

Bozeman Triathlon Athlete Instructions

General Schedule, more details below:

Saturday, June 15th

- 11:00 AM – 1:00 PM Packet Pickup, Owenhouse Cycling
 - 25 South Black, Bozeman, MT
 - You will need current USAT member card and ID that proves your state of residence

Sunday, June 16th – Race Day at the Glen Lake Rotary Park

- 6:00 AM – 6:30 AM: Packet Pick Up: Covered Picnic Table (West)
- **6:30 AM – Transition Opens**
- 6:30 – 7:30 AM: Body Marking and Timing Chip Pick Up (Concrete Picnic Table)
- **7:45 AM – Transition Closes for all racers**
- 7:49 AM – Olympic racers should be out of water for athlete count
- 7:50 AM – Olympic Pre-race meeting/athlete count
- 8:00 AM – Olympic Wave Start “A”
- 8:01 AM – Olympic Wave Start “B”
- 8:19 AM – Sprint racers should be out of water for athlete count
- 8:20 AM – Sprint Pre-race meeting/athlete count
- 8:30 AM – Sprint Wave Start “C”
- 8:31 AM – Sprint Wave Start “D”
- 11:00/11:30 AM – Awards

Schedule may be updated due to unforeseen circumstances

Packet Pickup:

- Saturday, June 15th 11:00 AM – 1:00 PM
 - Owenhouse Cycling - 25 S. Black Ave Bozeman, MT
 - **USAT member card, or 1-day license and photo ID proving state residency required at pickup**
 - Athletes competing in the Montana High School Championship must show proof of high school enrollment (school ID or report card) and a photo ID
 - You have to pick up your own bag
 - You cannot pick up someone else’s bag
 - You will be reminded about what wave you are in
 - **You can only start in the wave you are assigned to**

Coffee:

- There will be coffee, provided by Ghost Town Roasters on race day. All are welcome to have some while it lasts

In the Race Bag:

- Swim Cap – the cap you receive is required for the swim portion of the race. Thanks.
 - **DO NOT SWITCH SWIM CAPS WITH SOMEONE ELSE**
- Stickers – put the stickers on the front of your helmet and on the frame near stem of bike
 - Smaller sticker is for helmet
 - Larger sticker is for bike
- Race Bib – All athletes are required to wear race numbers at all times during the run. Race bibs must face front and be clearly visible at all times during the run. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing
 - **We recommend taking off the tear-away-tabs before you race; do not lose these as they are valuable 😊**
- Race Shirt
 - If there is no race shirt in your bag, you have one coming to you. If you registered later, you may have missed the last day for us to order you a shirt that could arrive on time.
- There is other promotional material in the bags. Please shop our sponsors as they have given a lot of time and energy for this event

Race Day Parking:

- **Please park in the parking lot at the Glen Lake Rotary Park**
- DO NOT park on Manley Road or Gallatin Park Drive
- DO NOT park in the driveway leading into the Glen Lake Rotary Park

Race Day Packet Pick Up: 6:00 – 6:30am

- **Meet at the covered picnic table (west side) in front of the beach**
- **USAT member card, or 1-day license and photo ID proving state residency required at pickup**
- Athletes competing in the Montana High School Championship must show proof of high school enrollment (school ID or report card) and a photo ID

Transition Area:

Only Bozeman Triathlon registered athletes are allowed in the transition area; you will need to have your race bib or show your body markings to get into transition area

- Opens – 6:30 AM
- Closes – 7:45 AM
 - All athletes, **including Sprint athletes** must have their transition area set up by this time
 - There will be a sticker or tape with your bib number on the rack; this is where your bike should be racked
 - All bar ends must be solidly plugged; we will have some bar end plugs on site; please ask
 - No participant shall bring ANY glass containers into the transition area
- Reminders
 - No riding bikes in the transition area
 - Helmets must be on your head and buckled at all times while on your bike

Body Marking and Timing Chip Pick Up: 6:30 – 7:30am

- All athletes must get marked with their age and race number
 - Athletes will have race numbers marked on both shoulders and thighs
 - Athletes will have their age marked on the right calf
- Timing Chips will go around your lower leg on your left side

Pre-race Meeting / Race Start

- Pre-race Meeting is Mandatory
- Olympic Pre-race meeting/athlete count is at 7:50am
- Olympic Race Start is at 8:00am and 8:01
 - Pre-race meeting and race start are on the beach
- Sprint Pre-race meeting/athlete count is at 8:20am
- Sprint Race Start is at 8:30am and 8:31
 - Pre-race meeting and race start are on the beach
- **It is the athlete's responsibility to know the courses. Course maps are posted on the website:**
<http://www.bozemantriathlon.com/course-details.html>

Swim Course

- Olympic – 2 laps
- Sprint – 1 lap
- All the buoys will be on your right hand side. The only left hand turn you need to make is onto the beach while exiting the water either to run 20 meters on the beach before entering water for your second lap (Olympic racers) or to get to transition area
- We will have safety boats in the water; if you are in need of assistance, please stop and raise your hand. A watercraft will be there quickly
 - Watercraft cannot advance you on the course if you wish to continue
- If you are new to open water swimming, please make sure you acclimate to colder water temperatures in the preceding weeks of the Bozeman Triathlon
 - **Your first time in open water should not be race day**
- If you are not feeling well during the swim, roll on to your backside and float
- In case of water temperature not meeting the USAT recommendation for full length courses, we will have an alternate course and directions will be given to athlete's during the mandatory race meeting

Bike Course

- **Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. This is a USAT rule! You will be penalized if you are caught.
- Course map: <https://ridewithgps.com/routes/26517558>
 - Olympic – 2 laps
 - Sprint – 1 lap
- The bike course will be marked with spray chalk/paint on the roads. The turnaround will have a candlestick cone
- We have flaggers at all of the major intersections, but **the course is open to traffic.** Please be hyper-vigilant at all times and especially at intersections.

- **You may need to stop at any or all intersections unless directed otherwise**
- Do not ride your bikes on the dirt path in between transition area and Manley Road. Mount and dismount in the appropriate places. The mount line is on Manley, the dismount line is on Gallatin Park Drive.
- As you ride around the south end of Gallatin Park Drive towards Manley,
 - Stay left for second lap (Olympic racers only), or
 - Stay right to dismount your bike
- Carry what you need for any bike maintenance you may require (i.e. flat tire, etc.)
 - There is no support on the bike course

Run Course

- **Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race
- Course Map: <https://ridewithgps.com/routes/25443370>
 - Olympic – 2 laps
 - Sprint – 1 lap
- While running on Boylan, stay on the sidewalk or run on the left hand side of the road
- While running on Story Mill Road, stay on the sidewalk (then the shoulder) on the right hand side of the road
- **The course is open to traffic.** Please watch for cars when you cross the roads.
- There are 2 aid stations on the course. Heed and water will be provided.
 - #1 – is located right after you exit transition and cross the parking lot
 - #2 - is located about mile 1.5 (and again at mile 4.5 for Olympic)

Want More Rules?

<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

Volunteers

- Please take time to thank the volunteers!
- Volunteers are important to the success of this race and we could not do it without them.

Awards

- Awards ceremony starts in between 11:00am and 11:30am
- Awards given for top 3 male/female overall finishers in each race and top 3 finishers in each age group

Post Race Food

- Food is provided by the Waffle Queens (you have a tear away tab on your race bib)
 - you need to have your Waffle Queens tear-away-tab to get your waffle meal!
- If you do not like delicious waffles, please make sure to bring your own your post-race meal so you can recover correctly from your efforts
- There will be water and HEED from Hammer Nutrition