



ATHLETE GUIDE

August 14, 2021 Eldora Mountain Resort

RACE SCHEDULE

Wednesday August 11th

- Courses are marked and open for pre-ride and inspection. Please park outside of the Eldora main gate. The course is set up for the 10k trail run, but as you head up the dirt road on the south end of the parking lot follow the blue bike signs, not the red signs. There will be several points where there will be red sign in front of the blue sign. That shows where the 10k trail and tri bike course are the same. (Don't worry, on race day the red signs will be removed immediately after the trail run)

Thursday August 12th

- 2:00-6:00pm - Packet Pick Up and Late Registration. Runner's Roost Lakewood 7978 W. Alameda Ave., #A

Friday August 13th

- 2:00-6:00pm- Pack Pick Up, Runner's Roost Boulder

Saturday June 29, 2019

- 6:00-7:30am - Packet Pick-Up Late Registration- Eldora Mountain Resort, Nederland, CO
- 7:30am- XTERRA Indian Peak Trail 10k run begins, southside of Indian Peaks Lodge
- 7:45am- XTERRA Indian Peak Trail 5k run begins, southside of Indian Peaks Lodge
- 8:45am- Transition area for XTERRA Indian Peaks triathlons closes, move to lake.
- 9:00am- mandatory XTERRA Indian Peaks pre race meeting at Peterson Lake
- 9:15am- XTERRA Indian Peaks Classic Course triathlon begins
- 9:45am- XTERRA Indian Peaks Sprint Race begins
- 10:00am- XTERRA Indian Peaks paddleboard triathlon begins
- 8:30 a.m. - Breakfast Opens!!!
- 9:00am- Trail run awards ceremony at Indian Peaks Lodge
- 1:00pm- triathlon awards ceremony
- * *Awards times may be moved a bit depending on the number of athletes still on course

PRE-RIDE: Course will be open for pre-riding beginning Wednesday August 11th. The bike course begins at the bottom of the SW corner of the main lot. Blue signs will direct you. It is not recommended to scout the run course because signs are in different directions in spots in preparation for the trail runs. **YOU MUST PARK OUTSIDE OF THE GATE.** Don't want you to get locked in.

PACKET PICK-UP

Each Participant MUST have both a photo ID If you do not have an ID you WILL NOT be given your race packet. Each participant must be present to pick up their race number/packet.

You can pick up your packet where you directed it to be sent:

- Friday August 9 from 2:00-6:00pm Runners Roost Lakewood in Belmar or Runners Roost Boulder just south of Table Mesa on Broadway.
- Saturday August 10 from 6:00-7:30am on the south side of Indian Peaks Lodge at the Eldora Ski Area (**not the Indians Peaks Lodge in Nederland)
- If you signed up to have your packet pick up at the running stores and you do not pick it up there it will be sent to Eldora for Saturday pick up. Note: You'll get the stinky from the race director.

All relay members must be present to receive their packets. Sorry, it is a liability issue since we are a USAT sanctioned race.

You must have a photo ID We cannot release your packet to you without a valid Photo ID, no exceptions

If you have a USAT license you must present it when you pick up your packet. If you do not have your license with you, you must purchase a \$15 one day license. Please do not yell at the volunteer if you don't have your license, it's your responsibility.

You must take the shirt size you ordered. Sorry. You may come to the table on race day after the race to exchange your shirt for a different size.

