



# ATHLETE GUIDE

Boyd Lake Bash Multisport Festival - Loveland, CO  
Saturday September 7th, 2019



## Hello Boyd Lake Bash Athletes!

Race day on Saturday September 7th, 2019 is just around the corner. We can't wait!

We're excited to bring this one day EPIC event to life. 11 races in one morning and a buzz of awesome activity!

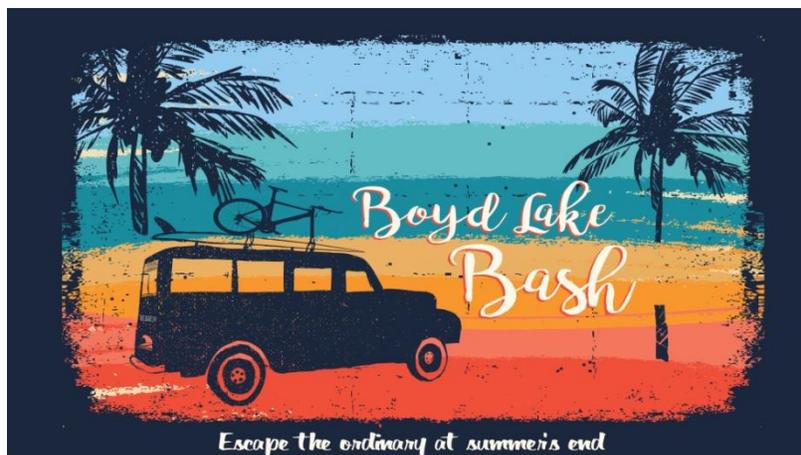
This athlete guide contains all the information you'll need to logistically be prepared to race in this event. Please set aside some time to carefully read and understand both this guide and any updated information about this race we may post on our website ([www.breakawayathleticsevents.com](http://www.breakawayathleticsevents.com)) or on our social media pages.

On behalf of our race staff and every single volunteer, I want to say thanks for racing with Breakaway Athletic Events, Without Limits and all your fellow athletes. We are excited (*in a high-five kinda way*) that you're part of this special day.

Please stay safe as your training tapers down for race day and good luck! Get after it and we'll see you at the finish line!

Sincerely,  
Your Race Directors - JB Tobin & Lance Panigutti

*"Never Limit Your Challenges - Challenge Your Limits"*





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## SCHEDULE OF EVENTS

### PACKET PICK-UP INFORMATION

1) **PLAYTRI** - Thursday 9/5 - 4:00pm-7:00pm  
13640 Orchard Pkwy Suite 100, Westminster, CO 80023

2) **Boyd Lake State Park** - Friday 9/6 - 4:00pm-7:00pm  
Loveland, CO - Inside the entrance on your RIGHT before the main gate

**\*\*\*Your packet will be at all 2 of the locations so you just need to show up to any of them unless you chose race day pickup\*\*\*  
\*\*\*IF YOU DIDN'T CHOOSE RACE DAY PACKET PICKUP DURING YOUR REGISTRATION YOU WILL NEED TO BRING \$5 WITH YOU ON RACE MORNING\*\*\***

### RACE DAY - Saturday September 7th –Boyd Lake State Park

**6:30am:** Transition Area Opens

Body Marking – Bike Mechanic Available near Transition

**6:45am:** Race Day Packet Pick Up

\*Pre-pay for race day pick up online or bring \$5

**7:30am:** Swim Area Open for Warmup & Swim Course Notes

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**7:50am:** Aquathlon LONG Start DARK BLUE CAPS (wave 1)

**8:00am:** Sprint Triathlon Waves Start

- 8:00am: Elite, Men 25-29, Clydesdale WHITE CAPS (wave 2)
- 8:05am: SUP (wave 3)

