

BURLEY LIONS

SPUDMAN



Burley, Idaho

Always the last Saturday in July



WELCOME TO THE SPUDMAN TRIATHLON!

The Burley Lions Club puts on the Spudman Triathlon each year on the last Saturday in July for the last 38 years! This is a family friendly event featuring a river-assisted downstream swim, relatively flat bicycle course, and easy run course.

This fantastic event is our club fundraiser. Our Lions Club uses the proceeds from this race to fulfil our mission as Lions. Check out the website <https://www.burleylions.org>. We provide eyeglasses and eye exams to those in need, as well as local support to our schools, scholastic sports teams and clubs, shelters, and other programs for disadvantaged persons. For announcements and other information please follow us:

<https://www.facebook.com/spudmantriathlon>
<https://www.facebook.com/BurleyLionsClub>
<https://www.instagram.com/spudmantriathlon>
<https://www.instagram.com/burleylionsclub>

RACE BIBLE:

Please read this race bible. We put it together to help you, the seasoned racer and the first-timer! This is meant to be a useful resource to guide you through the race, This bible is not a comprehensive list of rules. Race Officials have the final word regarding rules. Please be courteous and have a great time!

REGISTRATION:

New for 2025 Spudman is moving to a Lottery Registration process. There are a few key changes outlined below:

- Registration opens at 12 pm MST on January 1 and will remain open for 24 hours, closing at 12 pm on January 2nd.
- The lottery will be run on Jan 6. If you are selected, your card will be charged an additional \$145 plus 10% for service fees. You will be notified via email by Jan 6 of your lottery fate.
- Registration link will be available at spudman.org. You can register for the Individual Olympic or Sprint Distances. We no longer have teams registrations.

- You will have an option to create a group for the purposes of racing in Spudman with your family and friends. Once your group is created, you will receive an email with your group code and a link to send to your groupmates. You will receive a link to manage your group and change any of this information, including your group name.
- Join a group to be selected all-or-nothing during the drawing. In other words, if you only want to participate if your spouse/friends/etc also make it in, form a group. The group will be treated as a single entity during the drawing, so you all get in or you are all out.
- During online registration participants enter their shirt size. Shirts are a cotton blend, mens or womens specific fit, and customized for each year. Women's sizes can feel a little small, when in doubt, size up. If you need to exchange for a different size please check after the race on Saturday to see if your needed size is available for exchange.
- you will be charged \$5 to enter the lottery and finalize the registration process. This small charge ensures us that your card entered is valid. If you do not get selected we will refund the \$5 back to your account. This charge will appear from *BrooksEE, LLC* on your credit card/bank statement.
- You will receive a confirmation email once the lottery process is completed. If you have any questions or need to make updates to your registration please reach out to timing@brooksee.com.
- If you are selected, there will be a final charge in addition to the initial \$5. Any of these final charges on the card will have a 10% fee added.
- There will be a separate lottery for the RV spots that are located at the golf course. If you are selected for the lottery and have chosen to be included in the RV lottery you will be notified by email your RV spot notice and you will see another charge on your card for the \$200 plus 10% service fee. See below for further clarification about RV spots.
- **No refunds, credits, transfers or deferrals allowed for any reason.**
- Spudman is a fundraiser by a non-profit. If you are unable to attend, consider your entry fee a non-deductible donation!
- Spudman reserves the right to close registration at any time, for any reason.

PACKET PICKUP / CHECK IN:

- Packet pickup Friday July 25th from 3:00PM – 9:00PM at Spudman Village. Spudman Village is located in the Riverfront Park at the Burley Golf Course (River's Edge Golf Club). Look for the large Lions Club Pavilion. Packets not picked up on Friday will be available Saturday morning between 5:30 A.M. to 6:30 A.M.
- All participants will be required to bring valid photo identification to pick up their packet. Packets will not be handed out to friends or family members, only to the person on the registration. If you are not able to race, you can still receive the swag in your packet. If you are not racing and not able to pick up your swag bag, you can email info@spudman.org and arrange someone else to pick it up for you. All timing chips and bibs will be removed before it is given out to those not racing.
- Team members must all be present. Each team member will be required to sign a liability waiver to participate. Notarized letters will not be accepted for any reason. The packet will be given to the last team member to sign in. Photo identification required.
- You must pick up your packet before you drop your bike at T1 and your run gear at T2. Access to transition areas is restricted to racers who have picked up their packet. You will park in the designated parking area across the highway (west) from Scholer Park (T1) and will walk your bike and any necessary gear across the road to the park. Only those racers with bib numbers will be allowed into T1. There are no water bottle filling areas in T1, please plan accordingly and bring your own water. Bottled water is provided for our volunteers, please do not take their water.

Note for 2025: There is major construction on both the 208 and 211 exits. Please expect delays and possible rerouting through these two exit areas. Drivers coming from Utah should consider taking the Declo / Yale Rd exit 288 or the Declo / Albion exit 216 and drive through Declo to avoid having to cross the Heyburn bridge.

