

Please Read This Guide Completely Before the Event

Race Montana Triathlon Athletes Guide

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 August 6th, 2016

ii. TIME: 2:00 pm to 6:00 pm

iii. LOCATION:

1. Foot and Ankle Clinic of Montana, PC

Evergreen Square

1301 11th Ave. South, Suite 6

Great Falls, MT 59405

Directions: Take 10th Ave South going east. Make a right turn onto 13th Street (13th is the road forming the east boundry of the Holiday Village Mall on the right hand side). Make a left turn onto 11th Avenue South and then an immediate left into the parking lot of the Evergreen Square. If you are coming from the east and heading west on 10th Avenue South, make a left turn onto 13th Street. Make a left onto 11th Avenue South and then an immediate left into the parking lot of the Evergreen Square.

b. Race Day Schedule

i. **5:30 am** - Transition area opens

ii. **6:15 am to 9:30 am** - Body marking – Pool side & in front of the main building of the Electric City Water Park.

iii. **6:30 am** - Athletes pre-race briefing – Pool side

iv. **6:50 am - Transition area closes. All adult participants need to be poolside.**

v. **7:00 am - START OF ADULT OLYMPIC TRIATHLON AND OLYMPIC TRIATHLON RELAY (Pool side).**

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- vi. **To Follow – START OF ADULT SPRINT TRIATHLON AND SPRINT TRIATHLON RELAY (Pool side).**
- vii. **9:00 am (approximate start time) - START of YOUTH LONG COURSE Triathlon and Triathlon Relay (Pool side)**
- viii. **9:30 am (approximate start time) - START OF YOUTH SHORT COURSE Triathlon (Pool side)**
- ix. **10:45 am - Awards Ceremony – Outside in front of the Electric City Water Park.**
- 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 regular entrance fee.****

2. Directions to the Electric City Water Park

- 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 designate 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 participants 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.

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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 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 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.
4. Athletes will enter the water every 30 seconds.
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 on 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 Olympic and Sprint Triathlon (500 meters)

- a. The adult swim is defined as 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 Youth Long Course Participants (100 meters)

- a. Participants will swim down and back in one lane for a total of 100 meters.
- b. The swim portion will begin at 9:00 am.

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.

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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 Olympic Triathlon (24.4 miles)**

[Route Link: www.usatf.org/routes/view.asp?rID=571073]

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. The course is flat up until the beginning of mile 6 where you will travel up the first of a series of climbs of varying length and elevation gain. You will travel out 12.2 miles to a well-marked turn-around. Following the turn-around you will travel back on Lower River Road the same way you came out. You will 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. **Adult Sprint Triathlon (12.2 miles)**

[Route Link: <http://www.usatf.org/routes/view.asp?rID=511940>]

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.

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iii. Youth Long Course (3 miles)

[Route Link: <http://www.usatf.org/routes/view.asp?rID=511848>]

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 Link: <http://www.usatf.org/routes/view.asp?rID=511846>]

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: HEADPHONES CANNOT BE USED DURING THE RUN.

i. Adult Olympic Triathlon (6.2 miles)

[Route Link: www.usatf.org/routes/view.asp?rID=571070]

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 approximately one-half mile beyond the 15th Street Bridge. 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 Sprint Triathlon (3.1 miles)

[Route Link: <http://www.usatf.org/routes/view.asp?rID=511849>]

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.

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iii. Youth Long Course (1 mile)

[Route Link: <http://www.usatf.org/routes/view.asp?rID=511844>]

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.

iv. Youth Short Course (0.5 mile)

[Route Link: <http://www.usatf.org/routes/view.asp?rID=511845>]

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.