

**2021 PRIEST LAKE TRIATHLON  
ATHLETE INSTRUCTIONS  
YOU MUST READ THIS INFORMATION**

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

**RACE DATE- August 28, 2022**

***Congratulations! You are about to experience an epic race day and complete the 12<sup>th</sup> annual Priest Lake Triathlon! Your goal may be to win an age group, finish your first triathlon, or make your come-back race after an injury or life set back. Whatever your goal is, race day is special and we appreciate being part of your athletic journey. Make it a great race day!  
- RD Ken and the Priest Lake Multisports Team***

- 1. READ THIS AND READ THE WEBSITE COMPLETELY BEFORE SENDING AN EMAIL.**
- 2. AS POSTED ON THE WEBSITE THERE ARE NO TRANSFERS OF A BIB FROM ONE PERSON TO ANOTHER.**
- 3. AS POSTED ON THE WEBSITE THERE ARE NO REFUNDS.**
- 4. THERE IS NO RACE DAY REGISTRATION- YOU MUST SIGN UP ONLINE BY FRIDAY AUGUST 27 at 4:00PM PST or IN PERSON ON FRIDAY NIGHT CHECK IN AT HILL'S RESORT**
- 5. IMPORTANT- IF THERE WERE ANY PROBLEMS WITH YOUR REGISTRATION OR CHANGE IN TEAM MEMBERS THAT WE HAVE NOT CONTACTED YOU ABOUT BY SATURADAY AUGUST 21, YOU CAN RESOLVE THEM AT FRIDAY NIGHT CHECK IN.**

**COVID 19 UPDATE- Pay attention to these details. To help ensure your safety we have made some modifications to race operations. Read this whole document.**

***We have a lot of room, please spread out as you desire.***

***WE WILL RACE RAIN OR SHINE!***

## **TRAVEL DIRECTIONS**

### **EVENT ADDRESS**

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

### **TURN BY TURN 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.**

### **RACE DAY PARKING**

**DO NOT PARK IN THE RESORT LOT OR WHERE SIGNS ARE POSTED NO PARKING. Event parking is on the South side of Luby Bay Rd. This will be on the right side of the road as soon as you turn off of the highway. Do not try to park anywhere else 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 your back and ride your bike (it's downhill) to transition. Don't try to drop off, it is congested with high traffic and you will get stuck.**

### **REALLY IMPORTANT FOR BEST PARKING**

**FOR YOUR BEST PARKING EXPERIENCE- IF YOU SEE VEHICLES PARKED ALONG THE SOUTH SIDE OF LUBY BAY ROAD AFTER YOU TURN OFF THE HIGHWAY, PARALLEL PARK BEHIND THEM. IF YOU CONTINUE DRIVING THINKING THERE IS MORE PARKING CLOSER YOU WILL GET DELAYED AND STUCK. DO NOT DRIVE INTO THE VENUE.**

### **SPORTSMANSHIP AND COURTESY**

**ALL OF THE VOLUNTEERS THAT HELP US WITH ATHLETE CHECK IN AND ON THE COURSE DO SO TO SUPPORT YOUR RACE BY DONATING THEIR TIME 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. UNSPORTSMAN LIKE CONDUCT IS NOT ALLOWED AT THIS EVENT AND MAY BE CAUSE TO DISQUALIFY YOU.**

***THANK YOU FOR YOUR SUPPORT!***

### **RACE DAY WEATHER**

**The weather has changed at Priest Lake several times this last week from hot, dry, and smoky hazy to clear, cool, and rain. Race day conditions will change and are unknown. Check the PRIEST LAKE local forecast and make appropriate preparations for your race.**

### **FOOD AND BEVERAGE**

**Participant fee includes finish line recovery food like, fruit, cookies, water, Etc.**

**FOR FOOD AT THE AWARD CEREMONY AT THE PODIUM YOU NEED TO PRE\_ORDER YOUR FOOD NOW. THIS WAS AN ADD ON FEE DURNING REGISTRATION. IF YOU DID NOT SIGN UP FOR FOOD DURING REGISTRATION BUT WOULD LIKE TO, LOG BACK INTO YOUR RUNSIGNUP ACCOUNT REGISTRATION. SELECT THE ADD ON FOR AWARD FOOD \$10.00. YOU WILL GET A WRISTBAND AT CHECK IN TO GET YOUR MEAL. YOU MUST SIGN UP ON LINE BEFORE REGISTRATION CLOSES ON FRIDAY AUG. 27 AT 4:00PM. OR AT FRIDAY NIGHT CHECK IN YOU CAN PAY WITH EXACT CASH FOR AWARDS PARTY FOOD. YOU CAN NOT PAY FOR FOOD ON RACE DAY, THIS MUST BE DONE BY THESE TIMES.**

