



SIERRA/CASCADES
MULTISPORT PRODUCTIONS



Huntington Lake Triathlon 2023 - Athlete Guide

Saturday, June 17th, 2023

DRAFT

Last revised 06/02/2023

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

Map Links:

[Run](#) | [Sprint Bike](#) | [Olympic Bike](#) | [Website](#)

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.

When you arrive

- Be sure to pay the \$10 parking fee if you bring a car into the Lakeshore Boat Ramp Parking Lot

Awards

- All multisport events are submitted to USAT by DOB and are ranked by USAT in 5 year increments
- All events will have 1st, 2nd & 3rd 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
- We will have up to 8 bikes per rack. Please leave room for your fellow athletes
- All athletes must be out of transition by 8:00am for accurate results

Triathlon, Aquathlon (Swim-Run), Aquabike (Swim-Bike)

- Swim start is in 5 sec intervals at the boat dock, your time starts when you cross the timing mat
- If you anticipate being in the top 20, you should be ready to start at 8:00
- If you anticipate being in the middle of the pack be ready to start at 8:05-8:15
- If you anticipating being in the last 20 plan on starting around 8:15-8:20
- The sprint course will be one loop around the buoys and back
- The Olympic course is two loops
- After your swim proceed to the transition area and continue with your bike or run

Duathlon (Run-Bike-Run)

- After leaving transition, follow the signs towards the 5k/10k start maintaining social distance
- Wait until 8:10 before starting.
- Participants should self seed according to run speed. Faster participants first.
- Approximately 15 seconds between starts
- All Duathletes should start by 8:15
- Your time begins when you cross the start/finish line
- 1st run is 5.3k (3.3mi), return through the finish line, then **go through the SWIM-IN** to transition.
- Bike ride goes left out of the parking lot, to the dam and back.
- The 2nd run repeats the 5.3k (3.3mi) course and finishes through the finish line.

5k & 10k Runners - (staggered start times)

- Follow the 5k/10k Start Line Arrows to the Start/Finish Line
- Participants should self seed according to speed. Faster participants first.
- Approximately 15 seconds between starts, your time starts when you cross the start/finish line
- Suggested start times to reduce passing:
 - sub 10min mile start 8:10a-8:15a
 - 10min to 18min mile start at 8:15a-8:20a
 - 18min mile and above start at 8:20a

SPRINT SWIM (Triathlon|Aquabike|Aquathon): Beginning on the shore at Lakeshore, athletes will utilize the sandy shoreline area immediately to the East of the Huntington Lake Boat Launch. Participants swim around buoys for 600 yards, exit the water near the entry point utilizing an asphalt ramp, and proceed to the Transition Area. The swim will be a time trial with 5 second minimum spacing between athletes starting at 8:30am. Athletes will self seed; fast athletes are encouraged to go first and slow athletes are encouraged to go last. Athletes can warm up in the water prior to starting staying clear of the water course.

OLYMPIC SWIM: Same as the sprint swim, with two loops. The swim will be a time trial with 5 second minimum spacing between athletes starting at 8:00am. Athletes will self seed; fast athletes are encouraged to go first and slow athletes are encouraged to go last. Athletes can warm up in the water prior to starting staying clear of the water course.

TRANSITION:

Bike racks will have 8 athletes per rack and a separate area without bike rack marked for Aquathlon athletes.

