



## Frisco Triathlon

FRIDAY, July 14, 2023

## Racer Packet

*\*Updated 4/12/23*

### Quick Overview...

Thank you for registering for the 8th 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 Thursday, July 13, 2023

5:00pm – 7:00pm Bib pick-up on the lawn at the FBM for pre-registered athletes.

### Schedule of events for Friday, July 14, 2023

6:30am – 7:45am 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. Drive to TA to drop off run and bike gear, drive back to FMB to drop off SUP gear and park your vehicle in the designated lot (\*P.)

7:45am Transition Area closed for all athletes

**8:10am** Mandatory pre-race briefing **ON SHORE**; all athletes must be on the shore of the start line (\*S) at this time

**8:30am** **Wave 1 start; waves will continue to be released every 3-5 minutes. Wave size is TBD. Racers will be notified of their wave and start time via email, prior to race day.**

10:30am-12:30pm Post-race party for all athletes on the lawn at the FBM

~12:00pm Awards presentation on the lawn at the FBM.

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.

12:00pm Course closed. Any racer not across the finish line at this time will not receive official race results.  
1:00pm 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.

\* – 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 you 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 you gear.

## **Racer and Spectator Parking**

All racers **MUST** park at the Frisco Bay Marina (\*P); **Like last year, the Marina is paid parking from 10am-5pm. All racers must register their car at a parking kiosk when they arrive. You can pay ahead once you arrive on the app or at the kiosk** 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 \$8 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 land start, on the beach.

### **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 6:30am-7:45am 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 are no other restrooms on the race course.
- There will be an aid station with water, drink mix, bananas, and other snacks outside of the transition area.
- Only athletes are allowed in the transition area.
- No biking in transition area; you must walk your bike out of transition area before you mount and dismount before entering transition area.
- There will be a designated area for teams to stage the transition area.
- Please note that the transition area is located on asphalt. 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.
- Transition area and SUP storage area closes at 1:00pm; all gear must be removed by this time. The Town of Frisco is not responsible for gear that is left unclaimed after this time.

