



SIERRA CASCADES
MULTISPORT PRODUCTIONS

Shaver Lake Triathlon 2022 - Athlete Guide

Sunday, September 11th, 2022

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

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

General Race Information:

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.

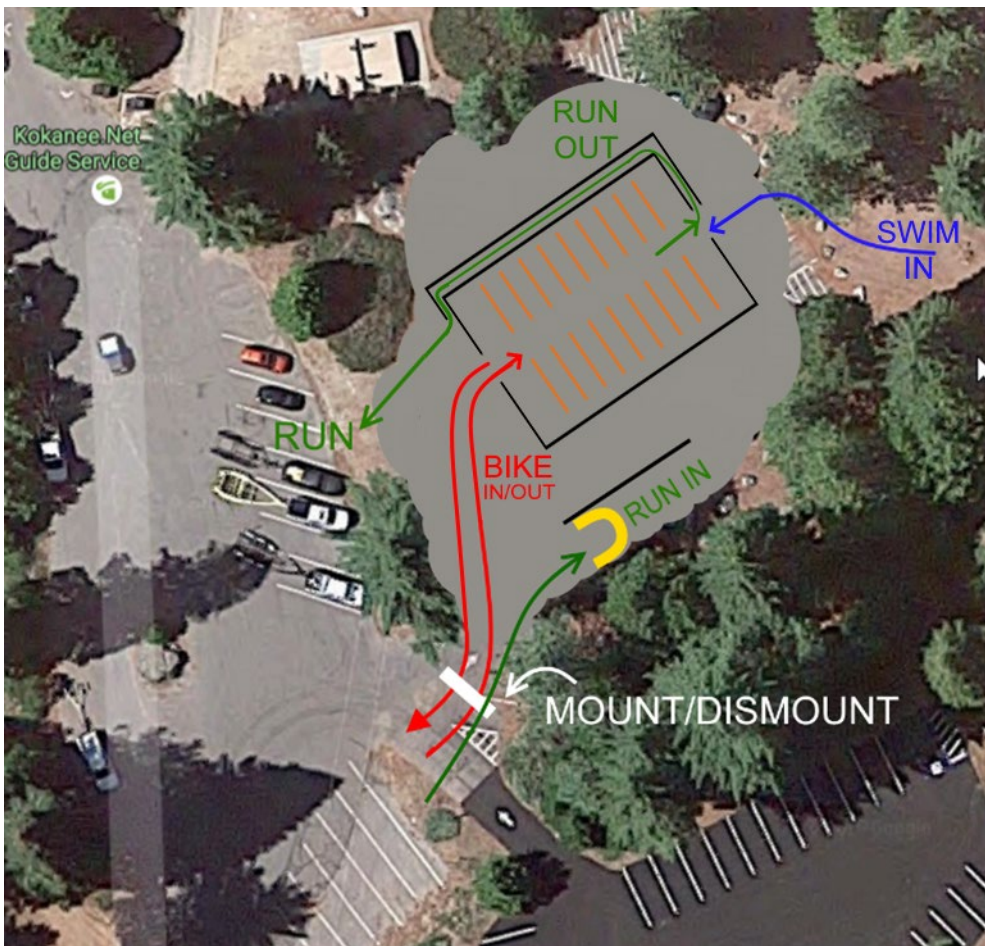
Awards

- All multisport events are submitted to USAT by DOB and are ranked by USAT in 5-year increments.
- Triathlon and 5k & 10k will have 1st, 2nd & 3rd Overall Awards for Male and Female participants.
- Two Sport and Relay events will have 1st 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.
- There will be up to 8 bikes per rack and the location for each bike will be marked on the bike racks. Specific spots will not be assigned, only location to help athletes rack in correct locations to avoid bikes needing to be moved to accommodate other athletes. To avoid your bike being moved, please rack in a designated space.
- Olympic athletes must be out of transition by 7:45am for accurate results.
- Sprint athletes must be out of transition by 8:15am for accurate results.
- A separate area near the run out will be marked for Aquathlon Athletes.
- The multisport events are USAT sanctioned, and race officials will be onsite. An overview of USAT rules is located on the registration website: [USAT Rules Overview](#). See the full USAT rules here: teamusa.org.

Transition



Bike racks will have 8 athletes per rack and a separate area without bike racks marked for Aquathlon athletes. Team/club racks are located near the bike in/out. Team/clubs with 5 or more bikes qualify for a team/club bike rack.

All multisport athletes will be able to set up transition on Sunday beginning at 6:30am.

After the swim (or Duathlon 1st 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.

