

## Triathlon Update

**If you are doing the full sprint or adult half sprint at 8:00, please arrive about 7 a.m. You may drop things/people off in the parking lot, but all cars must be out of the lot by 7:45. You may park off the sides of the dirt roads or at the baseball lots in the area but please do not park on Benton Crossing Road. Please arrive early as it will take some time to get from your car to the pool!**

Registration is open from 7:00-7:45 for the full sprint and adult half sprint. Pool will be open for warm-ups 7:30-7:55.

**If you are doing the “kids” races, please do not arrive before 9:00 a.m. Adults will be racing on Benton Crossing Road, so do not drive past the pool area at any time before 9:00 am! You may pull up to the pool and drop off people/stuff AFTER 9 a.m. Also be aware that there will be runners on the south side of the road between the Green Church and the pool between 8:20 and 9:00 a.m. You can park about ¼ mile down the road in the dirt parking lot by the ball fields. All cars must be out of the parking lot by 9:45. Do not park on Benton Crossing Road. Please arrive early as it will take some time to get from your car to the pool!**

The kids’ races will run from about 10 a.m. through noon. Registration for the kids races will be from 9:00-9:45. When you register, we will ask you to sign up for at least 1 volunteer slot. The pool will be open for warm-ups from 9:30-9:55.

There will be a BBQ/snack store and we will be selling hamburgers, hot dogs, snacks, and drinks. Please stay and eat. Every “kid” racer will get a free shirt and a finisher or award medal. The award ceremony is scheduled to start at 12:30. Limited numbers of additional shirts will be available for sale. If we run out of shirts, we will print another run if there is sufficient interest.

Please note that we added an adult half sprint that will start at 8:00 a.m. The kid’s half sprint heats will start at 10:00 a.m. These 2 courses will be slightly different but both will be the same distances. If you are an adult and wish to race solo you must race at 8:00 a.m.

Also, there were some questions regarding relays. Adults may do the half sprint as a relay with their kids. They will go with the kids heats around 10:00 a.m. Adult only relays must race the full or half sprint heats that will start between 8:00 and 9:00 a.m.

If you want an exception to the above – contact David Bassler ([daveinmammoth@yahoo.com](mailto:daveinmammoth@yahoo.com))

## Adult Race Course Descriptions

### Full Sprint:

There will be 2-4 heats that **start between 8:00 a.m. and 9:00 a.m.** just after the half sprint heat(s). **Registration opens at 7:00 and closes at 7:45 a.m.**

Before the race, find a nice spot for your bike. Set up your bike shoes, socks, helmet, and bike somewhere by the pool or in the parking lot = T1. Make sure your water bottle is full. Take your running shoes and running gear about 100 yards north of the parking lot to the tarps that are just off the side of Benton Crossing Road = T2. Please note that T1 and T2 are about 150 yards apart.

Swim 500 meter = 20 lengths in Whitmore Pool. Elevation Profile: -----.

T1: Put your bike where you want with your bike stuff. You may mount your bike wherever you want but don't crash into anybody as you ride out.

Bike: 12 mile Bike. Follow the pool's driveway to the main road = Benton Crossing. Watch for the half sprint incoming bikes and outgoing runners. Stay on the right side of the driveway on your way out. At Benton Crossing Road, turn right and ride to the river. The turn around is by Brown's Town Campground which is just past the river and will be marked by a cone and a volunteer. Be careful doing the 180 turn and watch for traffic! Ride back to the top of the small hill just by pool.

T2: Will be just off the south side of Benton Crossing Road directly north of the pool parking lot. Please note that you will not ride back to the pool driveway. T2 will be about 150 yards before the driveway. . You can hand your bike to one of our bike catchers and leave your bike gear on the tarps.

Run: 3 mile. Head east again (away from the 395 highway/green church) for 1.5 miles, then turn around and come back. The turn around will be marked by a cone and volunteer. Stay on the south side of the road for both the outbound and inbound legs. Stay to the right of oncoming runners.

Finish: Just next to T2.

## Special Tri Club Half Sprint

This race is geared toward people who want a short practice race before June Lake. It is open to all adults and wetsuits are allowed. **Start time 8:00 a.m.** There will be 1 or 2 heats only. **Registration opens at 7:00 a.m. and closes at 7:45 a.m.**

Find a nice spot for your bike. Set up your bike shoes, socks, helmet, bike, and running gear in the parking lot = T1/T2. Make sure your water bottle is full. Get your wetsuit on and warm up in the pool.

Swim 250 meters = 10 lengths in Whitmore Pool.

T1/T2: You may mount your bike wherever you wish.

Bike: 6 miles. Ride out the driveway and turn right on Benton Crossing Road. Ride a little past the bottom of the first steep downhill. Turn-around will be marked by a cone and a volunteer. Be careful at

the turnaround and watch for traffic. You will ride back to the pool's driveway and back to the parking lot to your T1/T2. Be careful turning left back into the driveway. Watch for runners leaving T2 – they should stay on your right. Watch for the full sprint cyclists leaving the parking lot also.