**WE MUST HAVE YOUR FOOD RESERVATION FOR YOU TO GET AWARD PARTY FOOD! BEER WILL BE AVAILABLE FOR SALE BY HILL'S RESORT AT THE AWARDS PODIUM.**

### **CHECK IN LOCATION AND TIMES**

**FRIDAY 8/27 4PM to 6:30PM . By the Hill's Resort Tennis Courts (AKA transition zone) OR**

**RACE MORNING 6:15AM until 20 min. before your race-BY THE FINISH LINE ARCH IN THE MAIN ENTRY TO THE RESORT (CAN'T MISS IT!) - NO EARLY BIRDS PLEASE BEFORE THESE TIMES. THESE TIMES ARE WHEN THEY START. A TIP! IF YOU CHECK IN RACE MORNING COME TO GET YOUR NUMBERS AND CHIP RACE READY. IT IS REALLY CLOSE TO TRANSITION. YOU CAN PICK THEM UP THEN GO RACK YOUR BIKE AND GET READY.**

### **EXPRESS CHECKING IN**

**We encourage participants to arrive with plenty of time to check in. There is much to do with getting a good spot in transition, getting your bike racked, and the unknown. THE RACE WILL START ON TIME.**

***The Priest Lake Triathlon is one of the very few races that allows race day check in. Most races require check in the day before. We offer this as a convenience to our participants and because we have a stellar check in crew that get things done quickly. BE PATIENT, THIS IS A PRIVILEGE THAT CAN CHANGE.***

### **FOR EXPRESS CHECK IN PLEASE FOLLOW THIS PROCEDURE**

**Again, all you are getting at check in is your bib, chip, bike and helmet tags, race number tattoos, and swim cap. If you leave your car race ready, you will get this packet to immediately take to transition.**

**STEP 1. PRINT OFF A WAIVER FROM THIS EMAIL OR ON THE TRIATHLON WEBSITE-FILL OUT A WAIVER FOR YOURSELF AND OR ALL MINORS YOU REGISTERED AT HOME, SIGN IT AND BRING WITH YOU. IF YOU DON'T DO THIS YOU NEED TO STOP AT THE WAIVER TABLE AND FILL ONE OUT BEFORE CHECK IN. (Way faster to do at home, and you will look really prepared, go you on race day!!)**

## **STEP 2. CHECK IN**

**TABLES WILL BE SPREAD OUT TO HELP SOCIAL DISTANCE.**

**Approach the check in tables with waiver in hand. Announce your name clearly. The crew will hand you your check in materials. GO TO TRANSITION AND GET READY TO RACE!**

## **ABOUT BODY MARKING**

**It's always been kind of an icky job to be the body marker at a triathlon right? NEW for this year ALL PRIEST LAKE TRIATHLETES WILL LOOK LIKE AN OLYMPIC PRO! In your packet pickup is a temporary race day number tattoo. Instructions are on the packet. Place one on the outside of your left arm between the elbow and shoulder so it can be seen if someone was standing to your left. Place the other one centered on your left calf. TIP you place on skin then apply by rubbing a wet towel on them. If you got your packet Friday this is easily done at home the night before the race. If not, you should have a towel in your transition kit right? Soak a small corner of it with your water bottle, rub/press the back of the tat with the wet towel pressing against your skin and pull off the backing. It will wash off in a couple days or can be removed with a little rubbing alcohol when you get home. Please dispose of the slick backing material.**

## **TIMING CHIP**

**Place and secure with Velcro attachment around your lower left ankle. DOUBLE CHECK IT BEFORE GETTING IN THE WATER.**

**(Race Director Tip! I always put mine in my running or morning shoes that I will be wearing when I wake up, then put it on immediately so I don't forget it!)**

## **SWIM CAPS**

**Many colors to choose from but they have no difference on the start procedure. Must wear to ensure visibility for water safety crew.**

## **BIKE MARKINGS**

**Frame tag with your race number on it is placed on the top or lower bar depending on bike design so it is visible from the side of the bike.**

