



ATHLETE GUIDE

Summer OPEN Triathlon – UNION Reservoir
May 19th, 2018



Dear Summer OPEN Triathlon Participant:

Race day on May 19th for the Summer OPEN Triathlon is just around the corner! This athlete guide contains all of the information you will need to logistically be prepared to compete in the event. Please take the time to carefully read both the athlete guide as well as any possible updated race information on the Without Limits Productions website (www.withoutlimits.co) and the Without Limits Productions Facebook Page.

On behalf of our race staff and all of our volunteers, I'd like to thank you for racing with us and the entire field of athletes. We are excited that you will be part of the 2018 Summer OPEN Triathlon!

Safe Training, Good Luck at the race and we'll see you at the Finish Line!

Sincerely,

Lance Panigutti – Race Director





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SCHEDULE OF EVENTS

SCHEDULE OF EVENTS - PACKET PICK-UP INFORMATION!

1) Boulder Packet Pick-Up at Colorado Multisport - Wednesday 5/16 - 5:00pm-7:00pm
Village Shopping Center, 2480 Canyon Blvd M2, Boulder, CO 80302

Special FREE Clinic at 6:00pm - Crack the Code on Open Water Swimming

Don't just survive the swim—enjoy it. The swim does not have to be daunting. With proper planning, warm up, and periodic refocusing, you can have a fun and rewarding swim leg in your races. This free clinic brings techniques for specific skills:

Presenter Will Murray is the mental skills coach for www.d3multisport.com
USA Triathlon certified coach, and co-author of *The Four Pillars of Triathlon: Vital Mental Skills for Endurance Athletes*.

2) Westminster at Endurance House - Thursday 5/17 - 5:00pm-7:00pm
(Centrally located just off I-25) 13640 Orchard Pkwy Suite 100, Westminster, CO 80023

SATURDAY MAY 19th - UNION RESERVOIR

- 6:30 AM** Transition Area Opens (Bike racks are first come, first serve)
- 6:30 AM** Body Marking Starts
- 7:30 AM** Swim area opens for warmup
- 7:15 AM** Race Packet Pickup Closes (No Packets will be distributed after 7:15 am!!!)
- 7:45 AM** Transition Area Closes (All Athletes must be out of T/A)
- 7:45 AM** Pre-Race Meeting (Location: Beach by the swim start)
- 8:00 AM** RACE START!!!
- 10:45 AM** AWARDS - POST RACE EXPO (time is approximate)

SWIM WAVE STARTS

- 8:00am Wave 1:** BLACK - Pro/Elite , Men 25-34
- 8:03am Wave 2:** RED - Men 15-24, Men 35-44, Relays
- 8:06am Wave 3:** WHITE- Clydes, Men 45-54
- 8:09am Wave 4:** BLUE - Men 55+
- 8:12am Wave 5:** PURPLE - Female 39 and under
- 8:15am Wave 6:** PINK - Female 40+, Athena
- 8:17am Wave 7:** YELLOW - Men 1st Timer
- 8:20am Wave 8:** LIME - Women 1st Timer



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DIRECTIONS TO UNION RESERVOIR

BOULDER: Take 119 towards Longmont. Go all the way through Longmont then when you hit CR1 take a left. Take your next right on CR 26 and follow all the way into Union Reservoir. We'll have a professional parking crew directing you as you get closer to the Reservoir.

DENVER/FT. COLLINS: Take I-25 and get off the the 119 exit. Head west towards Longmont and take a right on CR 1. Take your next right on CR 26 and follow all the way into Union Reservoir. We'll have a professional parking crew directing you as you get closer to the Reservoir.

PARKING: We'll have a professional parking crew guiding you into the parking lot. The earlier you arrive the better spot you'll get.

SPECTATORS: It is highly recommended that spectators arrive with the athlete on race day. Due to the athletes racing causing the police to close roads spectators arriving after 7:15am on Saturday will be turned around and unable to get in.

SPECTATORS ARE NOT ALLOWED INSIDE TRANSITION FOR SAFETY REASONS!!! Please keep your significant others, friends, family, and children out of the transition area before and after the race. Only the athlete is allowed inside transition. Thank you for your cooperation with this.

PLEASE BE CAREFUL WHEN DRIVING IN THE AREA AS ATHLETES WILL BE WARMING UP AND WALKING ALONG THE ROADS!



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Important Details Prior to Arriving

Each Participant MUST have both a photo ID and an annual USAT License (or purchase a one day license at packet pickup (See USAT section below for details)

If you do not have an ID you WILL NOT be given your race packet.

