

ATHLETE GUIDE

Lake Nighthorse Sprint Triathlon Course Description

PARK FEE: Unfortunately, there are no free passes into the Park on Race Day. However, the City charges by car, not by person. So carpool with your family and friends. See this link for park passes and bike-in options. <https://co-durango.civicplus.com/lakenighthorse>

TRANSITION AREA: The Transition Area is located in the “Beach Area” parking lot at Lake Nighthorse. It is gravel surfaced and will be swept of loose rocks as clean as possible for race day. It will be a “one-way” transition flowing from north to south.

SWIM COURSE: From an in-water standing start, the course proceeds west from the right side of the swim beach continuing roughly along the no-wake buoy line 375 meters to a large buoy turnaround point. Buoys will be on the swimmers right with a clockwise turn at the large buoy to return to the beach. *If you have difficulty in the swim, try to get to the left and raise your arm overhead to signal a kayaker to come to your assistance. You may rest on the Kayak but not advance on the course and may continue the race when you are able. If you need to stop competing tell the kayaker and they will assist you off the course as needed.* Exit the water and proceed to the Transition Area. Foot protection for the run to transition may be used and left near the water exit prior to the start. Proceed up the beach to the gravel steps leading to Lake Nighthorse Road. Cross the road with volunteer direction and advisement. Swimmers yield to cyclists and vehicles. Proceed up the small wood chip covered path to the north side of the overflow parking lot and transition.

BICYCLE COURSE: Rack your bike by the seat with handlebars facing out. 6 bikes to a rack section (with bikes racked in opposite direction from the bike next to it). Roads are not closed to automobiles on the course so proceed with caution and stay on the right side of the road. There are NO AID STATIONS on the bike course, so make sure to bring your own hydration. Pass other triathlete bikers on the left only. This is a NO DRAFTING race so maintain 3 bike lengths behind another biker unless passing them. You have 15 seconds to make a pass if closer than 3 bike lengths; otherwise it is drafting. If you are passed, you must drop back 3 bike lengths before attempting to re-pass. This is a hilly bike course which proceeds as follows: Exit transition to the south and go across the MOUNT BIKE HERE line, mount bike then and proceed down the parking lot road to Lake Nighthorse Road, turn right and continue toward park entrance. Be aware of automobiles and swimmers crossing the road on their way to transition. Cyclists yield to vehicles and use caution around swimmers and volunteers near the road. Follow Park Exit signs and arrows to the right up and around the entry station. Turn LEFT onto County Road 210 and proceed to County Road 141(Wildcat Canyon Road). Turn LEFT onto CR141 and proceed to turnaround point just before the intersection with CR 211. Coming back continue on CR141 to CR 210, turn right onto CR210. Proceed to Lake Nighthorse Road and turn right onto it. Use caution re-entering the park as traffic may be at the entrance. Stay to the right but avoid/negotiate the speed bump at the Entrance Station. Turn left onto Overflow Parking Lot Road and stay left at the top to go down the LEFT side of Transition Area to dismount bike BEFORE the “DISMOUNT BIKE HERE” line and run bike to your transition spot. Do NOT unstrap your helmet until your bike is racked. Rack your bike by the seat with handlebars facing out.

RUN COURSE: Exit transition to the LEFT and proceed around the perimeter of the Beach parking lot in the running lane and to the gravel trail that goes to the Boat Ramp Parking Lot. Stay to the LEFT while

running the course. Follow arrows, flagging and cones around the perimeter of the Boat Parking Lot. Enter the "Dam Road" on the left side of the boat ramp. An aid station may be here with Tailwind electrolyte drink and water. Proceed down the left side of the road to the large gate across the road where turnaround is made and proceed back along the same course, staying to the left. Upon reaching the Beach Parking Lot follow cones and flagging to the finish which will be east of the Transition Area. Return your timing chip in the Finish area. Congratulations!!