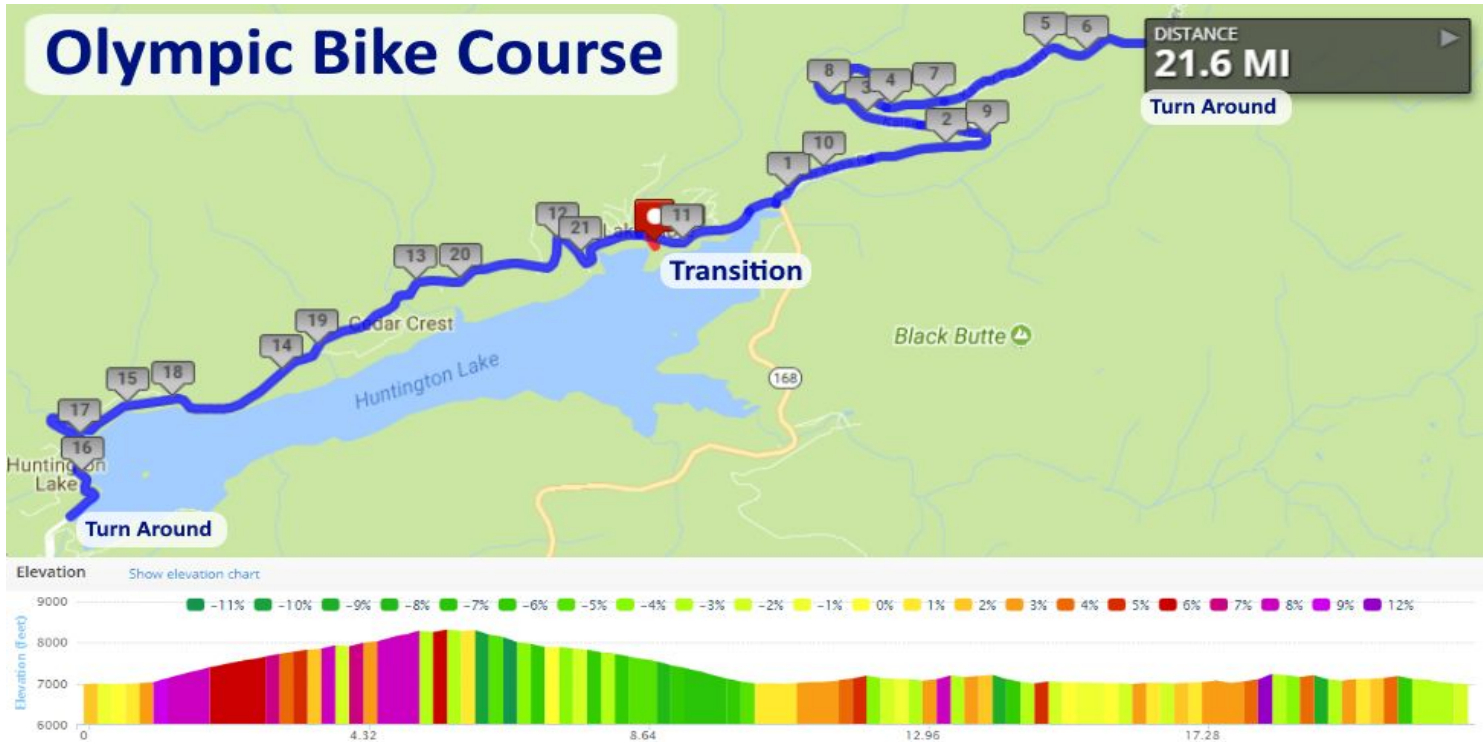
#### **Olympic:**

0.07 Turn **right** onto Huntington Lake RD  
0.83 Turn left onto Kaiser Pass Rd  
4.75 Turn around at Parking Area  
4.75 Turn right onto Huntington Lake Rd  
0.83 Pass Transition  
5.17 Turn around at the dam  
5.17 Turn right into the transition

**SPRINT BIKE:** Beginning at the Transition Area, **Sprint** athletes will turn to the **left** as they exit the parking lot and will ride 5.17 miles to the dam and back.



