



ATHLETE GUIDE

XTERRA LORY – Lory State Park

June 15, 2024

SWIM 880 meter, BIKE 12.2 MI, RUN 8K



Dear XTERRA Triathlon Participant:

Race day on June 15th, 2024 for the 16th annual XTERRA Lory 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. **You will need to print the park entry pass on the last page of this guide for free entry to the park (Display on your windshield please).**

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

PACKET PICK-UP OPTIONS

FRIDAY June 14th - Lory State Park Ranger Station - 5:00pm-7:00pm

Packet pick-up will take place at the main Ranger Station - to pre-ride you will need a one-day park pass

SATURDAY June 15th - RACE DAY PACKET PICKUP, IF YOU PURCHASED THIS OPTION, IS AVAILABLE STARTING AT 5:45AM RACE MORNING & CLOSES AT 6:45 AM SHARP!!!

SATURDAY, June 15 – LORY STATE PARK – North Eltuck Cove (Transition area)

- 5:30 AM Race Day Packet Pickup - Transition Area Opens
- 6:00 AM Body Marking Starts
- 6:45 AM Race Packet Pickup Closes (No Packets will be distributed after 6:45 am!!!)
- 7:00 AM Swim area opens for warmup
- 7:00 AM Transition Area Closes (All Athletes must be out of T/A)
- 7:10 AM Pre-Race Meeting (Location: Beach by the swim start)
- 7:15 AM RACE START!!!
- 9:30 AM AWARDS – POST RACE EXPO (time is approximate)

SWIM WAVE STARTS

Wave 1 – BLACK

Wave 2 – YELLOW

Wave 3 – GREEN

Wave 4 – RED

Wave 5 – Stand-up Paddleboard (Must have a lifejacket/pfd on your board, doesn't need to be worn)

Wave 6 – PINK

Wave 7 – WHITE

Wave 8 – BLUE

Caps are provided for you in your race packet

Please see wave start list online at: WITHOUTLIMITS.CO



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Directions to Lory State Park (Race Site)

BOULDER/DENVER/COLORADO SPRINGS

Take CO-119 N/Diagonal Hwy, continue to follow CO-119 N (Boulder Only)

Merge onto I-25 N/US-87 N via the ramp on the LEFT

Merge onto CO-14 W/E MULBERRY ST via EXIT 269B toward FT COLLINS. 3.5 mi

Turn SLIGHT RIGHT onto RIVERSIDE AVE. 0.6 mi

RIVERSIDE AVE becomes JEFFERSON ST. 0.4 mi

Turn RIGHT onto N COLLEGE AVE/US-287 N/CO-14 W. Continue to follow US-287 N/CO-14 W. 3.6 mi

Stay STRAIGHT to go onto CR-54G/OLD US-287. Continue to follow CR-54G. 2.7 mi

Turn LEFT onto CR-52E/RIST CANYON RD. .9mi (You'll see a country store named "VERYN'S" which is dark red)

Turn LEFT onto N COUNTY ROAD 23. 1.4 mi (You'll see a small yellow house at the turn that says "BELLVUE")

Turn RIGHT onto CR-25G. 1.6 mi

End at Lory State Park, Follow Signs to Parking and please follow parking attendants

SPECTATORS:

It is highly recommended that spectators arrive with the athlete on race day. Come out with your cow bells, your Colorado flags, even a vuvuzela horn! You make every event great. We'll have a big expo to keep you entertained and well caffeinated. The best part of Lory State Park is that you can see lots of the action from a couple different vantage points.

NOTES: The swim start/transition area is 1/2 mile down the road from the finish line. It's not a bad idea to bring a mountain bike or at least your running shoes to go back and forth. Please be careful on the main road and near the finish line as athletes will be racing right alongside you. We have one of the most exciting finish lines in the sport with a double lane Slip n' Slide! From Soldier Canyon (Finish Line) you'll also be able to see athletes zig-zagging their way up the mountain on the bike and run course!

SPECTATORS ARE NOT ALLOWED INSIDE TRANSITION!!! Please keep your Family, Friends, significant others, and Dogs, out of the transition area before and after the race. Only the athlete is allowed inside transition. Thank you for your cooperation with this. Special Needs athletes can have their handlers with them inside transition.