Each participant must be present to pick up their race number/packet. You will not be allowed to pick up another participants packet.

****PLEASE NOTE: NO EXCEPTIONS WILL BE MADE****

Important Details for Registration & Packet Pickup

- 1) You must pick up your packet on either day between the allotted times or the morning of the race between 6:00am-7:15am, if you've signed up for this time. We suggest you pick up your packet the day prior to the race so you're not rushed on race morning. Your packets will be at all the PPU's, please do not email requesting info on if you signed up for race day PPU as we won't be able to get back to you as we prepare for the event. If you have an emergency and can't make the early PPU's, we won't leave you hanging, and will give it to you at the race.
- 2) You must have a photo ID and a valid USAT Triathlon Card (or one day license) We cannot release your packet to you without a valid Photo ID, no exceptions
- 3) USAT License: If you are an annual USAT Member you must bring your valid USAT card with you at packet pickup. If this is expired you will be required to purchase a one day license for \$15 (Cash & Check only accepted)
- 4) One-Day USAT License: If you are not an annual USAT Member you must purchase the one day license at the time of packet pickup (Cash & Check only accepted)

MUST READ!!!USAT NOTE****

If you registered using the online registration system and you are not an annual member then you already purchased the one day license and the only thing you need to bring is a Photo ID to packet pickup. If you registered using the PDF mail in registration form some of you already included your \$15 fee for the USAT One-Day License, and you'll just need your Photo ID. If you did not include this fee in your mail in registration your registration has been notated and the volunteers at Packet Pickup will notify you that you must pay the required \$15 in order to proceed with picking up your packets (Cash & Check only accepted). Again if you are not an annual USAT Member then there is nothing regarding a USAT License to bring with you, just bring your PHOTO ID, and an extra \$15 just in case you didn't pre-pay the one day fee. We wouldn't want you to not be able to race due to not being able to pick up your packet (it's a USAT insurance thing). Please do not email us requesting confirmation of whether you paid this fee or not, there is no way we would be able to respond to everyone as we will be busy setting up for the event.



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This is a list of the packet pickup procedures to ensure a quick & easy process for you & all the athletes as well as to ensure that there are no surprises come race day.

- 1) Ensure you have a Photo ID & Valid USAT Card (if applicable) with you prior to your arrival. If you're not an annual USAT Member bring an extra \$15 just to be safe.
- 2) Upon arrival there will be a registration tent with a black Without Limits Productions Registration Flag showing, go to this tent first.
- 3) Present your Photo ID and valid USAT Card (if applicable) to the registration volunteer. If you need to sign a waiver or still owe \$15 for the annual one-day license, you will handle it right there.
- 4) Once you have your race number packet, which contains a swim cap (with your corresponding Swim Wave # assignment), then proceed to the T-shirt/Goodie Bag pickup right next to the race # packet pickup.
- 5) Present your race # packet to the T-shirt volunteer as it will show what size T-shirt you ordered. Collect your T-shirt & Goodie Bag and you're all done.
Note, you will not be able to switch T-shirt sizes until AFTER the race. What you ordered is what you will get. Swaps can be made after the race on race day only, as this is to ensure everyone receives the T-shirt that was ordered, and that any extras will then be used to swap out sizes.

Race Number Instructions: Your race packet will contain 2 #'s & a Swim Cap.

- 1) Bike Frame #: The 1st will be a bike frame number and has either self-adhesive strips on the back of it or twist ties. Place this on your bike frame.
- 2) Running Bib #: The 2nd # will be the Road ID run #. Affix this to a race belt, t-shirt, shorts, or running skirt. It must be showing on the front of your person as you cross the finish line.
- 3) Timing Chip: The timing chip is affixed to an ankle strap. Affix this to your left ankle prior to the swim (the picture below shows the right ankle, it's just used as an example), and leave it on for the entirety of the event. A volunteer will collect it from you at the finish line. If you're wearing a wetsuit affix the ankle strap so it is underneath your wetsuit so it will not tear off when you take your wetsuit off.
- 4) Bring your race # to the timing chip tent to pick up your timing chip on race morning. Timing Chips will only be handed out on race morning.
- 5) A swim cap will also be provided for you at packet pickup and must be worn during the swim portion of the event.

*****Picture Examples are on the next page*****



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Bike Frame #:

Must be on bicycle's top tube just behind the handlebars, or downtube, as long as it's visible.



Bib Number: **Note that it MUST be worn on the front during the entire run portion of the event.

