



2011 Athlete's Guide

The Bozeman Triathlon Club welcomes you to our inaugural Bozeman Tritons Triathlon and our active mountain community. Whether you are a first-time sprint triathlon participant or a long course racer aiming to summit Battle Ridge or a member of the younger generation, we wish you a fun-filled, positive experience. Thanks to all of the participants, sponsors, and volunteers. We deeply appreciate your support. The Club is fueling the multisport lifestyle here in Bozeman, Montana. RACE ON!

SCHEDULE OF EVENTS

All events take place at the East Gallatin Recreation Area, Bozeman, Montana.

Friday – July 29, 2011

<i>Start</i>	<i>End</i>	<i>Event</i>
4:00 PM	6:00 PM	Sprint & Long Course Triathlon Registration, Check-In, Packet Pick-Up (ID and Proof of current USAT membership required for those who did not purchase a one-day license. No Exceptions.)
6:00 PM	6:30 PM	Long Course Triathlon Mandatory Triathlete Meeting
6:30 PM	7:30 PM	Long Course Triathlon Spaghetti Feed Welcome

Saturday – July 30, 2011

<i>Start</i>	<i>End</i>	<i>Event</i>
5:30 AM	5:30 PM	Bozeman Triton Triathlon Village & Race Information Booth Open
5:30 AM	6:45 AM	Long Course Triathlon Transition Area Open, Body Marking
7:00 AM		Long Course Triathlon Mass Start
8:15 AM		Long Course Triathlon Swim Course Closes
1:45 PM		Long Course Triathlon Bike Course Closes
3:00 PM	5:00 PM	Sprint Triathlon Registration, Check-In, Packet Pick-up (ID and Proof of current USAT membership required for those who did not purchase a one-day license. No Exceptions.)
5:00 PM		Long Course Triathlon Race Officially Ends
12:30 PM	5:30 PM	Racer and Volunteer Pizza Feed by Tarantino's Pizza of Bozeman
5:30 PM		Long Course Triathlon Awards Ceremony and Raffle

Sunday – July 31, 2011

<i>Start</i>	<i>End</i>	<i>Event</i>
7:00 AM	11:30 AM	Bozeman Tritons Triathlon Village & Race Information Booth Open
7:00 AM	8:00 AM	Sprint Triathlon Registration, Check-In, Packet Pick-up (ID and Proof of current USAT membership required for those who did not purchase a one-day license. No Exceptions.)
7:00 AM	8:15 AM	Sprint Triathlon Transition Area Open, Body Marking
8:15 AM		Sprint Triathlon Mandatory Triathlete Meeting
8:30 AM		Sprint Triathlon Wave Start (2 Waves at 3 minutes)
10:00 AM	10:30 AM	Youth Race Registration
10:45 AM		Youth Race Starts
11:30 AM		Awards Ceremony and Raffle
10:00 AM	~1:00 PM	Racer and Volunteer Taco Feed by Baja Fresh!

Directions:

East Gallatin Recreation Area, Bozeman, Montana

From I-90, take the 7th Ave exit and turn north for approximately 200 meters. Turn right onto Griffin Drive. Go approximately ¼ mile and turn left onto Manley Road. The entrance to the East Gallatin Recreation Area is on the north side of the lake.

Parking:

Please do not park on Manley Rd. We have a lot of participants this year so parking efficiently is important. If parking is not available within the East Gallatin Recreation Area, please park along the roads for the office development immediately west of the Park. Be considerate of the businesses and do not use or block their lots.

Packet Pickup:

Packet Pickup will be at the East Gallatin Recreation Area.

Event sanctioning and insurance compliance require every participant of a USA Triathlon sanctioned event to be a member of USA Triathlon and to present a photo ID. NO PHOTO ID, NO RACE, NO EXCEPTIONS. Event materials, timing chips, race numbers, schwag, etc. will not be given to the athlete until membership and photo ID requirements have been met. Every participant is regarded as an individual for membership purposes. This includes each participant of a relay team. If you purchased the 1-day \$10 license when you signed up on Active.com, we will have proof of that at packet pickup.

Valid Proof of USAT Membership includes:

- USAT issued current membership card or key card (amateur and elite)
- Membership card printed from USAT website
- Membership card displayed digitally on smart phone
- Current waiver and membership application receipt from a sanctioned event
- An official letter from the USAT National Office
- Triathlon Life magazine showing athlete name, membership # and expiration date

If you cannot provide valid proof of annual membership at Packet Pickup, then you can purchase a one-day (\$10, cash/check only) or annual license (\$39, cash/check/credit card) at that time.

Transition Area:

There are no assigned positions for the transition area. Be considerate and make room for other athletes. The Sprint race is quite full and may need up to 8 athletes per rack (4 on each side). Athletes only in the transition area.

