



## 2021 SAND HOLLOW TRIATHLON & RUN ATHLETE GUIDE

Welcome to the Sand Hollow Triathlon, Duathlon, Aquabike, 10k & 5k Run. Our race staff is excited to be here, producing a top-notch race experience at the Sand Hollow Reservoir. We have carefully selected and outlined the most important information you will need for this race. *Thank you for choosing to race with us!*

**Race Day Parking** – State park gate attendants will require you to show your annual state park pass, or pay the one-day park entrance fee. You may purchase Saturday’s park entrance pass at Friday’s Packet Pick Up in Hurricane or on race day at the park entrance. Park entrance pass is \$15 per car.

**Water Temperature / Weather Forecast** - The current water temperature as of May 17th is 65 degrees, so wetsuits are legal. We will have an updated water temperature at packet pick up. Saturday’s forecast is partly cloudy skies, with temperatures in the low 50s at the start of the race and reaching a high of 60.

### Packet Pick-Up Dates & Times

❖ **Friday, May 21<sup>st</sup>, 3:00pm-7:00pm**

Hurricane Community Center, 63 S 100 W, Hurricane, UT 84737

❖ **Saturday, May 22<sup>nd</sup>, 5:30am-8:00am**

Parking Lot / Finish Line at Sand Hollow State Park, UT 84737

Race day packet pick-up will incur a \$10 fee. If you did not pay for race day packet pick-up at the time you registered, please be prepared to pay the \$10 fee on race morning. Give yourself extra time, as there may be a line. We will do our best to keep it moving!

### Important information to know before arriving to Packet Pick Up!

- No one is allowed to pick up your packet for you. This is a strict USAT Rule.
- Requirement: Photo IDs are required to pick up your packet.
- Requirement: If you are a current USAT annual member, please bring your USAT membership card to verify proof of membership.
- Requirement: All Relay members must check in together!
- **There is a \$10 fee for race day pick up for multisport athletes. 10k & 5k Runners can pick up their packet on race morning for free.** Bring cash or pre-pay during online registration.
- Please DO NOT call Hurricane Community Center with questions regarding the race. You can email [info@bbsctri.com](mailto:info@bbsctri.com)

# RACE DAY EVENT SCHEDULE

May 22, 2021

|                  |                           |             |
|------------------|---------------------------|-------------|
| Packet Pick Up   | Timing Trailer            | 5:30a       |
| Transition Opens | Parking Lot / Finish Line | 5:30a-8:00a |
| Triathlon Start  | Boat Ramp                 | 6:57a-7:41a |
| Duathlon Start   | SE Corner Parking Lot     | 7:50a       |
| 10K & 5K Start   | SE Corner Parking Lot     | 8:00a       |
| Swim Cut-Off     | Boat Ramp                 | 8:45a       |
| Bike Cut-Off     | Bike Out / Transition     | 10:30a      |
| Course Closed    | Finish Line               | 11:30a      |

## TRIATHLON START TIMES

|   |             |       |
|---|-------------|-------|
| Olympic Open (Men & Women)                | Neon Pink   | 6:57a |
| Olympic Men 39 & Under                    | Green       | 7:00a |
| Olympic Men 40 & Over + Clydesdale        | Red         | 7:03a |
| Olympic Women 39 & Under                  | Neon Orange | 7:06a |
| Olympic Women 40 & Over + Athena + Relays | Blue        | 7:09a |
| Olympic Aquabike                          | White       | 7:12a |
| Sprint Open (Men & Women)                 | Orange      | 7:23a |
| Sprint Men 39 & Under                     | Silver      | 7:26a |
| Sprint Men 40 & Over + Clydesdale         | Neon Yellow | 7:29a |
| Sprint Women 39 & Under                   | Purple      | 7:32a |
| Sprint Women 40 & Over + Athena + Relays  | Yellow      | 7:35a |
| Sprint Beginners - Men                    | Light Blue  | 7:38a |
| Sprint Beginners - Women                  | Light Blue  | 7:41a |

## THINGS TO KNOW

**Course Description & Online Maps** - Directional signs, volunteers and staff will be positioned to guide you through the course. However, please remember that per USAT rules, it is your responsibility to know the course before beginning your race. Maps are available online and will be posted at packet pick up, but will not be printed and distributed to each athlete. Please visit <http://www.bbscendurance.com/sandhollow/> for access to course maps.

**IMPORTANT BIKE COURSE UPDATE:** With the upcoming opening of SR-7 on Wednesday May 19th we were hopeful that we were going to be able to go east on SR-7. Unfortunately, the Utah Department of transportation will not allow us to use it this year. We are confident that we still have a safe and fun bike course and look forward to returning to the regular bike course next year. Map of 2021 Bike Course: <https://bbscendurance.com/wp-content/uploads/2021/04/2020-Sand-Hollow-Proposed-Bike-Course.pdf>

### **COVID-19 Safety Information:**

BBSC is prepared to provide a safe and clean racing environment! Practice social distancing, wash your hands and wear your mask before and after your race.

Individuals who fall within any of the categories below should not attend BBSC events:

1. Individuals who currently or within the past fourteen (14) days have experienced any symptoms associated with COVID-19, which include fever, cough, and shortness of breath.
2. Individuals who have traveled at any point in the past fourteen (14) days either internationally or to a community in the U.S. that has experienced or is experiencing sustained community spread of COVID-19; or
3. Individuals who believe that they may have been exposed to a confirmed or suspected case of COVID-19 or have been diagnosed with COVID-19 and are not yet cleared as non-contagious by state or local public health authorities or the health care team responsible for their treatment.