Race Number Instructions: Your race packet will contain 1 or 2 numbers:

1. Running Bib #: Affix this to a race belt, t-shirt, shorts, or running skirt. It must be showing on the front of your person as you cross the finish line.
2. Bike Handlebar # (triathlons only): to be affixed to the front of your handlebars.
3. Timing Chip (triathlons only): The timing chip is affixed to an ankle strap. Affix this to your left ankle prior to the swim and leave it on for the entirety of the event. A volunteer will collect it from you at the finish line.
 - a. If you are on a relay you will exchange the timing strip between legs of the race, in the transition area at your bike placement.
4. Bring your race # to the timing chip tent to pick up your timing chip on race morning. Timing Chips will only be handed out on race morning.
5. A swim cap (triathlons only) will also be provided for you in your race bag and must be worn during the swim portion of the event. Please right you bib number on your cap for seeding on race morning.
6. **Directions to Eldora Mountain Resort**
 - a. If you are coming from Denver it is preferred that you take Boulder Canyon, CO 119, to Nederland. Boulder Canyon begins in Boulder on Canyon Boulevard. As you come into Nederland take the roundabout to the 3rd (south) exit and head through town. About 1/3 mile outside of town turn right onto Eldorado Avenue. A couple of miles west you will see the Eldora sign directing you left onto Eldora Ski Road. **Give yourself an extra 20-30 minutes to come up Boulder Canyon, you will be stopped numerous times.**
 - b. If you are coming from west Denver or Golden take Coal Creek Canyon, CO 72, to Eldora. It is an 18 mile drive from CO 93 to the intersection of CO 119. Turn right at the top and head 3 miles to a left turn onto Eldorado Avenue. Again, look for the Eldora sign directing you up the Eldora Ski Road. **Give your self an extra 5-10 minutes to come up Coal Creek, as you will be stopped 3 times.**
7. **SPECTATORS ARE NOT ALLOWED INSIDE TRANSITION FOR SAFETY REASONS!!!** Please keep your, family, significant others, and children out of the transition area before, during, and after the race. Only the athlete is allowed inside transition. Thank you for your cooperation with this.

8. PLEASE BE CAREFUL WHEN DRIVING IN THE AREA AS ATHLETES WILL BE WARMING UP AND WALKING ALONG THE ROADS!

PARKING

1. If you are doing the trail run it is best to park up at the west end of the Eldora parking lot. Please be conscious of where and how you park so that you do not block anybody in.
2. Triathletes will park in the southern end of the beginner/Nordic lot. Make sure you park on the northside of the lift chairs that are lying in the parking lot. The transition area is just south of the chairs.
3. The bathrooms on the west end of the southern lot will be open for your use.

THE RACE

XTERRA Indian Peaks Trail Run

- Both races will near the finish line on the south side of the Indian Peaks Lodge.
 - Follow the Red XTERRA signs, ignore the blue XTERRA signs or signs that are facing the other direction.
 - Never go through XTERRA tape, it is placed there for you to go in a certain direction.
1. **10k course- begins at 7:30am**
 - a. Line up and self seed just up the hill from the finish line.
 - b. You will head up the dirt road to Cheaters Corner and after turning there follow the red XTERRA signs.
 - c. Aid stations at miles 1.1, 3.4, and 4.9. Gatorade and Water for your consuming pleasure.
 - i. Please drop cups on the course, not into the forest.
 - d. Awards will be top three in 10 year increments.
 2. **5k course- begins at 7:45am**
 - a. Line up and self seed just up the hill from the finish line.
 - b. You will head up the dirt road to just past 17th Ave and then head east and follow the red XTERRA signs.
 - c. Aid stations at miles 1.1, 3.4, and 4.9. Gatorade and Water for your consuming pleasure.
 - i. Please drop cups on the course, not into the forest.
 - d. Awards will be top three male and female overall, and top three male and female masters
 3. Stick around for the awards and every racer can enjoy a breakfast burrito from the Santiagos in Nederland, some Ska Beer from Durango, and tasty water from Eldorado Artesian.
 - a. We will also raffle gift cards and other fun prizes.

