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MULTISPORT PRODUCTIONS

ALTERNATIVE  
RACE  
LOCATION  
PENDING

# Shaver Lake Triathlon 2020 - Athlete Guide

## Sunday, October 18th, 2020

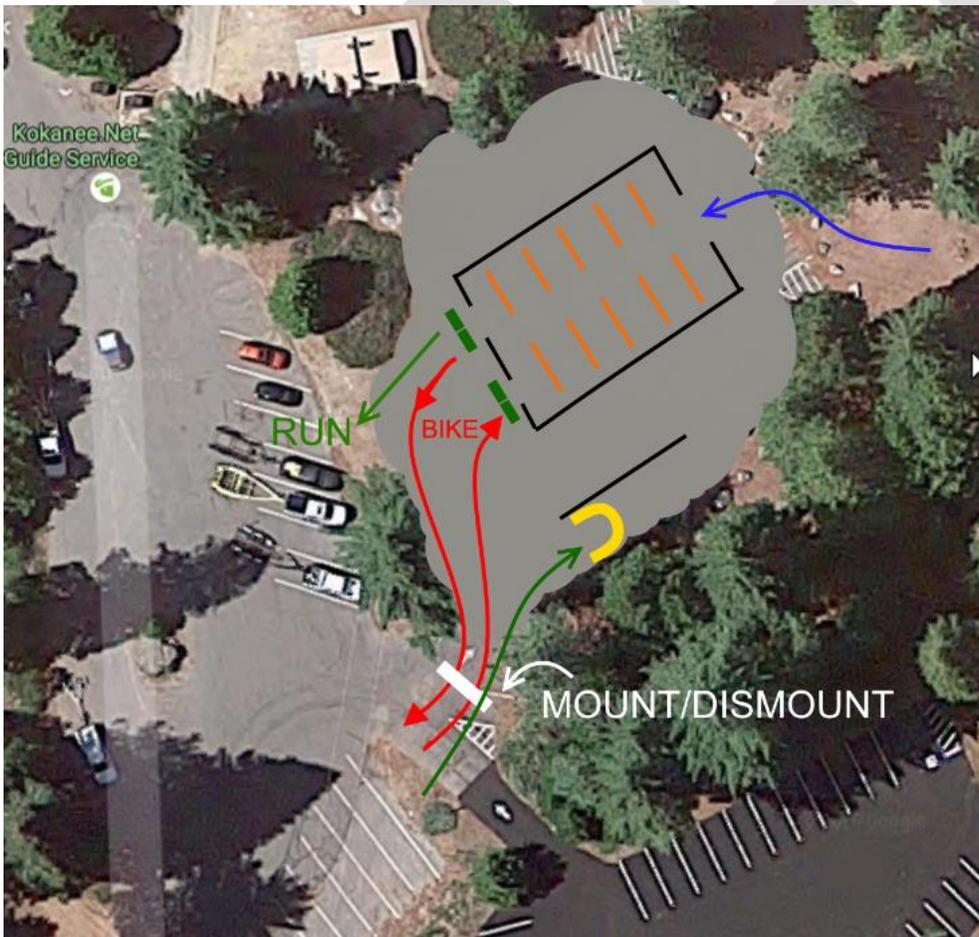
Volunteers Needed: We still need a few more! [Volunteer Here](#)

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

### GENERAL RACE INFORMATION:

- Athletes will be required to wear a mask before and after the race and setting up in transition. Masks will not be required during the event.
- Athletes and volunteers will have temperature checked when entering the race venue. Anyone with a temperature of 100.4F or higher will be asked to return home.
- Race tattoos will be provided in race packets and should be applied prior to arriving at the race venue if possible. Body marking will be available inside transition.
- To follow state guidelines, spectators are not allowed. Friends and family that wish to watch athletes are encouraged to volunteer.

## Transition



Bike racks will have 4 athletes per rack and a separate area without bike racks marked for Aquathlon athletes. A wrist band will be included in your packet that will indicate if they are Olympic or Sprint athletes.

**Wrist bands must be worn to enter transition.** The color of the band will match the locations that you can rack your bike. Bike racking will alternate between Sprint and Olympic athletes to help maintain distance while setting up and tearing down transition.

