



Frisco Triathlon

Saturday, July 15, 2017

Racer Packet

Quick Overview...

Thank you for registering for the 3rd Annual Frisco Triathlon! Here are the steps you need to take on Saturday morning:

1. Pick up your race bibs at the Frisco Bay Marina
2. Label your SUP and Paddle. Drop them off in the 'SUP loading area' (*L) at the Marina
3. Drive to the Frisco Adventure Park, Pine Cove Boat Ramp/Transition Area (*TA). Drop off your bike and running gear.
4. Drive back to the Frisco Bay Marina and park in designated lot (*P)
5. Walk to race start area (*S)
6. Paddle, Pedal, Dash!

Schedule of events for Saturday, July 15, 2017

7:30am – 8:15am	Day-of registration available on the lawn at the Frisco Bay Marina (*FBM)
7:00am – 8:30am	Bib pick-up on the lawn at the FBM for pre-registered athletes. Transition Area (*TA) set-up open; all athletes must drop off their gear off at this time. First pick up race bib at FBM, drive to TA to drop off run and bike gear, drive back to FBM to drop off SUP gear and park your vehicle in the designated lot (*P.)
8:30am	Transition Area closed for all athletes
8:45am	Pre-race briefing; all athletes must be at start line (*S) at this time
8:50am	SUP warm-up
9:00am	Frisco Triathlon Race Start
11am-1pm	Post-race party for all athletes on the lawn at the FBM
1pm	Transition Area and SUP storage area (*SUP) closed. All gear must be removed by this time. The Town of Frisco is not responsible for gear that is left unclaimed after this time.
12:30pm	Awards presentation on the lawn at the FBM for the Inaugural Frisco Triathlon Prize giveaway on lawn at FBM; all racers are eligible to win a variety of items that we will be giving away. Must be present to win.

* – refer to map for locations

Directions

To the Frisco Bay Marina (race start and post-race party locations) located at the East end of Main Street at 267 Marina Road, Frisco, CO 80443. *Please note that some GPS systems do not recognize this address correctly and will take you to Dillon, Colorado.*

From I-70: Take Exit #205 and head South on HWY 9. **Drive approximately 1 mile** and turn left at Main Street/Marina Road stoplight into the Frisco Bay Marina

From Breckenridge: Follow HWY 9 into Frisco and turn right at Main Street/Marina Road stoplight into the Frisco Bay Marina.

To the Pine Cove Boat Ramp (transition area/gear drop off)

From I-70: Take Exit #205 and head South on HWY 9. **Drive approximately 2.5 miles** and turn left at Recreation Way stoplight. Turn right onto Peninsula Road when you see the 'White River National Forest/Peak One Campground' sign. Remain on Peninsula Road; it will dead-end into the transition area. Please follow staff directing you where to unload your gear.

From Breckenridge: Follow HWY 9 into Frisco and turn right at Recreation Way stoplight. Turn right onto Peninsula Road when you see the 'White River National Forest/Peak One Campground' sign. Remain on Peninsula Road; it will dead-end into the transition area. Please follow staff directing you where to unload your gear.

Racer and Spectator Parking

All racers **MUST** park at the Frisco Bay Marina (*P); there is no racer parking at the Transition Area. Racers may only temporarily park their car at the Transition Area to unload their gear.

There will be very limited spectator parking available near the Transition Area. There is a 'day-use' (*DU) parking lot that is operated by the United States Forest Service and each vehicle must pay \$7 to the parking attendant when they arrive. Please have exact cash to pay for parking here.

There is a 'free' parking (*FP) area about one mile from the Transition Area. It is a paved parking lot located at the entrance of the Campground Road. Space is limited here and there is no sidewalk to the Transition Area however, the majority of traffic on this road is people coming and going from their campsite. Parking is also available at the Frisco Day Lodge that is about 1.5 miles from the Transition Area. This lot is ideal for spectators that have a bike they can ride to the Transition Area.

* – refer to map for locations

Start Area Information

The Frisco Triathlon will start (*S) at the Frisco Bay Marina with the SUP portion of the event. This will be a water start. We will ask racers to line up perpendicular to the buoys and wait for the race director to say 'go!' Racers can enter the water just to the East of the Marina Offices. Staff will be present to assist you.

Transition Area Information

The Transition Area (*TA) is located at the Pine Cove Boat Ramp on the Frisco Peninsula. All race transitions will take place here. The Transition Area will be open from 7am-8:30am on the morning of the race for athletes to drop off their gear. Athletes will need to drop their bike and running gear during these times. Remember, there is no long term parking at the Transition Area; our staff will direct you where to park while you drop off your gear. Please come prepared and do not plan to park your car for more than 15 minutes while you set up your gear.