XTERRA Triathlons

- Transition is located on the south end of the main parking lot on the other side of a bunch of lift chairs lying in the lot.
 - Each bike rack is built to hold six bikes. Please be very conservative in how you set up your transition. Place your gear under your bike, fold up your towel small. Don't be that GUY.
1. **SWIM COURSE:**
 - a. The water temperature is expected to be in the low 60s for the event.
 - b. Wet suits are required
 - c. It is 600 meters from transition to the swim start at Peterson Lake.
 - i. Take a pair of extra running shoes to the lake
 - d. Place your running shoes near the swim exit (NOT at the swim exit) marked by two orange Dig Deep flags. Remember where you left them.
 - e. You can warm up in the area just to the left of the starting peninsula, but make sure you stay clear of paddboarders and swimmers finishing.

- f. Paddleboarders will start en masse just to the left of the peninsula.
 - g. Swimmers line up by bib number on the peninsula.
 - h. The classic race will begin at 9:15am.
 - i. The sprint race will begin when the last classic course racer gets to the last buoy
 - ii. Racers will start every 3-5 seconds. Your race starts when you cross the timing pad.
 - i. Paddleboarders will begin when the last sprint triathlete has cleared the last buoy
 - j. Buoys are always to your left.
 - k. If you need help or are tired wave your hand and a paddleboard water assist will come to you. You can also swim to shore to rest. We put the buoys relatively close to the shore.
 - l. You will exit the swim at the west end between the two orange Dig Deep flags.
 - m. You will then run/walk/crawl the 600 meters to transition.
 - i. You must transport your wetsuit to transition. Do not hand it off to somebody.
2. **BIKE COURSE:** <https://www.signupgenius.com/go/20f0c45aead2daa8-xterra>
- a. This is a loop Bike Course. Ride up the hill till you see a blue arrow and tape leading you into the forest. Blue signs abound and there is tape at intersections.
 - b. You will pass an aid station twice handing out bottles of water and Gatorade. It is located just past Cheaters Corner where you finish the loop.
 - c. WALK your bike in and out of transition.
 - d. USAT rules no headphones or listening devise of any kind. **NO TUNES.**
 - e. Never go through the tape (last years goof will not be repeated)
 - f. Please be mindful as you pass and/or are passed. Please call out, and if being passed pull over the earliest and safest spot. There is plenty of room to pass on a vast majority of the course.
 - g. As you come out of the loop after 6.2 miles Classic course competitors will be instructed to complete the second lap.
 - i. Sprint course and paddleboard riders will finish one lap before heading down the transition.
3. **RUN COURSE:** <https://connect.garmin.com/modern/course/26731783#>
- a. The run course will head east out of transition and straight up the hill that is the beginning of the Jenny Creek Trail.
 - b. FOLLOW THE RED SIGNS.
 - c. The course is entirely on the Nordic systems trails.
 - d. Again, don't go through the tape.
 - e. There will be an aid station at mile 1.0 and you'll pass through it again just before mile 2. The last aid station is at mile 3.1 of the classic course.
 - f. At mile 1.5 sprint/paddleboard racers will be sent to the left to a short course, and classic competitors will go right.
 - g. You will go around transition as you come out of the forest to run up the road you started the bike with and then follow the red arrows to the finish line.
4. **GENERAL:**
- a. Please do not litter the course. Pack out any gels, bars, and water bottles that you have with you on the course. The park is very generous to allow us to use their facilities and it would be a shame if it is littered with trash. A trashcan will be provided at the aid station on the run course to dispose of any trash.
5. **VOLUNTEERS:** We always need volunteers. If you have a friend or family member interested in volunteering; they receive a nice shirt, free brunch, beer if they are old enough, and endless gratuity from the races. Go here if you'd like to sign somebody up to **VOLUNTEER**

POST FESTIVITIES AND AWARDS:

- a. When you finish you will be handed a bottle of Eldorado Artesian water. Little trolls will remove your timing chip, so please be aware and patient.
- b. You will receive a voucher for \$7.00 from our food truck Basic Kneads, that will get you one small pizza. Friends and family are more than welcome to order off the regular menu.
- c. Awards will begin around 12:30pm. There is some great door prizes to be had, so don't leave early.

