OFFICIAL ATHLETE GUIDE

2026

RAGE
TRIATHLON

Sprint · Olympic · Duathlon · Aquabike

RACE VENUE · SATURDAY, APRIL 25, 2026

Boulder Beach · Lake Mead National Park · Boulder City, NV 89005

RACE DAY

Schedule of Events

Event	Location	Time
Transition Area Opens	Boulder Beach	5:30 AM
Packet Pick-Up	Timing Trailer	5:30 – 7:30 AM
Triathlon Start	**Boulder Beach**	**7:00 – 7:36 AM**
Aquabike Start	**Boulder Beach**	**7:00 AM**
Duathlon Start	**Run Out Arch**	**7:15 AM**
Swim Cut-Off	**Boulder Beach**	**8:30 AM**
Post-Race Meal	Food Tent	9:00 AM – 12:30 PM
Sprint Tri & Duathlon Awards	Stage Trailer	9:30 AM
Olympic Tri Awards	Stage Trailer	10:30 AM
Aquabike Awards	Stage Trailer	11:30 AM
Bike Cut-Off	**Bike Out / Transition**	**10:30 AM**
Run Course Closed	**Finish Line**	**12:00 PM**

WAVE START TIMES

Line Up With Your Wave

Category	Start Time
Olympic Men	7:00 AM
Olympic Women + Relays + Aquabike	7:05 AM
Duathlon + Du Relays	7:15 AM
Sprint Men	7:30 AM
Sprint Women + Relays	7:33 AM
Sprint Beginners	7:36 AM

BEFORE YOU RACE

Packet Pick-Up & Arrival

All athletes **must pick up their own packet and show photo ID.** Need to change distance or division? You can do that at check-in.

When	Where	Notes
Friday, April 24 · 3:30 – 6:00 PM	Trek Bike Henderson (Old McGhie's) 19 S Stephanie St, Suite 100, Henderson, NV	Recommended
Saturday, April 25 · 5:30 – 7:20 AM	Finish line — Boulder Beach Picnic Area	$10 race-day fee. Arrive 1 hr before start.

RACE DAY PARKING

All race parking is at **Boulder Beach**. The gate attendant will require an annual national park pass or entrance fee. Athletes and spectators must park on the **north side** of the two access roads. Please follow parking attendant directions.

WEATHER & WATER

Air: high-50s at sunrise, low-80s by afternoon.
Water: ~69°F Saturday morning.
Wetsuits: optional but legal at this stage.

RACE FORMATS

Know Your Distance

OLYMPIC TRIATHLON	SPRINT TRIATHLON	DUATHLON	AQUABIKE
Swim 1500 m **Bike** 24.8 mi **Run** 10 K	**Swim** 750 m **Bike** 12.4 mi **Run** 5 K	**Run** 5 K **Bike** 12.4 mi **Run** 5 K	**Swim** 1500 m **Bike** 24.8 mi **Finish** Off-the-bike timing mat

Duathlon start is at the top of transition on South Access Road at **7:15 AM**. **Aquabike** ends when you cross the timing mats coming off the bike — head to the finish line at your leisure to collect a medal and water bottle.

ON COURSE

Course, Transition & Swim

COURSE MAPS

Directional signs, volunteers and staff are positioned to guide you. **Per USAT rules, it is YOUR responsibility to know the course before racing.** Maps are posted online and at packet pick-up — they are *not* printed for each athlete.

Interactive & printable maps: bbscendurance.com/rage

TRANSITION

Only participants are allowed in transition. Friends & family must stay behind the barricades — for the safety of everyone.

BIKE RACKS

Assigned by bib number (based on distance & division). If you set up in the wrong area, you'll be asked to move. **2.5 ft of width per athlete.**

BODY MARKING

Get marked at packet pick-up **or** by a volunteer at the entrances of transition Saturday morning — it's a USAT rule.

CARE CAP PROGRAM

First triathlon? Not yet comfortable in open water? Request a distinct **care cap** from the Race Director at packet pick-up. Our water safety team will keep extra eyes on you.

SWIM SAFETY

Ranger boats, safety boats, kayakers, certified lifeguards, volunteers and directional buoys are on the water for your safety. You may rest on a kayak to catch your breath — they cannot help with forward propulsion. In an emergency, wave your swim cap overhead and a boat will bring you to shore.

BIKE AID STATION

Gatorade and water are offered at one aid station near the bike turn-around.

RUN AID STATIONS

Gatorade and water approximately every mile along the run course.

CAR TRAFFIC

All roads are **open to traffic**. You must stay on the shoulder unless passing.

DROP ZONES — KEEP LAKE MEAD CLEAN

Drop zones begin and end at each aid-station pull-out. Discard bottles and gels **only** within these zones. Do not litter on the course.

FINISH LINE & BEYOND

Timing, Medical, Awards

THE FINISH LINE
The finish tent is for finishing athletes only. A volunteer will remove your timing chip and hand you a finisher medal, water and Gatorade. Catch your breath — then head to the Post-Race Tent.

POST-RACE FOOD
Pizza is served post-race. Vegetarian options are available — just ask at the food tent.

TIMING

Your Chip, Your Time

Timing chips are distributed at packet pick-up. Wear it around either ankle for the entire race. **Do not exchange chips** — yours is unique to you. Dropping out? Return your chip to race staff or the Timing Trailer.

NO CHIP = NO TIME. Forgot to return it? Email info@bbsctri.com for return instructions. There is a $20 replacement fee for unreturned chips.

Results are posted on the side of the finish-line trailer and updated throughout the day. Get a printed receipt with your official finish time at the Timing Trailer after you cross the finish.

MEDICAL & HYDRATION

Medical support is located near the finish line. The best strategy: stay fully hydrated starting one week before race day, and especially the two to three days before. On course, flag down support vehicles or aid-station volunteers — every aid station has two-way radios to medical.

AWARDS

Top 3 Overall & Division

Top 3 overall and division winners are awarded in **Sprint, Olympic Triathlon, Duathlon and Aquabike**. Finish times are calculated using the appropriate gun time — start in your correct wave. **You must be present** to collect your award; we cannot ship awards after the race.

Ceremony	Time
Sprint Tri & Duathlon Awards	9:30 AM
Olympic Triathlon Awards	10:30 AM
Aquabike Awards	11:30 AM

FINE PRINT

Rules, Policies & Contact

USAT RULES & POLICIES

Age Group & Sanitation

Age Group Calculation: Your age is determined by how old you'll be on **12/31** for all USAT-sanctioned events. Check the correct age group for your results. Race numbers and body marking must be visible at all times to avoid penalty.

Sanitation: Athletes should not relieve themselves along the course outside of portable units or park bathrooms. Familiarize yourself with all USAT rules before race day.

BBSC POLICIES

Bib Transfers & Inclement Weather

Bibs are non-transferable and cannot be given to another person. Your bib carries identifying information that is critical to our medical and timing programs. Violations may result in disqualification and prohibition from future events.

Inclement weather: The Race Director and/or Park Management reserve the right to reschedule, modify or cancel any portion of the event if conditions compromise athlete safety. **No refunds** for rescheduled, modified or canceled events.

LOST & FOUND

Return or check for gear at the **Timing Trailer** near the finish. Find something at home that isn't yours? Email **info@bbsctri.com**. Items are kept for **2 weeks** before donation. Return postage required.

QUESTIONS?

info@bbsctri.com
bbscendurance.com/rage
Maps, results & updates posted online before race day.

GOOD LUCK, ATHLETE.

We can't wait to see you cross the finish line at Boulder Beach. Race smart, hydrate hard, and enjoy every mile. — The BBSC Endurance Team