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****

****Fill up your water bottles/camelbacks prior to arrival as there isn't much water at the park****

Important Details for Registration & Packet Pickup

- 1) You must pick up your packet at one of the packet pickups listed earlier in this athlete guide, between the allotted times or the morning of the race between 6:00am-7:15am. We suggest you pick up your packet 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. Please have it ready to show when you get to the front of the line.
- 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 TRIREG 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 then 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 color 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 number and has twist ties (this is the thicker more ridged #). Place this on your handlebars.
- 2) Running Bib #: The 2nd # will be the 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. Do Not Cut the Timing Chip Strap Please.
- 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 in your number packet and must be worn during the swim portion of the event.

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



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Bike #:

Must be attached to your bicycle's handlebars, as shown.



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 (we know this pic shows the right ankle, but we like the pic)



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**COURSE INSTRUCTIONS
PLEASE READ**

SWIM COURSE: The water temperature is expected to be in the mid to low to mid 60's for the event. A final reading will be done on race morning and announced. Wetsuits are not mandatory, but will be allowed as long as race day water temps are less than 82 degrees (USAT Sanctioning Rules).

BIKE COURSE: This is a 2 LAP Bike Course. You will be required to make 2 laps of the course. When Passing, please call out "On Your Left", pass only on the left and be careful when passing. While this is a fun course and does have some passing areas that are nice and wide, there is also single track so be careful when passing. This is a PG Rated event so therefore we have a zero tolerance for obscenities being yelled. If it's reported you will be penalized accordingly.

RUN COURSE: The run course is a one loop course, with 2 aid stations. This 8K run is an epic loop with amazing views of Lory State Park and Horsetooth Reservoir. It is comprised of some dirt roads, singletrack, and a nice climb of 1.75 miles. Don't worry as what goes up does come down.

FINISH LINE: The finish line is located at Soldier Canyon in Lory State Park.

GENERAL: Please do not litter the course. Pack out any gels, bars, and water bottles that you have with you on the course. The State Park, Reservoir and surrounding area 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 stations 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!

HYDRATION: There are no hydration aid stations on the bike course, please ensure you have plenty of water bottles or a full camelback with your fluid of choice. The run course will have 3 aid stations with water and Gatorade, as well as Powerbar Gels. The aid stations are at mile markers: Mile .7, Mile 4, & Mile 4.6. ***We highly suggest you bring a water bottle or camelback with you on the run course to use between the 1st & 2nd Aid stations!!!



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Critical Triathlete Reminders

Transition	<ol style="list-style-type: none"> Athletes only: <u>NO SPECTATORS OR COACHES</u> Your bike MUST be placed on the rack (1ST come 1st serve, there are no assigned racks). If the bike cannot fit, see a Transition Captain wearing an WLP Volunteer T-Shirt
Swim Start	<ol style="list-style-type: none"> Age Group athletes: Is done by cap color and is set up to mitigate traffic on the bike course. Warm-up: exit the water <i>FAST</i> when the Race Director announces to do so
Bike	<ol style="list-style-type: none"> Helmet chin strap must be fastened at all times while you're on the bike Keep to the right except while passing (when passing, shout 'on your left') Be cautious and courteous, it's not the Olympics out there, safety first Watch out for unmarked obstacles such as rocks, loose gravel, water humps, etc...
General	<ol style="list-style-type: none"> While biking or running, stereo headphones (such as ipods) are not allowed While biking or running, if instructed to, stay within coned lanes 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 & we know it's an inconvenience but we have to follow the rules sometimes too since this is a USAT Sanctioned event)
- 2) Your Team will receive one Race # Packet, as it contains your Swimmers Cap, Bikers handlebar #, 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

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. We know it can be hard to pass in some sections, but there's no need to let the foul language fly.)



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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!!!



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**WITHOUT
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PRODUCTIONS



ATHLETE PARKING PASS

RACE DATE

6/15/2024

This Park Pass is only good for Race Day. Admission to Lory State Park on any other day other than 6/15/24 requires you to purchase a regular pass from the visitor center.