

**2024 PRIEST LAKE TRIATHLON**  
**ATHLETE INSTRUCTIONS**  
**YOU MUST READ THIS INFORMATION**

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

RACE DATE- **August 24, 2024**

***Congratulations! You are about to experience an epic race day and complete the 15th 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- REGISTRATION IS CLOSED. THERE IS NO FRIDAY CHECK, RACE MORNING ONLY.**
- 5. IMPORTANT FOR RELAY TEAM- You can change team members at registration, bring them with you to sign the waiver.**

***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 TO THE RACE**

**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, follow it until you see event vehicles parking.**

## **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. WE ARE ALL HERE FOR A POSITIVE RACE DAY THAT CHALLENGES YOU AS AN ATHLETE!**

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

## **RACE DAY WEATHER**

**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.**

**If you purchased the finish line lunch for the awards party you will get a ticket at check in, OR bring \$10 to purchase a ticket at check in. Event food is available for friends and family at \$10 Please bring cash or check, we are in the wilderness (which is a good thing) but with low connectivity so card processing is slow so event food is quicker with cash.**

***This year we have sponsored beer at the awards party. Athletes over 21 will have one complimentary beer.***

**The resort is open with full dining service for friends and family, for additional food and beverage options.**

## **CHECK IN LOCATION AND TIMES**

### **NO FRIDAY NIGHT CHECK IN**

#### **CHECK IN IS ONLY RACE DAY-**

**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, IF YOU SHOW UP BEFORE 6:15AM AND ASK FOR SPECIAL PRIVILEGES AND YELL AT THE VOLUNTEERS IT WILL NOT HAPPEN. THESE TIMES ARE WHEN THEY START. A TIP! IF YOU CHECK IN RACE MORNING COME TO GET YOUR NUMBERS AND CHIP RACE READY FROM YOUR CAR. IT IS REALLY CLOSE TO TRANSITION. YOU CAN PICK THEM UP THEN GO RACK YOUR BIKE AND GET READY, *then have an awesome race day!!*

#### **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. Remember this is not a retail experience, it is an athletic event day you have trained for to CELEBRATE HOW AWESOME YOU ARE! Plan extra time and enjoy the whole process😊***

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

Again, all you are getting at check in is your bib, chip, bike and helmet tags, shirt, 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 at [priestlakerace.com](http://priestlakerace.com) -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**

**CHECK IN TABLES WILL BE RIGHT ON THE ROAD AS YOU SEE THE FINISH ARCH, CAN NOT MISS IT.**

**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**

**You may self-body mark, no body marking will be provided.**

## **TIMING CHIP**

**Place and secure with 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!)**

**Race Director Tip #2- Two things break my heart every year, the first is that 40% of participants do not even open their final instructions email then wonder why something went wrong for them. The second is this; DISPOSABLE TIMING CHIPS ARE DESIGNED TO FASTEN ONE TIME. Put it on once and do not remove it and put it back on. Every year the swim crew picks up a dozen floating chips. Sorry but there is no awards division for that and you will not get a complete finish time. PUT IT ON ONCE RACE MORNING!!**

## **SWIM CAPS**

**Must wear to ensure visibility for water safety crew.**

## **BIKE MARKINGS**

**Frame tag with your race number on it is placed on the top 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 SWIM, BUT NOT REQUIRED. Water temp will be 70-74F.**

**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. RIDING AGAINST TRAFFIC IS A DQ.**

**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. PASSING ON THE RIGHT IS A DQ.**

**NO EARPHONES AT ANY TIME ON THE BIKE COURSE. Run course is okay but keep one ear open and listen for safety.**

**PASSING- YOU HAVE 15 SECONDS TO COMPLETE A BIKE PASS. IF YOU ARE BEING PASSED YOU MUST YIELD AND GIVE THE 6 BIKE LENGTHS FOLLOWING DISTANCE.**

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

**SPRINT COURSE IS OPEN TO MOUNTAIN BIKES, CYCLE CROSS BIKES, GRAVEL 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 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 OR MONITOR. YOU MAY HOLD THE VESSEL OR DOCK 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 THE 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**

**CHECK IN OPEN AT 06:15AM**

**TRANSITION CLOSSES AT 08:20 for EVERYONE.**

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



**ROAD COURSE START- 08:30AM**

**OFF-ROAD START – 08:45AM**

**PRE-RACE MEETING IS AT 8:15 FOR ALL ATHLETES-Mandatory**

**CUT OFF TIMES: You must be on the run course by 11:00AM**

**Course Closed at 12:00PM**

### **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 can rack on any open space not marked.**

**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. 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. 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 Road Course/Off-Road relay rack. This is your team exchange zone and this rack is separate from the rest of the 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 YOUR 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. IF A TEAM MEMBER LEAVES BEFORE THE TAG YOUR WHOLE TEAM IS DQ.**

**TIP: DON'T BE GOING IN AND OUT OF TRANSITION ACROSS MATS IF YOU ARE A TEAM MEMBER WAITING FOR SOMEONE. IT WILL RECORD YOUR TIME AND CAN DQ YOUR RESULTS!**

**AWARDS:** Start 10:30-11 as podium fills and continue. Awards are located in front of the Hill's Resort Lodge by the beach.

**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, 70-74, 75+**

**Teams 1<sup>st</sup> place trophy and 2-3<sup>rd</sup> medals**

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