

Please Read This Guide Completely Before Race Day!!

Race Montana Triathlon Athletes Guide 2023

On behalf of Race Montana, Inc. (www.racemt.com), welcome to Great Falls for the **Race Montana**

Triathlon (www.racemttri.com). It is our sincere hope that you and your family enjoy the day.

Remember, if you participate in the event, you can enjoy the Electric City Water Park from 12:00 – 6:00 pm at no cost. Family and friends who did not compete will need to pay the regular fee to enter the water park during this time. Have a great day.

1. Schedule of Events

a. Packet Pick-up

- i. **DATE:** Saturday, July 22th, 2023
- ii. **TIME:** 3:00 pm to 6:00 pm
- iii. **LOCATION:**

1. Race Montana Office

Evergreen Square

1301 11th Ave. South, Suite 3

Great Falls, MT 59405

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b. Race Day Schedule – Sunday, July 23rd 2023

- i. **5:30 am** – Transition area opens
- ii. **6:15 am to 9:30 am** – Body marking will be available in front of the Electric City Water Park Building, but we request you do this yourself:
 1. **Using a waterproof marker:** Write your **RACE NUMBER** vertically (make the numbers big) on the outer side of each arm.
 2. You can put your **AGE** on the backside of your right or left calf.
 3. If you are wearing long sleeves during the bike or run, write your **RACE NUMBER** on the outer side of **each thigh** just above your knee or along the **outer side of each leg** between your knee and your ankle.
 4. Body marking is done for safety purposes to allow volunteers and emergency medical personnel identify participants on the course.
- iii. **6:30 – 6:45 am** – Athlete’s pre-race briefing – In front of the Electric City Water Park main building.
- iv. **6:50 am – Transition area closes. All adult participants need to be poolside.**
- v. **7:00 am** – **START OF ADULT SPRINT TRIATHLON AND SPRINT TRIATHLON TEAMS (Pool side).**
- vi. **7:45 am (Approximate start time)** – **START OF THE ADULT “TRY A TRI” RACE (Pool side). The event will start once the Sprint Triathlon competitors complete their swim.**
- vii. **8:00 am** – **START OF THE ADULT DUATHLON. The event will start from the transition area – Electric City Water Park Parking Area.**
- viii. **9:00 am** – **START OF THE YOUTH LONG COURSE TRIATHLON (Pool side).**
- ix. **9:30 am** – **START OF YOUTH SHORT COURSE Triathlon (Pool side).**
- x. **12:00 – 6:00 pm** – **Triathlon Participants** can enter the Electric City Water Park at no charge. **Family members and friends who did not compete will need to pay the regular entrance fee.**

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2. Directions to event parking – Civic Center / Energy West Parking Areas

- a. **From Interstate 15 south:** Take the 10th Ave South exit heading east. After passing over the Missouri River take a left on 2nd street south (First Street light after crossing over the bridge). Follow 2nd street south until you reach 1st Avenue South and turn left. Continue on 1st Avenue South (one way), stay in the center lane and follow it into the Great Falls Civic Center Parking lot. You can park in the Civic Center or Energy West parking areas. From the parking areas you walk west across the train tracks into the parking area of the Electric City Parking lot, also the Transition area for the Triathlon.
- b. **From Interstate 15 north:** Take the Central Avenue West off-ramp and make a left turn onto Central Avenue West. Continue on Central Avenue West over the Missouri River and make a right turn on Park Drive (the Great Falls Civic Center will be on your right as you make this turn). Continue a short distance and make a right on 1st Avenue South into the parking areas for the Great Falls Civic Center and Energy West. Park in either of these designated parking areas. From the parking areas you walk west across the train tracks into the parking area of the Electric City Parking lot, also the Transition area for the Triathlon.

3. Transition Area

- a. There will be racks available for your bikes in the transition area. There are no assigned positions on the racks for bikes. Depending on how many participants we get, we may have from 8-10 bikes per rack. Place the cross-bar of the rack under the front portion of your seat. Ideally, bikes should be racked in an alternating fashion (one bike faces out from right side of the rack, the next bike is facing out from the left side of the rack) in order to allow more space between adjacent bikes for each participant's gear.

FOR THE ADULT RACE THE TRANSITION WILL CLOSE AT 6:50 AM.

ALL ADULT PARTICIPANTS MUST BE AT POOLSIDE FOR THE SWIM PORTION OF THE EVENT.

YOU WILL NEED TO BE ABLE TO HEAR YOUR BIB NUMBER AS IT IS CALLED BY THE LIFEGUARDS IN ORDER TO KNOW WHEN TO BEGIN THE SWIM.

4. NOTE to all Tri Teams

a. All members of a team will have the same bib number and body markings.

b. Chips are exchanged in the transition area only.

