

Lake Nighthorse Sprint & Olympic Triathlons Athlete Guide / Course Description

TRANSITION AREA: The Transition area is located in the Overflow/Swim Beach Parking lot (“Beach Lot”) at Lake Nighthorse. It is a gravel surface 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. Before the race, make sure you note the “Swim In”/”Bike Out”/”Bike In”/”Run Out” entrances and exits. There will be 6 bikes to a bike rack section, 3 on each side. Bikes should be racked in an alternating facing pattern, and should be racked by the saddle/seat.

SWIM COURSE: Sprint racers will perform one lap. Olympic racers will perform two laps. This is a Clockwise course; thus, all official turn buoys will be on your Right. From an in-water standing start on the beach, the course proceeds west from the right side of the swim beach continuing along the no-wake buoy line for about 250 meters to a large orange turn buoy. Swim around this buoy and proceed about 180 meters to the second large orange turn buoy. Swim around this buoy and return to the beach start/exit area. Sprint racers exit the water and proceed to Lake Nighthorse Road. Olympic distance racers turn around at a third orange buoy offshore from the start and proceed west, repeating the course and exiting after their second lap completion. Foot protection for the run to the transition area is highly recommended, and footwear can be left near the swim exit. The road is open to traffic, so cross the road with volunteer direction and caution. Swimmers yield to cyclists and vehicles. Proceed up the small wood chip covered path to the north side of the Beach Lot and Transition Area.

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: This is a hilly bike course. Sprint racers will perform one lap. Olympic racers will perform two laps. The Lake Nighthorse Road surface is pitted and damaged in spots so proceed with caution. The course county roads are not closed to automobiles, so proceed with caution and stay on the right side of the road. There are NO AID STATIONS on the bike course, so be sure to supply your own bike hydration. This is a NO DRAFTING race, so maintain 3 bike lengths behind another biker unless passing them. Pass other racers on the left only, and say “On Your Left” while passing.

Exit transition to the south and mount your bike at the MOUNT BIKE HERE line. Proceed down from the Beach Lot to Lake Nighthorse Road, turn right and continue toward the park entrance. Be aware of vehicles, volunteers, and of other participants crossing the road from the Swim. Follow Park Exit signs and arrows to the right, up and around the Entrance Station. Turn LEFT onto County Road 210 and proceed to County Road 141 (Wildcat Canyon Road). Turn LEFT onto CR 141 and proceed ~6.25 miles, almost to CR 211. This is the Turnaround Point for all racers. We will have Sheriff’s deputies and volunteers at the turnaround point; however, watch for vehicles prior to turning around and use extreme caution. Coming back, continue on CR 141 to CR 210. Turn right onto CR 210 and proceed back to Lake Nighthorse. 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. Follow Lake Nighthorse Road back toward the Beach Lot and Transition. Olympic racers will turn around for their second lap at a designated cone near the base of the Beach Lot hill. At the Transition Area, stay to the left side and dismount your bike before the "DISMOUNT BIKE HERE" line. Run your bike to your transition spot. Rack your bike as originally racked by the seat with handlebars facing out.

RUN COURSE: Sprint racers will perform one lap. Olympic racers will perform two laps. There is an aid station with Tailwind electrolyte drink and water near the run start. Exit the transition area and proceed around the perimeter of the Beach Lot to the gravel trail that goes to the Boat Ramp Parking Lot. At the Boat Ramp Lot, stay left and run the perimeter of the lot to the Dam Road, which is just to the left of the boat ramp. A second aid station will be here. Stay to the LEFT while running the course as this is an out and back course. Proceed down the road until you reach the turnaround point. A third aid station will be here. Return along the same course, staying to the left. Upon reaching the Beach Lot, Sprint racers will follow cones and flagging to the Finish Chute. Olympic racers will stay left and go past the finish chute and begin their second lap.

FINISH: Get your Finisher medal and return your timing chip in the Finish area. Congratulations on completing not just a Triathlon, but a tough 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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