

Packet Pickup and Race day guide: Lonetree Sprint Triathlon July 23rd, 2022

Information with your BIB #, wave information, etc., will be in your email by Thursday evening 21st. Watch your inbox for that information.

Friday- July 22nd

2:30-6:00- Lonetree Reservoir~ event venue, please note this is different pick up location than last year. Parking is limited, you may park along road or in parking lot, but please pay attention to boat traffic.

Driving directions~ Lonetree Reservoir is located south of Loveland, CO.

First timers~ If you've any specific questions about where to go and what to do on race day, race staff will be available at packet pick up to answer any questions you may have. Or email peggy@lovelandlaketolake.com

Bring your ID and USAT card if annual member. You must pick up your own packet. This includes relay members; we must have ID for each relay member.

4:00- Pre-race meeting- somewhere near packet pickup table.

July 23rd- Race day

6:15- Packet pickup and transition area will open. Athletes ONLY in transition area.

6:45-7:15- You may warm up in water entering at the SOUTH ramp- (swim exit) Exit water by 7:15.

7:15- Transition area closes. Make your way to the north boat ramp to north side of venue.

PARKING- PLEASE READ:

Athletes, we have permission to park on private property-please watch for parking signs as you approach the event venue. Parking is located at 5212 Lonetree Dr. You will enter long drive from Lonetree Dr. and enter grass field. Please be careful and respectful of the property. When exiting with bike, etc., walk back through area you entered. **Do not cross fences or lift bikes/ etc., over fences.**

Post race- Enter again at east end of field and be cautious when exiting field and going back on to Lonetree Dr. DO NOT CRAWL, JUMP, WALK OVER OR UNDER FENCES.

Event venue is to south of parking, packet pickup will be just inside the fenced in area. Grass is at a minimum at this venue, so if you are bringing family or friend, a chair or blanket to sit on~good idea.

RACE DAY PREPARATION~

Your packet will include-

- 1) Timing chip- affix this to your left ankle. Under your wetsuit leg is fine, check when you remove your wetsuit that your chip is still attached.

- 2) Bike number- Adhesive number that is attached to your bike cross bar or seat post.
- 3) Helmet number- Smaller adhesive number that is attached to the front of your helmet.
- 4) Bib number- BIB only needs to be worn during the RUN portion of your race. If you don't use a race belt, you will be provided pins to pin to front of shirt. **BIB FACING FORWARD AS YOU RUN!!**

Bike racking is first come first rack. Body markings are optional, and you may mark yourself or one another, a great way to get to know your fellow racers. Relays will have designated area within transition.

Swim Start-

Six waves- 4 minutes apart- Stand Up paddle board will be the first wave. SUP'er's bring yourself and your board to swim start by 7:20, we will start you at the end of the boat ramp in open water. Once you have exited the lake at SWIM EXIT, please move your board to one side of the ramp or the other out of pathway to transition. If you have friend or family member that can retrieve that board, great plan.

Relays- Swimmer swims- exits water and goes to rack where cyclist is waiting, high five~ passes off chip to cyclist. Upon returning to T2 runner is waiting for cyclist at same rack. Pass off chip to runner. High five~finish race.

Aquabike- After bike portion is complete~ Exit transition at RUN START and follow cones on run path start, as you reach end of parking lot, do not go left- go right to the FINISH line.

ALL ATHLETES- PLEASE TAKE TIME TO REVIEW THE BIKE AND RUN COURSE PRIOR TO THE EVENT.

THANKS FOR SUPPORTING THIS EVENT! POST RACE WE WILL HAVE SOME FOOD AND SOME AWARDS.

WE WILL BEGIN AWARDS-----AS SOON AS WE CAN. WE LIKE TO HAVE TOP 3 IN EACH AGE DIVISION ACROSS THE FINISH LINE BEFORE WE START HANDING OUT AWARDS.

DIRECTIONS TO EVENT VENUE~ Lonetree Reservoir is part of the Heron Lakes community. Lonetree reservoir is located on the west side of TPC golf course and community. Enter any of the following addresses to get to the venue on your GPS, do not enter Lonetree Reservoir, it will not give you directions to event site.

5212 Lonetree Dr. Loveland 80537

5228 Lonetree Dr. Loveland 80537

5320 Lonetree Dr. Loveland 80537

These are residential addresses, they have all been "googled" and will provide you with directions to the parking area of the event.