**8:08am:** Duathlon Start (wave 4)

- 8:10am: Athena, Men 10-19, Women 15-34 PURPLE CAPS (wave 5)
- 8:13am: Relays, Men 50-59, Women 35-39 RED CAPS (wave 6)
- 8:15am: Aquabike, Men 60-64, Women 40-44 LIME CAPS (wave 7)
- 8:18am: Men 65-69, Women 45-69 PINK CAPS (wave 8)
- 8:21am: All First Timers, Men 70-74, Women 80+ YELLOW CAPS (wave 9)

**8:30am:** Half Marathon Run Start

**8:35am:** Super Sprint Triathlon Waves Start

- 8:35am: Elite, Men 30-54, Women 25-59, Clydesdale, Athena WHITE CAPS (wave 10)
- 8:38am: All First Timers, Men 60+, Women 10-14, Women 60+ PURPLE CAPS (wave 11)

**8:41am:** Aquathlon SHORT Start BLUE CAPS (wave 12)

**8:50am:** 10K Run Start

**9:05am:** 5K Run Start

**9:10am:** Youth Splash & Dash Start

- 9:10am: Youth Splash & Dash 11-15 YELLOW CAPS (wave 13)
- 9:15am: Youth Splash & Dash 7-10 LIME CAPS (wave 14)

Overall & Age Group Awards announced throughout the morning (approximately 10:30am)

**10:00am:** Bike Course Cut-Off

**12:30pm:** Run Course Cut-Off

**1:30pm:** Race Closure / End Of Day (No worries - the finish line is the last to come down)



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### DIRECTIONS & PARKING

#### Directions to Boyd Lake State Park (Race Venue)

Address: 3720 N Co Rd 11C, Loveland, CO 80538

**From I-25:** Take exit 257 for US-34. Stay WEST on US-34 for 4.7 miles. Turn RIGHT on N Boise Ave. Turn RIGHT on E County Rd 24E. Main entrance gate is on your RIGHT.

**\*\*\* DO NOT PARK WITHOUT A PARK PASS -- DO NOT PARK IN THE MAIN GATE ENTRY AREA \*\*\***

**PARKING ON RACE DAY:** Parking is available in MULTIPLE locations most of which are a few minutes' walk to transition. Please follow parking staff and volunteers to park on race morning.

**SPECTATORS:** It is highly recommended that spectators arrive with their athlete on race day. Due to athletes racing causing park road closures and delays, rangers helping to control the area may not allow entry or may severely delay entry for vehicles arriving after 8:00am.

**SPECTATORS ARE NOT ALLOWED INSIDE TRANSITION FOR SAFETY & SECURITY REASONS!!!** Please keep your significant others, friends, family, and children out of the transition area before and after the race. Only athletes are allowed inside transition. Thank you for your cooperation with this. There are NO DOGS allowed in the transition/race areas on race day. Please leave your dogs at home and not in your vehicles.

**PLEASE plan to arrive by 7:45am at the VERY latest no matter what your race distance is. Earlier IS better! Parking while athletes are on the bike course is extremely unsafe and can ruin other athlete's race day experience. This also puts you at risk of missing your race start time.**

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



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## IMPORTANT DETAILS

- Every multisport participant **MUST** have a photo ID AND an annual (or one day USAT License purchased) at packet pickup
- Every run-only participant **MUST** have a photo ID at packet pickup
- If you do not have a photo ID - **YOU WILL NOT BE GIVEN** your race packet
- Every participant **MUST** be present (*in person*) to pick up their race packet. **NO ONE ELSE** can pick up your race packet.
- **\*\* Absolutely NO exceptions will be made. Please don't ask \*\***

1) You must pick up your packet at one of the designated packet pickups or on race morning if you chose that option (*please do not email us race week to confirm if you pre-paid for race morning pickup or not - we will be extremely busy getting ready for the race and may not be able to respond*). We suggest you pick up your packet the one or two days prior to the race so you're not rushed on race morning