General Rules:

This is a USAT Sanctioned race and we are required to follow all USAT rules and regulations. Please read the attached 2011 USA Triathlon Most Commonly Violated Rules and Penalties document before the race. Here's a few of the most common ones:

- If you do not start the race, or withdraw at any time during the race, you must contact a race official immediately.
- Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
- Chin straps must be buckled at all times when on a bicycle.
- No Drafting on the bike. Keep at least three bike lengths of clear space between you and the cyclist in front. You must complete your pass within 15 seconds or drop back before trying again.
- Keep to the right hand side of the lane.
- Obey all traffic signals and signage unless specifically directed by a race official.
- No headphones, headsets, cell phones, etc. are to be carried or worn at any time during the race.
- Race numbers: Wear your numbered swim cap during the swim. Make sure your bike has an attached race number. Wear your bib number facing forward at all times during the run.
- Wetsuits – Wetsuits are optional for this race.
- Do not leave trash, water bottles, clothing or any other personal items on the course.

Long Course:

The following information refers only to the Long Course Race.

Remember, it is the athlete's responsibility to know the course.

Swim:

The swim will be a single, mass start. Please seed yourselves according to your swimming abilities. Wetsuits are optional. You will swim three laps, clockwise around the marked course. Keep the buoys on your right as you go around the course. After each lap you will be required to exit the water, run across the beach, and then re-enter the water for the next lap. Smile for the cameras!

Bike:

The bike course leaves the transition area with a quick run across carpets to the Mount/Dismount line on Manley Road. Follow all traffic signals and signs unless specifically directed by a race official. The bike course is open to general traffic and you are required to stay on the immediate right side of the road unless passing.

The course is an out-and-back; south on Manley Rd, left on Griffin Dr, left on Bridger Canyon Drive until the turnaround at Muddy Creek Road (the road makes a 90 degree turn to the east here). There are three slow/caution zones on the course. On the outbound leg, there is a tight left hand turn at the bottom of the hill where Bracket Creek Road enters from the east. The second is immediately past the Battle Ridge Summit Aid Station and is a steep downhill with several tight turns. The final one is on the return after the Battle Ridge Aid Station. This is the same turn where Bracket Creek Road enters from the east. Please stay out of your aero bars until you are through these zones.

There will be two aid stations (at Olson Creek and at Battle Ridge) on the bike course that will be used twice each. Approximate mileage is 14 mi, 20 mi, 35 mi, and 42 mi. We will have water and HEED in bike bottles. Hammer Gels and bananas will be available. There will also be port-o-potties at the aid stations. No supplies or nutrition will be available at the turn around. You are responsible to get yourself around the course, so bring whatever tools or flat repair items you need with you. We will have race officials around the course but they may not be readily available when you need them.

Run:

The roads on the run course are open to general traffic. Runners are required to run on the left side of the road at all times unless on trails or directed otherwise. The run exits the transition area, makes a lap around the lake, before exiting the East Gallatin Recreation Area. The course then heads north on Manley Rd,

right turn on McIlHattan Rd, left onto Story Mill Rd, right on Deer Creek Rd, left on Rolling Hills Rd, left on Sypes Canyon Rd, left on McIlHattan, right back onto Manley Rd, and then back around the lake to the finish. Note that the run direction is reversed from what is shown on the web-site. We are running counter-clockwise.

There are a total of 8 aid stations on the run. They will have water, HEED sports drink, Coke (at the last few), Endurulytes (electrolyte tablets), Hammer Gels, some fruit, and ice. There will be port-o-potties at the turn onto Sypes Canyon Rd and at the top of the climb on Rolling Hills Rd.

Sprint Course:

The following information refers only to the Sprint Race.

Remember, it is the athlete's responsibility to know the course.

Swim:

The swim will be a two-wave start, with a 3 minute gap between waves. Double check your swim wave at Packet Pickup. You must wear your colored and numbered swim cap. Each swim wave will be assigned a swim cap color. Within each wave, please seed yourselves according to your swimming abilities. Wetsuits are optional. You will swim one lap around the marked course. Keep the buoys on your right as you go around the course.

Bike:

The bike course leaves the transition area with a quick run across carpets to the Mount/Dismount line on Manley Road. Follow all traffic signals and signs unless specifically directed by a race official. The bike course is open to general traffic and you are required to stay on the immediate right side of the road unless passing.

The course is an out-and-back; north on Manley Rd, left on McIlHattan Rd, right on Sypes Canyon Rd, left on Summer Cutoff, left on Saddle Mountain Rd, right on Walker Rd, right on Saddle Peak Circle (this is the turnaround), and then left back onto Walker Rd for the return. There is one slow/caution zone on the course on the return leg where Summer Cutoff intersects with Sypes Canyon Rd. This is a short, steep downhill with a right hand turn at the bottom. Please stay out of your aero bars until you are through this zone. We will have race officials and signs indicating caution.

There are no aid stations on the bike course. You are responsible to get yourself around the course, so bring whatever tools or flat repair items you need with you. We will have race officials around the course but they may not be readily available when you need them.

Run:

The run exits the transition area to the east and works its way through the East Gallatin Recreation Area trail system and some surface roads. The course is clockwise. There are two short sections of two-way running traffic. Stay to the left on each of these sections. The run finishes with a lap around the lake to the finish. Note that some of the trails were damaged during from the recent record runoff. Many of them have been recently resurfaced.

There are 2 aid stations on the run. They will have water and HEED sports drink.

Be Safe! Have Fun! And Race Hard!

Many Thanks from the Bozeman Tritons Triathlon Team!