



## **ATHLETE GUIDE**

**XTERRA ASPEN VALLEY – Kodiak Ski Lake**

**July 26, 2014**

**SWIM 1200 meters, BIKE 12, RUN 3.1 MI**



Dear XTERRA Triathlon Participant:

Race day on July 26, 2014 for the Inaugural XTERRA ASPEN VALLEY Tri is just around the corner! This athlete guide contains all of the information you will need to logistically be prepared to compete in the event. Please take the time to carefully read both the athlete guide as well as any possible updated race information on the Without Limits Productions website ([www.withoutlimits.co](http://www.withoutlimits.co)) and the Without Limits Productions Facebook Page.

We're excited to bring you this course simply because it's so much FUN!!! On behalf of our race staff and all of our volunteers, I'd like to thank you and the entire field of athletes for racing with us. We are excited that you will be part of this Epic XTERRA event.

Safe Training, Good Luck at the race, and we'll see you at the Finish Line!

Sincerely,

Tony Panigutti – Race Director

Lance Panigutti – Race Director





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## **SCHEDULE OF EVENTS**

### **FRIDAY JULY 25 – KODIAK SKI LAKE**

**11:00 AM – 7:00 PM** Course is Open for Pre-Ride! (**Pre-riding only, swimming allowed 5:00-7:00pm**)

**2:00PM – 5:00 PM** Packet Pickup – Kodiak Ski Lake - Transition Area

### **SATURDAY, JULY 26 – RACE DAY!!!**

**8:30 AM-9:40 AM** Athlete Check In - Race Day Packet Pickup - Transition Area Opens  
**9:45 AM** Transition Area Closes, No Exceptions!  
**9:45 AM** Pre-Race Meeting (Swim Start area)  
**10:00 AM** Triathlon Start First Wave Goes Off, subsequent waves start every 5-7 min  
**12:00 PM** Post-Race meal, Massage, Music & Expo  
**1:15 PM** AWARDS Ceremony (time is approximate)

### **SWIM WAVE STARTS**

<b>10:00 AM</b>	<b>WAVE 1</b>
<b>10:05 AM</b>	<b>WAVE 2</b>
<b>10:10 AM</b>	<b>WAVE 3</b>
<b>10:15 AM</b>	<b>WAVE 4</b>
<b>10:20 AM</b>	<b>WAVE 5</b>
<b>10:25 AM</b>	<b>WAVE 6</b>

**\*\*\*Caps are provided for you in your race packet\*\*\***

Please see wave start list online at: [www.withoutlimits.co](http://www.withoutlimits.co)

**PLEASE NOTE:** This is private property. Out of respect for the property owner NO pre-riding or course scouting will be allowed. We will allow pre-riding on Friday 7/25 with the course fully marked. Please note that ANY slight violation of this policy will be considered trespassing and result in a ban from all Without Limits XTERRA events. Furthermore, do not contact the lake to seek access nor inquire about any special considerations. While we love dogs, they will not be allowed onsite at the race venue. Please be respectful of this no matter how small or large your dog is.



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### **Important Details Prior to Arriving**

#### **DIRECTIONS TO KODIAK SKI LAKE - XTERRA ASPEN VALLEY**

**BOULDER/DENVER/COLORADO SPRINGS: 401 TREE FARM DRIVE, CARBONDALE CO 81623**

Take I-70 West to Glenwood Springs then 82 South

Kodiak Ski Lake is located right off of HWY 82. Turn Left at the Willits light on to Tree Farm Drive. Follow directional signs down to the lake. The Ski Lake is Directly across the street from City Market in El Jebel.

#### **SPECTATORS:**

It is highly recommended that spectators arrive with the athlete on race day. Come out with your cow bells, your flags, even a vuvuzela horn! You make every event great

NOTES: The swim start/transition area is very closely contained along with the finish line, which makes for a very spectator friendly course. Please be careful as athletes will be racing right alongside you.

SPECTATORS ARE NOT ALLOWED INSIDE TRANSITION!!! Please keep your Family, Friends, and significant others, out of the transition area before and after the race. Only the athlete is allowed inside transition. Thank you for your cooperation with this. Special Needs athletes can have their handlers with them inside transition.

**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 for Registration & Packet Pickup**

Each Participant **MUST** have both a photo ID and an annual USAT License (or purchase a one day license at packet pickup (See USAT section below for details))

If you do not have an ID you **WILL NOT** be given your race packet.

Each participant must be present to pick up their race number/packet. You will not be allowed to pick up another participants packet.

