



ATHLETE GUIDE

Outdoor Divas Triathlon – UNION Reservoir
August 18th, 2024



Dear Coeur Sports Outdoor Divas Triathlon Participant:

Race day on August 18th for the Coeur Sports Outdoor Divas 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 Coeur Sports Outdoor Divas 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

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PACKET PICK-UP INFORMATION

1) Boulder Packet Pick-Up at Colorado Multisport - Friday 8/16 - 5:00pm-7:00pm
2355 30th St, Boulder, CO 80301

2) Westminster at Road Runners Sports - Saturday 8/17 - 11:00am-2:00pm
10442 Town Center Dr #300, Westminster, CO 80021

SUNDAY August 18th - 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)

SPRINT Distance (2 min between waves)

- Wave 1 – SUP
- Wave 2 – YELLOW - Women 10-29
- Wave 3 – WHITE - Athena, Relay
- Wave 4 – PINK - Women 30-34
- Wave 5 – GREEN - Women 35-39
- Wave 6 – RED - Women 40-44
- Wave 7 – BLUE - Women 45-49
- Wave 8 – PURPLE - Women 50-54
- Wave 9 – YELLOW - Women 55-59
- Wave 10 – WHITE - Women 60+
- Wave 11 – PINK - First Timers A-K
- Wave 12 – GREEN - First Timers L-Z

5 min gap then Super Sprint (2 Min between waves)

- Wave 13 – RED - Women 25-74, Athena, Relay
- Wave 14 – BLUE - First Timers



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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 Sunday 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
- 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 – just bring the extra \$10 for race day pick-up.

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 with you prior to your arrival.
- 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 to the registration volunteer. If you need to sign a waiver 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*****



Bike Frame #:

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



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COURSE INSTRUCTIONS PLEASE READ

SWIM COURSE: The water temperature is expected to be in the mid 70's to high 70's for the event. A final reading will be done on race morning and announced.

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><u>FAST</u></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!!!