**OLYMPIC BIKE:** Beginning at the Transition Area, **Olympic** athletes will turn to the **right** as they exit the parking lot and will ride towards Hwy 168, then up Kaiser Pass Road to the parking area indicated on the course map. Grab some water at the turn-around and return back towards Hwy 168, then past the transition area to the dam, then back to transition.

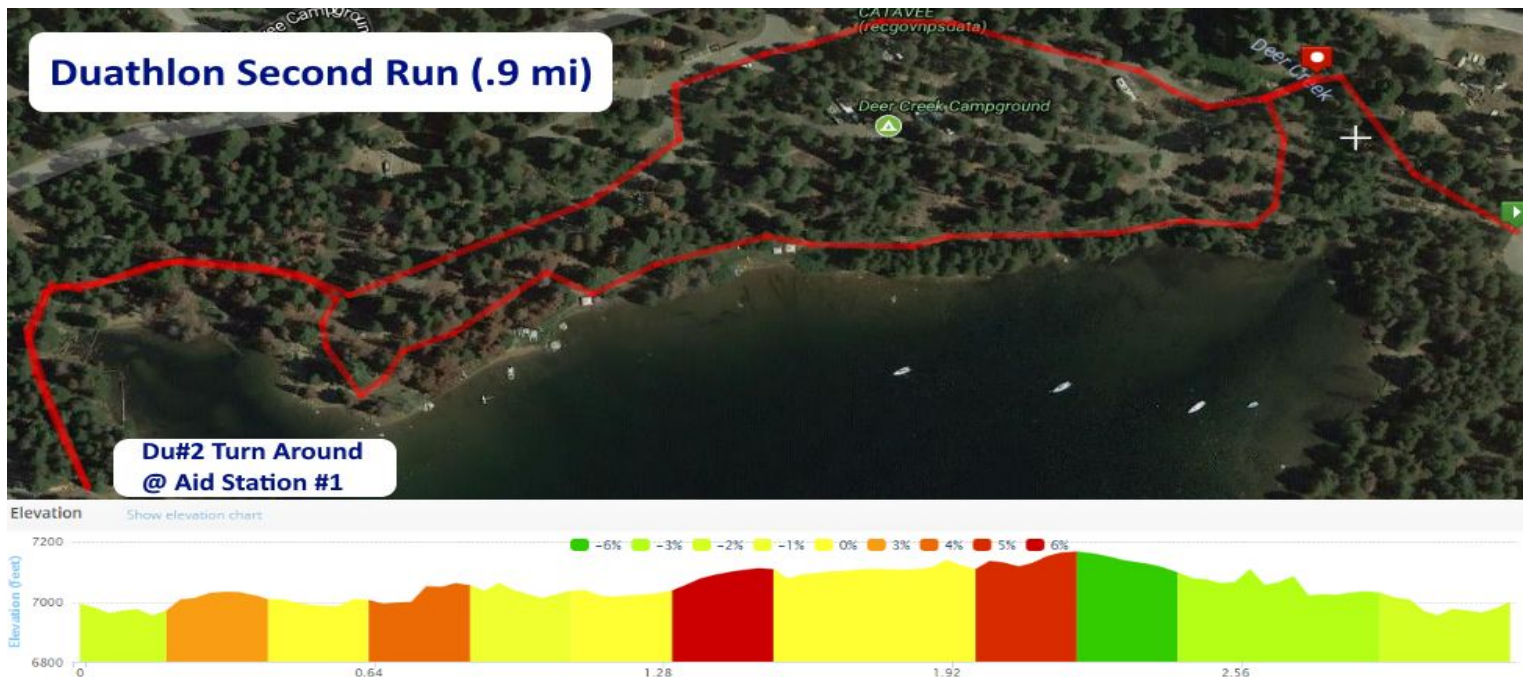




**Sprint Triathlon/Duathlon & 5k(+) Run Course:** Beginning at the Transition Area, athletes head west from the parking lot along the trail towards the dam for approximately 1.45 miles, then they will turn right and head towards Kilowatt Road. Runners will turn right onto Huntington Lake Road and proceed back towards Lakeshore, when you get to “Bear Cove”, you will turn right, to the aid station, then follow the trail East to the finish line.