## **HELMET NUMBER**

**This is the smaller number sticker, place on the front of your bike helmet.**

## **RUN NUMBERS**

**Only needs to be worn during the run course. ON YOUR FRONT with pins or race belt. (pins available at check in).**

## **RULES**

**HELMETS APPROVED BY THE CPSC MUST BE BUCKLED AND ON AT ALL TIMES ON BIKE, YOU WILL BE DISQUALIFIED FOR NOT WEARING A HELMET.**

**WETSUITS ARE SUGGESTED FOR THE OLYMPIC SWIM, BUT NOT REQUIRED. SPRINT COURSE WETSUITS OPTIONAL. WATER TEMP IS AVERAGE 72F.**

**NO BLOCKING- DO NOT RIDE SIDE BY SIDE EVER ON A TRIATHLON COURSE. THIS IS NOT THE TIME TO TALK WITH A BUDDY NEXT TO YOU, THIS IS DANGEROUS AND AN IMMEDIATE DQ.**

**DO NOT CROSS THE CENTERLINE OF THE ROAD ON A BIKE COURSE.**

**COURSE IS OPEN TO TRAFFIC. RIDE ON RIGHT SIDE OF TRAFFIC LANE ONLY. THIS IS THE SECTION OF ROAD WITHIN 2' OF THE FOG LINE.**

**NO DRAFTING- KEEP PROPER FOLLOWING DISTANCE- 6 BIKE LENGTHS .**

**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.**

**PASSING- YOU HAVE 15 SECONDS TO COMPLETE A BIKE PASS.**

**BIKES- NO E BIKES. OLYMPIC ROAD COURSE MAY USE ROAD, MTB, CROSS, OR HYBRID BIKE IN GOOD WORKING ORDER.**

**SPRINT COURSE IS OPEN TO MOUNTAIN BIKES, CYCLE CROSS BIKES, OR HYBRID BIKES IN GOOD WORKING ORDER. THE MTB COURSE IS ROCKY DOUBLE TRACK GRAVEL FOREST ROAD. USE CAUTION AT ALL TIMES.**

**UNSPORTSMAN LIKE CONDUCT- RUDENESS, PROFANITY, OR HARSH LANGUAGE IS NOT ALLOWED. DIRECTED AT OTHER**

**PARTICIPANTS, VOLUNTEERS, OR RACE STAFF WILL RESULT IN A PENALTY OR DQ**

**YOU MUST FOLLOW THE MARKED COURSE. IF YOU LEAVE THE COURSE YOU MUST ENTER IT AGAIN FROM THE POINT LEFT.**

**TRANSITION. ATHLETES ONLY NO EXCEPTIONS. YOU MUST KEEP ALL GEAR STORED UNDER YOUR ASSIGNED 18" OF RACK SPACE OR AGAINST FENCE.**

**SWIM SAFETY. IF YOU NEED HELP RAISE YOUR ARM, BE CALM, YELL, AND SIGNAL A WATER SAFETY VESSEL. YOU MAY HOLD THE VESSEL AND REST AS LONG AS NO FORWARD PROGRESS MADE. IF YOU CAN NOT CONTINUE INFORM THE WATER SAFETY PERSON.**

**NUMBERS- BIKE MUST HAVE FRAME TAG NUMBER AT ALL TIMES. HELMET STICKER NUMBER MUST BE ON FRONT OF HELMET AT ALL TIMES. RACE BIB MUST BE WORN ON THE FRONT OF ATHLETE ON THE RUN COURSE.**

**CHECK YOUR CHIP BEFORE YOU START AND WHEN YOU GET OUT OF THE WATER. IF YOU LOSE YOUR CHIP YOU ARE DQ FROM PLACING IN A DIVISION. YOU MAY STOP IN TRANSITION IF YOU NOTICE A CHIP MISSING.GO TO TIMING AT FINISH LINE AND GET A REPLACEMENT AND CONTINUE RACE. YOU WILL BE CONSIDERED A FINISHER WITH REPLACEMENT CHIP BUT REMOVED FROM COMPETITION.**