2) Multisport Athletes - You must have a photo ID and a valid USAT Triathlon Card (or one day license) We cannot release your packet to you without a valid Photo ID, no exceptions

3) Run Only Athletes - You must have a photo ID. We cannot release your packet to you without a valid Photo ID, no exceptions

4) USAT License: If you are an annual USAT Member you must bring your valid USAT card with you at packet pickup. If this is expired you will be required to purchase a one day license for \$15 (*ONLY CASH is accepted*)

5) One-Day USAT License: If you are not an annual USAT Member you must purchase the one day license at the time of online registration OR at packet pickup (*ONLY CASH IS ACCEPTED*)

### **\*\*\*IMPORTANT USAT NOTE\*\*\***

If you registered online and you are not an annual USAT member, then you already purchased the one-day license and the only thing you need to bring is a Photo ID to packet pickup. Again, if you are not an annual USAT Member then there is nothing regarding a USAT License to bring with you, just bring your PHOTO ID, and an extra \$15 just in case you didn't pre-pay the one-day fee online OR your annual USAT card is expired.

Please do not email us during race week requesting confirmation of whether you paid this fee or not, we simply won't be available to respond in time.

Play it safe and bring \$15 just in case to packet pickup and/or race morning. We would HATE to have anyone not be able to race because their USAT license (one-day or annual) couldn't be verified.



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## PACKET PICKUP DETAILS

This is a list of the packet pickup procedures to ensure a quick & easy process for you & all the athletes as well as to ensure that there are no surprises on race day.

- 1) Ensure you have a Photo ID & Valid Annual USAT Card (if applicable) with you prior to your arrival. If you're not an annual USAT Member bring an extra \$15 just to be safe (or in case you somehow missed paying it online at registration).
- 2) Upon arrival there will be a registration tent clearly marked as Breakaway Athletic Events
- 3) Present your Photo ID and valid USAT Card (if applicable) to the registration staff member or volunteer. If you need to sign a waiver or still owe \$15 for the one-day license, you will handle it right then & there.
- 4) Once you have your race number packet, which contains a swim cap (*with your corresponding Swim Time # assignment and run bib*), then proceed to the T-shirt/Swag Bag pickup at the next table.
- 5) Present your race packet to the T-shirt volunteer as it will show what size T-shirt you ordered. Collect your T-shirt & Swag Bag and you're all done.

\*\*\*Note, you will not be able to switch T-shirt sizes until AFTER the race. What you ordered is what you will get. Swaps can be made after the race on race day only, as this is to ensure everyone receives the T-shirt that was ordered, and that any extras will then be used to swap out sizes.\*\*\*

**Race Number Instructions:** Your race packet will contain 2 numbers and a swim cap.

- 1) **Bike Frame #:** The 1<sup>st</sup> will be a bike frame number and is a fold-over self adhesive sticker. Place this on your bike frame. It will leave little to NO residue when race day is over.
- 2) **Running Bib #:** The 2<sup>nd</sup> # will be the run bib #. Affix this to a race belt, t-shirt, shorts, or running skirt. It must be showing on the front of your body as you cross the finish line.
- 3) **Timing Chip:** 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.  
**\*\*\*You will pick up your timing chip on race morning INSIDE transition. Please have your RUN BIB to pick up your timing chip. NO BIB NO CHIP!\*\*\***
- 5) A swim cap will also be provided for you at packet pickup and must be worn during the swim portion of the event. If you are allergic to latex you may wear your own silicon cap.

