



KEY RACE INFORMATION

New/Revised Information - Highlighted in Grey

Transition -

You must keep your race bib with you as this allow you entrance to transition. Bathrooms are not open for transition changes; but are available pre/post-race to use. Portable toilets (2) can be found by the transition area. Basic rules: All participants must wear shirts or singlet during the bike and run. Helmets are mandatory and must be done up *before* taking bike off the rack and until your bike is back in the rack. Wait until you cross the MOUNT LINE before getting on your bike and get off before the DISMOUNT LINE. Ipods, earbuds or other music devices are not allowed at any time. Watches, bike computers are permitted.

SWIM -

Your heat start time is posted on the wall outside of the pool, close to transition and is also posted on the pool deck. You will need to be on the pool deck 10 minutes prior to your heat start time. If you are late, we will do our best to accommodate, but will not make any guarantees. There is limited seating available on the pool deck; so please make sure your spectators know your swim heat start time.

Bike -

*This is a **NON-DRAFTING** event; keep right except to pass. The road is **OPEN TO TRAFFIC** so be aware!* All bike routes are an out and back course on Westsyde Road. When leaving Bebek and exiting onto Westsyde Road, there will be traffic control but still watch for any traffic when turning left across lanes. Use extreme caution when approaching the designated turnaround point. Watch for any traffic coming up from behind and any oncoming traffic. **DO NOT** cross the center line at any time. **DO NOT** cut corners **AT ANY TIME**.

Yellowstone Traffic & Safety will be on hand for traffic control. **USE CAUTION AT ALL TIMES. Review the Yellowstone Traffic Control map; located under the course information.** Do not cross center line on corners and watch for hazards (ex. bumps, crossings). There will be one Aid/Water Station on the bike course just after the turnaround.

Run -

Exit on the run in the same direction as the bike, but on the pathway to the left of bike route. Stay on the sidewalk when you turn left on Bebek. One Aid/Water Station will be located on the playing field when finishing your first lap. One loop is equal to 2.5km, so you will need to complete 2 laps. You are responsible to keep track of how many laps you need to do. The volunteers will not be keeping track of your laps. There will be signage in the playing field to direct racers to the next lap or finish area.

Teams -

Team members must tag the next member of their team in the "Change Zone", without blocking or interfering with other racers. There will be an exchange of the timing chip in the "Change Zone". Ensure team members stay to the left when exchanging timing chips; in order to prevent blocking other competitors.

FAQ

I'm on a team. Where do I exchange my timing chip with my team mate on the next leg of the race?

There are 2 "Changing Zones". They'll be located: just before the Swim Entry into the transition area and at the Run Out of the transition area. The "Change Zone" will be designated by a marked area.

What happens if I miss the "Change Zone" or block other athletes?

When the change from one team member to another occurs outside of the "Change Zone" or if another competitor is blocked, a penalty will result.

Can I change my estimated swim time?

Estimated swim time can be changed up to *Wednesday, May 10 at 11:59 pm*. Registration will also close *Wednesday, May 10 at 11:59 pm*.

Can I do the swim portion for a relay team and also compete as an individual?

No. We will look at this for the coming years; but for this year, we are keeping the timing as simple as possible.

How will I know where to stand; in order that I enter the correct swim heat?

A volunteer will arrange everyone getting ready to swim in a specific order, within your swim heat. It's important that you remain in that given order.

Can I wear a wet suit?

No. Swim skins are allowed as long as they are made from nylon or lycra. Polyurethane and Neoprene are not allowed.

Who can enter the transition area?

Only racers are allowed in the transition area. Your access is your bib.

Can I mark my bike? ex. balloons, signage

No. In addition, no bins for clothing, which might give you an advantage by marking your site.

Are there changerooms or change tents?

No. Not for changing.

Pool washrooms can be used before and after the race but it is not for transition use to change. Portable toilets will also be available for use during the race.

Can I use my mountain bike?

Yes.

Is there a bike and helmet inspection?

No. Competitors are responsible for their own bicycle safety check; but know that the race marshal will be randomly checking the bikes while they are racked in transition.

Will there be tech support for my bike on race day?

Tech support will be available race day, provided by Cycle Logic.

What do I do with my bike number?

Attach the bike number to the crossbar or stem of your bike: fold the bike number over crossbar, remove the paper strip from tape and secure. Your helmet sticker is attached at the front of your helmet.

Are there aid stations on the bike?

Yes, one is available just past the turn around point.

What do I do with my bib number?

Wear it on the front of your shirt. If you have a race belt, you may wear your number on your back for the bike and on your front for the run.

Are there aid stations on the run?

Yes, one will be available when entering the field close to the transition area.

Where can I park?

The parking lot at Westsyde Pool will be unavailable Sunday morning due to the race course set up. We suggest you park at David Thompson School on 1051 Pine Springs Road and then walk across the school field to transition.

Please remember to THANK ALL THE VOLUNTEERS AS YOU GO BY! YOU COULDN'T BE DOING THIS WITHOUT THEM 😊

April 8, 2023

Revised: April 13; April 24 2023