



ATHLETE GUIDE

Harvest Moon – Boulder Reservoir, CO
September 16, 2023
TRIATHLON-DUATHLON-AQUABIKE



Dear Harvest Moon Participant,

Race day on Saturday September 16th, 2023 for the annual Harvest Moon Long Course of events is just around the corner!

We're excited that Colorado's longest running half iron distance triathlon, du, and aquabike is back again at the Boulder Reservoir!

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 Harvest Moon Long Course.

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 INFORMATION

1) Westminster at Play Tri - Thursday - 5:00pm-7:00pm

(Centrally located just off I-25) 13640 Orchard Pkwy Suite 100, Westminster, CO 80023

2) Boulder Packet Pick-Up at Colorado Multisport - Friday - 5:00pm-7:00pm

At 6:00pm we'll have a special clinic about race execution by Eric Kenny of Boulder Racing
2355 30th St, Boulder, CO 80301

*****Your packet will be at all 2 of the locations so you just need to show up to any of them unless you chose race day ppu*****

*****IF YOU DIDN'T CHOSE RACE DAY PACKET PICKUP DURING YOUR REGISTRATION YOU WILL NEED TO BRING \$10 WITH YOU RACE MORNING*****

RACE DAY - SATURDAY SEPTEMBER 16th – Boulder Reservoir

5:30 a.m. - Gate Opens to Boulder Reservoir

6:00 a.m. - Body Marking and Chip Distribution

7:20 a.m. - All Bikes Must Be in Transition

7:30 a.m. – Race Wave Starts Begin

9:45am –Swim Cut Off (Cut-off time is calculated 1hr and 45min after the last swim wave starts)

11:00 a.m. - Post Race Food Serving

1:45 p.m. - Mandatory Bike Cut-Off - you must be inside the reservoir by this time

1:00 p.m. - Transition Area Re-Opens to claim equipment

1:30 p.m. - Aquabike Awards (times are approximate)

2:45 p.m. - Tri & Du Awards (times are approximate)

3:35 p.m. - Race Cut-Off (Don't worry the finish line is the last to come down)

Swim Waves

Wave 1 – BLACK – Elite, Clydesdales, Men 20-29, Relays

Wave 2 – WHITE – Athena, Men 55+, Women 55+, Duathletes and relay

Wave 3 – RED – Men 30-39

Wave 4 – PURPLE – Women 20-39

Wave 5 – BLUE – Men 40-54

Wave 6 – PINK – Women 40-54

Wave 7 – WHITE - First Timers

Wave 8 – GREEN - Aquabike Men

Wave 9 – YELLOW - Aquabike Women



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Directions to Boulder Reservoir (Race Site)

BOULDER: Take 119 towards Longmont. Take a left on Jay Rd., and then your first right onto 51st St. Proceed down 51st St. and then take a right into the reservoir. If you're in need of handicapped parking, please just let the parking crew know and they'll direct you accordingly.

DENVER: Take I-25 to 36 toward Boulder. Stay on 36 into Boulder then take 119 towards Longmont. Take a left on Jay Rd., and then your first right onto 51st St. Proceed down 51st St. and then take a right into the reservoir. If you're in need of handicapped parking, please just let the parking crew know and they'll direct you accordingly.

PARKING ON RACE DAY: Parking will be located inside the reservoir property. Parking volunteers will be onsite to direct you to available parking, please drive safe. Spectator Parking is at the same place.

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 7:30am on Saturday will be delayed coming in (just plan an extra 10-15min into your commute). Also note, spectators arriving later will simply pay the normal reservoir gate entrance fee.

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. There are NO DOGS allowed in Boulder Reservoir, please leave your dogs at home and not in your vehicles.

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 at one of the designated packet pickups or race morning if you chose that option (please do not email us race week requesting to find out if you chose race day pickup as we will be swamped getting ready for the race and won't be able to check). 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 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, 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. You will pick up your timing chip on race morning.
- 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. If you are allergic to latex you may wear your own silicon cap.

*****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 (We know it's her right ankle in the pic, but we love her enthusiasm)



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COURSE INSTRUCTIONS PLEASE READ

SWIM COURSE: The water temperature is expected to be in the low 70's for the event. A final reading will be done on race morning and announced. Wetsuits are at the athlete's choice. Swimmers will complete a 1.2 mile swim route in the Reservoir, starting on the left side of the beach and finishing on the right.

BIKE COURSE: Riders will complete a 2-lap course on the roads of Boulder County around Boulder Reservoir. Overall this scenic rural course features rolling terrain with some flat sections to cruise along in your aerobars. Nice wide shoulders and limited car traffic make for ample passing opportunities, making this a great long course for the 1st time triathlete!

BIKE AID STATIONS: There will be 2 total water bottle hand-ups on the bike course stocked with chilled water and Gatorade drink. Please discard all empty bottles at these zones only.

RUN COURSE: This is the run course you've all been waiting for! It's a 2-lap, out and back run course on a packed dirt path and asphalt. The terrain for the first half is rolling, with some slight elevation gain and loss, but overall, this is the course to set your new long course PR on! Spectators, family, and friends will be able to cheer you on at the half way point as you head back out to lap #2. Compare your lap splits to see how much time you dropped on the 2nd half of the course!

AID STATIONS: Will be located at each mile of the run. Each aid station will be stocked with: Ice Cold Water, BASE Hydro drink, BASE Gels, flat coke, pretzels, and cookies. Each aid station will have Sunblock! It gets hot out there and sometimes the sunblock you put on at 7:00am just isn't enough.

DUATHLON 5K RUN TO START: The 1st Duathlon run (5k) will be a out and back course. Athletes will meet our timer outside of transition at 7:25am and walk to the official starting line which is 300m down the sidewalk path past the finish line. For those athletes familiar with the Dash n' Dine 5k or Stroke & Stride Series, this run course is identical to those two events. It's a flat and fast, out and back course, which takes place on 70% dirt and 30% pavement!

AID STATIONS: Pack out what you pack in! There will be a drop zone for water bottles on the bike course (Marked with a Drop Zone sign), please use this zone to discard water bottles. Please do not discard trash, water bottles, or anything else on the course outside of this drop zones.



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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 <u>FAST</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 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
- 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).

Duathlon Athletes

You will be meeting in the transition area by the port-o-lets prior to your race start at 7:35 am. A race official will meet you there and you will walk out to the start line for the race start. Good Luck and we hope you enjoy the course.

Aquabike Athletes

You will be starting in your designated swim waves. Please note upon completing your bike ride you will need to go back into the transition area, rack your bike, then proceed onto the run course and make your 1st left to go to the finish line. We suggest your check out the location of the finish line prior to your race start, as you must cross the finish line to finish your race.



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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.)



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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!!!