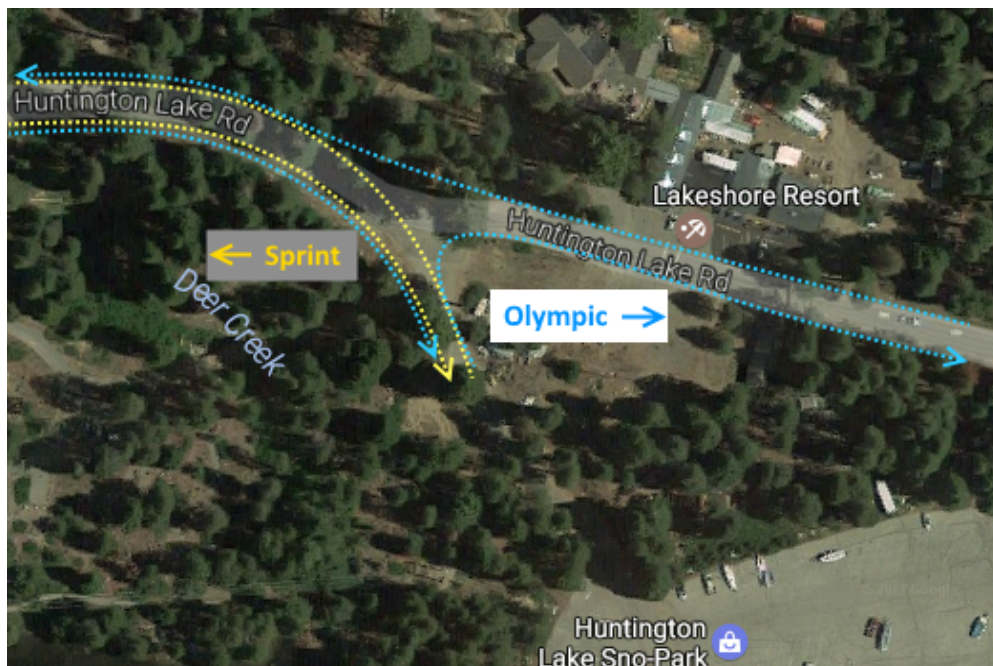


After the swim...

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 South Exit and head out on the run course.



BIKE OUT:

Bike Directions

Sprint (Tri|Du|Aquabike|Aquathlon)