**PINE COVE BOAT RAMP / TRANSITION AREA (TA)**

**Day Use (DU) Parking at TA Fee Required**

**Free Parking (FP)**

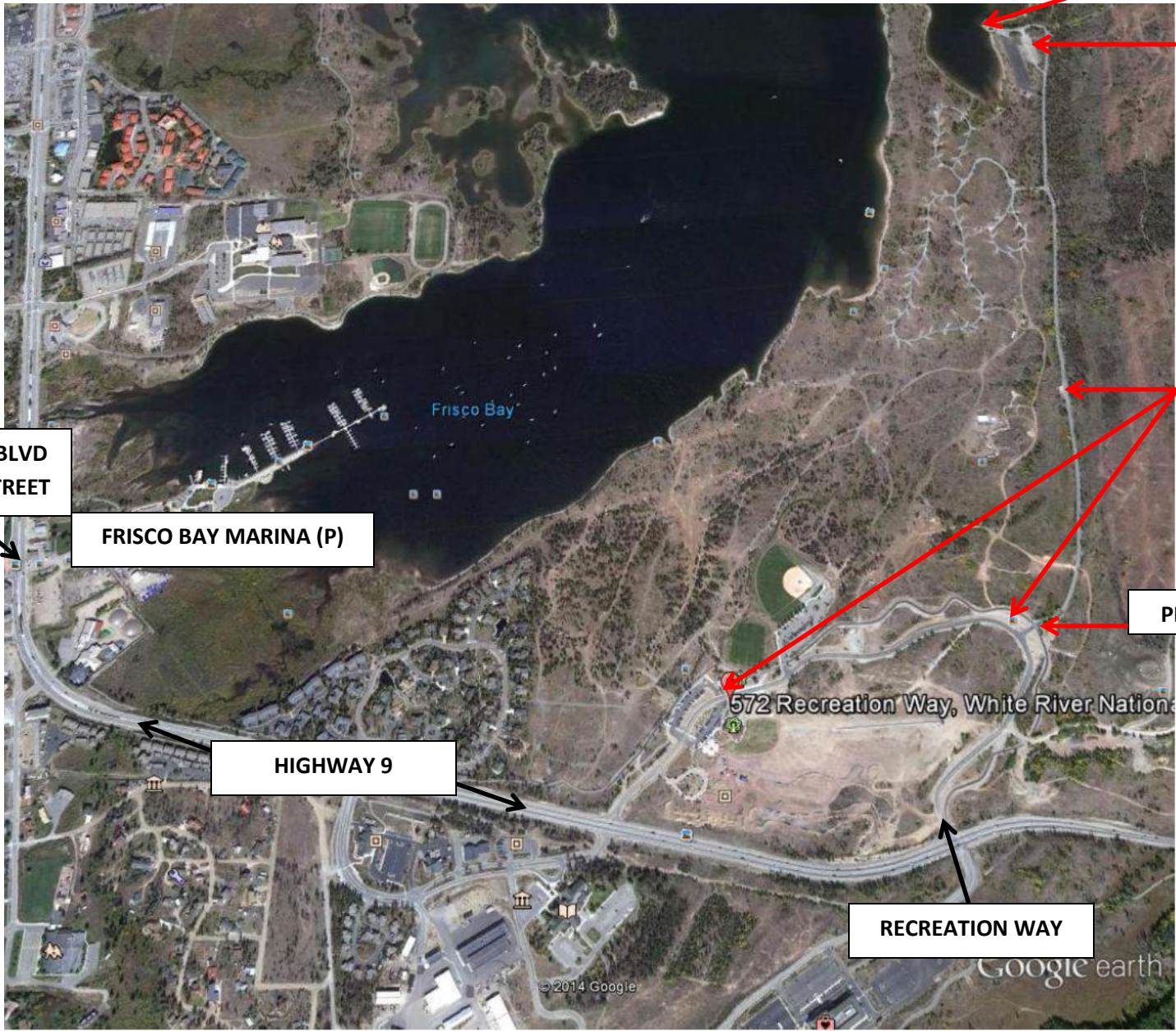
**PENINSULA ROAD**

**RECREATION WAY**

**FRISCO BAY MARINA (P)**

**SUMMIT BLVD / MAIN STREET**

**HIGHWAY 9**



**FRISCO TRIATHLON**

**FRIDAY, JULY 14, 2023 8:30AM**

## **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! Racers are responsible for getting themselves back to the Marina; it is roughly a 2.2 mile bike ride on paved road and recreation path to the Marina. There is no race shuttle. There is no 'runner drop off/pick-up area' at the Transition Area. You can bike roughly 1 mile up the Peninsula Road from the Pine Cove Campground, and have someone pick you up in the designated parking lots at the junction of Recreation Way and Peninsula Road. Please do not send crew down to the transition area to pick you up as the cars will only add congestion.
  - 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.
- If you have an inflatable SUP, we do need you to bleed out some of the air pressure in order for us to safely transport it. Please do this once you dismount your board in the transition area.
- 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 1:00pm on Friday, July 14. 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) (waist belt PFD's are permitted)
4. Mountain Bike (a mountain bike is required; road and hybrid bikes will not work on our single track trails)
5. Helmet
6. Flat Kit
7. Running Shoes
8. Water Bottle
9. Sunglasses
10. Transition Towel (if desired)
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. Waist Belt PFD's are permitted at this race. Failure to wear a PFD will result in disqualification.

### **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. Failure to do so will result in disqualification.

## **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.
- If you need to pass another racer, slow down, use caution, and verbally announce yourself and wait for safe place to pass.
- If you need to dismount and walk your bike during a portion of the course, please be sure to leave the trail clear for other racers who may be coming up behind you.
- You can find more information on responsible riding from the International Mountain Bicycling Association (IMBA) website; <https://www.imba.com/ride/imba-rules-of-the-trail>

## **Aid Stations**

Aid Stations will be stocked with the following: water, drink mix, bananas, snacks, sunscreen and basic first aid. There will be two aid stations at the event:

- Transition Area
- Bike Course @ ~mile 4.0
- Run – no aid station on run course

## **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. Race bib belts are recommended.

## **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 10:30am on the lawn at the Frisco Bay Marina. Race results will be posted at [www.friscorecreation.com](http://www.friscorecreation.com) by 5pm on Friday, July 8, 2022.

## **Course Details**

(See link to Strava maps)

Racers will start the SUP leg (3k) of the event at the Frisco Bay Marina at 8:30am and make their way across Dillon Reservoir to the Pine Cove Campground where they will transition into the mountain bike leg (11k) of the race. The mountain bike portion of the race will consist of inland single track trails and the trail running leg (5k) will consist of the Frisco Peninsula trail offering amazing views of the Dillon Reservoir and the Ten Mile Range and will also guide racers through some of the inland trails as well.

1. **Paddle (3k):** Start at the Frisco Bay Marina > go around buoy > finish at Pine Cove boat ramp.
2. **Bike (11k):** Start at Transition Area > Olympian's Link > Crown Point Road > Cross Over > Rocky's Ride > Buzz Saw West > Eureka Patch > Perimeter > Buzz Saw > Excelsior > Tip Top > Treasure Vault > Excelsior > Crown Point Road > Recreation Path > Ballfanz Blitz > Peak One Trail > Transition Area
  - **Find the bike course on Strava here:** <https://www.strava.com/routes/2977440438172249854>
  - *If you have raced with us before, you will notice some fun new single track on this year's bike course; we've added in new sections of single track on Eureka Patch, Excelsior, and Tip Top.*

***We recommend that you have intermediate mountain biking skills to compete in this event. A mountain bike is required to race.***

3. **Run (5k):** Start at Transition Area > Perimeter Trail > Perimeter Connector > Crown Point Road > Treasure Vault > Jody's Nugget > Treasure Vault > Switchback > Finish at Transition Area



- **Find the run course on Strava here:** <https://www.strava.com/routes/2977297007822300182>
- *If you have raced with us before, you will notice some fun new single track on this year's run course; we've added in a new section of single track on Treasure Vault.*

## **Awards**

The award ceremony will take place on the lawn at the Frisco Bay Marina at ~12:00pm.

Age divisions include: 19 and under, 20-29, 30-39, 40-49, 50-59 and 60+. We will also have a prize giveaway following the awards, open to all registered racers. \*Must be present to win.

Here are the categories for the awards:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place overall male, female and team finishers

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