



**SIERRA CASCADES**  
MULTISPORT PRODUCTIONS

## Crow's Nest Triathlon 2020 - Athlete Guide

### Sunday, August 23rd, 2020

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

Map 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:

Only athletes are allowed inside 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/Duathlon 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.

All athletes will have the option to set up in transition on Saturday 4:00pm-6:00pm. The number of athletes inside of transition will be limited to maintain distance between athletes. There will be security for transition area Saturday night.

**Olympic and duathlon** 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.

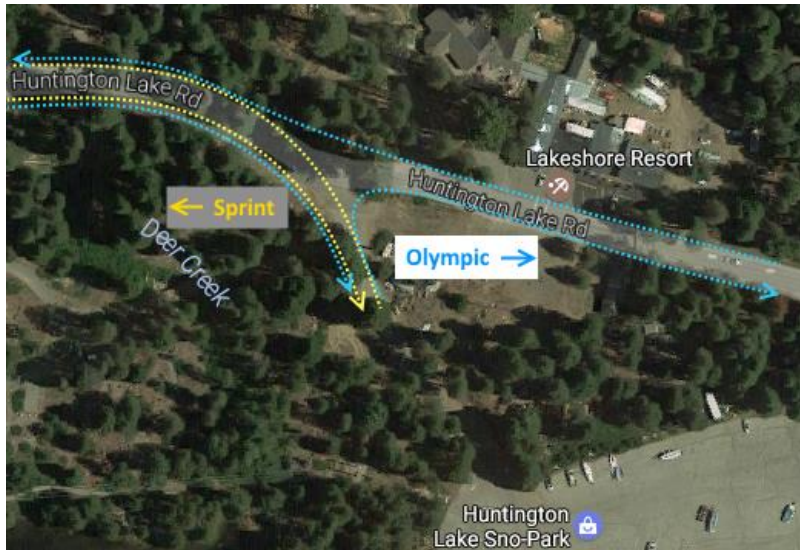
### After the swim (or Duathlon 1<sup>st</sup> Run)...