**Are Masks Required to be worn while racing?** – **No**, masks must be worn while you are not racing. This includes in the transition area when you are not racing. Please wear your mask to packet pick-up.

**Transition** - Only participants will be allowed in transition. Bike racks will be spaced by bib number assigned.

**10K & 5K Start** – 10K & 5K Run will start at 8:00am. Race start line is in the SE Corner of the parking lot, near the portapotties. Please check-in and get your race bib, timing chip and shirt at packet pick up before going to the start line.

**Duathlon Start** – The Duathlon will start at 7:50am. Race start line is in the SE Corner of the parking lot, near the portapotties. Please check-in and get your race bib, timing chip and shirt at packet pick up before going to the start line.

**Body Marking** - Remember to get marked up either at Packet Pick Up or by a volunteer at the entrances of transition on race day. It's a USAT Rule! 5K and 10K not required to get body marked.

**Swim** - BBSC Endurance Sports will provide ranger boats, safety boats, kayakers, volunteers, certified lifeguards & directional buoys for your safety and guidance during the swim. You can rest on a kayak to catch your breath, if the kayaker does not help you with forward propulsion. In case of emergency during the swim, please wave your swim cap in the air and a boat will come pull you out of the water and bring you back to shore.

**Care Cap** - We will have distinctive colored caps available for those who are concerned about the swim. Whether it's your first tri or you are not comfortable in open water just yet. Our water safety team will keep a close eye on all athletes wearing these caps, so request yours from our Race Director at packet pick up.

**No Bike Support** – We will not have pre-race or on-course bike support this year. Bike tire pumps will be provided at the aid station in transition. The bike course coordinator will also be equipped with a bike pump, roaming the course.

**Bike Aid Stations** – Water and Hammer Gels will be offered at the bike aid stations. There will be 1 aid station on the Sprint Course, 1 aid station on the Olympic Course.

**Car Traffic** - Remember that portions of the course are open to traffic. You are required to stay on the shoulder unless passing.

**Drop Zones** - These will begin and end at the boundaries of the pull-out where each aid station is located. Please be sure to discard bottles & nutrition packets within these target areas. Let's keep Sand Hollow clean together! Do not litter your bottles and gels on the course.

**Run Aid Stations** – Water, Hammer Heed and Hammer Gels will be offered at run aid stations. Aid stations will be located approximately every mile. Volunteers will fill cups and leave them on the table for you.

**Finish Line** - The finish line tent is meant for finishing athletes only. This is where a volunteer will remove your timing chip and present you with a finisher medal and water.

**Post-Race** – Due to COVID-19 precautions, there will not be post-race activities. Instead, all finishers can pick up a to-go snack bag and 'Finisher Fandana' after their race.

**Awards** – Due to COVID-19 precautions, there will not be Age Group awards ceremony or 10k/5k awards ceremony. Overall Top 3 Men & Women's Awards will be announced at the finish in the Sprint Triathlon, Duathlon, Aquabike and Olympic Triathlon.

**Timing Chips** - Chips must be worn around either ankle during the entire race. Do not exchange timing chips with another athlete; your timing chip is unique to you. If you drop out of the race at any point, return your chip to the race staff or at the Timing Trailer.

**Lost / Unreturned Timing Chips** - If you lose your chip between Packet Pick Up and race morning, please go to the race day packet pick up for a replacement. If you lose your chip on the course, notify the timer immediately after crossing the finish line. NO CHIP = NO TIME. Should you forget to return your timing chip for any reason, please email [info@bbsctri.com](mailto:info@bbsctri.com) for return instructions. There is a \$20 replacement fee for unreturned timing chips.

**Get Your Results Faster** - Results will be posted online at <https://my.raceresult.com/169636/>

**Medical** - Medical Support will be available throughout the event. Please notify a staff member if you are aware of a medical emergency on-site.

**On-Course Medical Assistance** – If you need medical assistance while on the course, look for support vehicles, aid station volunteers or tell another athlete and they will call it out to us as they pass by. All aid stations will be equipped with cell phones with direct communication to medical support and race staff.

**Lost and Found** - Return or check for lost equipment at the Timing Trailer, located near the finish line. Should you return home with gear that is not yours, or that you are missing, email [info@bbsctri.com](mailto:info@bbsctri.com). All lost items will be kept for a period of 2 weeks before donating to charity, and payment of postage will be required prior to its return.

**BBSC Rules & Policies** - As noted in the application waiver that you signed during registration, bibs are non-transferable. Your bib provides BBSC very important identifying information for the purposes of our medical program as well as timing. Transferring the bib would compromise these processes severely. We appreciate your cooperation with honoring this important guideline. Violation of this rule may prohibit you from participation in future events and disqualify you from awards. Thank you for your understanding.

**Race Changes / Cancellations** - The Race Director and/or Park Management reserve the right to reschedule, modify or cancel any or all portions of this event if weather conditions or anything else compromises athlete safety or makes the originally planned event unsafe or impossible. There will be no refunds for rescheduled, modified or canceled events.

**FinisherPix** – Finisher Pix will be the official race day photographer. You can purchase your race photos at: [www.finisherpix.com](http://www.finisherpix.com)



## USAT RULES & POLICIES

**Age Group Calculation** - An athlete's age is determined based on their age as of 12/31 for all USAT Sanctioned events. Please take into consideration how old you will be after you've had your birthday this year, then be sure to check the correct age group for your results.

**Participant Identification Number** - Your bib and body marking will identify you during the race. Race numbers and body marking are required and must be worn and visible at all times to avoid USAT penalty.

It is suggested that you make yourself aware of all USAT rules and guidelines before arriving on race day.  
<https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>