

## 2017 PRIEST LAKE TRIATHLON FINAL INSTRUCTIONS

RACE INFO – [www.priestlakerace.com](http://www.priestlakerace.com)

RACE DATE- August 26, 2017

LOCATION: Hill's Resort, 4777 West Lakeshore Road, Priest Lake, Idaho 83856

TRAVEL DIRECTIONS: Go to Priest River Idaho. From Priest River Idaho turn North at the intersection of State Highway 57 and US 2. It is the only intersection in Priest River Idaho with a stoplight. We think that is still kind of cool and it means you are getting closer to your best triathlon adventure ever in the scenic wilderness of Priest Lake Idaho! From the stoplight in Priest River, stay on Highway 57 for 28.5 miles until you get to Luby Bay Road. Turn right on Luby Bay Road and follow it to park. There will be outstanding parking directors to guide and park you. Yell a thank you at them since they volunteered to get up earlier than you to help make our race day a good time! Parking lot is limited to first 100 vehicles. Others will be parallel parked on the South side of Luby Bay Rd. Do not try to park anywhere except the Parking Lot or Luby Bay Rd on South side or you will get towed. Do not block any driveways or side roads or you will get towed. Parking can be up to a mile from the transition zone, put your transition bag on you back and ride your bike (its downhill☺) to transition. Don't try to drop off, it is congested and you will get stuck.

ALL OF THE VOLUNTEERS THAT HELP US WITH RACER CHECK IN AND ON THE COURSE, DO SO TO SUPPORT YOUR RACE BY DONATING THEIR DAY TO US. PLEASE RESPECT THEIR HELP. A THANK YOU TO A VOLUNTEER AT ANY RACE GOES A LONG WAY TO ENSURE FUTURE SUPPORT OF THE EVENTS WE LOVE TO PARTICIPATE IN. THANK YOU FOR YOUR SUPPORT!

RACE DAY WEATHER: Check updated forecast [HERE](#) According to the NWS as of 8/22/17, we are expecting clear skies, temperatures at swim start in the low 50F's and highs late morning around 80F.

### AT CHECK IN

AT HILLS RESORT BEACH, FRIDAY 8/25 4PM to 7PM AND RACE MORNING 6AM to 20 min. before your race on Lakeshore Rd. near the finish line. WE WILL ALSO HAVE LATE REGISTRATION AT THESE TIMES.

We encourage participants to arrive early to check in. Bike racks are assigned, but it is normal for the check in process at a triathlon to have lines and take a few minutes. The Priest Lake Triathlon is one of very few races that allows race day check in. We offer this as a convenience to our participants and because we have a stellar check in crew that get things done quickly. If you are new to Triathlon, arriving with a few extra minutes in the morning will allow you to get through check in and have some extra time organizing your transition area. It's also a great time to make new triathlon friends while getting ready!

## CHECK IN PROCESS

STEP 1. Go to the first table and look up your race bid number.

STEP 2. Go to waiver table. All racers are to fill out and sign a waiver. You can also download and print a waiver from our triathlon page at [www.priestlakerace.com](http://www.priestlakerace.com) to save a step

STEP 3. Take your waiver,

STEP 4. Proceed to the shirt line. Race policy is to provide you with the shirt you signed up for during registration. We allow exchanges of sizes after the race at the check in table.

READ THE RACE RULES. There is a link posted on our website at [www.priestlakerace.com](http://www.priestlakerace.com) with a link covering the most common rule violations. Marshals will be on the course issuing penalties for violations. common rule violations are;

DO NOT RIDE SIDE BY SIDE **EVER** ON A TRIATHLON COURSE. DO NOT CROSS THE CENTERLINE OF THE ROAD ON A BIKE COURSE. KEEP PROPER FOLLOWING DISTANCE LISTED IN THE RULES. EXPECT SOMEONE TO BE PASSING YOU AT ALL TIMES ON YOUR LEFT. NO PASSING ON THE RIGHT. MAINTAIN PROPER RIDING POSITION NEAR THE RIGHT SIDE OF THE DRIVING LANE. NO EARPHONES AT ANY TIME ON THE BIKE COURSE. Thank you for reading and following these rules for all of our safety.

