

THANKS FOR PARTICIPATING IN THE 2009 PAYETTE LAKES MOUNTIAN TRIATHLON

The Start Area opens at 7:30 am on race day. Athletes will be required to park and walk into the transition area. **Parking will be restricted to the North Bound Lane along the shoulder of Warren Wagon Road, please pull as far over to the side of the road as possible.** Note that parking officials will be present and select pullouts will be used for turnaround and emergency parking only. There will be no parking along the dirt road within the campground or above the bridge on Warren Wagon Road. Parking will be a first come first serve in regards to proximity to the events transition area.

Packet Pickup:

Packet pickup will be held:

1. On the deck at **Gravity Sports** on **Friday July 31st from 4:00 – 8:00pm.**
 2. At the start area at **Upper Payette Lake, Saturday August 1st from 7:30 -9:30am.**
- Olympic distance individuals start at 10:00 am, teams at 10:05, and sprint distance individuals at 10:15. The swimmer **MUST** wear the cap found in the race packet. The cyclist **MUST** wear an ANSI or Snell approved helmet.
 - **Distances:**
 - Olympic: 1.5 Kilometer Swim, 40 Kilometer Bike, 10 Kilometer Run**
 - Teams: 1.5 Kilometer Swim, 40 Kilometer Bike, 10 Kilometer Run**
 - Sprint: 1.0 Kilometer Swim, 20 Kilometer Bike, 5 Kilometer Run**
 - Each racer must wear the timing chip provided in your race packet. **The chip must be worn around the ankle for all three legs of the race, including the swim.** Team members must pass the chip on to the next team member at the start of each leg. (*Note: Chips must be returned at the completion of the event or you will be charged.*)
 - The sticker in your race packet must have your race number on it and be attached to your bicycle. We will have someone guarding the bicycles and you will need your race number to claim your bike at both the bike check in during drop off and in the transition area following the completion of the event.
 - The Numbered Bib must be worn on the run. Make sure the number is facing forward when crossing the finish. Please check all information on the bottom of your bib for accuracy. The tear off tag will be collected in order of finish when you complete the race.
 - All participants will be marked with their race number on shoulder and calf, numbers must match that on bike when entering and leaving the transition area.
 - Refreshments and beer will be available at the finish. Shuttles will be available to return you to your car, please pick up your bike as soon as possible after finishing. Awards will not begin until the last finisher is in.

- Please do not leave trash, orange peels, water bottles, etc. laying around the transition area or on the race course.

RULES

Racers Must:

- Exercise sound, mature judgment
- Practice good sportsmanship
- Show race number at all times
- Follow all traffic laws
- Wear ANSI or Snell approved helmets
- Riders must be dismounted from bicycle when leaving the transition area until reaching the cones and flags. Rider must also dismount when returning to the transition area at the cones and flags.
- Do not draft (3 bike lengths should be between cyclists)
- Cover the entire prescribed course
(Aid stations will be evenly spaced throughout the course.)
- Follow race officials' instructions
- Have no pacers, escorts, or assistance
- Do not wear fins, pull buoys or swim aids
(Wetsuits and life jackets are allowed. Water rescue craft will be present.)

COURSE DESCRIPTIONS

SWIM COURSE: Elevation 5,560 feet

Olympic and Team competitors: will start from the transition area located at the first big campground at the right as you enter the Park at Upper Payette Lake. The swim will head out, staying to the left side of the channel keeping all buoys to the swimmers right forming an elongated triangle and coming back on the opposite side of the channel to the transition area.

Sprint competitors: will follow the same course, however you will bypass the second buoy and come straight back into the transition area.

(A ground towel is encouraged, the transition area will be raked however it could be dusty and dirty.)

BIKE COURSE: High Point 6,412 feet

Olympic and Team Competitors: Racers will need to remain dismounted and walk or run their bicycle out of the transition area to the flagged cones. From there riders will head left at the pavement and head North over Secesh Summit and down the other side to the turn around at the 20 Kilometer mark and head back over Secesh Summit to the transition area. Cyclist must again dismount at the flagged cones and walk or run their bike into the transition area.

Elevation Gain: 1,224 total gain, out and back

Elevation Loss: 1,224 total loss, out and back

Sprint Competitors: Racers will follow the same instructions and course out of the transition area however you will turn around at the 10 Kilometer mark near the summit and head back to the transition area.

Elevation Gain: Roughly 900 feet

Elevation Loss: Roughly 900 feet

(Turn around points will be clearly marked and staffed with race officials and aid stations.)

RUN COURSE: High Point 5,586

The run course will utilize the gravel road that runs along the shore line of the lake to the North. The run was an out and back last year and just shy of 10 Kilometers for the Olympic and Team categories. We are in the process of trying to get a full 10 Kilometers out of it and if possible create a loop. More details will be available soon so please check the website regularly. The Sprint category will remain an out and back on the same road turning around at the 2.5 Kilometer mark.

Maps showing the transition area, Swim, Bike, and Run course will be available soon.

-- While visiting we ask that you please support our local sponsors. --

--Without them this event would not take place --

Thank You