



TRI THE ROCK

2020 RACE INFORMATION PACKET



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VIEW RACE MAPS AT WWW.CRGOV.COM/TRITHEROCK



GENERAL INFORMATION & USAT

PARKING:

- Please see and follow the included parking map.

PRE-RACE CHECK-IN:

- When and Where:
 - Saturday, May 16 from 12 – 2 p.m.
 - Castle Rock Recreation Center: 2301 Woodlands Blvd Castle Rock, Co 80104
- What you will do:
 - Pick up your race bib, t-shirt and goody bag.
 - Skip the line and avoid the check-in madness on race day!

USATRIATHLON (USAT):

- You will not need a USAT number or membership to participate in the race.

AGE DIVISIONS

- 15-18, 13/14, 11/12, 9/10, 7/8, 5/6
- Racer age is determined as of **race day**.
- If your child would like to race up to their age as of race year, just contact race director at 303-814-7455 to get registered in the appropriate age group.

RACE DAY CHECK-IN:

- All participants must check-in again on race day. If you came to the pre-race check-in, please report directly to the Body Marking station near the start area. If you did not make it to the pre-race check-in, please go to the “Race Day Check-In” line.
- Volunteers will mark your bib number on your arm and leg.
- Get your race day lunch token!

FOOD:

- All race participants will receive a meal token at race-day check in.
- Turn this token in at the food station for your meal. Water and Gatorade will be available for race participants before, during and after the race. Limit one per participant please.
- Parents and other spectators will be able to purchase food from the food station during the event.

POST-RACE:

- Once your race is over, **athletes only** will be allowed into the transition area, one at a time, to retrieve their bike and belongings if they are unable to stay until the finish of the race. Please form a line on the North West corner of the transition area where a volunteer will assist you. Please be courteous of the other racers that are still competing!



RACE DAY DESCRIPTION - THE RACER

RACE START TIMES:

- **15-18 year olds begin at 7:30 am**; the rest of the age groups will follow in order of oldest to youngest. There will be an announcement 5 minutes prior to each age group's start in the pool.
 - The bike racks open at 6:00 am for all racers ages 7-18.
 - The bike racks will be labeled with the different age groups—rack your bike at the appropriate racking area.
 - The transition area will close at 7:15 am for all racers ages 7-18.
- **5/6 year olds begin at approximately 10:30 am**
 - The 5/6 year olds will begin once all of the other age groups are complete (times are estimated)
 - Please be at the race site for check in by 10:00 am.
 - The bike racks open at approximately 10:00 am for all 5/6 year old racers.
 - These times are estimates and start times may be later based on the finish of the earlier racers.

RACE PROGRESSION:

Please allow plenty of time to rack your bike and check in with the race coordinators. The race will proceed as listed below:

- Complete the race-day check-in (volunteers will write your number on your arm and leg so that you can be identified during the race; you will get your timing chip when you enter the pool area for your age division).
- Rack bike and set your transition area. Put your helmet on your bike seat, set your towel next to your bike along with your shirt, shorts, socks and shoes. Be sure that your bib number is pinned on the FRONT of your shirt! Triathlon belts are okay.
- The announcer will call the next age group to the pool five minutes before the race start.
- You will follow the timer to the start lane. Participants will start the swim one at a time and snake through the lanes. For example, if you have 4 lengths to swim, you will swim one length, duck under the rope and swim back, duck under the rope and swim back until you have completed the 4 lengths.
- After completing the swim, you will walk through the pool area and out to the transition area and put on your biking gear. You will WALK your bike to the mounting zone and begin the ride. **Please become familiar with the bike route.** The course will be marked and we will have volunteers out on the course, but **it is the responsibility of each racer to know the course.**
- When you return from the bike ride, dismount your bike before entering the transition area. Walk back to your age group's rack and rack your bike.
- From there, you will go out of the transition area the same way you came in from the swim and begin the run. Again, please familiarize yourself with the run route (11-18 year olds in particular as you will have to do 2 laps).
- You will cross the finish line after the run and receive your Tri the Rock medal. Timing chips are disposable and do not need to be returned.
- After that you are done! You can use the token that you received at check-in to redeem your lunch.



RACE DAY DESCRIPTION - THE PARENT/SPECTATOR

****Please find the enclosed parking map for parking locations****

PARENTS OF 7-18 YEAR OLD PARTICIPANTS:

- Spectators must remain outside of the pool area. You may watch from either side of the pool gates. The racers will enter through the side gate. Do not follow your child through the side gate!
- **NO** parents or spectators will be allowed in the transition area after the race begins. There will be volunteers in the area to help your child through.
- **Please pay attention to the race course.** There will be runners using the sidewalks near the pool. Keep the sidewalks clear at all times.
- When your child crosses the finish line, allow them to collect their medal and meet you outside the finish chute. Please do not walk into the finish line area.
- The ankle chip used for timing your racer is disposable. You do not need to return it.
- When your child is done, please stay at the park (grass area) until the last racer is done for individual place awards and the presentation of the Tri the Rock Challenge winner.

PARENTS OF 5-6 YEAR OLD PARTICIPANTS:

- Bring your child to the race site and have him/her check in before racking his/her bike and setting the transition area.
- We will announce when it is time for the 5/6 year olds to set their transition area. This will not be until after the last of the older racers finish. Please wait with your child and their equipment in the grass area of the park.
- Do not allow your child to ride along the sidewalks while they are waiting because other racers will be running through.
- No floatation devices are allowed in the pool with the swimmers. However, there will be lifeguards staged in the swimming lanes to help the kids get across.
- There can be one adult per racer in the transition area to assist the racer in putting on his/her shoes and bike helmet. The adult may help the child bring his/her bike from the transition area to the sidewalk.
- The kids will bike around Butterfield Park (1 lap only! Please see the map online).
- After the bike ride, they will complete the run to the finish line.
- Parents can walk/run alongside their racer through the bike and the run to help out if needed.

We encourage everyone to visit the race site prior to the race for a ride-through. The swimming pool will not be open until the race, however, the rest of the course is open year-round.

The race is held at:

Butterfield Park

3952 Butterfield Crossing Dr.

Castle Rock, CO 80104



EQUIPMENT CHECK LIST

- ❑ Swimsuit (wear to the race)
- ❑ Towel
- ❑ Running shoes
- ❑ Socks (optional)
- ❑ Shirt with race bib pinned on the front or triathlon belt
- ❑ Sunglasses (optional)
- ❑ Bike
- ❑ Bike helmet (required to race)
- ❑ Water bottle for bike
- ❑ Sunscreen
- ❑ Be prepared for unexpected weather! Bring along running pants and a jacket in case of cool weather.

REMEMBER TO DRINK LOTS OF WATER!

Continue drinking water while you are waiting for your age group to start. There is an aid station with cups of water in the transition area and one on the running route. Be sure to grab some on your way out to the bike ride and on your way back in to the run.

PARKING LOCATIONS

Please do not park along the bike race route (check the online maps)! The bikers will be on Butterfield Parkway (along the park side) and will need the extra room to stay clear of traffic. There will be construction on other side of the street and parking will not be available. There will be staff members and volunteers out along the streets helping you to find parking.

Please note that if your car is parked along the race course, we will make every effort to move it, including towing if necessary.

