

## Please Read This Guide Completely Before the Event

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# 6<sup>th</sup> Annual Race Montana Triathlon Athletes Guide

On behalf of Race Montana, Inc. ([www.racemt.com](http://www.racemt.com)), welcome to Great Falls for the 6<sup>th</sup> Annual Race Montana Triathlon ([www.racemontanatri.com](http://www.racemontanatri.com)) formerly the Harvest Thunder Triathlon. It is our sincere hope that you and your family enjoy the day. **Remember, if you participated in the event, you can enjoy the Electric City Water Park from 12:00 – 3:00 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.** If participants wish to stay beyond 2:00 pm they will need to pay the standard entrance fee. Have a great day.

### 1. Schedule of Events

#### a. Packet Pick-up

- i. DATE: Saturday August 4<sup>th</sup> 2011
- ii. TIME: 12:00 pm to 6:00 pm
- iii. LOCATION:

#### 1. Evergreen Square

**Foot and Ankle Clinic of Montana, PC**

**1301 11<sup>th</sup> Ave South**

**Great Falls, MT 59405**

Directions: Take 10<sup>th</sup> Ave South going east and make a right turn on 13<sup>th</sup> street (the street just past the Holiday Village Mall). Make a left onto 11<sup>th</sup> Ave. South and then a quick left into the parking area in front of the Evergreen Square. Packet pick-up will be in the Foot and Ankle Clinic of Montana.

#### b. Race Day

- i. 5:30 am - Transition area open
- ii. 6:15 am to 9:30 am - Body marking – Pool side
- iii. 6:30 am - Athletes pre-race briefing – Pool side
- iv. 7:00 am - START of ADULT Triathlon and Triathlon Relay (Pool side)
- v. 9:00 am - START of YOUTH 11-14 Triathlon and Triathlon Relay (Pool side)
- vi. 9:30 am - START OF YOUTH 10 AND UNDER Triathlon (Pool side)
- vii. 11:00 pm - Awards Ceremony – Inside Electric City Water Park.

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- viii. 12:00 – 3:00 pm – **Participants** allowed to enter Electric City Water Park at no charge. Family members and friends who did not compete pay regular fee to enter.

### 2. Directions to the Electric City Water Park

- a. **From Interstate 15 south:** Take the 10<sup>th</sup> Ave South exit heading east. After passing over the Missouri River take a left on 2<sup>nd</sup> street south (First Street light after crossing over the bridge). Follow 2<sup>nd</sup> street south until you reach 1<sup>st</sup> Avenue South and turn left. Continue on 1<sup>st</sup> 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 1<sup>st</sup> Avenue South into the parking areas for the Great Falls Civic Center and Energy West. Park in either of these designate parking areas. Walk west towards the parking area for the Electric City Water Park. You will be crossing some railroad tracks in order to enter the parking area for the water park.

### 3. Transition Area

- a. There will be racks available for your bikes. There are no assigned positions on the racks for bikes. Depending on how many participants we get, we may have from 6-8 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 participants gear.

### 4. 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.

### 5. Course Description

- a. **Swim**
- i. The swim is in the Electric City Water Park pool. It is a snake swim. The adult swim will involve traveling up and back 5 times for 500 yards. 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.
- Swim for Youth 11-14 years
    - Participants will swim down and back in one lane for a total of 100 yards.
  - Swim for Youth 10 and under
    - Participants will swim down the length of one lane or 50 yards.

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### ii. General Swim Information:

1. Participants will need to bring their own goggles and swim cap. Use of a swim cap is optional.
2. Swimmers will be started every 30 seconds.
3. If the swimmer behind you touches your feet you will need to allow them to pass when you reach the end of the 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.

### b. Bike – Bike routes are out and back – ALL RIDERS MUST WEAR A HELMET

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

#### i. Adults (12.2 miles)

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 entering the transition area. You will need to walk or jog your bike back into the transition area.

#### ii. Youth 11-14 (3 miles)

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.

#### iii. Youth 10 and under (1mile)

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

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time on River Drive participants will make a right turn into the Electric City Water Park and head for the transition area.

### c. Run – All running routes are out and back

**PLEASE NOTE: HEADPHONES CANNOT BE USED DURING THE RUN.**

#### i. Adults

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. Youth 11-14

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.

#### iii. Youth 10 and under

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,

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then the Central West Bridge and then cross River Drive to re-enter the Electric City Water Park to the finish line.