**\*\*\*Picture Examples are on the next page of bike numbers & run bibs\*\*\***



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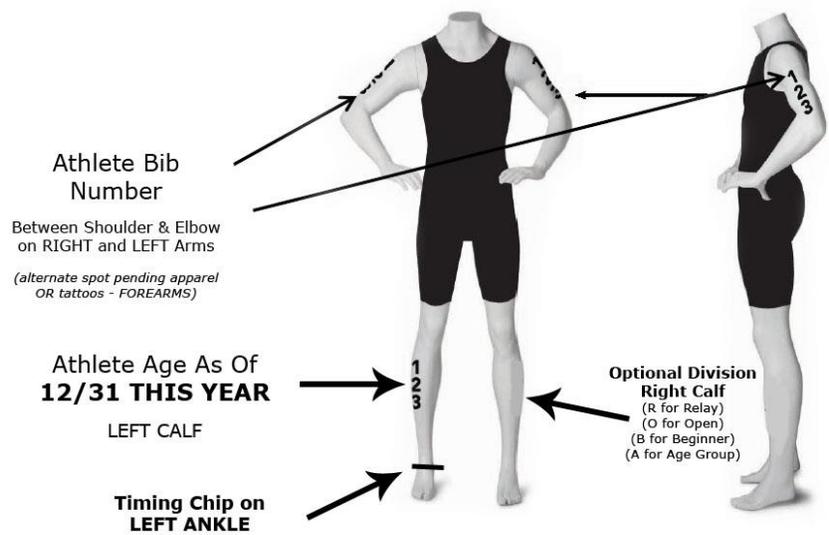
Place bike frame number on the frame facing the rear, or on top of the tube of the frame. Note that the option hanging off the seat post may be obstructed if the athlete has a seat bag, which may need to be slightly adjusted to accommodate the number.

**NOTE: Your supplied bike frame sticker will FOLD in the center to wrap around the center bar OR seat post on your bike.**

## EVERY ATHLETE MUST BE BODY MARKED

### BODY MARKING CHART

(athletes are responsible for knowing their correct number with bib)



**Athlete Bib Number**

Between Shoulder & Elbow on RIGHT and LEFT Arms

*(alternate spot pending apparel OR tattoos - FOREARMS)*

**Athlete Age As Of 12/31 THIS YEAR**

LEFT CALF

**Timing Chip on LEFT ANKLE**

**Optional Division**

Right Calf  
(R for Relay)  
(O for Open)  
(B for Beginner)  
(A for Age Group)



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### COURSE DETAILS PLEASE READ

**SWIM COURSE:** This is a great swim venue. Calm waters, close to shore routing and a perfect expected water temp of around 70 degrees. Wetsuits may be worn but are not required. PLEASE NOTE: The Aquathlon LONG and AQUABIKE athletes will swim TWO loops for 1500 meters.

**BIKE COURSE:** Riders will complete a single or double lap course (pending their race distance) all within the state park. NO open roads! This is a fast paced course with minimal vehicle traffic. Lots of spectator cheering as you pass near the transition area -**PLEASE WATCH your turns and for any dips/cracks in the road surface.**

**BIKE AID STATION:** In keeping with an ECO theme for our events this race has TWO main aid stations for the bike course. One on the north end and one on the south end. PLEASE fill your water bottles BEFORE departing on the ride. Ideally, fill them up before racking your bike in transition.

**RUN COURSE:** The UNICORN! Why the Unicorn course? 10 of the 11 races for this event have a run element. With 6 specific run routes (based on your race or distance) there's a lot going on! Most of the run action takes place south of transition on the awesome wide cement park paths. For anyone running more than the Youth Splash & Dash and Super Sprint Tri, there's a little off road action too. Nice packed dirt to give your feet a little break. **PLEASE** pay attention to **ALL** signage and KNOW your run route before starting the race. The maps on our websites have pretty good details and notes. There is ONE section near the finish line chute where athletes will "LANE SHIFT" and stay LEFT of the cones. PLEASE take note of this on race morning!