Exits left from the parking lot

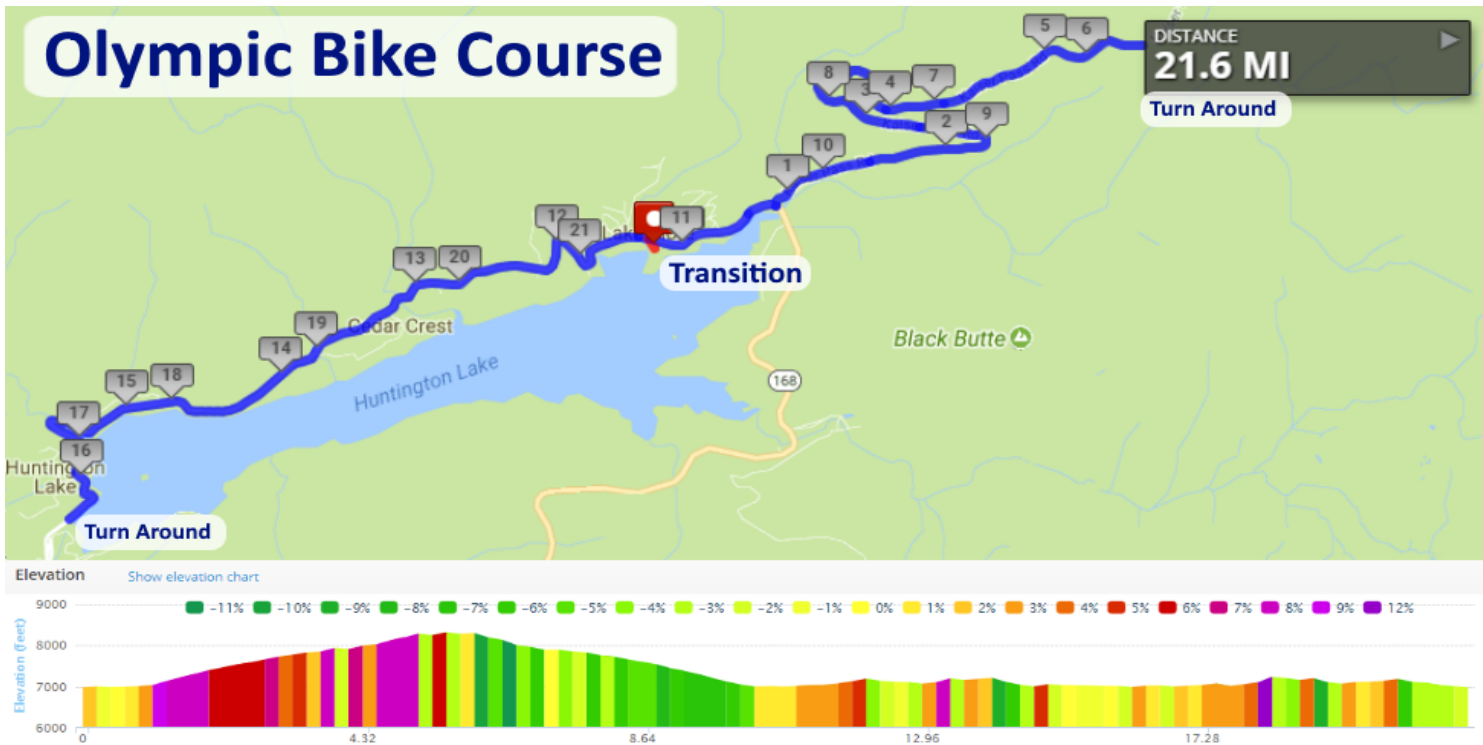
Olympic Triathlon

Exits right from the parking lot

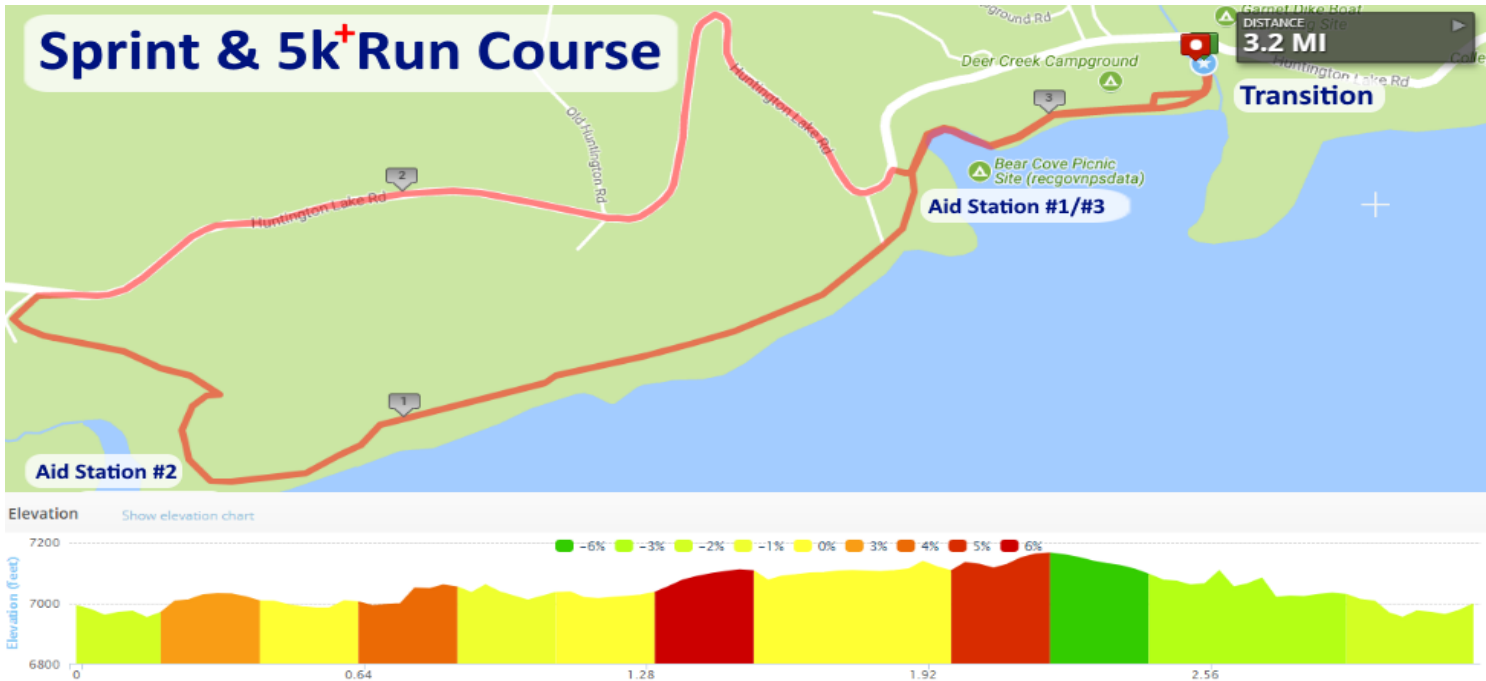
SPRINT BIKE: Beginning at the Transition Area, **Sprint** athletes will turn to the **left** as they exit the parking lot onto Huntington Lake Road and follow all traffic rules. Traffic will not be stopped and volunteers will direct athletes. Athletes will ride 5.17 miles to the dam and back, turning right back into transition. .