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5. Course Descriptions

a. Swim

i. The swim is in the Electric City Water Park 50 meter pool.

ii. Swim essentials:

1. Participants will need to bring their own goggles and swim cap. Use of a swim cap is optional.
2. Youth participants may use a life jacket or receive assistance from a parent or volunteer.
3. If the swimmer behind you touches your feet you will need to allow them to pass when you reach the end of a lane. To do this, when you reach the wall move to your right and allow the swimmer wishing to pass to contact the wall on your left. You can then continue your swim.
4. Athletes will enter the water every 30 seconds to maintain distancing.
5. Please do not dive into the pool when notified to start the swim.
6. Athletes will enter the water based on bib number which is based on your posted swim time. Fastest athletes enter the water first to the slowest.

7. Approximate start times based by Bib number:

- a. Bib number 1 - 30 will enter the water from 7:00 am to 7:15 am.
- b. Bib number 31 - 61 will enter the water from 7:16 am to 7:30 am.
- c. Bib number 62 – 92 will enter the water from 7:31 to 7:45 am.
- d. Bib number 92 – 122 will enter the water from 7:46 – 8:00 am.
- e. Bib numbers 123 – 153 will enter the water from 8:01 – 8:15 am.

iii. Swim Distances:

1. Swim for Adult Sprint Individual and Team Triathlon (500 meters)

- a. The adult swim is a **“Snake Swim”**. You will travel down and back within a lane, always keeping the lane line buoys on your right side. After coursing down and back within a lane you will pass under the lane line on your right and begin your swim down the next lane. You will swim down and back in 5 lanes equaling 500 meters.

2. Swim for Adult “Try a Tri” and Youth Long Course Participants (100 meters)

- a. Participants will swim down and back in one lane for a total of 100 meters.
- b. The Adult swim portion will begin after Sprint Triathlon competitors complete their swim. It is best to remain in the pool area so you can hear announcements regarding when the swim will begin.

3. Swim for Youth Short Course Participants (50 meters)

- a. Participants will swim down the length of one lane or 50 meters.
- b. The swim portion will follow the Youth Long Course swim.
- c. Parents or friends may enter the water to assist youth participants during the swim.

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b. Bike – Bike routes are out and back

ALL RIDERS MUST WEAR A HELMET. PARTICIPANTS WILL NOT BE ALLOWED TO COMPLETE THE BIKE PORTION OF THE EVENT WITHOUT A HELMET.

PLEASE NOTE: HEADPHONES CANNOT BE USED WHILE RIDING YOUR BIKE.

i. Adult Sprint Triathlon (12.2 miles)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Participants will leave the transition area and turn left down River Drive (the Electric City Water Park will be on your left as you leave). You will travel down River Drive (La Quinta and Extended Stay America will be on your right) and make a right turn onto Lower River Road (there will be volunteers and road markings to direct you). You will continue on Lower River Road until the turn-around. There is one hill just prior to the turn-around. Following the turn-around you will travel back on Lower River Road and make a left turn onto River Drive and return back to the Electric City Water Park. You will be asked to dismount your bike prior to the entering the transition area. You will need to walk or jog your bike back into the transition area.

ii. Adult Duathlon (12.2 miles)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Participants will leave the transition area and turn left down River Drive (the Electric City Water Park will be on your left as you leave). You will travel down River Drive (La Quinta and Extended Stay America will be on your right) and make a right turn onto Lower River Road (there will be volunteers and road markings to direct you). You will continue on Lower River Road until the turn-around. There is one hill just prior to the turn-around. Following the turn-around you will travel back on Lower River Road and make a left turn onto River Drive and return back to the Electric City Water Park. You will be asked to dismount your bike prior to the entering the transition area. You will need to walk or jog your bike back into the transition area.

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iii. Adult “Try a Tri” and Youth Long Course (3 miles)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Participants will leave the transition area and turn left onto River Drive and will be directed onto the Rivers Edge Trail. Participants will follow the trail, passing through the tunnel under Lower River Road and then circling back up onto River Drive on the sidewalk. Participants will travel on River Drive and make a right turn onto Upper River Road. After making the right hand turn participants will find the turn-around in the driveway for the Great Falls Water Plant. After the turn-around the participants will go back down River Drive which is a downhill section with a sharp left hand turn before heading back through the tunnel under Lower River Road. The participants will follow the Rivers Edge Trail back onto River Drive and then a right turn into the Electric City Water Park.

iv. Youth Short Course (1 mile)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Participants will head out of the transition area and make a left turn onto River Drive and head south until they get to the Broadwater Bay Boat Launch where they will make a right turn into the parking lot and continue to head south towards McKenzie River Pizza Company Restaurant. Volunteers will be at the turn-around point to direct participants back to the Electric City Water Park. Following the turn-around participants will travel back through the parking lot and will make a left turn onto River Drive. After a short time on River Drive participants will make a right turn into the Electric City Water Park and head for the transition area.

