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FRIDAY JUNE 25TH PACKET PICKUP

RACE DAY JUNE 26TH

EVENT INFO:

**PLEASE REFER TO THIS GUIDE FOR EVENT INFORMATION: There are some changes in locations from years past as well as timeline for race day. Loveland High School is under construction, and we will have no access to LHS on Friday or Saturday.**

**PACKET PICKUP: 3-8 PM - REGISTRATION FOR EVENT- NO RACE DAY REGISTRATION.**

**PACKET PICKUP WILL BE AT THE HAMMOND AMPHITHEATER~ PARK IN WEST LOT OF LHS~ WALK SOUTH- WEST ACROSS FIELD, DOWN HILL.**

1. **WE WILL HAVE RACE DAY PACKET PICKUP- BUT PLEASE MAKE EVERY EFFORT TO PICK UP PACKET ON FRIDAY. ONE LESS THING TO DO ON RACE DAY MORNING!**

**We will have one pre-race meeting at 4 pm. In grassy area above amphitheater. Coaches will in attendance to answer newbie questions as well as un- newbie questions. We will be encouraging athletes to SELF body mark on Friday. Again, one less thing for volunteers to do race day morning. Just a bit more strategy with pre-race shower! Staff will be available to answer questions for duration of packet pickup time.**

1. **ALL RACE PARTICIPANTS MUST PROVIDE A PHOTO ID AT PACKET PICKUP. THIS INCLUDES ALL MEMBERS OF RELAY TEAMS. NO ID- NO PACKET**
2. **ANNUAL USAT MEMBERS- BRING YOUR PHOTO ID. IF YOUR ANNUAL LICENSE IS EXPIRED YOU WILL BE REQUIRED TO PURCHASE A ONE DAY LICENSE. $15.00- PRE-RACE, CHECK YOUR MEMBERSHIP TO BE CERTAIN IT IS CURRENT, BRING YOUR USAT CARD WITH YOU TO PACKET PICKUP AS WELL AS YOUR PICTURE ID.**
3. **ONE DAY LICENSE- IF NOT ANNUAL USAT MEMBER, YOU PURCHASED A ONE DAY LICENSE WITH YOUR ONLINE REGISTRATION- JUST REMEMBER TO BRING YOUR PICTURE ID.**
4. **YOUR PACKET WILL CONTAIN- 1) BIB NUMBER- YOUR BIB IS WORN FOR THE RUN PORTION OF THE EVENT. IF YOU ARE COMPETING IN A RELAY, THE RUNNER WILL WEAR BIB. PINS WILL BE PROVIDED IF YOU NEED THEM TO PIN TO SHIRT OR SHORTS OR RACE BELT YOU WILL BE WEARING DURING RUN. YOUR BIB NEEDS TO BE FACING FORWARD AS YOU CROSS THE FINISH LINE. 2) BIKE FRAME NUMBER- THIS WILL BE AN ADHESIVE NUMBER THAT IS ATTACHED TO BIKE FRAME OR SEAT POST. 3) TIMING CHIP AND STRAP- TIMING CHIP WILL BE AFFIXED TO THE PROVIDED STRAP. ON RACE DAY PRIOR TO ENTERING WATER PUT THIS STRAP/CHIP ON YOUR ANKLE. IT’S BEST TO WEAR CHIP UNDERNEATH YOUR WETSUIT, SO IT STAYS IN PLACE WHEN YOU REMOVE WETSUIT. CHECK THAT YOU CHIP IS IN PLACE AS YOU REMOVE WETSUIT IN T-1, AND HEAD OUT ON BIKE. 4) BIKE HELMET NUMBER- ADHERE THIS TO FRONT OF YOUR HELMET.**
5. **PRIOR TO FRIDAY PACKET PICKUP EACH REGISTERED ATHLETE WILL RECEIVE EMAIL INDICATING WHICH WAVE YOU ARE IN AS WELL AS THE COORDINATING CAP COLOR. SIX WAVES BEGINNING AT 7:00 AM FOR OYMPIC DISTANCE~ WAVES WILL LEAVE 4-5 MINUTES APART. FIVE WAVES OF SPRINT DISTANCE~ SPRINT WILL BEGIN AT APPROXIMATELY 7:30.**

RACE DAY—SATURDAY -JUNE 26TH

* Packet pickup begins at 5:30 at the amphitheater.
* Transition area opens at 5:30.
* Parking- West and east lots of Loveland High School. West parking lot enter at 29th St/ Beech Dr. East parking lot- enter at 29th St/ Custer Dr.
* Loveland High School- 920 W. 29th St. Google directions to LHS.
* Olympic Distance- First wave in water at 7:00 am. 6 waves- 4-5 minutes apart. You will receive confirmation of your wave and start time via email on Thursday June 24th. Please exit transition area no later than 6:40. Allow time for warm up and any possible last minute directions at the beach area. 8:30 cut off for swim.
* Sprint Distance- You will have designated area to rack bike in transition area. You will receive confirmation of your wave and start time via email on Thursday, June 24th. Please exit transition area no later than 7:10 am. Allow for warm up prior to race start.
* Aqua bike- You will have designated area to rack bikes in transition area. Your race will end at the finish line not in transition after cycling portion. Exit transition at “RUN EXIT” follow cones/ signs to finish line.
* Relays- Designated area in transition area. Swimmers will exit water and run to transition area- cyclist waits in transition- runner in turn will be in transition area for cyclists return. Team will have one timing chip which you must “hand off” after each leg is completed. Strap chip to left ankle.
* SUP- You may drop your paddle board off at the beach before event begins. Enter the beach parking lot at Taft/ North Lake Park Road. Follow road to parking area located in vicinity of amphitheater. (back) proceed to beach area, park and take you paddle board to roped off area at beach area. There will be volunteer watching your paddle board and volunteers will deliver your board to the amphitheater area where you can retrieve post race. After dropping off board, you must exit beach parking area and park in the lots at LHS.
* Post race meal- will begin at approximately 9:30. Plan on staying for breakfast. Awards will begin at approximately 9:30 for Sprint and Aquabike and 10:15 for Olympic Distance. These times are always approximate, we will deliver awards as results are complete.

Athletes~ Thank you for your support of this event. Everyone of you has your own story and reason for your participation in this sport. In the last 20 years it has been a pleasure to watch 1,000’s of you compete. I love this multi- sport community and truly appreciate your commitment to health, happiness and competition~ Age groupers~ pros/ elites~ newbies and first timers~ congratulations.