

Race Information Update 8/25/23

Race Packet pick up will be at the Durango Running Company, 473 East College Drive, Durango, on Friday 9/8/23 from 4pm-6:30pm. Parking is limited in the rear of the store, and exit from there requires backing up or making an extremely tight and narrow turn. So, we recommend parking on 5th Ave and walking over. Late packet pick up can be done at the race site near Transition on race morning.

Updated swim and run course maps have been posted on the race website

The swim start and exit will be slightly more to the left of the paddleboard ramp on a more sandy area which will allow for safer negotiation in and out of the water. After the start, you will still turn right at the 4th white buoy which will have an orange buoy attached to it. A small yellow “2nd turn” buoy and a small red “lap” buoy were installed at the lake this week for anyone wanting to practice. Additionally, this year participants will exit the water and run straight across the dirt to cross the Lake Road, rather than running up the natural stairs to the road.

Awards: Sock Guy socks will be awarded to the top 3 finishers in each age group in both races. Overall winners of both races will receive plaques. We will start the awards ceremony as soon as possible for each race when most finishers are in. Our goal is to start Sprint distance awards by 11:00am near transition.

We have added another aid station on the run course at the run turnaround on the gravel Lake Nighthorse “Dam” Road. There will be drink available near transition, at the start of the “Dam Road” and at the turnaround. There are no aid stations on the bike course.

Lake Nighthorse Sprint & Olympic Triathlons Athlete Guide / Course Description (updated 7/27/23)

TRANSITION AREA: The Transition area is located in the “No Wake/Beach” Parking lot (“Beach 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. There will be 6 bikes to a bike rack section. Bikes should be racked in an alternating facing pattern, and should be racked by the saddle/seat. A small towel can be placed in front of your front wheel, which is where you can place your bike/running shoes and other race gear.

SWIM COURSE: The Sprint distance will perform one lap of the following course. The Olympic distance will perform 2 laps going around an in-water turn buoy near the start area. From an in-water standing start, the course proceeds west from the right side of the swim beach continuing along the no-wake buoy line for about 250 meters to the 4th buoy; turn right into

the large no-wake zone and proceed about 180 meters to the second orange pyramid shaped buoy; turn right again and return to the start area and exiting the water on or near the paddleboard put-in ramp. Exit the water and proceed ~~up the ramp and cement path to the gravel steps, leading to Lake Nighthorse Road.~~ Foot protection for the run to transition may be used and left in the finish area prior to the start. 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.

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.

BICYCLE COURSE: Roads are not closed to automobiles on the course so proceed with caution and stay on the right side of the road. The Lake Nighthorse Road surface is pitted and damaged in spots so proceed with due caution. There are NO AID STATIONS on the bike course. 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. The Sprint and Olympic courses are on the same roads with the Olympic distance race going further out CR141 before turning around. 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. The Sprint distance turnaround point is just before the intersection with CR 211. The Olympic turnaround point is before the intersection with CO State Hwy 140. We will have Sheriff's deputies and volunteers at both turnaround points. 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: The Sprint distance course is described here. The Olympic distance race will consist of 2 laps of the sprint course. To begin the run, exit transition to the LEFT and proceed around the perimeter of the Overflow Parking Lot in the running lane and to the gravel trail the goes to the Boat Ramp Parking Lot. Stay to the LEFT while running the course. Follow arrows, (probably to the left first) 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 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 Overflow Parking Lot, Sprint racers follow cones and flagging to the finish which will be east of the transition area. Olympic distance racers will stay left and go past the finish chute and begin their second lap. Get your Finisher medal and return your timing chip in the Finish area. Congratulations!! This is not an easy course.

USAT RULES & INFO

SWIM ASSIST (No official results):

If swimmers would like to wear an inflatable tethered safety buoy (examples: <https://www.sport-fitness-advisor.com/open-water-swim-buoy.html>) for the swim portion, they will be allowed. Those swimmers will start at the back of the last wave and will not be counted in official results (USAT rules). Nothing larger than 30" in any direction when inflated. No propulsive equipment (ex.: fins, paddles, etc.) is allowed. Please sign up as usual for the event, and swim assist will be designated at a later time.

USAT Swimming Conduct (Official results):

4.1 Permissible Strokes. Swimmers may use any stroke to propel themselves through the water and may tread water or float.

4.2 Bottom Contact and Resting. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of this section shall result in a variable time penalty, unless the Head Referee in his/her sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(1).

4.3 Emergencies. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. A swimmer, who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

4.4 Wet suits. Each age group participant shall be permitted to wear a wet suit 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 wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000

meters and 71.6 degrees for distances of 3000 meters or greater. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

4.5 Notice of Wet Suit Policy. The wet suit policy for any particular race shall be included on all race literature that is intended for distribution to potential participants. The wet suit policy shall conform to Section 4.4, unless a change is granted in compliance with Section 1.4. The wet suit policy on such literature shall include the following information, if applicable; a. Any changes from Section 4.4; b. Any specific restrictions on equipment; c. Any disparity between the wet suit policy for age group athletes and the policy for elite athletes.

4.6 Measuring Water Temperature. It is recommended, but not required that the water temperature for a race be finally determined by a measurement made within 2 hours of the race start. A water temperature measurement should also be taken prior to any pre-race meetings in order to forecast to the athletes as early as possible the likely water temperature on race day and the likelihood of whether wet suits will be allowed on race day.

4.7 Official Equipment. If provided by race management, a swimmer shall wear the proper official swim cap corresponding to his wave. The penalty for an infraction of this rule is a variable time penalty. For safety reasons if no official cap is provided, all swimmers should wear their own brightly colored swim cap.

4.8 Goggles. Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

4.9 Illegal Equipment. Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.

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