**Olympic** athletes will be able to set up transition Sunday between 6:00am-7:00am.

**Sprint** athletes will be able to set up transition Sunday between 7:00am-7:50am.

**After the swim (or Duathlon 1<sup>st</sup> Run)...**Athletes proceed to the West entrance of transition 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 West 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 West exit and head out on the run course.

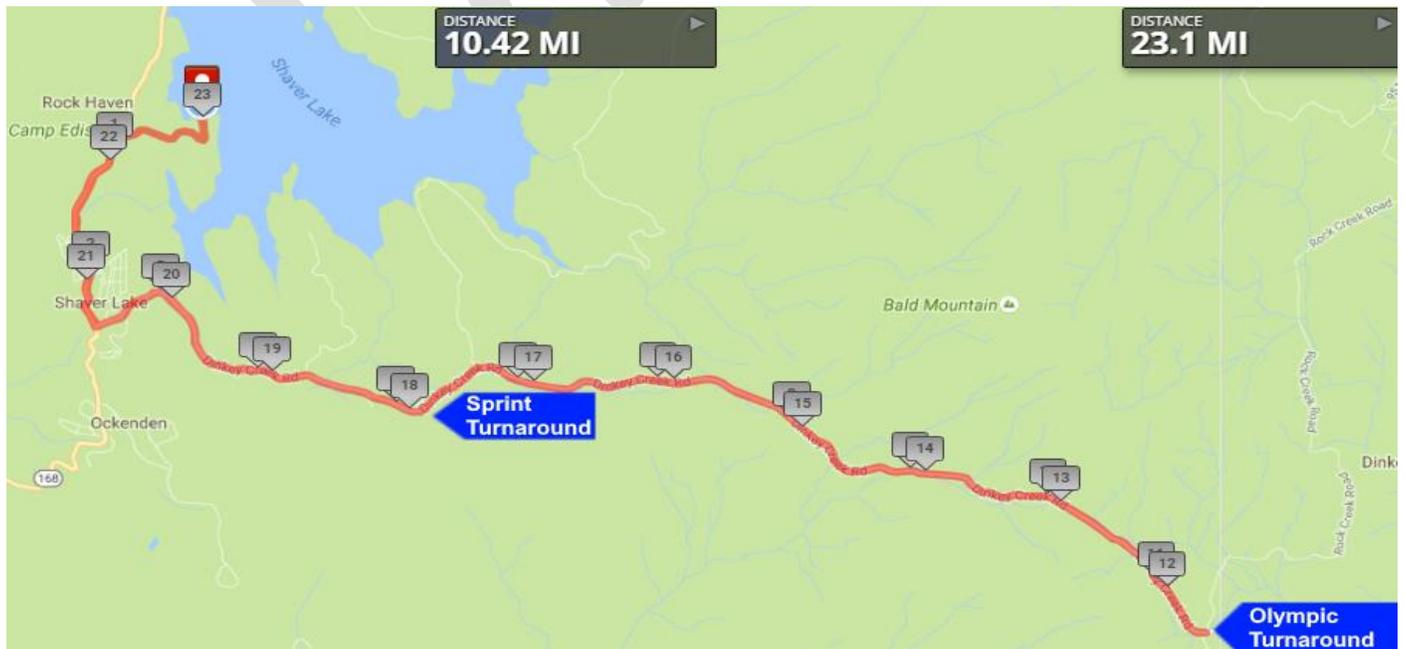
## Swim Course



The swim start will be time trial start and will begin on the shore with athletes starting in 15 second increments. Athletes can warm up in the water. Lifeguards may instruct athletes on designated areas for warm up and provide additional course instruction at the start line. **Sprint** athletes complete one lap of the buoys and **Olympic** athletes will complete 2 laps.