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.



10k(+) 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.



**Packet
Pickup:**

Thursday, June 15th, 4:00pm-6:00pm
The Bike Shop @ Woodward Park
9433 N Ft. Washington, Fresno, CA 93730

Packet pick ups on Thursday will be drive up style, and you will not exit your vehicle. Please have your bib number and ID ready at pick up.

Friday, June 16th, 12:00pm-2:00pm
(Unofficial) we will have packets at the venue while we are setting up.

Lakeshore Boat Ramp Parking Lot
Lakeshore, CA 93634

**We continue to offer “race day registration”
online until 8:30am**

Saturday, June 17th, 6:30am - 8:30am
(Race Morning)
Lakeshore Boat Ramp Parking Lot
Lakeshore, CA 93634

Schedule:

6:30am Race Day Packet Pickup Until 8:30am
6:30am Transition Opens
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
8:15am 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

All events start one person at a time in a time trial format.

Parking:

Parking is available in the parking lot by the Transition area.

**This area is operated by CLM and has a \$10 per vehicle parking fee.
Please do not park on the road in front of the Lakeshore Resort.**

Food: In 2023 we are returning to our full post race breakfast, with pancakes, eggs, potatoes and bacon. **Vegan options available.**

Cold Water Changes: The water on race day is anticipated to be in the low-mid 60s and will be wetsuit legal. The water temperature will be posted to the weekend before and the day before the race.

Relay Teams: Relay teams should have a race belt for easy transfer of the bib between athletes. Relay teams exchange at your bike rack location.

Lodging: **SOME OF THESE MAY BE SOLD OUT... Book Early**

Lake Shore Resort

Phone: (559) 893-3193

Web: www.lakeshoreresort.com

Huntington Lake Marina

Resort: (559) 893-6750

Cabins: (559) 326-6687

Web: www.huntingtonlakemarina.com

Lake View Cottages

Phone: (559) 553-3550

Web: www.lakeviewcottages.net

E-mail: vacations@lakeviewcottages.net

Cedar Crest Resort

Phone: (559) 893-3233

Web: www.cedarcrestresort.com

Tamarack Lodge

Phone: (559) 893-3244

Web: www.tamaracklodgelakeshore.com

E-mail: res@tamaracklodgelakeshore.com

Shaver Lake Real Estate & Rentals

Phone: (800) 422-4102

Web: www.shaverlake.com

K&K Property Management

Phone: (559) 841-3338

Web: www.shaverlakerentals.com

Camping at Rancheria

[Click here to reserve](#)

Camping at Deer Creek

[Click here to reserve](#)

For our out of town participants, motels in Fresno and Clovis are approximately 90 minutes away

<https://www.travelocity.com/Clovis-Hotels.d180639.Travel-Guide-Hotels>

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