2026 OFFICIAL ATHLETE GUIDE

Rocky Mountain Tri-Fest
Sunday August 9th 2026

Boulder Reservoir, 5565 N 51st St, Boulder, CO, 80301

Welcome to the Mountain Tri-Fest. We are excited to be producing another top-notch race at the Boulder Reservoir. We have carefully selected and outlined what we think is the most important race information you will need for this event. *Thank you for choosing to race with us!*

Packet Pick Up Locations

Saturday August 8th

4pm-6pm

Location

Arvada Triathlon Company

14715 W 64th Ave, Arvada, CO 80004

Sunday August 9th (Race Morning)

6am-7:30am

Timing Trailer at Boulder Reservoir Parking Lot

Arrive at least one hour prior to race start if you are picking up a packet on race day.

Race Day Parking - The park entry fee will be waived until 7:15am for everyone, however anyone who arrives after 7:15am should be prepared to pay the regular park entrance fee. Athletes and spectators will follow parking attendants in the morning to the Reservoir's south overflow lots.

Water Temp & Sunday's Expected Weather Forecast – The air temperature on Sunday is expected to reach 85°F by midday. Boulder Reservoir's current water temperature is 73.6°F (as of Wednesday, August 5th) .

Transition Area for Sprint and Super Sprint - Only participants will be allowed in transition area. If you would like to see your family and friends, make sure they are on the other side of the barricades. This is for the safety of spectators and athletes!

Transition Area Kids Tris (Mini and SSS) – One adult per participant will be allowed in this area to assist your child with setting up their gear and changing between each leg of the race.

Body Marking - Please be sure to get marked up by a volunteer at the entrances of transition on Sunday.

Bike Racks – Bike racks are not assigned for this event, and will be on a first come first serve basis.

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 https://bbscendurance.com/rocky-mountain-tri-fest/

Race Day Schedule

6:00am: Transition Area Opens
6:00am: Race Day Packet Pick Up
7:15am: SSS Tri starts
7:30am: Mini Tri start
8:00am: Sprint Tri starts
8:15am: Super Sprint Tri starts
9:00am: Swim Cut-Off
10:45am: Bike Cut-Off
12:00pm: Run Cut-Off / Course Closed

Swim – The Boulder Reservoir will provide safety boats, jet skis, kayaks, volunteers, certified lifeguards & directional buoys for your safety and guidance during the swim. You can rest on a kayak to catch your breath, as long as the kayaker does not help you with forward propulsion. In case of emergency during the swim, please wave your hand in the air and a boat will come pull you out of the water and bring you back to shore. 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. The Swim for the SSS event is along the shoreline. Your children may choose to just walk along if they prefer.

Bike Sprint and Super Sprint - Remember that all roads are open to traffic. You are required to stay on the shoulder unless passing. Be mindful of vehicles and other cyclists when passing! The Sprint bike course is 2 laps with the turn around located just before the entry to transition.

Bike Mini and SSS – The bike for the Min and SS will take place inside the Reservoir and will be closed to all traffic. It is an out and back course, so we ask that athletes stay to the right side to avoid riding into others on the turn leg. For those in the SSS, you are welcome to run/ride alongside to guide and support. **Helmets are mandatory for all participants.**

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 Boulder clean together! Do not litter on the course.

Run - Gatorade and water will be at run aid stations, approximately every mile.

Zero Waste - This is a Zero Waste event. Please look for the stations where you will separate your leftover materials into compostable and recyclables. No glass bottles are allowed at the Boulder Reservoir.

No Pets – Boulder Reservoir **does not allow dogs** during this time of year. Please leave your pets at home!

Post-Race Food – We will have snacks available under the food tent for all participants.

Timing & Results - For the multisport events chips must be worn around your 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. For the running events, disposable chips will be attached to the back of your bib. These do not need to be returned.

Lost 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 for return instructions. There is a $20 replacement fee for unreturned timing chips.

Results - Results will be posted on the Timing Trailer and will be updated throughout the day. Splits and official results will be available immediately after you finish at www.bbscendurance.com/bouldersunrise/ and click My Race Results.

Medical - Medical Support will be located near the finish line and on the bike course. 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 two-way radios for direct communication to medical support.

Hydration – Avoid a visit to the medics! The best strategy for endurance athletes is to maintain focus on staying fully hydrated beginning one week before race day, but good hydration is especially critical for two or three days prior to the race. Please consider hydration as a key to having your best race and avoiding a visit with the medics!

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. 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 and cannot be transferred from one person to another. Your bib provides BBSC Endurance Sports with 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.

Inclement Weather - 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.

Awards & Prizes - The top 3 overall will be awarded in the Sprint and Super Sprint