

# 2023 Cal Tri Lake Perris Athlete Note

**Welcome.** Lake Perris was my first triathlon way back in 2008. It was called Big Rock. The questions that morning included why am I doing this and why so early? It was so disorienting to get up in the middle of the night and head over to Lake Perris from Glendale. That would just be one of many early mornings as I was hooked from the start. I hope you make some great memories of your own at this year's race. If your schedule permits, it is highly recommended to make it a weekend thing. If you RV or camp inside the park it makes the entire weekend more enjoyable. We use [LakeRV](#). ~ Thom Richmond, Founder, Cal Tri Events.

**Recent History.** More recent history includes Cal Tri Lake Perris as the site of triathlon's return to California after the start of the pandemic. In May 2021 it was almost impossible to find a venue where you could safely operate a social distanced race. Athletes signed up in droves and race directors were well represented learning what to do and not to do as they looked to bring racing back.

**Recent Upgrades.** The race has changed quite a bit since 2008 and continues to change. The ring road around the lake is relatively new and the run no longer crosses the dam like back in the day. In 2023, the bike route will go clockwise around the lake and without the need for an out and back which is opposite the most recent 3 editions.

**Getting There.** Lake Perris State Recreation Area - Lot 9. 17801 Lake Perris Dr, Perris, CA US 92571. This race is enclosed within an 8,200-acre rugged playground close to several major population centers including Anaheim (55 miles), LA (70 miles) and San Diego (90 miles). Park access is \$10 and it greatly helps speed the process if you bring cash.

**Spectators.** The best place to watch the race is at the swim start and at the finish line. Please communicate to your fancrew that spectating from vehicles along the bike course is a potential safety hazard.

**Sunday Schedule.** Athlete packet pickup will start 15 minutes early on Sunday at 6:45 AM. There is no Saturday packet pickup or bike drop off.

6:00 AM - Staff & Volunteers Arrive

~~7:00 AM~~ 6:45 AM - Athlete Packet Pickup & Transition Area Open

7:40 AM - Athlete Packet Pickup Closes

7:45 AM - Transition Area Closes & Head To Start - Sprint Events

7:50 AM - Swim Warm-Up - Sprint Events

8:00 AM - Start - Sprint Events

8:05 AM - Transition Area Closes & Head To Start - Olympic Events

8:10 AM - Swim Warm-Up - Olympic Events

8:20 AM - Swim Cut Off Time - Sprint Athletes

8:20 AM - Start - Olympic Events

9:10 AM - Swim Cut Off Time - Olympic Athletes  
9:30 AM - Sprint Awards - Overall Top 3 M/F  
11:00 AM - Bike Cut Off Time - All Athletes  
11:20 AM - Olympic Awards - Overall Top 3 M/F  
1:00 PM - Finish - All Athletes

**14 Event Options.** 7 Olympic distance events (Triathlon, Triathlon Relay, RunBikeRun, SwimBike, SwimRun, 1640 Yard Swim & 10K Run) and 7 Sprint distance events (Triathlon, Triathlon Relay, RunBikeRun, SwimBike, SwimRun, 400 yard Swim & 5K Run).

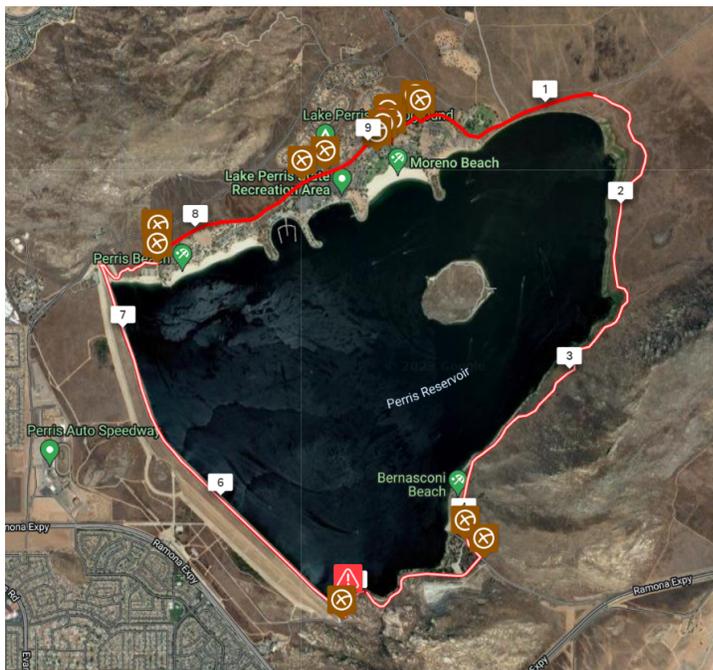
- Events With A Swim Discipline Begin At Swim Start on the beach
- Run & RunBikeRun Events Begin At Cal Tri Events Finish Arch
- Only Athletes With Wristbands Are Allowed In Transition Area
- Only Bikes With Stickers On Top Tube Are Allowed In Transition Area

**Course Maps.** Links to the swim, bike and run course maps are online. The staging area is also online.

**Expected Water Temperature.** 66 degrees F. Wetsuit recommended but not required.

**Sprint Swim Course.** Swimmers enter and exit the water below the Bluseventy arch. The sprint swim is a 1 loop clockwise course with a total of 400 yards. 20 minutes is the swim cutoff time. It is about 1000 feet of sand and pavement from the water's edge to SWIM IN at the transition area. Swimmers will enter the water at intervals to reduce congestion.

**Olympic Swim Course.** Swimmers enter and exit the water below the Bluseventy arch. The Olympic swim is a 2 loop clockwise course with a total of 1640 yards. 50 minutes is the swim cutoff time. It is about 1000 feet of sand and pavement from the water's edge to SWIM IN at the transition area. Swimmers will enter the water at intervals to reduce congestion.



**Bike Course -** Lake Perris State Recreation Area contains the entire bike route. The sprint course is one (1) 9.2 mile **clockwise loop** around Lake Perris. The Olympic bike course is three (3) **clockwise loops** for a total of 27.5 miles. The Olympic distance bike course is 2.7 miles longer or about 10% longer than the standard Olympic distance bike of 24.8. The route is well marked, well supported with police and course marshalls and almost completely closed to vehicular traffic. There are a couple technical

turns but those are marked on the course.

**Run Course** - Sprint/5 km (1 lap) & Olympic/10 km (2 laps) Run Course. The run course is an out and back course.