**BE SAFE AND RESPECT YOUR FELLOW ATHLETES!**

**TOILETS- near parking lot and Bike in entry to transition, PLEASE DO NOT GO INTO THE LODGE. PLEASE RESPECT OUR HOST.**



## **START TIMES:**

**TRANSITION OPEN 06:00AM**

**TRANSITION CLOSING AT 08:35 for EVERYONE.**

**ATHLETES ONLY IN TRANSITION-NO EXCEPTIONS!**

**OLYMPIC DISTANCE: Individual and Relay -MANDATORY SAFETY BRIEF ON BEACH in front of main lodge 07:40AM**

**OLYMPIC START: 08:00AM**

**SPRINT DISTANCE: Individual and Relay, MANDATORY SAFETY BRIEF ON BEACH AT 08:40AM**

**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 CHIP REMINDER- make sure it is on you before you head to the start, all athletes including relay teams will be given a chip. NO CHIP NO TIME**

**SWIM START: WE WILL AGAIN USE A self-seeded start. By practice we feel this will be the best way to allow social distance. Spread out as you need. There is a timing mat at water's edge. YOU MUST GO THROUGH THE START CHUTE AND**

**CROSS MAT OR YOU WON'T 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 or as far back as you want. It only takes a couple minutes for everyone to get through.

**NOTE FOR TEAM RELAY:** There is a separate sprint and Olympic relay rack. This is your team exchange zone and this rack is separate from the numbered rack spaces for individual entries, rack anywhere on the team rack for your distance of race. The bike rider should be waiting at the rack for the swimmer. The swimmer must enter the relay area at the rack space and tag the bike team mate. The bike team member will then enter back into transition and tag the runner to begin the run course. Two person teams will transition at this rack as well. **NOTE: IMPORTANT.** Check your chip attachment before leaving transition! **YOU MUST TAG** (An air high five within 6 feet will work for this year) **TEAM MEMBER AT THE RACK. THERE ARE TIMING MATS AT ALL ENTRIES TO TRANSITION THAT TRACK YOUR TEAM MEMBERS TIME. MAKE SURE TO TAG ONLY AT THE BIKE RACK. DON'T BE GOING IN AND OUT OF TRANSITION ACROSS MATS!**

## **AWARDS:**

**RESULTS ARE FOUND AT THE RESULT TRAILER PAST THE FINISH LINE. 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 TIMING TRAILER 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***

**Awards: 1st-3rd, Overall trophies and prizes. Age group medals- under 14,15-19, 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.**

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

**Participation Waiver: Priest Lake Triathlon 8/28/2021**, I individually, (and/or as a parent, and /or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive and forever discharge Priest Lake Multisports LLC and its members, managers, volunteers or employees, Hills Resort, The United States Government, USFS, Bonner County, and any other supporting groups of this event, together with all their officers, agents and employees, from any and all liability, claims, demands, actions, or causes of actions whatsoever arising out of, or relating to any injury, illness, loss or damage including death, related to participating in the aforesaid event. I also hereby release and discharge the State of Idaho, the Idaho Transportation Department, and its agencies, officials, and employees from and against all liability to the Participant, his/her spouse, legal representatives, heirs or next of kin for any and all loss or damage, and/or claim, suit, or demand on account of injury to the person or property of the Participant or resulting in the death of the Participant, arising out of or the result of participation in the above named activity. Participant understands risks of this event may include; hyperventilation, choking, being contacted or kicked by other swimmers, drowning, overexertion, collision with other bikes, vehicles, or stationary objects causing severe injury or death, heat exhaustion, hypothermia, exposure to changing weather and natural conditions, dehydration, falls, and tripping. Participant certifies that he/she has carefully read the above provisions, and knows and understands the contents, and signs this General Release of his/her own free act. I further state I am in the proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with anything event management deems dangerous to me or other participants, and that I will participate with sportsman like conduct at all time, and that I have read and agree to follow the posted race rules. I also agree that event management may remove me from this event for any violation of these said policies. I agree I was given a copy of the rules and have read the and agree to follow them. I also agree that if any part or the entire program is canceled for any reason that all entry fees are non-refundable except in the case that not enough participants register, in which case a full or partial refund will be granted. I further agree to return the timing transponder and its attachment device to an appropriate race official after the race.

I HAVE READ AND UNDERSTAND THIS WAIVER- **Participant Initials** \_\_\_\_\_

**Date:** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Participant Name Print** \_\_\_\_\_

**Participant Signature** \_\_\_\_\_

**Guardian Name if Participant Under 18**

**Print** \_\_\_\_\_

**Guardian Signature if Participant Under 18**

**Signature** \_\_\_\_\_

