



Welcome to the inaugural Lone tree Sprint Triathlon! Please read all the following information thoroughly; so, you know where to go and what to do on July 30th for packet pickup and July 31st~ RACE DAY!!

Friday- July 30th PACKET PICKUP AND CONTINUED EVENT REGISTRATION~

2:30-5:00 pm- At the TPC golf course in Berthoud, CO. 2375 TPC Parkway, Berthoud 80513
Please google directions to TPC. <https://tpc.com/colorado/>

Things to bring to packet pickup:

Yourself~ You must pickup your own packet.

Your driver license- Everyone must present a valid ID to pickup your packet. This includes all members of your relay~ No ID, no packet.

If you registered for the event and are not an annual USA Triathlon member, you purchased a one day license with your online registration~ Bring ID only.

If Annual USA Triathlon member- Bring your current/ unexpired USAT card to show with your ID. If your annual membership has expired, you will be required to purchase a one day license to compete.

Watch your email inbox- Your wave # and start time information will be sent to you via email by Thursday evening July 29th.

Questions~ We will not be having a formal pre-race meeting; so if you are new to triathlon or have specific questions, packet pickup will be a good time to ask. If you've any questions prior to race day, feel free to contact peggy@lovelandlaketolake.com any time.

Please review the course maps before race day. <https://lovelandlaketolake.com/lonetree-sprint/>

Bike course map~ some of the road #'s are hidden by the directional lines, so please note the following directions on the bike course. It is never a BAD idea to drive or ride the course prior to race day.

Bike start- North on Lone tree Dr.

Left turn at SW 42nd

Left turn at CR23

Right turn at CR12- (which will become CR29)

Right turn at W1st St (WCR20)

Right turn at CR23

Left turn at CR18

Right turn at CR21

Right turn at CR16

You will wrap around back to SW42nd and turn right on to Lone tree Dr. to return to transition.

RACE DAY- JULY 31ST- 7:30 am race start

Parking~ Three residents are allowing us to use their property for parking. Parking is not abundant, so please consider carpooling to the event. Please be respectful of these resident's properties. Without them, we have no parking- no event. You will be guided into the designated parking areas.

6:00 am- Packet Pickup begins- Enter at the gated area- table with packets and volunteers- thank the volunteers- and have your ID and USAT cards ready to show!

6:15- Transition area opens- We will have designated area for relays to simplify your chip "hand off." Please watch for signs on the bike racks- "Relays" No other designation for racking bikes. Athletes only in the transition area. Post race, please remove your own bike/ belongings.

7:15- Transition area closes- please exit transition area by 7:15.

WE HAVE OPTED NOT TO DO BODY MARKINGS AT THIS RACE: SO PLEASE READ THE FOLLOWING!!

- 1) You have a bright yellow HELMET #, affix this on to the FRONT of your HELMET.**
- 2) You have a plain white adhesive BIKE #, affix this to your bike seat POST or BIKE FRAME.**
- 3) Your BIB number only needs to be worn during the RUN, it must be FACING FORWARD when you cross the finish line. If you do not have race belt, pin it to FRONT of your shirt.**

CATEGORIES-

STAND UP PADDLE BOARD- You may drive your vehicle nearer the entrance area to unload your board- drive past the entrance area to unload board, take it inside venue area near packet pickup table. You must then U-turn to park in designated area. Retrieve your board when you return and take it to the "swim start" ramp. (north boat ramp)

RELAYS- Three person relay- Swimmer completes swims and runs to transition area where cyclist is waiting- remember to pass your chip to your cyclist- runner will be waiting in same area for cyclist to return to pass off chip.

AQUABIKE- Your race ends at the finish line, not T2. After returning to T2, rack your bike and exit at "run start" run/jog/walk to the finish line. There will be signs directing you to finish line.

All race participants~

Be sure your helmet is on your head and strap secured before moving with your bike.

Be sure your timing chip is on your ankle. If you are wearing a wetsuit, tuck your chip under the leg, and check that it is still on your ankle after you remove wetsuit.

No earbuds at all...ever...at any point of the event.

Swim- Clock wise course- 750 yards

There are no aid stations on the bike portion~ 18 miles, bring your own fluids. Be prepared to fix your own flats, etc., if need be. We will have bike support, but athletes need to be as prepared as possible.

Run- Out and back on street and dirt paths. Two Aid stations.

As you all know, each venue/ race has its own "personality." What we like about this event remains that it is primarily in a rural area. Less traffic, no stoplights. But, remember you are sharing the road with vehicles. Traffic control is in place, but always pay attention to vehicles on the roads, be cautious, be safe. This venue does not have a lot of pavement or grass. We will have some ground covering to protect your feet from lake to transition. You will need to make your way from transition to the swim start

however...however you prefer. Flip flops, etc., are fine to get you to the start ramp. Lone tree reservoir will be warm, likely in mid 70's depending on weather the week of race.

Post race- Stay for some food and awards~ Awards will begin at approximately 9:30..maybe 9:45...we always begin awards as soon as we can. If you are top 3 and reach the podium and leave event before, your award can be mailed to you. \$8 to mail award .

DIRECTIONS TO THE EVENT VENUE~ LONE TREE RESERVOIR IS NOT DIFFICULT TO FIND, BUT IT DOES NOT REALLY "GOOGLE" WELL FOR MAP.

Here are driving instructions to the event venue~

Traveling on I25- North bound from Denver~ South bound from Wyoming, Greeley, Ft. Collins.

EXIT 252- Johnstown/ Milliken/ Hwy 60 exit.

Go west after exiting I25. Hwy 60 (CR 48 west)

At stop sign CR7 turn right. (north)

This will take you to Hwy60 which is not marked at the intersection. As you come to stop sign- turn left. Continue west on HWY 60, you will cross Hwy 287. Continue west, HWY 60 will become WCR 14/ 42nd St. SW. Stay on this road until you arrive at Lone tree Drive, turn left. One mile to venue.

From Loveland/ Ft. Collins-

From Ft. Collins- Take Shields south to Loveland/ Shields will become Taft Ave in Loveland.

Continue South of Taft Ave to SW14th/ Hwy 402. Stay on SW14th/ 402 west to CR21 (4 way stop sign)

Turn left on CR21, continue south to SW42nd. Turn right, then left at Lone tree.

OR- Taft Ave south to 42nd St.SW/ WCR14.

Turn right (west) SW 42nd St/ WCR 14

Continue west to Lone tree Drive, go left.

From Longmont/ Boulder via Hwy 287

Hwy 287 North towards Berthoud

Turn North (left) on to Berthoud Parkway

Berthoud Parkway north to 42nd St SW/ WCR 14 (stoplight)

Continue west to Lone tree Drive.

Thanks for joining us at the Lone tree Sprint Triathlon. If you've any questions prior to event day, please email peggy@lovelandlaketolake.com or Sara@hillsidecommercialgroup.com

See you soon!