- There will be two port-o-let's located at the transition area for athletes.
- There will be an aid station with water, Gnarly drink mix, bananas, pretzels and gummy bears located at the transition area.
- Please note that the transition area is located on asphalt. There will be a minimal number of carpets at the boat ramp for racers exiting the water with the SUP. We recommend you either wear shoes on the SUP or have a pair of flip flops on the SUP with you as you may want them to transition to avoid running on the asphalt barefoot.

PINE COVE BOAT RAMP / TRANSITION AREA (TA)

Day Use (DU) Parking at TA Fee Required

Free Parking (FP)

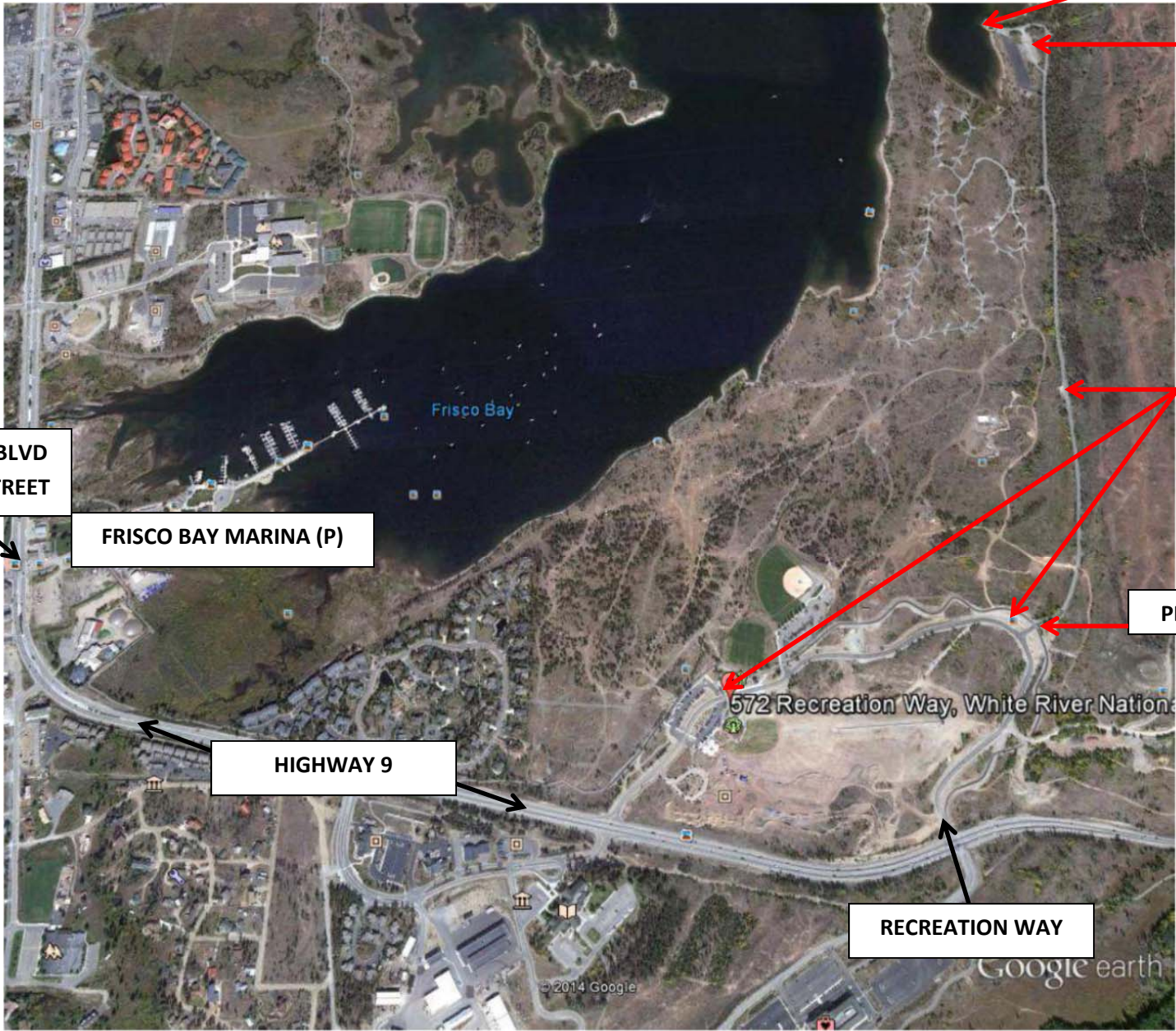
PENINSULA ROAD

RECREATION WAY

FRISCO BAY MARINA (P)