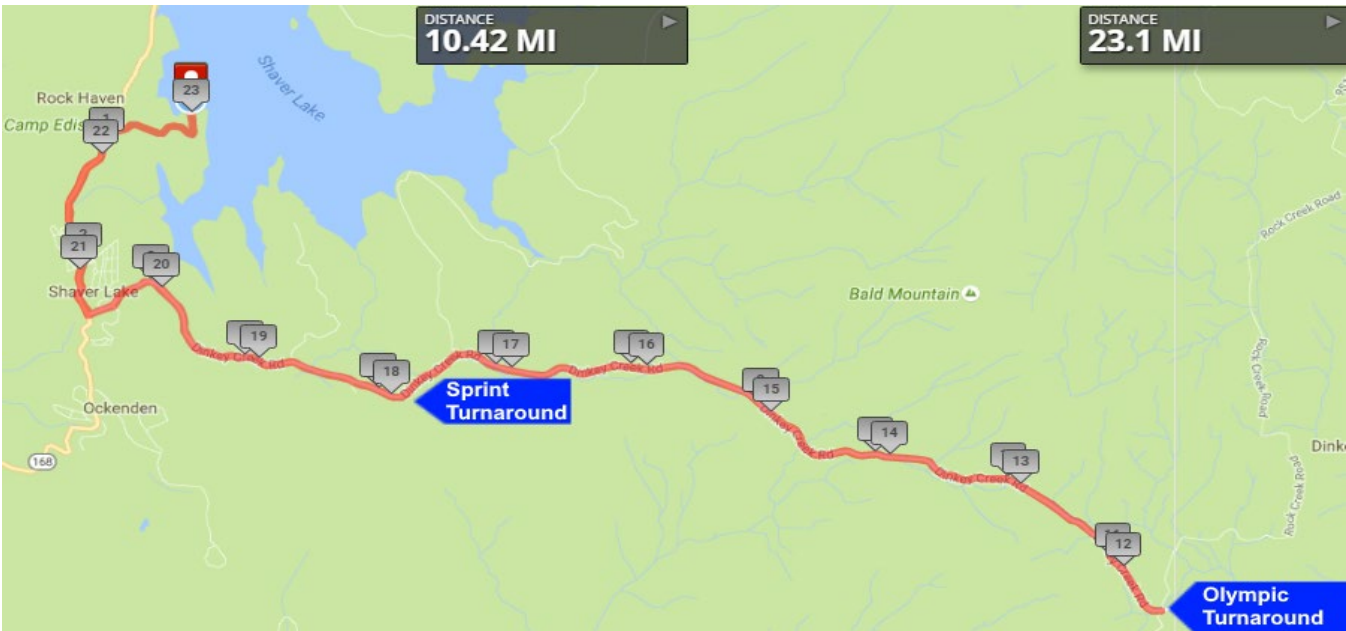
Swim Course



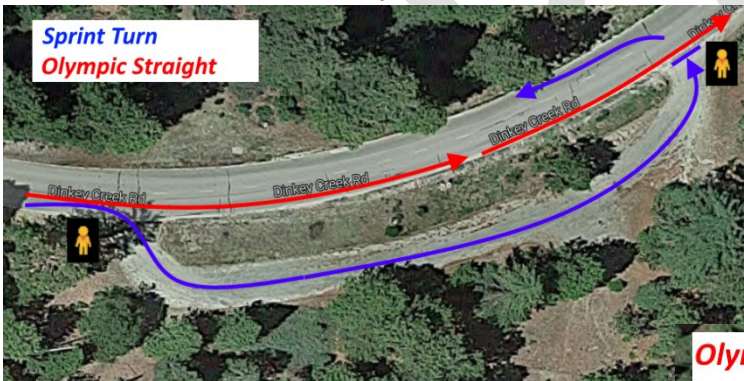
The swim start will be time trial start and will begin on the shore with athletes stating in 15 second increments. Athletes can warm up in the water. Lifeguards may instruct athletes on designated areas for warm up and provide additional course instruction at the start line. **Sprint** athletes complete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