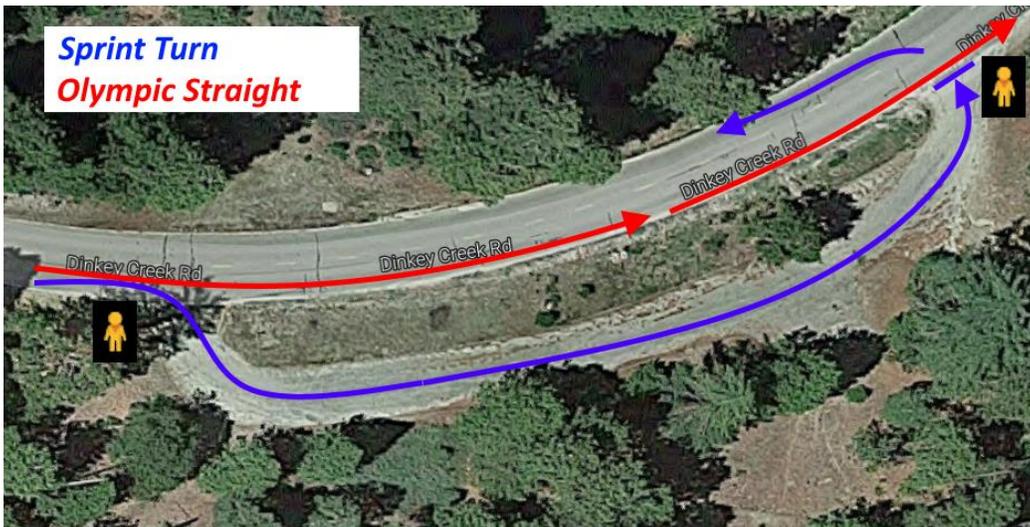
## Bike Course

**\*\*Note:** This is NOT a closed course. Cyclists are required to follow all traffic laws unless told otherwise by a volunteer working with CHP. CHP will be stationed at Hwy 168/Camp Edison and Hwy 68/Dinkey Creek Road for your outbound ride. Two Sheriff's Deputies will be traveling back and forth on Dinkey Creek Road to control traffic speed.



- As you exit Camp Edison, prepare to stop for traffic unless CHP has indicated you are clear.
- As you approach Hwy 168/Dinkey Creek Rd, prepare to make a legal left turn. Pay attention to instructions from volunteers and CHP.
- As you return to Hwy 168/Dinkey Creek Rd, slow down and prepare to stop at the stop sign unless indicated otherwise by volunteers and CHP.

### Sprint Bike Turnaround



Sprint riders turn into the side road, prepare to stop and check traffic before turning back on Dinkey Creek Road. Olympic riders continue forward.

### Olympic Bike Turnaround



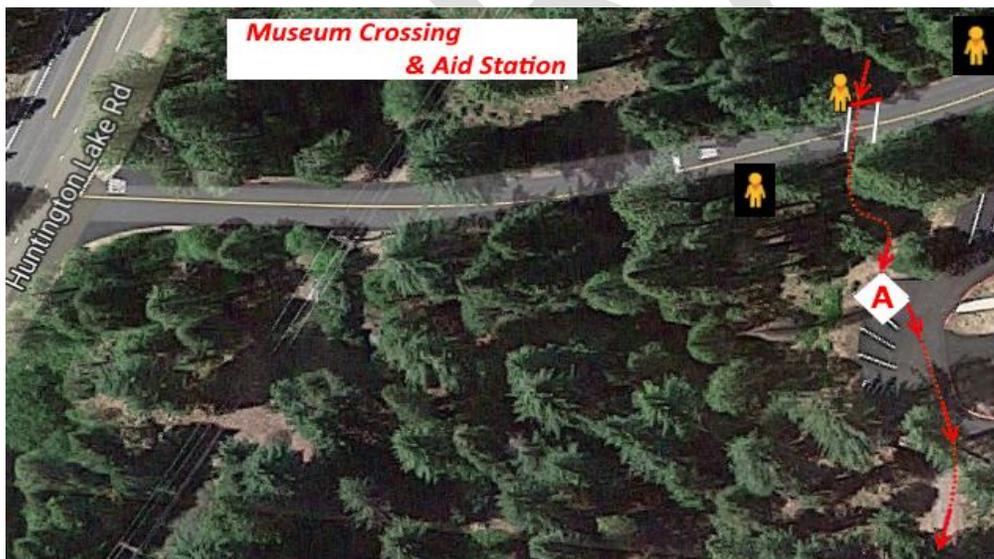
Turn right onto Rock Creek Road to take advantage of the aid station and make a safe turn back onto Dinkey Creek Road.