Run: 1.5 miles. Leave your bike and run back down the driveway to Benton Crossing Road. Stay to the left, watch for incoming cyclists, and turn left on Benton Crossing Road. Head toward the Green Church. The turn-around will be ¼ mile before the Green Church and will be marked by a cone and a volunteer. Stay on the south side of the road for both the inbound and outbound legs. Stay to the right of oncoming runners.

Finish will be in the parking lot of the pool.

## **“Kids” Race Course Descriptions**

### **Kids Half Sprint**

This race is geared toward teens but anybody who feels safe riding on open roads can race. Please note that the course is different than the 8 a.m. half sprint. **Heats will start at 10:00 a.m. Registration opens at 9:00 a.m. and closes at 9:45 a.m.**

Before the race, find a nice spot for your bike. Set up your bike shoes, socks, helmet, and bike in the grass or parking lot = T1 (First transition area). Make sure your water bottle is full. If you have separate running gear then you will set that up at T2. T2 is just off Benton Crossing Road about 100 yards north of the parking lot.

Swim 250 meters = 10 lengths in Whitmore Pool.

T1: You may mount your bike wherever you wish. Be careful in the parking lot as there may be lots of people walking about.

Bike: 6 miles. Ride out the driveway and turn right on Benton Crossing Road. Ride a little past the bottom of the first steep downhill. Turn-around will be marked by a cone and a volunteer. Be careful at the turnaround and watch for traffic. You will ride back toward the pool but will slow and cross the road to T2 (2<sup>nd</sup> transition area) just after the top of the small hill just north of the pool. Someone will take your bike or lay it on the tarps.

T2: Will be just off the south side of Benton Crossing Road directly north of the pool parking lot by about 100 yards. There will be tarps for your running shoes if you have separate bike and run shoes. Hand your bike to a bike catcher or lay it on the tarps.

Run: 1.5 miles. Leave your bike and run back down Benton Crossing Road heading east. Stay to the right of oncoming runners. The turn around will be marked by a sign and a volunteer. Both the outbound and inbound legs of the run will be on the south side of the road. As you come back to T2 – you will turn left on the dirt path for the final sprint and finish at the parking lot of the pool.

## Kids Full Mini

This race is for anyone who can swim 200 meters, bike 3 miles, and run 1 mile. **Registration opens at 9 a.m. and closes at 9:45. The heats should begin about 11 a.m.**

Swim is 200 meters = 8 lengths of the pool.

Transition #1 = T1 in grass at the south side of the pool. Get out of the pool and go to your bike. Put on your helmet, socks and shoes. Walk or run your bike through the gate in the fence and mount bikes in the parking lot.

Bike – 3 miles on paved and dirt roads. All turns and crossings will be manned by volunteers. Head down the driveway and cross the main road as you turn left on Benton Crossing Road. You will always ride on the right side of the road in the bike lane. Watch for traffic and listen to all volunteers! You will ride about ¼ mile on Benton Crossing Road toward the Green Church. Stay on the far right and in the bike lane! Turn right onto the dirt road just before the animal shelter. Follow this road to the ball field and the beginning of the loops.

You must do 6 loops around the ball field. The course will be marked by cones and volunteers. As you complete each loop, call out your names to the volunteers who will tell you how many laps remain. After the 6<sup>th</sup> loop, turn right back down the dirt road toward Benton Crossing Road. At Benton Crossing Road, you will cross the road as you turn left. Watch for traffic. There will be a volunteer here. Ride in the bike lane back to the pool.

Transition #2 = T2 in grass at the south side of the pool. At the edge of the parking lot, you must get off your bike. Then walk or run your bike through the gate and back to the grass.

Run – 1 mile. Run back out the gate, run about 10 yards along the south edge of the parking lot and turn left at the cement blocks. The run then goes down the dirt path south toward the lake. There will be a volunteer at the turn around. Tell them your name and run back to the pool. Finish line will be at the parking lot by the line of cement blocks.

## Kids Half Mini

This race is for anyone who wants a completely closed course (no exposure to cars/traffic). **This race will start at about 10:15. Registration opens at 9:00 a.m. and closes at 9:45 a.m.**

Swim is 100 meters = 4 lengths of the pool.

Transition #1 = T1 in grass on south side of the pool. Exit the pool and go to your bike. Put on your helmet, socks, and shoes. Walk or run your bike out the gate and onto the parking lot.

Bike – 1 mile = 4 loops around the parking lot and driveway. You must stay outside the cones. After 4 laps you must get off your bike before the gate. Then walk or run your bike back through the gate (stay left and watch for runners leaving the pool area). Leave your bike and helmet in the grass.

Transition #2 = T2 in grass at the south side of the pool.

Run – ½ mile. Run back out the gate (stay to the left and watch for bikes coming in), run about 10 yards along the south edge of the parking lot and turn left at the cement blocks. The run then goes down the dirt path south toward the lake. There will be a volunteer at the turn around. Tell them your name and run back to the pool. Finish line will be at the parking lot by the line of cement blocks.