SUMMIT BLVD / MAIN STREET

HIGHWAY 9



FRISCO TRIATHLON

SATURDAY, JULY 15, 2017

9:00AM

Finish Line Information

The Finish Line (*F) is also located at the Transition Area at the Pine Cove Boat Ramp. Here is what we need you to do after you finish the race:

- Stay clear of the finish line
- Grab some water, snacks and cool down
- Pack up all of your belongings, get on your bike and head back to the Frisco Bay Marina for the post-race party!
 - Please follow the signs/volunteers directing racers out of the transition area and onto the Summit County Rec Path. **DO NOT BIKE THROUGH THE CAMPGROUND TO GET TO THE MARINA.** We do not want to disturb people staying in the campground.

What About My SUP?

Don't worry, we'll help get your SUP back to the start area at the Frisco Bay Marina! We will have our Marina staff move SUP's from the transition area to the start area by boat. We'll take your paddle too. Here is what we need YOU to do in order to have your gear returned to you:

- We need you to clearly label your SUP and paddle with your bib number. We will have tape and a permanent marker available for you to use; please label your board prior to the actual race start.
- Please pick up your SUP as soon as you arrive at the start. Race staff will keep the SUP's secure until 1pm; it is your responsibility to pick up your gear by this time. Race staff is not responsible for any gear that is left unclaimed after 1pm on Saturday, July 16. You **MUST** present your bib in order to pick up your gear. No bib, no gear. This is for the safety and security of your gear so please follow these rules.

Equipment

Athletes are responsible for supplying their own equipment for the Frisco Triathlon. Here is a checklist of the basic gear you'll need:

1. Stand Up Paddleboard
2. Paddle
3. Personal Flotation Device (PFD)
4. Mountain Bike
5. Helmet
6. Flat Kit
7. Running Shoes

8. Water Bottle
9. Sunglasses
10. Transition Towel
11. Sunscreen

PFD Policy

All athletes participating in the Frisco Triathlon must wear a PFD while in the water for the SUP portion of the event. The PFD must be on the body of each athlete, properly fitted and secured. If any athlete needs assistance fitting their PFD please find a race staff member prior to the start of the race.

Wetsuit Policy

Wetsuits are not required for the Frisco Triathlon.

Clothing Changes at Transition Area

Please be mindful that any clothing changes will take place at the transition area. Please plan accordingly and know that nudity is strongly prohibited.

Helmet Policy

All competitors are required to wear a bike helmet during the mountain biking portion of the event.

Competitor Rules and Safety

- Safety of all competitors, staff and volunteers is our number one priority. We will have Summit County Water Rescue on site for the SUP portion of the event.
- Display good sportsmanship.
- Avoid collisions with other competitors at all times.
- Do not purposely obstruct or interfere with other competitors
- A competitor must be standing while paddling once the race has started. The exception with this would be for safety reasons where a competitor needs to avoid a potentially dangerous situation.
- A competitor may only use the paddle to propel the SUP forward.

- A competitor must wear a properly fitted and secured PFD while on the water.

Aid Stations

Aid Stations will be stocked with the following: water, Gnarly drink mix, bananas, pretzels, gummy bears, sunscreen and basic first aid. There will be three aid stations at the event:

- Transition Area
- Bike Course @ ~mile 3.5
- Run Course @ ~ mile 1.5

Race Bibs

Bibs must be visible on the front of your body in order to get an accurate reading from timing.

Teams of three racers will receive one race bib. Bibs must be visible on the front of your body in order to get an accurate reading from timing; team members will need to **hand-off** the race bib at the transition area.

Timing

Professional Timing services will be provided by Maverick Sports. This race will be chip timed. We will provide transition times for all athletes.

Race results will be posted starting around 11am on the lawn at the Frisco Bay Marina. Race results will be posted at www.friscorecreation.com by 5pm on Saturday, July 15th.

Awards

The award ceremony will take place on the lawn at the Frisco Bay Marina at ~12:30pm.

Here are the categories for the awards:

1st, 2nd, 3rd place overall male, female and team finishers

1st place male/female in the following age categories: 19 and under, 20-29, 30-39, 40-49, 50-59 and 60+