Athletes proceed to the 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:**

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

#### **Olympic:**

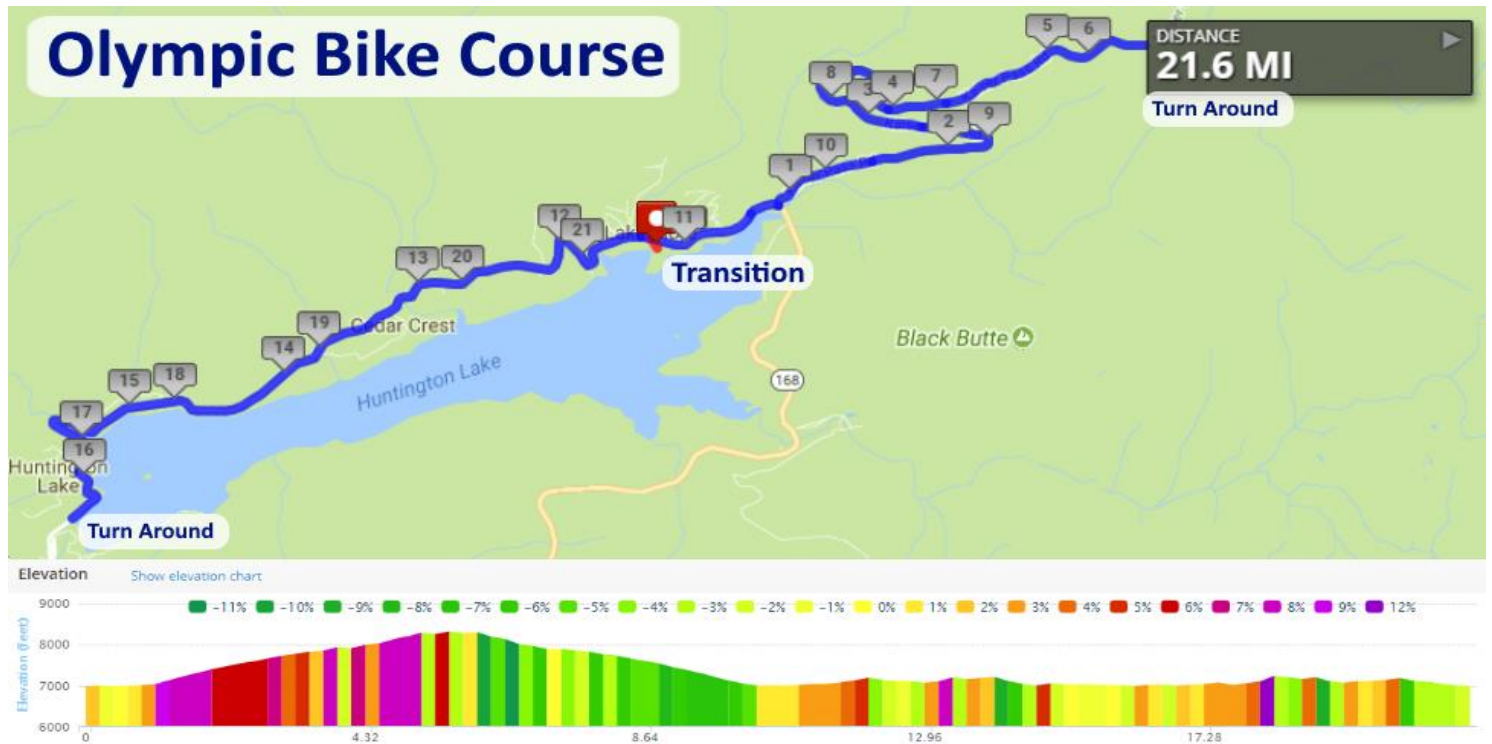
- 0.07 Turn **right** onto Huntington Lake Rd
- 0.83 Turn left onto Kaiser Pass Rd
- 4.75 Turn around at Parking Area
- 4.75 Turn right onto Huntington Lake Rd
- 0.83 Pass Transition
- 5.17 Turn around at the dam
- 5.17 Turn right into the transition

**SPRINT BIKE:** Beginning at the Transition Area, **Sprint** athletes will turn to the **left** as they exit the parking lot 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.