START TIMES:

TRANSITION OPENS AT 06:00AM and CLOSSES AT 08:35

OLYMPIC DISTANCE: Individual, Relay -MANDATORY SAFTY BRIEF ON BEACH **07:45AM**

OLYMPIC START: **08:00AM**

SPRINT DISTANCE: Individual and Relay, MANDATORY SAFETY BRIEF ON BEACH AT **08:45AM**

SPRINT DISTANCE: START: **09:00AM**

**CUT OFF TIMES: Course Closed at 1:10PM. Run course closed at 11:50AM. Athletes must be out of transition and on the run course by 11:50AM**

TRANSITION: **Athletes only in transition.** You must have your frame tag number on your bike and your bib or helmet tag with you. They must match to leave transition with your bike. You will be assigned a bike rack space which is labeled.

TRANSITION ETIQUETTE: 18" of rack space is typical. Folded out towels, shoes, and packs should fit neatly under your designated space. Oversized bags please store against the fence away from transition entry and exit. Please be respectful of your neighbors and keep items contained to your rack space.

TIMING CHIPS- IMPORTANT INFORMATION! DO NOT ADHEAR THE CHIP AND REMOVE IT AND ADHEAR IT AGAIN. **THE GLUE WORKS ONE TIME.** IF YOU LOSE THE CHIP IN THE WATER YOU WILL LOSE YOUR TIME. IF IN DOUBT, WE PROVIDE ELECTRICAL TAPE AT TRANSITION AND THE BEACH IF YOU WISH TO PLACE AN ADDITIONAL WRAP AROUND THE CHIP BAND. Relay teams will be issued a Velcro strap chip to remove and exchange it.

SWIM START: Priest Lake Triathlon is a rolling self-seeded start. There is a timing mat at waters edge. YOU MUST GO THROUGH THE START CHUTE AND CROSS MAT OR YOU WONT GET A TIME. Your time will not start until you cross the mat. Elite will start in front, you will line up in the chute BEHIND the sign that shows your intended swim pace. Start as accurately according to pace as possible, this will make for a faster and safer swim time for you. If you are new to open water swim races, please feel free to start a little further back in your intended pace zone.

TEAM RELAY: You will have a rack for the bike member on your team. This is your team exchange zone. The bike rider should be waiting at the rack to get the chip from the swimmer. The swimmer must enter the relay area at the rack space and pass the chip to the bike team mate. The bike team member must enter the team exchange zone at the bike rack and pass the chip to the runner. 2 person teams will transition at their bike. NOTE: IMPORTANT. Check your chip attachment before leaving transition!

AWARDS:

**RESULTS ARE CALLED FINAL AT THE START OF THE AWARDS CEREMONY.** DO NOT CONTEST RESULTS DURING THE AWARDS CEREMONY. IT IS YOUR RESPONSIBILITY AS AN ATHLETE TO CHECK YOUR RESULTS AND REPORT ANY DISCREPANCY TO THE TIMER AT THE FINISH LINE BEFORE THE AWARDS CEREMONY. We do not mail awards. You worked hard to earn an award, please enjoy your moment of greatness, we try to move through the awards promptly and look forward to sharing in your glory!

### ***GREAT OVERALL AWARDS AND PRIZES SPONSORED***



Awards: 1st-3rd, Overall trophies and prizes. Age group medals- 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Clydesdale(220 lbs.+ ) and Athena (165 lbs.+ ) 1st-3rd, Teams 1<sup>st</sup> place trophy 2-3<sup>rd</sup> medals

**Notice!** Overall, Clydesdale, Athena, and Team entries remove you from age group awards. Olympic

Have a super race day, when you cross the finish line you are not only a triathlete, you are a Priest Lake Triathlete!