**HALF MARATHON ATHLETES:** Your run course is the most unique. From the starting line you'll take a SINGLE right turn that's a very short out and back (about 1/2 mile). This is done ONLY once for your entire race to make the 13.1 distance. From there you'll head back onto the regular run course and do your first 5K loop. As you pass the main activity areas (swim beach and transition) you'll continue all the way north past the 10K turn around sign. You'll essentially be taking the run path to the north tip of the park, u-turning and then heading back south. As you near the main activity area again you'll head south for ONE final 5K loop. You're doing the south 5K loop a total of TWICE. Once headed back you'll U-Turn at the "big finish line sign" and run down the chute :)

**RUN AID STATIONS:** We have FOUR total aid stations at this event! Two of which will serve runners and cyclists. Two of which are run-only aid stations. There is an aid station approximately every MILE on whichever run you're racing. Water, electrolyte sweet tea, ice, snacks and fuel are all available and emphasized for the run portions. PLEASE pre-fill water bottles for your bike split as needed.

**TRANSITION:** PLEASE take note of transition layout when you arrive. We will be grouping all relay teams and aquathlon athletes on ONE side while the other side will have all sprint triathlon, supersprint triathlon and aquabike athletes. This helps keep things flow smoothly and stay organized all morning. Aquathlon racers will have a special CONE to run past and then back out through a run chute (all within transition) - this keeps the distance equal no matter where you set up your gear.

**TRASH:.** Please do not discard trash, water bottles, or anything else on the course outside of the aid station OR transition areas. We want to keep our parks clean, safe and this course enjoyable for all racers.



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## IMPORTANT REMINDERS

### Transition:

- Athletes only: **NO SPECTATORS OR COACHES**
- Your bike **MUST** be placed on the rack (1ST come 1st serve, there are no assigned racks). There is **PLENTY** of space for everyone's bike. Please be neat and neighborly. Ask a staff member if you need help racking your bike. Rack your bike by the **SEAT** not the handlebars.

### Swim Start:

- Line Up with similar colored caps on the swim beach. You'll be directed where to go.
- Warm-up: exit the water **FAST** when the Race Director announces to do so

### Bike:

- Helmet chin strap must be fastened at all times when your bike is with you **OR** while you're on the bike
- Stay **RIGHT** of the cones and **RIGHT** in all lanes!
- Keep to the right except while passing (when passing, shout 'on your left')
- Stay **INSIDE** the cones!
- We enforce the 'no drafting rule'.

### General:

- Headphones (such as ipods) and music are not allowed **AT ALL** during this race! (multisport athletes only)
- While biking or running, if instructed to, stay within coned areas
- **DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!**



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## RELAY TEAMS

The following is a procedure outlined specifically for Relay Teams:

### Packet Pickup

- 1) All Team Members should be present to pick up their Race # Packets, T-shirts, and Swag Bags. *(If a single team member wishes to pick up their entire team's race packet - PLEASE have copies or digital scans of EACH team members photo ID)*
- 2) Your Team will receive one Race # Packet, as it contains your Swimmers Cap, Bikers Frame #, and Runners Bib #.
- 3) Everyone on your team will get their own T-shirt & Swag Bag

### Race Day

- 1) You will only receive One (1) Timing Chip *(this is picked up INSIDE transition with your run BIB)*
- 2) Body Marking: Everyone on your team must be body marked, as a preventative for lost numbers, as well as for timing, and photos.
- 3) TIMING CHIP: The timing chip will be worn by all the relay team athletes. Timing Chip Location: Swimmer = Ankle, Biker = Ankle, Runner = Ankle. 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. 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)*.



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## RULES & PENALTIES

### PLEASE READ BEFORE THE RACE!

**1. 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

**2. 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 bike and it is placed back on the rack.

*Penalty:* Disqualification on the course; Variable time penalty in transition area only.

**3. 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

**4. 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

**5. Drafting: Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. 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

**6. 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

**7. 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).

**8. Headphones:** Headphones, headsets, walkmans, 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 at it is a major safety violation)

**9. 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.

**10. 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, or wrappers. 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 Variable Time Penalties

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, STAFF and VOLUNTEERS WITH RESPECT. ENJOY, HAVE FUN AND GET AFTER IT!**