**\*\*PLEASE NOTE: NO EXCEPTIONS WILL BE MADE\*\***

- 1) You must pick up your packet at one of the packet pickups, between the allotted times or the morning of the race between 8:30-9:40 am. We suggest you pick up your packet the day prior to the race so you're not rushed on race morning.
- 2) 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. Please have it ready to show when you get to the front of the line.
- 3) 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 \$12 (Cash & Check only accepted)
- 4) One-Day USAT License: If you are not an annual USAT Member you must purchase the one day license at the time of packet pickup (Cash & Check only accepted)

#### **MUST READ!!!      \*\*\*USAT NOTE\*\*\***

If you registered using the Imathlete online registration system and you are not an annual member then you already purchased the one day license and the only thing you need to bring is a Photo ID to packet pickup. If you registered using the PDF mail in registration form some of you already included your \$12 fee for the USAT One-Day License, and you'll just need your Photo ID. If you did not include this fee in your mail in registration then your registration has been notated and the volunteers at Packet Pickup will notify you that you must pay the required \$12 in order to proceed with picking up your packets (Cash & Check only accepted). 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 \$12 just in case you didn't pre-pay the one day fee. We wouldn't want you to not be able to race due to not being able to pick up your packet (it's a USAT insurance thing). Please do not email us requesting confirmation of whether you paid this fee or not, there is no way we would be able to respond to everyone as we will be busy setting up for the event.



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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 come race day.

- 1) Ensure you have a Photo ID & Valid USAT Card (if applicable) with you prior to your arrival. If you're not an annual USAT Member bring an extra \$12 just to be safe.
- 2) Upon arrival there will be a registration tent with a black Without Limits Productions Registration Flag showing, go to this tent first.
- 3) Present your Photo ID and valid USAT Card (If applicable) to the registration volunteer. If you need to sign a waiver or still owe \$12 for the annual one-day license, you will handle it right there.
- 4) Once you have your race number packet, which contains a swim cap (with your corresponding Swim Wave color assignment), then proceed to the T-shirt/Goodie Bag pickup right next to the race # packet pickup.
- 5) Present your race # packet to the T-shirt volunteer as it will show what size T-shirt you ordered. Collect your T-shirt & Goodie 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 #'s & a Swim Cap.

- 1) Bike Frame #: The 1<sup>st</sup> will be a bike number and has twist ties (this is the thicker more ridged #). Place this on your handlebars.
- 2) Running Bib #: The 2<sup>nd</sup> # will be the run #. Affix this to a race belt, t-shirt, shorts, or running skirt. It must be showing on the front of your person 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 (the picture below shows the right ankle, it's just used as an example), and leave it on for the entirety of the event. A volunteer will collect it from you at the finish line. If you're wearing a wetsuit affix the ankle strap so it is underneath your wetsuit so it will not tear off when you take your wetsuit off.
- 4) Bring your race # to the timing chip tent to pick up your timing chip on race morning. Timing Chips will only be handed out on race morning.
- 5) A swim cap will also be provided for you at packet pickup in your number packet and must be worn during the swim portion of the event.

**\*\*\*Picture Examples are on the next page\*\*\***





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### **Bike #:**

Must be attached to your bicycle's handlebars, as shown.



**Bib Number:** \*\*Note that it MUST be worn on the front during the entire run portion of the event.

### **Timing Chip:**

Must be worn on left ankle. Place under your wetsuit and keep it on for the entire event. It will be taken from you at the finish by a volunteer



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### **COURSE INSTRUCTIONS**

**COURSE MAPS CAN BE FOUND ONLINE AT: [WWW.WITHOUTLIMITS.CO](http://WWW.WITHOUTLIMITS.CO)**

**SWIM COURSE:** The water temperature is expected to be in the low to mid 70's for the event. A final reading will be done on race morning and announced. The swim course is an out and back style with very unique turn-around islands, not buoys! Swimmers will enter the water on the sandy swim beach for an in water start. Once the gun goes off swimmers will swim 600m down one side of the lake, swim around the turn-around island, return down the other side. Swimmer will finish by heading around the 2nd turn-around island before exiting on the boat ramp. You'll be ranked by swim and mountain bike ability to help group you will similar ability levels out on the course!