CRITICAL RACER INFORMATION:

Transition	<ul style="list-style-type: none"> • Athletes only: NO SPECTATORS OR COACHES • Your bike MUST be placed on the rack (1ST come 1st serve, there are no assigned racks). • Four bikes fit in each rack. If the bike cannot fit, see a volunteer wearing an Dig Deep Volunteer T-Shirt
Swim Start	<ul style="list-style-type: none"> • Be at the lake by 9:00 for pre-race meeting. • NO SPECTATORS at the swim start, it is cramped down there. • Put your shoes near the swim exit for the run up to transition. • Pay attention to the pre-race meeting. • Line up by bib number.
Bike	<ul style="list-style-type: none"> • Helmet chin strap must be fastened at all times while you're on the bike • Keep to the right except while passing (when passing, shout 'on your left') • We enforce the 'no drafting rule'. • NEVER go through tape, always follow the flow and the signs.
General	<ul style="list-style-type: none"> • While biking or running, stereo headphones (such as ipods) are not allowed • DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!

RELAY TEAMS

The following is a procedure outline specifically for Relay Teams:

1. Packet Pickup
 - a. All Team Members MUST be present to pick up their Race # Packets, Tshirts, and Goodie Bags. (Sorry it's not our rule & an inconvenience but it's one that we will not make exceptions due to this event being USAT Sanctioned)
 - b. Your Team will receive one Race # Packet, as it contains your Bikers Frame #, and Runners Bib #.
 - c. Everyone in your team will get their own T-shirt

- d. You will only receive One (1) Timing Chip on the morning of the race. Go to the timing chip pickup table with your race # to get your timing chip.
- e. Body Marking: Everyone in your team must be body marked, as a preventative for lost numbers, as well as for timing, and photos.
 - i. The cyclist and runner should have the letter “R” written on their calf instead of their age.
- f. TIMING CHIP: The timing chip will be worn by all the relay team athletes. Timing Chip Location: Swimmer = Ankle, Biker = Ankle, Runner = Ankle.
 - i. The timing chip will be passed between your Relay Teammates inside the transition area, at your designated spot. The biker will be waiting at the bike (Keep on the rack until the chip is transferred) for the swimmer to enter transition and switch the timing chip.
 - ii. The runner will also be waiting inside transition (again at your teams bike rack location), for the biker to enter and make the switch (Please rack your bike prior to transferring the timing chip to the runner).

PLEASE READ BEFORE THE RACE!

- 4. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at ALL times while on your bike: before, during, and after the event. Penalty: Disqualification
- 5. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle and it is placed back on the rack. Penalty: Disqualification on the course; Variable time penalty in transition area only.
- 6. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons are individual tests of fitness. Penalty: Variable time penalty
- 7. Transition Area: All equipment must be placed in the properly designated bike rack. All participants must return their bicycles to an upright position in their designated bicycle rack. No person shall interfere with another participant’s equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Variable time penalty
- 8. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front of you. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Variable time penalty
- 9. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. (It is for your safety that you do not cross the Yellow Line, especially on corners) Penalty: Referee’s discretion
- 10. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification (This is a family environment and any language of this nature will NOT be tolerated.
- 11. Headphones: Headphones, headsets, walk-mans, Ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Variable time penalty (Please do not break this rule, as it is a major safety violation)
- 12. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut, or folded, or altered in any way. DO NOT transfer your number to any other athlete or take a

- number from an athlete that is not competing. Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.
13. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Please do not litter the course with water bottles, gel packets, wrappers, etc. The community has supported this event for years and your responsibility in keeping the course clean will help to ensure that this event continues. Penalty: Variable time penalty For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:
<http://www.usatriathlon.org/resources/about-events/rules>

MOST IMPORTANTLY: BE SAFE, TREAT YOUR FELLOW RACERS AND VOLUNTEERS WITH RESPECT, AND HAVE FUN!!!