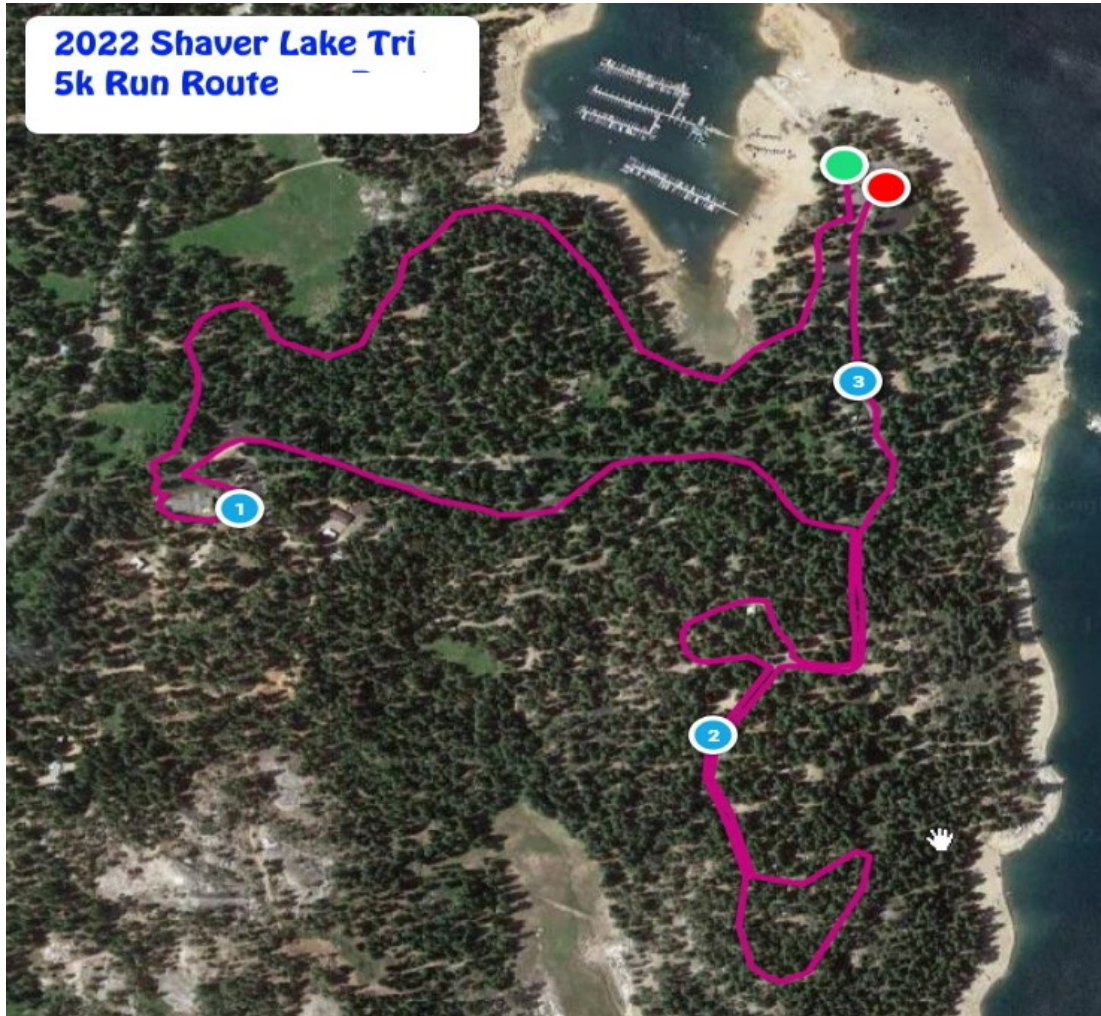
Olympic Bike Turnaround

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.

Southeast Loop



A little past 1.5 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 cones along the route.

After passing aid station #2, you will turn right to follow a loop through the campsites. Before reaching aid station #2 again, you will turn right at mile 1.9 and do another loop for .75 miles. Pass aid station #2 and follow the cones back to the venue.

Duathlon Course

Duathlon athletes will begin at the run start at 8:10am with 10 seconds between participants. Duathlon athletes will complete one loop of the run course keep to the left of the finish chute 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.

Aquabike Course

Aquabike athletes will start the swim with the triathlon athletes and self-seed based on speed. After the swim 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. Your finish time for the aquabike is when you cross the "bike in" timing mat after the dismount entering transition. Aquabike athletes can cross the finish line for photos and to get your medal. Please be mindful of athletes finishing.

What is in the Race Packet?

- (1) **Race number TriTats:** You will get two sets of your race number which should be placed one on **each arm** where it will be visible below your kit sleeve.
- (2) **Race age Tritats:** Race age is placed on the **left calf**. This is your race age which is the age you will be on 12/31.
- (3) **Helmet sticker:** This is placed on the **front center** of your helmet.
- (4) **Bike number:** This is typically placed on one of your bike tubes or the seat post.
- (5) **Race bib:** Your race bib must be worn during the run **facing forward**.
- (6) **Ankle chip:** Ankle chip must be worn during entire event and should be worn on the **left ankle**.
- (7) **Swim cap:** A silicone swim cap is provided and is based on your distance. You must wear the provided swim cap to identify your event and for visibility while in the water. Please contact the race if an athlete has an allergy or needs other accommodations.

Packet

Pickup:

Thursday, September 16th, 4:00pm-6:00pm

Break the Barriers Parking Lot

8555 N Cedar Ave, Fresno, CA 93720

Sunday, September 19th, 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

Food:

Our traditional Tri-Tip lunch and bottled beverage 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.

Schedule:

6:30am - 8:30 Race Day Packet Pickup
6:30am Transition Opens
7:45am Olympic Athletes Clear Transition
7:50am Mandatory Olympic Meeting at Swim Start
7:50am Mandatory Duathlon Meeting Outside of Transition "Bike Out"
8:00am Olympic Triathlon Begins
8:10am Duathlon Begins
8:15am 5k and 10k Run Begins near "Bike Out"
8:15am Sprint Athletes Clear Transition
8:20am Mandatory Sprint Meeting at Swim Start
8:30am Sprint Triathlon, Aquabike, and Aquathlon

Awards (times are approximate)

9:00 am 5k awards

10:00 am 10k awards

11:00 am Sprint Triathlon, Aquabike, Aquathlon

12:00 pm Olympic Triathlon, Aquabike, Aquathlon, Sprint Duathlon

Lodging:

Camping is available at Camp Edison

Phone: (559) 841-3134

Web: www.sce.com - Look up 'Camp Edison'

E-mail: camped@sce.com,

-or-

Contact The Shaver Lake Visitor's Bureau

Phone: (559) 841-3350

Web: <http://goshaver.com/lodging.php>

Questions:

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