

2024 Bozeman Triathlon Athlete Instructions

General Schedule: more details below

Saturday, June 15th

- 1:00PM - 4:00PM Packet Pick Up - Near Transition Area
 - Glen Lake Rotary Park
 - **You will need a current USAT member card or proof of your 1 day license to pick up your packet. Only you can pick up your packet. You cannot pick up someone else's packet**

Sunday, June 16th

- **6:30AM-7:30AM - Packet Pick Up**
 - **West Covered Picnic Table, near the beach**
 - **Athena/Clydesdale athletes need to weigh in during this time**
- 6:30AM - Transition Area Opens Up
 - You will have a dedicated spot in transition area; assigned with your race number - look for your number - numbers will run lowest to highest from north to south
 - Please do not take a spot that is not yours
 - Please please please: only registered racers are allowed in transition area
- 7:15AM - Timing Chips will be available to pick up - look for the timing chip station near the covered picnic tables
- **7:45AM - National Anthem**
- 8:00AM - Super Sprint triathlete pre-race meeting
 - On the beach
- **8:15AM - Super Sprint Corral Start: Corral A**
- 8:30AM - Olympic, Aquabike, Aquathlon triathlete pre-race meeting
 - On the beach
- **8:45AM - Olympic, Aquabike, Aquathlon Corral Start: Corral B**
- 9:00AM - Sprint triathlete pre-race meeting
 - On the beach
- **9:15AM - High School Division, Sprint Corral Start: Corral C**
- Awards will be available after timing results are confirmed - there will be announcements from the emcee about when awards are ready

Schedule may be updated due to unforeseen circumstances

More Details:

Packet Pick Up:

- Saturday, June 15th 1:00PM - 4:00PM
 - Glen Lake Rotary Park
 - USAT member card or proof of 1 day license is required
 - You have to pick up your own packet
 - *You cannot pick up someone else's packet*
 - **Please do not ask if you can pick up someone else's packet (even if you are related)**
 - You will be reminded about which corral you are assigned to
 - Remind yourself about which corral you are in
 - **Please remember which corral you reminded yourself about**
 - You can only start in the corral you were assigned to

In the race packet (make sure to look):

- Swim Cap - this is the swim cap that should be visible while swimming - if you have to wear an additional cap, please wear it underneath the cap given to you
- Race Stickers - put the stickers on the front of your helmet and on your bike
 - Smaller sticker is for the helmet
 - Larger sticker is for the bike
- Race Bib - All athletes are required to wear race bibs at all times during the run. **Race bibs must face front** and be clearly visible at all times during the run. DO NOT transfer your bib to any other athlete or take a bib from an athlete that is not competing
- Race Tattoos:
 - Follow the directions
 - Put the race number on your arms/forearms and/or thighs (wherever is most visible and not covered up by your race kit)
 - Put your age on your right calf
 - Put the "O" or "S" or "R" on your left calf
 - Reminder: your skin must be clean and free of sunscreen, oils, or make up to apply the race tattoos
 - Don't have race tattoos in the bag?? Check in at packet pick up on race day and we will get you marked up
- Food Ticket: use this for a meal from CC Gourmet on race day - go to the food truck
- Raffle Prizes:
 - To save time on race morning, we did a random draw of the athletes and gave out some prizes from local businesses. Sorry, not everyone wins a raffle prize
- There is other promotional material in the race packet
- Please please please shop our sponsors, as they have given a lot of time and energy for this event

Race Day Parking:

- Please park in the parking lot at the Glen Lake Rotary Park
- DO NOT park on Manley Road or Gallatin Park Drive
- DO NOT park in the driveway leading into Glen Lake Rotary Park

Race Day Packet Pick Up:

- 6:30-7:30AM at the Covered Picnic Table (west), near the beach
- **You will need a current USAT member card or proof of your 1 day license to pick up your packet. Only you can pick up your packet. You cannot pick up someone else's packet**

Transition Area:

- Opens at 6:30AM
 - There will be a sticker or tape with your race number on the rack; this is where your bike should be racked
 - All bar ends must be solidly plugged
 - There is no glass allowed in transition area
- Reminders:
 - There is no riding bikes in transition area
 - Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn securely fastened at all times while in possession of your bike. This means before, during, and after the event.