**Olympic Triathlon/Duathlon & 5k(+) Run Course:** Follow the Sprint/5k course above. Just before you cross the bridge at the finish line, you will turn right onto the path and do a second loop.



**Sprint Duathlon .9 Mile Course:** The Sprint Duathlon second run is a short .9 mile starting in the same direction as the 5k run to the first aid station, then turning around and following the last part of the 5k course to the finish line.

Finish:



**Packet** Thursday, June 13th, 4:30pm - 6:30pm  
**Pickup:** **Fleet Feet Fresno**  
9447 N Fort Washington  
Fresno, CA 93720

Saturday, June 15th, 6:30am - 7:30am  
**(Race Morning)**  
**Lakeshore Boat Ramp Parking Lot**  
Lakeshore, CA 93634

**We continue to offer “race day registration” at the venue from 6:30am - 7:30am**

**Parking:** There is a regatta most Saturdays and Sundays at Huntington when there is water. We expect a busy weekend.

Parking is available in the parking lot by the Transition area. This area is operated by CLM and has a **\$5 per vehicle parking fee.**

**Please do not park on the road in front of the Lakeshore Resort.**

**Schedule:** 6:30am Race day Registration until 7:30  
6:30am Transition Opens  
7:50am National Anthem  
8:00am Olympic Begins  
8:30am Sprint Begins  
8:40am 5k and 10k Run Begins  
9:30am - Run Awards (at the finish area)  
10:00am - Sprint Awards (at the finish area)  
10:30pm - Olympic Awards (at the finish area)

Check your times after finishing before awards are handed out. Medals will be handed out at the venue.

In order to accommodate the triathlon and regattas on the same day, we have been asked to minimize our footprint in the parking lot. Please remove your gear from transition as soon as possible after you have completed your event. We will be collapsing the transition area as bikes are removed. You are then welcome to hang out at the finish area.

**Food:** Free breakfast will be served to participants near the finish line. Breakfast tickets will be available for \$5 for non-participants.



**Lodging:** Lodging is available at Lake Shore Resort  
Phone: (559) 893-3193  
Web: [www.lakeshoreresort.com](http://www.lakeshoreresort.com)

Lodging is available at Huntington Lake Marina  
Resort: (559) 893-6750  
Cabins: (559) 326-6687  
Web: [www.huntingtonlakemarina.com](http://www.huntingtonlakemarina.com)

Lodging is available at Lake View Cottages  
Phone: (559) 553-3550  
Web: [www.lakeviewcottages.net](http://www.lakeviewcottages.net)  
E-mail: [vacations@lakeviewcottages.net](mailto:vacations@lakeviewcottages.net)

Lodging is available at Cedar Crest Resort  
Phone: (559) 893-3233  
Web: [www.cedarcrestresort.com](http://www.cedarcrestresort.com)

Lodging is available at Tamarack Lodge  
Phone: (559) 893-3244  
Web: [www.tamaracklodgelakeshore.com](http://www.tamaracklodgelakeshore.com)  
E-mail: [res@tamaracklodgelakeshore.com](mailto:res@tamaracklodgelakeshore.com)

Lodging is available at Shaver Lake Real Estate & Rentals  
Phone: (800) 422-4102  
Web: [www.shaverlake.com](http://www.shaverlake.com)

Lodging is available at K&K Property Management  
Phone: (559) 841-3338  
Web: [www.shaverlakerentals.com](http://www.shaverlakerentals.com)

Camping is available at Rancheria  
[Click here to reserve](#)

Camping is available at Deer Creek  
[Click here to reserve](#)

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