**BIKE COURSE:** If there's one word to describe this bike course it's "unique". The course starts out on the south end of the property with double track trail for the first 3/4 of a mile to allow for ample passing. After the double track riders will quickly hit a switch back single track climb. Right at the apex the course dips back down for the most technical descent of the course before hugging an old canal built in the 1870's. After a few bridge crossing riders emerge from the woods for a 1.2 mile lap around a wide-open motocross track that will be specially prepped for the event. A quick 1/4 mile transition on a dirt road that will allow for more passing and it's onto the north side of the property for the majority of the features and single track. Riders will climb to the top of the property in two stages on wide single-track. Then it's onto a descent where you'll encounter high-banked wood turns that will make you feel like a professional downhill rider! Once you hit the base riders will cruise under a fly-over, specially built to allow a cross-over of course traffic, and then it's on to lap - 2! Note: this course will spoil you as all rocks have been removed! NOTE: pre-riding will ONLY be allowed on Friday 7/25. Trying to pre-ride early will result in a DQ, please respect the course and do not contact the property owner seeking special permission. This is a PG Rated event so therefore we have a zero tolerance for obscenities being yelled. If it's reported you will be penalized accordingly.

**RUN COURSE:** The 3.1 mile run course starts out with a run over a pond. That's right, runners will wind on a 3ft wide wood bridge for 3/4 of a mile over a pond filed with wild flowers and cattails. Then it's onto the single track that the mountain bike course travelled over on the south end of the course. Once runners hit the base of the descent the course will diverge as runners will travel through a wild flower corridor before taking a lap around the motocross track. The run course will feature 2-aid stations, one at mile 1 and another at mile 2. The finish line will be located right by the transition area and swim start.

**GENERAL:** Please do not litter the course. Pack out any gels, bars, and water bottles that you have with you on the course. The property owner is hugely generous to allow us to use their facilities and it would be a shame if it is littered with trash. A trashcan will be provided at the aid stations on the run course to dispose of any trash. Please be aware of your area and treat this as if it was your own property. Please do not leave any trash behind your transition area after the race, and ensure you have all your gear before you leave.



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### Critical Triathlete Reminders

<b>Transition</b>	<ol style="list-style-type: none"><li>1. Athletes only: <b><u>NO SPECTATORS OR COACHES</u></b></li><li>2. Your bike <b>MUST</b> be placed on the rack (1<sup>ST</sup> come 1<sup>st</sup> serve, there are no assigned racks). If the bike cannot fit, see a Transition Captain wearing an WLP Volunteer T-Shirt</li></ol>
<b>Swim Start</b>	<ol style="list-style-type: none"><li>1. Age Group athletes: Is done by cap color and is set up to mitigate traffic on the bike course.</li><li>2. Warm-up: exit the water <b><u>FAST</u></b> when the Race Director announces to do so</li></ol>
<b>Bike</b>	<ol style="list-style-type: none"><li>1. Helmet chin strap must be fastened at all times while you're on the bike</li><li>2. Keep to the right except while passing (when passing, shout 'on your left')</li><li>3. Be cautious and courteous, it's not the Olympics out there, safety first</li><li>4. Watch out for unmarked obstacles such as rocks, loose gravel, water humps, etc...</li></ol>
<b>General</b>	<ol style="list-style-type: none"><li>1. While biking or running, stereo headphones (such as ipods) are not allowed</li><li>2. While biking or running, if instructed to, stay within coned lanes</li><li>3. <b>DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!</b></li></ol>





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## **RELAY TEAMS**

**The following is a procedure outline specifically for Relay Teams:**

### **Packet Pickup**

- 1) All Team Members MUST be present to pick up their Race # Packets, T-shirts, and Goodie Bags. (Sorry it's not our rule & an inconvenience but it's one that we will not make exceptions due to this event being USAT Sanctioned)**
- 2) Your Team will receive one Race # Packet, as it contains your Swimmers Cap, Bikers handlebar #, and Runners Bib #.**
- 3) Everyone in your team will get their own T-shirt & Goodie Bag**

### **Race Day**

- 1) You will only receive One (1) Timing Chip**
- 2) Body Marking: Everyone in 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 bicycle 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. 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

**6. 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. We know it can be hard to pass in some sections, but there's no need to let the foul language fly.)

**7. 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 as it is a major safety violation)



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**8. 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.

**9. Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

**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 AND VOLUNTEERS WITH RESPECT, AND HAVE FUN!!!**



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# PARKING PASS



**XTERRA®**

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# RACE DATE

# 7/26/14

PLACE IN THE DASHBOARD OF YOUR VEHICLE WHEN PARKING ON SITE



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### XTERRA Aspen Valley Swim Course [1200 meters]





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### XTERRA Aspen Valley Bike Course [2-loop course, 12-miles]



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# XTERRA Aspen Valley Run Course 5k