# 5k Run Loop (10k is two loops)

## The Big Picture



## Run Trail crossing the road at the museum



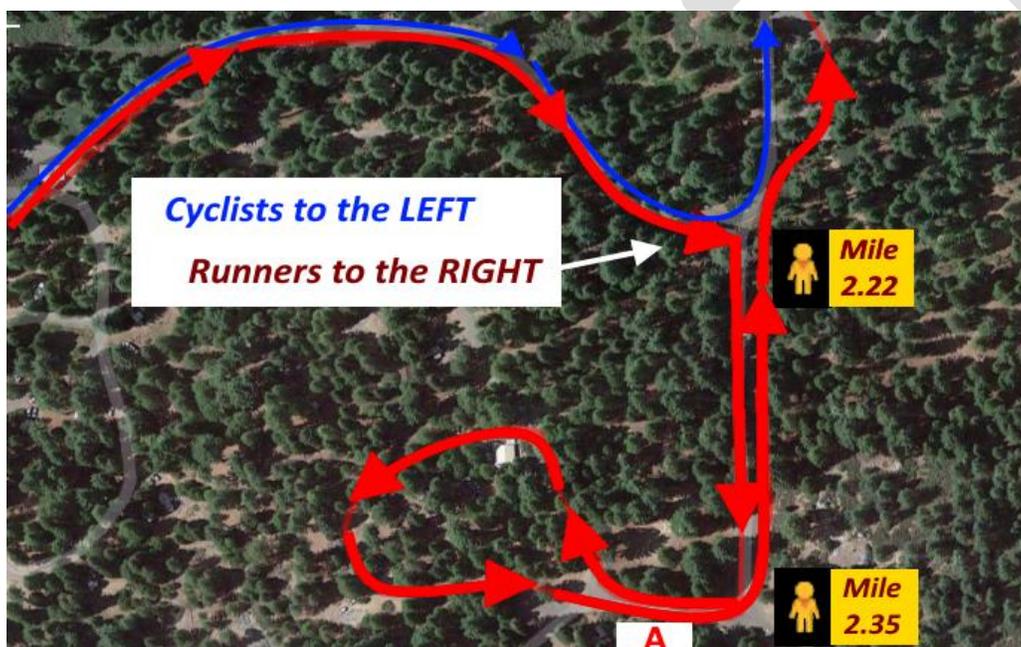
Listen to the volunteers for instructions crossing the road at the crosswalk. You may be asked to stop. **Bicycles do not stop.** Aid Station #1 is 50' past the road.

## South West Loop



After Aid Station #1, at just past a mile, watch for a sign to stay to the right, you do not want to cut this ½ mile off your run. Be aware of the trail markers and signs.

## South East Loop



A little past two miles, there will be a round-about. Bicycles will go to the left, and the runners will go to the right, and then another right to aid station #2. Watch for signs at these critical turns. There will be marking flags along the route.

## Duathlon Course

Duathlon athletes will begin at the run start at 7:35 with 10 seconds between participants. Duathlon athletes will complete one loop of the run course and enter transition at the East entrance "swim in". Athletes proceed to the West entrance of transition 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. Athletes approach the West 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 West exit and head out on the run course.

**Packet Pickup:** Thursday, October 15th, 4:00pm-6:00pm  
**Break the Barriers Parking Lot**  
8555 N Cedar Ave, Fresno, CA 93720

Saturday, October 17th, 4:00pm - 6:00pm  
**Camp Edison**  
Shaver Lake, CA 93664

Sunday, October 18th, 6:30am - 8:30am  
**Camp Edison**  
Shaver Lake, CA 9366

**Picture ID is required for USAT events.**

Packet pickup on Thursday will be drive up style, and you will not exit your vehicle. Please have your confirmation email with barcode ready for a quick packet pickup.

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

**Schedule:** 6:30am-8:30am Race Day Packet Pickup with online race day registration  
6:30am-7:30am Transition Open for Olympic Athletes  
7:30am-8:20am Transition Open for Sprint Athletes  
8:00am-8:30am Olympic Wave  
8:05am Duathlon starts at the run start/finish line  
8:10am-8:45am 5K/10k starts at the run start/finish line  
8:30am-9:00am Sprint Wave

**Food:** To go boxed lunches will be served to participants near the finish line.

**Parking:**



There are small parking areas up and down the peninsula.

There is a \$10 parking fee for the Camp Edison day use area.

**Lodging:** Camping is available at Camp Edison  
Phone: (559) 841-3134  
Web: [www.sce.com](http://www.sce.com) - Look up 'Camp Edison'  
E-mail: [camped@sce.com](mailto:camped@sce.com),

-or-

Contact The Shaver Lake Visitor's Bureau  
Phone: (559) 841-3350  
Web: <http://goshaver.com/lodging.php>

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