



ATHLETE GUIDE

**Bear Creek Lake Park – Lakewood, CO
September 7th, 2024
SWIM 750m, BIKE 9.3 MI, RUN 3.1 MI**



Dear Littlefoot Triathlon Participant:

Race day on September 7th, 2024 for the Littlefoot Sprint Tri 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 Littlefoot Sprint 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

THURSDAY September 5th: Boulder Packet Pick-Up at Colorado Multisport - 5:00pm-7:00pm
2355 30th St, Boulder, CO 80301

FRIDAY September 6th: Arvada Triathlon Company - Friday - 5:00pm-7:00pm
14715 W 64th Ave Unit D, Arvada, CO 80004

SATURDAY, September 7th – Bear Creek Lake Park

5:30am - "Jurassic" Park Gate Opens

5:30am - Transition and race day packet pick-up opens

5:30am-7:15am - Athlete check-in

6:45am - Lake opens for warm-up

7:00am - Transition Area Closes No exceptions!

7:15am - Triathlon Start First Wave goes off

8:45am - Swim Course Cut-off

Subsequent waves will start every 5min

8:10 am- Post-race snacks, massage, music & expo

9:30am - Bike Course Cut-off

10:00am - Awards Ceremony

SWIM WAVE STARTS

Wave 1 – SUP (Must have a PFD/Lifejacket on your board)

Wave 2 – BLACK- Elite, Men 20-34, Clydesdales

Wave 3 – RED - Men 35-49, Relays

Wave 4 – YELLOW - Women 10-34, Men 10-19

Wave 5 – PINK - Women 35-39

Wave 6 – BLUE - Women 40-44

Wave 7 – WHITE - Men 50-64, PC

Wave 8 – PURPLE - Women 45-54, Athena

Wave 9 – GREEN - Women 55+, Men 65+

Wave 10 – RED - Men First Timers

Wave 11 – PINK - Women First Timers



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Directions to the Littlefoot Sprint Triathlon

The Littlefoot Triathlon takes place at Bear Creek Lake Park in Lakewood, just a mile from downtown Morrison. Please be aware that some of the map websites that provide directions will send you to the wrong side of the park, where there is no entrance. The park is easy to find, however. From C-470, exit at the Morrison Road exit. Head east on Morrison Road about a quarter mile, and the park entrance will be on your right.

For those of you who would like to take your chances online, the park address is 15600 W. Morrison Road, Lakewood, CO 80465.

The park gate will open at 5:30am. Park entry is free for race participants - we will pay your entrance fee. Once you have passed the entry station, turn right at the 3-way intersection and follow the road approximately 1 mile.

Please follow signs and race parking crew directions.

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 Thursday, Friday, or the morning of the race between. We suggest you pick up your packet the day prior to the race so you're not rushed on race morning
- 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



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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, 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

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

BIKE COURSE: PLEASE USE CAUTION. **There is a steep downhill at the very far end of the course, please use caution when on this hill.**

RUN COURSE: The run course is on a concrete trail. Please stay to the right on the trail and pass your fellow competitors on the left hand side.

GENERAL: Please be aware that there will be other park patrons present in the area. Bear Creek Lake Park has graciously allowed us to use the area, so please be courteous and respectful of these patrons at all times, even while racing.



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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 31 2. Warm-up: exit the water <u><i>FAST</i></u> 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 bike 2. 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 allowed 2. While biking or running, if instructed to stay within coned lanes 3. 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
- 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

PLEASE READ BEFORE THE RACE!

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. 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



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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).

8. Headphones: Headphones, headsets, walkmans, 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 that 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, or wrappers. 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 Variable Time Penalties

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!!!