

# Lake Nighthorse Triathlon – Final Race Briefing

Here are the updates for the inaugural Lake Nighthorse Triathlon Saturday 9/11/21

1. COVID 19: San Juan Basin Health's current recommendations for outdoor activities is that no masks are required. You, of course, may wear one during pre-race activities where social distancing will be difficult to maintain. We will have a trash can at the swim start for disposal of any masks.
2. Packet pick-up: will be from 3pm to 6pm at the Durango Community Recreation Center, Eolus Room on Friday 9/10/21 at 2700 Main Avenue, Durango. Race day pick-up is discouraged but will be available near transition. Timing chip pickup will only be Saturday morning near Transition in the swim parking lot.
3. Park Entry and Parking: The Park will open to athletes at 7:30 AM. We have been given early admittance race day as a courtesy by the Durango Dept. of Parks and Recreation. Normal traffic lanes will be followed per entry to the park: annual pass holders may enter the park in the right lane and keep moving. Those needing to purchase a day pass should go in the left lane to the entry gate and do such with the attendant. Sorry but this may be a bit of a bottleneck. Parking is available at the Swim Beach and Boat parking lots. Either may be used depending on your preference. We will have personnel to guide you to parking spots in the Swim Lot only. I expect this lot to fill up. We aim to notify those still arriving when that happens at the entrance to that lot.
4. PICK UP YOUR RACE TIMING CHIP NEAR TRANSITION SATURDAY MORNING. Wear it on your left ankle for the entire race. Relays will exchange the Chip after each leg in the Transition area at the location where the team bike is racked. The biker and runner may enter Transition at an appropriate time to make the exchange by notifying transition volunteers. We are NOT doing body marking.
5. Swim: The swim will be composed of 2 waves. The faster wave will go first. The swim will be a clockwise triangle. We start in the water off the ramp at the north end of the swim beach area near the paddleboard rental tent. It is highly recommended that you bring to the swim start some footwear (sandals, river or running shoes) for the run to Transition. Kayakers will be along the course for safety and to inform you if you are way off course. As stated previously, raise an arm if you need assistance. The edge of the ramp can be sharp so negotiate it with caution. After an in-water standing start, the course proceeds straight out from the swim ramp (about 250M) to the 4<sup>th</sup> "No Wake" buoy. It will have a red sleeve over it and an orange pyramid shaped buoy attached to it. Turn right there and continue (about 190M) to a second pyramid shaped orange buoy. Sighting to this buoy may be tough but there is a line of large yellow and orange buoys in line with the 2<sup>nd</sup> pyramid buoy in the distance to the north that can help guide you. Turn right again going around the buoy and proceed back (about 310M) to the swim beach ramp area. Sighting back will be aided by "feather flags" marking the in-water corners of the ramp and at waters' edge. The paddleboard rental tent is large, white

and also good to sight by swimming to its right. You may exit the water on the ramp or to either side of it. Big step out on the left. Smoother but longer beach sand going all the way around the ramp. The ramp may be slippery but we will try to sweep it race day. In using the ramp to exit, swim until your hand touches it so you are past it's cement edge. Proceed up the gravel steps to Lake Nighthorse Road. Follow volunteer instruction to run along the west side of the road (nearest the beach) until another 2 volunteers will direct you to the path up to transition. You will cross the bicycle course here so be aware and yield to cyclists.

6. Transition: is one way flow north to south with the entrance to the right and exit to the left. Your bike should be racked by its seat with handlebars facing OUTWARD.
7. Bike: mount your bike AFTER the mount line and proceed down the access road to Lake Nighthorse Road. Be aware of swimmers crossing the road but proceed as they should yield to you. The roads on the course are NOT closed to traffic so follow usual bicycling safety common sense. Sheriff's Deputies and Volunteers are stationed at the main intersections on the course. You race number on the front of your helmet will be recorded at the bike turnaround and saying it verbally to volunteers will help them. Upon returning to the park, ride in the right lane and be aware of the speed bump in that lane. Cars and boats may be entering the park in both lanes as you return so proceed with caution. After returning to the Swim Parking lot, you will bike to the LEFT of the Transition Area. Dismount your bike BEFORE the dismount line, and enter transition on foot.
8. Run: You must wear your race number in FRONT during the entire run and through the finish. Starting the run, exit Transition and turn left and follow cones and arrows around the perimeter of the swim parking lot. Throughout the run, stay to the LEFT on this out and back course. The "thumb" of this gravel lot has been added to the course since the initial publication of the run course. It will be marked with arrows and cones. Continue on the gravel path to the boat parking lot. The path through the paved boat parking lot will go to its east perimeter with a 4 foot lane at the front of the boat trailer parking spaces. You will run in this cone defined lane going both out and back. Turn right at the painted "hash" marks and run to the small entrance onto the gravel "Dam" Road. There will be an aid station there with water and Gatorade that you may take going both ways. It will NOT be handed to you. Upon returning to the swim parking lot, a volunteer, arrows and cones will guide you to the finish.
9. Post-Race snacks and fluids will be available near Transition. Rumor has it that some may be FEED ZONE PORTABLE recipes. You may remove your bike from Transition after all triathletes are out on the run by showing your race number to the Transition volunteers.
10. Awards: are for first place only in each 5 year age group from 15 to 70+ men and women. We have several excellent and valuable prizes available in a random drawing. You must be present to win with your race number to claim a prize. We will hope to start the ceremony by 11:30.