



Triathlon (USG TRI)

-We have included the \$7 entry fee to the Gunlock State Park in your race entry. That will include Friday night check in and Saturday morning for the race. FYI, if you plan to visit the reservoir outside of those two days the day use fee is \$7 per car.

Divisions: Age group determined by age as of December 31, 2012.

Awards: Award will be given to the top 3 overall. Finisher medals will be given to all participants.

Packet Pickup and Check-In: Packet pickup will be Friday Night from 4-8pm at Rebel Sports Store located at 490 West St George Blvd. On the Corner of Bluff Street and St George Blvd next to Baskin Robins. Bike drop off will be from 5pm-9pm at the Gunlock Reservoir. Athletes will be given a gear bag for T-1 that will be left by your bike rack with your swim gear in it, and it will be returned to the finish area for you.

Start Time: Saturday, June 16th at 7:00 AM.

Course Details

Swim: 750 Meter triangular shaped, counter clockwise course at Gunlock Reservoir. Athletes will swim once around the buoys in a counterclockwise direction (buoys on your left).

-Wave Starts – 5 minutes apart- order of waves TBA

-No fins, paddles, or propulsive device of any kind will be allowed.

-Wetsuits are recommended but not required; water temperature should be in the low 70's. Goggles or face masks may be worn.

Bike: The bike course is 15 miles long. It will start at Gunlock and finish at Snow Canyon High School. The road will be open to traffic with law enforcement present at the two locations where bikes cross traffic, at Hwy 91 and at Pioneer Pkwy. Stay to the right side of the road except to pass and be aware of vehicles.

Bike Turn by Turn

- Turn right on CR-3184 (Gunlock Road)**
- Turn left on Hwy 91**
- Turn left on Pioneer Parkway**
- Turn right on Lava Flow Drive**
- Turn right on Little League Drive**
- Turn left in to the Snow Canyon High School Parking lot**
- Absolutely no drafting another bike or any other vehicle is allowed. This is an individual endurance event. A space of at least 3 bike lengths must be left between competitors.**
- ANSI-approved hard shell helmets are required. No helmet, no race, period.**
- No individual support allowed.**
- Each participant must be individually responsible for repair and maintenance of his or her own bike during the cycling portion of the triathlon.**
- Cyclists are responsible for obeying all traffic laws and for any infractions.**
- There will be no aid station on the bike. Two water bottles are recommended.**

Run: The run course will start and finish on the Snow Canyon High School track. Outside of the track there will be a short section on Little League Drive and the remainder of the run course will be on the paved trail that proceeds North to Pioneer Parkway. The run is an out and back course, returning to finish on the track. Aid stations will be provided every mile.

Run Turn by Turn

- Leaving T-2 follow track around to the NE corner**
- Turn left onto Little League Drive**
- Turn around at 1.5 miles**
- Turn left onto Little League Drive**
- Turn right onto track and Finish Line**

ADDITIONAL INFORMATION

Timing: Electronic chip timing of the event will be provided by Milliseconds Sports Timing (<http://www.milliseconds.com>). All participants will be timed and will be provided with their swim, bike and run splits, as well as their overall finish time. Instructions for chip use will be provided in your race packet.

Body marking: On Saturday morning, you will be body marked on your arms and legs, indicating your race number, and age on race morning.

Inclement Weather/ Alternate Plans: In case of inclement weather or the need for alternate planning, the race directors reserve the right to modify or cancel any portion of the triathlon if weather conditions, water quality, or any other unsafe condition may compromise athlete safety.

Lodging: The Best Western Abby Inn at 1129 S Bluff Street is the host hotel for this event. For reservations call 888-222-3946 or 435-652-1234. Ask for the Utah Summer Games Triathlon Rate when making reservations.

Medical: Medical personnel will be on-site. Certified lifeguards and dive team will be present during the swim on watercraft and kayaks.

Packet pick up: Packet pickup will be Friday Night from 4-8pm at Rebel Sports Store located at 490 West St George Blvd. On the Corner of Bluff Street and St George Blvd next to Baskin Robins. Bike drop off will be from 5pm-9pm at the Gunlock Reservoir. You will receive your race packet (includes bib number, bike number, race information, etc), swim cap, usg t-shirt, and timing chip. You will also need to drive to Gunlock on Friday night to check in your bike at T-1 so that you can ride the shuttle on race morning. Athletes will be given a gear bag for T-1 that will be left by your bike rack with your swim gear in it, and it will be returned to the finish area for you.

NOTE: You MAY NOT pick up a packet/timing chip for another person. This can lead to timing chip switch, etc. You must pick up your own packet, no exceptions.

Per USA Triathlon rules, you MUST have current photo ID at registration. NO PHOTO ID, NO RACE, period. If you are an annual USA Triathlon member, you MUST show your current USAT membership card. If you fail to bring it, you will be required to pay the \$12 single day membership fee. If you cannot pay the \$12 fee, you will not race. NO EXCEPTIONS. We will not be able to accept credit cards at packet pickup! (Cash or check only.) If you stated "pending" for your USAT membership number, you MUST have proof of membership by printing out a temporary membership card. If you do not have this, you MUST pay the \$12 fee via cash or check.

Again: You MAY NOT pick up a packet/timing chip for another person. In order to be covered by USAT insurance you MUST follow these guidelines. You must pick up your own packet, no exceptions.

Athlete Shuttle: The shuttle busses will leave Snow Canyon High School (T-2) at 5:30am on Saturday morning. You will have already dropped your bike off the night before at the lake. Before you get on the bus you will need to place your Run Gear bag in the T-2 transition area at the High School. You will bring your Bike gear bag with you on the bus.

Spectator Parking: Parking is limited at the reservoir, so please pay attention to signs and the parking volunteers. If parking on the main road be sure to pull all the way on to the shoulder.

NOTE: To reduce traffic on the bike course for safety reasons, spectators who drive out to the swim start will need to go North through Veyo and back down SR-18 to get back to Snow Canyon High School after the swim.

Photography: TBA

Relay Teams: At packet pickup, please have all team members present. You will not be given your race packet until all team members are present. Each relay team member will wait inside the transition area at your team's bike rack location where you will transfer your timing chip from one team member to another. Each team will be issued one swim cap, one bike number, one bib number, and one timing chip. Each relay team (either 2- or 3-person) will be issued a single timing chip. The timing chip will act as the relay "baton". The chip handoff will take place at your assigned bike rack location corresponding to your bike/bib number.

Swim Caps: Swim caps will be provided at packet pickup. The issued swim cap must be worn during the swim.

Transition Area: There will be two transition areas. T-1 will be located in the parking lot at Gunlock Reservoir. Transition 2 will be located at Snow Canyon High School next to the track. Athletes are the only ones allowed inside the transition areas.

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