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c. Run – All running routes are out and back

PLEASE NOTE: Race Montana recommends headphones not be used during the run

i. Adult Sprint Triathlon (3.1 miles)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Runners will leave the transition area and cross River Drive and enter the Rivers Edge Trail and pass under the Central West Bridge and the Railroad Trestle Bridge. A right turn brings the runner back onto the sidewalk on River Drive. Runners will run on River Drive for a short period before making a right turn and coursing over the Missouri River using the Railroad Trestle Bridge. After crossing the river participants will make a right turn before the Federal Court House and follow the Rivers Edge Trail through West Bank Park. Runners will follow the Rivers Edge Trail and find the turn-around just before the Sewage Treatment Plant. Runners will return back through West Bank Park and make a left turn onto the Railroad Trestle Bridge over the Missouri River. After crossing the bridge, they will make a left turn onto River Drive and then make a quick left back onto the Rivers Edge Trail where they will pass back under the Central West Bridge and then cross River Drive and re-enter the Electric City Water Park to the finish line.

ii. Adult Duathlon Run # 1 and # 2

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Run # 1 – 1.0 miles

- a. Runners will leave the transition area and cross River Drive and enter the Rivers Edge Trail and pass under the Central West Bridge and the Railroad Trestle Bridge. A right turn brings the runner back onto the sidewalk on River Drive. Runners will run on River Drive for a short period before making a right turn and coursing over the Missouri River using the Railroad Trestle Bridge. After crossing the river participants will make a right turn before the Federal Court House and follow the Rivers Edge Trail through West Bank Park. Runners will follow the Rivers Edge Trail and find the turn-around 0.5 miles past the Federal Court House. The turn-around will be well marked. Runners will return back through West Bank Park and make a left turn onto the Railroad Trestle Bridge over the Missouri River. After crossing the bridge, they will make a left turn onto River Drive and then make a quick left back onto the Rivers Edge Trail where they will pass back under the Central West Bridge and then cross River Drive and re-enter the Electric City Water Park to the finish line.

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Adult Duathlon Run # 1 and # 2 (Continued)

2. Run # 2 – 3.1 miles

- a. Runners will leave the transition area and cross River Drive and enter the Rivers Edge Trail and pass under the Central West Bridge and the Railroad Trestle Bridge. A right turn brings the runner back onto the sidewalk on River Drive. Runners will run on River Drive for a short period before making a right turn and coursing over the Missouri River using the Railroad Trestle Bridge. After crossing the river participants will make a right turn before the Federal Court House and follow the Rivers Edge Trail through West Bank Park. Runners will follow the Rivers Edge Trail and find the turn-around just before the Sewage Treatment Plant. Runners will return back through West Bank Park and make a left turn onto the Railroad Trestle Bridge over the Missouri River. After crossing the bridge, they will make a left turn onto River Drive and then make a quick left back onto the Rivers Edge Trail where they will pass back under the Central West Bridge and then cross River Drive and re-enter the Electric City Water Park to the finish line.

iii. Adult “Try a Tri” and Youth Long Course (1 mile)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Runners will leave the transition area and cross River Drive and enter the Rivers Edge Trail and pass under the Central West Bridge and the Railroad Trestle Bridge. A right turn brings the runner back onto the sidewalk on River Drive. Runners will run on River Drive for a short period before making a right turn and coursing over the Missouri River using the Railroad Trestle Bridge. After crossing the river participants will make a right turn before the Federal Court House and continue on the Rivers Edge Trail for a short distance where they will find the turn-around point. Runners will return on the Rivers Edge Trail and make a left turn onto the Railroad Trestle Bridge and cross back over the Missouri River. After crossing the bridge, they will make a left turn onto River Drive and then make a quick left turn back onto the Rivers Edge Trail where they will pass back under the Central West Bridge and then cross River Drive and re-enter the Electric City Water Park to the finish line.

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iv. Youth Short Course (0.5 mile)

[Route: See “Race Montana Triathlon Bike and Running Routes”]

1. Runners will leave the transition area and cross River Drive and enter the Rivers Edge Trail and pass under the Central West Bridge and the Railroad Trestle Bridge. Runners will continue on the Rivers Edge Trail along the Missouri River until they come to the turn-around point on the trail. They will then return back along the Missouri River following the Rivers Edge Trail. Runners will pass under the Railroad Trestle Bridge, then the Central West Bridge and then cross River Drive to re-enter the Electric City Water Park to the finish line.