Timing Chip:

Must be worn on left ankle. Place under your wetsuit and keep it on for the entire event. It will be taken from you at the finish by a volunteer



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COURSE INSTRUCTIONS PLEASE READ

SWIM COURSE: The water temperature is expected to be in the mid 50's to low 60's for the event. A final reading will be done on race morning and announced. Wetsuits are highly recommended for the cool water temps.

BIKE COURSE: This is a 1 LAP Bike Course. Some sections of the course are closed to traffic, but a neighborhood car may be exiting their property so please keep alert. Some sections are rural roads open to traffic, but intersections and turns will be under the direction of marshal's and police. Always ride on the right hand side of the road and pass on the left. Volunteers will be there to direct you, but please view the course map as you are ultimately responsible for knowing the course. Course maps available at www.withoutlimit.co

RUN COURSE: The run course is an out and back run along a hard pack dirt road and pavement. The water aid station will be approximately at each mile mark and you will them hit on the way out and on the way back.

GENERAL: Please do not litter the course. Pack out any gels, bars, and water bottles that you have with you on the course. The reservoir and surrounding neighborhoods are very generous to allow us to use their facilities and it would be a shame if it is littered with trash. A trashcan will be provided at the aid station on the run course to dispose of any trash.

Please do not leave any trash behind your transition area after the race, and ensure you have all your gear before you leave.



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Critical Triathlete Reminders

Transition	<ol style="list-style-type: none">1. Athletes only: <u>NO SPECTATORS OR COACHES</u>2. Your bike MUST be placed on the rack (1ST come 1st serve, there are no assigned racks). Four bikes fit in each rack. If the bike cannot fit, see a Transition Captain wearing an WLP Volunteer T-Shirt
Swim Start	<ol style="list-style-type: none">1. Age Group athletes: your swim wave corresponds to your age on December 312. Warm-up: exit the water <i>FAST</i> when the Race Director announces to do so
Bike	<ol style="list-style-type: none">1. Helmet chin strap must be fastened at all times while you're on the bike2. NEVER cross the center line of the road. EVER! (unless it's the turnaround point)3. Keep to the right except while passing (when passing, shout 'on your left')4. We enforce the 'no drafting rule'.
General	<ol style="list-style-type: none">1. While biking or running, stereo headphones (such as ipods) are not allowed2. While biking or running, if instructed to stay within coned lanes3. DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!



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RELAY TEAMS

The following is a procedure outline specifically for Relay Teams:

Packet Pickup

- 1) All Team Members **MUST** be present to pick up their Race # Packets, T-shirts, and Goodie Bags. (Sorry it's not our rule & an inconvenience but it's one that we will not make exceptions due to this event being USAT Sanctioned)
- 2) Your Team will receive one Race # Packet, as it contains your Swimmers Cap, Bikers Frame #, and Runners Bib #.
- 3) Everyone in your team will get their own T-shirt & Goodie Bag

Race Day

- 1) You will only receive One (1) Timing Chip on the morning of the race. Go to the timing chip pickup table with your race # to get your timing chip.
- 2) **Body Marking:** Everyone in your team must be body marked, as a preventative for lost numbers, as well as for timing, and photos.
- 3) **TIMING CHIP:** The timing chip will be worn by all the relay team athletes. Timing Chip Location: Swimmer = Ankle, Biker = Ankle, Runner = Ankle. The timing chip will be passed between your Relay Teammates inside the transition area, at your designated spot. The biker will be waiting at the bike (Keep on the rack until the chip is transferred) for the swimmer to enter transition and switch the timing chip. The runner will also be waiting inside transition (again at your teams bike rack location), for the biker to enter and make the switch (Please rack your bike prior to transferring the timing chip to the runner).



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RULES & PENALTIES

1. Helmets: 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: **before, during, and after** the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle and it is placed back on the rack.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated bike rack. All participants must return their bicycles to an upright position in their designated bicycle rack. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front of you. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. (It is for your safety that you do not cross the Yellow Line, especially on corners)

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification (This is a family environment and any language of this nature will NOT be tolerated.



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8. Headphones: Headphones, headsets, walk-mans, Ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty (Please do not break this rule, as it is a major safety violation)

9. Race numbers: All athletes are required to wear race numbers at all times during the run.

Numbers must face the front and be clearly visible at all times. Numbers may not be cut, or folded, or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however, participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Please do not litter the course with water bottles, gel packets, wrappers, etc. The community has supported this event for years and your responsibility in keeping the course clean will help to ensure that this event continues.

Penalty: Variable time penalty

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/resources/about-events/rules>

MOST IMPORTANTLY: BE SAFE, TREAT YOUR FELLOW RACERS AND VOLUNTEERS WITH RESPECT, AND HAVE FUN!!!