Timing Chips:

- Look for the timing chip station near the transition area
- You must have a chip to receive a time for the race
- Timing Chips must be worn over your wetsuit, or below the ankle cuff of wetsuit
- You must return your timing chip once you finish the race

Pre-race meetings

- These are mandatory
 - Super Sprint: 8:00AM
 - Olympic, Aquabike, Aquathlon: 8:30AM
 - Sprint: 9:00AM

Race Starts:

- Super Sprint:
 - Corral A: 8:15AM
- Olympic, Aquabike, Aquathlon
 - Corral B: 8:45AM
- Sprint
 - Corral C: 9:15AM

It is the athlete's responsibility to know the courses. Course maps are posted on the website:

<https://www.bozemantriathlon.com/course-details.html>

Swim Courses:

- Super Sprint: 1 lap of 300 meters
 - All the buoys/race marks will be on your right hand side; then you head into transition area
- Olympic, Aquabike, Aquathlon: 2 laps of 750 meters
 - All the buoys/race marks will be on your right hand side, the only left hand turn you need to make is onto the beach while exiting the water either to run 20 meters on the beach before entering for your second lap or to get to transition area
- Sprint: 1 lap of 750 meters
 - All the buoys/race marks will be on your right hand side, the only left hand turn you need to make is onto the beach to get to transition area

We will have safety watercraft in the water. If you are in need of assistance, please stop, raise your hand, and pump your fist in an up and down motion. A watercraft will be there quickly

Watercraft cannot advance you on the course if you wish to continue

If you are new to open water swimming, please make sure you acclimate to colder water temperatures in the preceding weeks of the Bozeman Triathlon. **Your first time in open water should not be on race day**

If you are not feeling well during the swim: make sure you are out of the way of other swimmers, roll onto to your backside and float

In the case of water temperature not meeting USAT recommendation for full length courses, we will have an alternate course and directions will be give to the athletes during the mandatory race meetings

Bike Courses:

- Headphones: Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices are not to be carried or worn at any time during the race. This is a USAT rule! You will be penalized if you are caught.
- Course Maps:
 - Super Sprint: 1 lap - <https://ridewithgps.com/routes/34532892>
 - Olympic, Aquabike: 2 laps - <https://ridewithgps.com/routes/26517558>
 - Sprint: 1 lap - <https://ridewithgps.com/routes/26517558>
- Bike courses will marked with spray chalk on the roads. Turnarounds will be marked with a traffic cone.

- We have flaggers at the major intersections, but the course is open to traffic
- Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.
- Please be vigilant at all times; especially at intersections
- **Do not ride your bikes on the dirt path in between transition area and Manley Road. Mount and dismount in the appropriate zones. The mount zone is on Manley. The dismount zone is on Gallatin Park Drive.**
- As you ride around the south end of Gallatin Park Drive toward Manley Road,
 - Stay left for second lap (Olympic and Aquabike racers only)
 - Stay right to dismount your bike
- **No drafting, please**
- **No blocking, please**
- Carry what you need for any bike maintenance you may require (i.e. flat tire, etc.)
 - There is no support on the bike course

Run Courses:

- Run course is marked with cones. Stay within the cones
- Headphones: Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices are not to be carried or worn at any time during the race. This is a USAT rule! You will be penalized if you are caught.
- Course Maps:
 - Super Sprint: 1 lap - <https://ridewithgps.com/routes/34532936>
 - Olympic, Aquathlon: 2 laps - <https://ridewithgps.com/routes/45433106>
 - Sprint: 1 lap - <https://ridewithgps.com/routes/45433106>
- There will be some volunteers on the course to assist, but you need to know the route
- **Bikers and runners share the same path while bikers are entering or exiting the bike course - be mindful.**
- You should run on the left hand side of route, except in between Manley Road and Transition Area
- While running on Boylan, stay on the sidewalk
- While running on Story Mill, stay on the sidewalk, then the shoulder on the right hand side of road (there is also a dirt path)
- When you get close to the pond, we are re-routing the course from last year to avoid a construction project. Look for the cones and flagging. **In the case of you running across the grass, be mindful of the terrain.**
- The course is open to traffic. Please watch for cars while crossing.
- There are 2 aid stations on the course. HAMMER HEED, water, and HAMMER gels will be available
 - #1 is located right after you exit transition area and cross the parking lot
 - #2 is located about mile 1.5 (and again at mile 4.5 for Olympic, Aquathlon)

Want more rules? <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

Awards: Awards will be available after timing results are confirmed - there will be announcements from the emcee about when awards are ready

Post-race food:

- The CC Gourmet food truck will be serving authentic asian food on race day
 - Each racer and volunteer gets a race day meal
 - Registered athletes will have a food ticket on their race bib to use
 - The food truck will also have additional items for sale as well