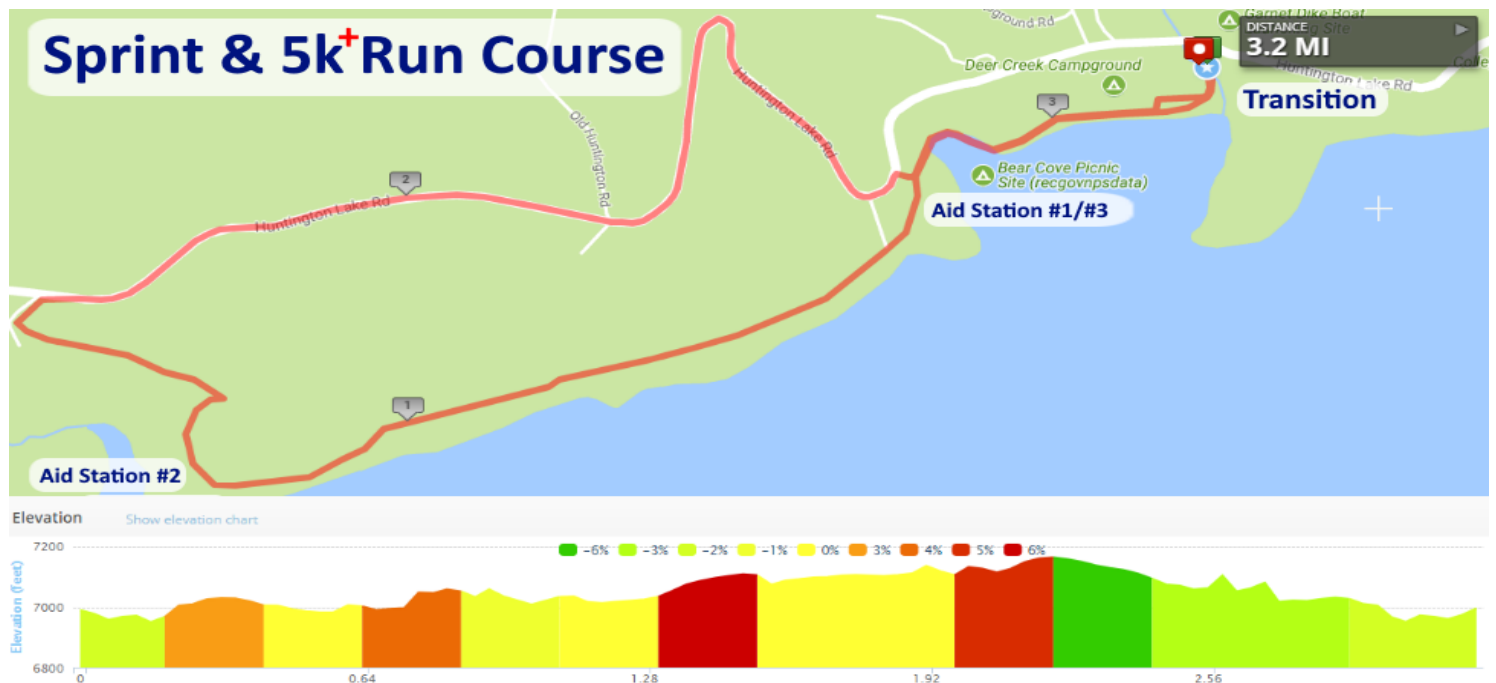




**OLYMPIC BIKE:** Beginning at the Transition Area, **Olympic** athletes will turn to the **right** as they exit the parking lot and will ride towards Hwy 168, then up Kaiser Pass Road to the parking area indicated on the course map. Grab some water at the turn-around and return back towards Hwy 168,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



**Sprint Triathlon/Aquathlon/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/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.

<b>Packet Pickup:</b>	Thursday, August 20th, 4:00pm-6:00pm <b>Break the Barriers Parking Lot</b> 8555 N Cedar Ave, Fresno, CA 93720  Saturday, August 22nd, 1:00pm-6:00pm <b>Lakeshore Boat Ramp Parking Lot</b> Lakeshore, CA 93634  Sunday, July 26th, 6:30am - 7:30am <b>(Race Morning)</b> <b>Lakeshore Boat Ramp Parking Lot</b> Lakeshore, CA 93634	Packet pick ups on Thursday and Saturday will be drive up style, and you will not exit your vehicle. Please have your bib number and ID ready at pick up. <b>We continue to offer “race day registration” online until 7:30am</b>
<b>Parking:</b>	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. <b>This area is operated by CLM and has a \$10 per vehicle parking fee.</b> <b>Please do not park on the road in front of the Lakeshore Resort.</b>	
<b>Food:</b>	Free to go recovery meal will be served to participants near the finish line.	
<b>Cold Water Changes:</b>	The water temperature July 26th was 67F. The water on race day is anticipated to be in the high 60s and will be wetsuit legal.	
<b>Relay Teams:</b>	Each athlete on a relay team will be given their own timing chip to eliminate handing off timing chips  When the finishing athlete enters into transition the next athlete from the same team starts without any physical contact.	
<b>Lodging:</b>	Lodging is available at Lake Shore Resort Phone: (559) 893-3193 Web: <a href="http://www.lakeshoreresort.com">www.lakeshoreresort.com</a>  Lodging is available at Huntington Lake Marina Resort: (559) 893-6750 Cabins: (559) 326-6687 Web: <a href="http://www.huntingtonlakemarina.com">www.huntingtonlakemarina.com</a>  Lodging is available at Lake View Cottages Phone: (559) 553-3550 Web: <a href="http://www.lakeviewcottages.net">www.lakeviewcottages.net</a> E-mail: <a href="mailto:vacations@lakeviewcottages.net">vacations@lakeviewcottages.net</a>	

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

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