

Overview

The swim team triathlons on Saturday, July 3rd are geared toward introducing kids to the sport of triathlon. Adult races are offered for fund-raising, for parents, and for anyone else who wants to race. After the race, the town is having a free day at the pool! We will have a BBQ and snacks available for sale. All races will be geared toward having fun and minimizing serious competition.

Registration

Super Sprint: Registration 7:00 a.m. – 7:45 a.m. at Whitmore pool. Cost: \$30 includes t-shirt if registration received by June 30th. Late registration t-shirts not guaranteed.

Kids Full and Mini Triathlons: Registration 9:00 a.m. - 9:45 a.m. at Whitmore pool. Cost \$15 includes t-shirt if registration received by June 30th. Late registration t-shirts not guaranteed.

Mammoth Lakes Swim Team Kids pay only \$10 for all races. High Sierra Tri-Club \$5 discount.

To register: Print out registration form on the website (www.mammothsharks.org) and mail to David Bassler, PO Box 3635, Mammoth Lakes, CA 93546. Make checks payable to: MLST. You may give your form and check to the coaches during swim practice at Whitmore pool. No cash. Entries must be received by June 30th to ensure you get a t-shirt.

Race Course Descriptions

. We will have 3 races this year:

- 1) An adult and teen **Super Sprint** (250 meter swim – 6 mile bike – 1.5 mile run). This race will be on Benton Crossing road and will be open to traffic.
- 2) A **Kids Full** triathlon geared toward 7-12 year olds. Distances (200 meter swim – 3 mile bike – 1 mile run). Part of the bike course will be on Benton Crossing Road yet most of the bike will be on the dirt roads around the ball fields. You will need a bike with wider tires. The run will be on dirt trail.
- 3) A **Kids Mini** triathlon geared toward 7 and under. Distances (100 meter swim – 1 mile bike – 0.5 mile run). The bike course will be closed to traffic as the kids will race multiple laps around the parking lot and driveway. The run will be on dirt trail.

Relays: Adults and kids may do the super sprint as a relay.

Super Sprint Sprint:

Registration opens at 7 a.m. and the 1st heats will **start at 8:00 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 250 meter = 10 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: 6 mile Bike. Follow the pool's driveway to the main road = Benton Crossing. Stay on the right side of the driveway on your way out. At Benton Crossing Road, turn right and ride to the bottom of the 1st steep downhill. The turn around is on the flat just after the downhill 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: 1.5 mile. Head east again (away from the 395 highway/green church) for 0.75 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.

“Kids” Race Course Descriptions

Do not arrive before 9 a.m. You may pull up to the pool and drop off people/stuff after 9 a.m. You can park about ¼ mile down the road in the dirt parking lot by the ball fields. Do not park on Benton Crossing Road. Teens should race the super sprint.

Kids Full Mini

This race is for anyone who can swim 200 meters, bike 3 miles, and run 1mile. 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. Exit through the gate 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. The course takes

Benton Crossing Road to the dirt roads that go around the ball fields. The kids will do multiple loops around the ball field then return to the pool.

Transition #2 = T2 in grass at the south side of the pool. You must bring your bike back to the grass and put it down. Then run back out the gate to start the run.

Run – 1 mile. Head out the gate back to the parking lot and turn left down the dirt road that heads toward Crowley Lake. Follow the signs/cones. 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.

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 10:00 a.m. Registration opens at 9:00 a.m. and closes at 9:45 a.m.

Swim is 100 meters = 4 lengths of the pool.

Transition area = 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). Drop your bike in the grass.

Run – ½ mile. Run out the gate (stay left and watch for bikes coming back in the pool area). Turn left and follow the dirt road toward Lake Crowley. There will be a volunteer at the turn around. Run back and finish at the parking lot.