



Final Instructions

BEFORE YOU LEAVE HOME:

Label all your gear: Write your name and phone number on all your gear especially your wetsuit.

Pack your ID and USAT card: Photo ID is required at registration. USAT rules say No ID = No race. USAT members must present your USAT membership card at registration. If you forget your card you have two options, 1) go home and get it or 2) pay the \$10.00 one day license fee. Sorry USAT rules. (A digital photo of your card is acceptable as long as it is legible).

REGISTRATION: Saturday 1:00-6:00 PM & Sunday 6:30-8:00AM

Pre-registered USAT members: Go directly to the registration table, present your ID & USAT card.

Pre-registered NON-USAT members: Complete the one-day license form and take it with you to the registration table along with your ID.

Late Registration: Complete registration form and one-day license form (if needed) and take it to the late registration table along with check or cash only.

Pick up your race numbers and verify your information is correct. Get your swim cap, t-shirt, & goodie bag. You will also be given a numbered bag for your swim gear. This is so we can transport your wetsuit back to the finish area after the race. Get body marked. Put number plate on your handlebars. Bib number must be worn in front during the run. DO NOT pin it to your back.

Set-up your Bike to Run transition. We are utilizing 2 separate transition areas. T2 (Bike to Run) is at the base near registration. Leave your run shoes, hat, race number belt, etc. (Duathletes: If you are changing shoes for the bike and run you need to leave a pair in T2 in addition to the ones you will use for the first run.) Racks are first come. T2 will close at 8:30 AM.

Take your swim gear, bike gear, and gear bag with you and ride to T1/swim start: (Duathletes; Your start is next to the swim start.) It is approximately 2/3 of a mile uphill to the race start. Please allow yourself plenty of time to get set-up prior to race start. We recommend heading to the start area no later than 8:30.

Set up your Swim to Bike transition: Remember to place your numbered gear bag in your transition area. Everything that doesn't go with you on the bike MUST go into your bag after the swim. Duathletes: Same goes for you. If you change shoes in T1 be sure to place your running shoes in your bag before you start the bike.

Triathlon start is on the far side of the lake. Duathlon start is next to T2.

POST-RACE:

BBQ lunch will be provided by Snow Valley: Your choice of a hamburger, hot dog, or veggie burger and chips along with Gatorade, water and other snacks is included in your entry fee. Soda, beer, & wine (and lunch for spectators) will be available for purchase. Your bib number is your meal ticket.

Results will be posted and awards will start at approx. 11:30.

Gear bags will be transported back to T2 as soon as the course is clear. We appreciate your patience.