Packets include:

- Race Bib to be worn on the front of the racer's torso during the Bike and Run. Safety pins provided in the packet.
- Bike frame number to be placed on the bike in a place easily seen from a side view.
- Your results will be captured by Brooksee using a timing transponder, commonly called "the chip". Please follow these simple instructions carefully. Not wearing the transponder properly may prevent you from being timed/tracked.
- Transponders are non-transferable! Be careful not to switch with friends, family, other racers, etc.
- Wrap the ankle bracelet around your left ankle before starting the race and wear it around your ankle at all times during the race. Be sure you cross the timing points at the start, intervals, and finish line of the race.
- There will be volunteers at the finish line that will remove the ankle timing chip upon finish.
- Adaptive Athletes please contact the Race Director if needed during packet pickup.
- Other goodies will be in your packet!
- Parking for packet pickup prior to race day is first come at the event location. On race day, the road into the event location is highly congested. Traffic in and out of the golf course is closed after 7AM on race day and does not re-open until all bikers are off the course.
- Body marking available next to the Lions Pavilion during packet pickup. All racers required to display race number on each arm and other markings (to be announced) on each calf.

TRAILER AND TENT CAMPING:

- Limited camping at the River's Edge Golf Course.
- RV spots require a reservation. Reservations sold out during race registrations so if you did not pay for an RV spot reservation, you will not be able to park your RV in the golf course area. There will be no walk up spots for camp trailers and motorhomes. There is absolutely no overnight camping of any kind until Friday evening. If you bring a camp trailer before 3pm on Friday, it will be towed at the owner's expense. Checkout is by 2PM on Saturday as the golf course will be opening again for business.
- Tent camping is first-come, beginning Friday 3:00 P.M along the riverfront, and on top of the driving range mound, and in the small triangle shaped area at the SE corner of Hwy 81 and E 16th Street (no vehicles allowed in this area). No tent camping allowed in the driving range along the flat parking area. The driving range is a parking only area for packet pickup and race day.

- No camping or campers allowed on the asphalt or the driving range.
- All tents, camp trailers, motorhomes, vehicles, etc. must pack up and leave by Saturday at 2:00 P.M. so the golf course can resume business. Reference the map below for available camping areas:



Spudman camping spots:

1) Along the river northwest of the boat docks

2) Top of the driving range mound

3) South side of the golf course entrance

4) South Freedom Park by airport

5) City park by Tom's Marina

A) Driving range for parking ONLY. No tent camping allowed.

B) RV spots require a reservation and they are sold out. No other RVs allowed in golf course area.

PARKING AREA MAPS:

Friday-

Parking for packet pickup on the golf course driving range or the golf course and boat dock marina. Please use designated parking spots. Handicap parking areas are only for those with the proper stickers or placards.

Packet pickup starts at 3pm Friday and ends at 9pm Friday. You can also pick up late packets Saturday morning from 5:30 am to 6:30 am.

No trailers, campers, RV's, boats, etc. are allowed in the asphalt parking area. RV's, trailers, etc. are reservation only and you must have secured a prior reservation to park them at the golf course. If you did not pay for an RV spot reservation during registration, you will be turned away.

There will be volunteers to help park you at the driving range. Please respect their instructions. You may be asked to leave if you do not follow volunteer instructions. Parking is limited and we need to fit as many vehicles onto this area as possible and ask for courtesy when parking. No tents in the parking area or next to your vehicle on the driving range. Tents are only allowed in the marked areas.

Once you pick up your packet you will need to drive back out of the River's Edge golf course area and head back to the North along highway 30 to Scholer park. You will park across the street (west) from Scholer Park and walk your bike and gear to cross the road to T1. See specific T1 instructions below. No parking along the highway. You will leave the parking area through the gate to the west that exits through the airport and will put you back at the intersection of highway 30 and highway 81. you can proceed south back to the golf course parking area.

Saturday-

Parking is available at the driving range and the Golf Course parking lot. Please follow volunteer instructions for parking on the driving range. No campers or RVs will be allowed into this area Saturday. Parking is allowed along the highway and we ask that you park far enough off the road to allow police and volunteers to patrol. Do not park in the private business parking as your vehicle may be towed at the owner's expense. No parking allowed up either side of the road heading up (south) the hill on highway 81 south of the entrance to the golf course. Parking at the golf course will be closed by 7:00 am. No vehicles will be allowed in or out until noon.

TRANSITION SETUP:

Spudman has two transitions. Due to the river-assisted swim, the transitions are located separately.

Transition area 1-

- T1 is located at Scholer Park. Please see the map for location and parking. Opens Friday at 3:00 PM to 9:00 PM, and again on Saturday from 6:00 AM to 6:45 AM. Only participants are allowed in the transition area. No one is allowed in T1 without their bib number (pickup your packet prior to coming to T1).
- On Friday afternoon and Saturday morning you can enter and exit T1 at the gate in the middle and on the south end. Once T1 is closed the gate in the middle will be closed and you will exit with your bike at the far south end to the west side.
- T1 is locked down Friday night with bright lights and all-night security. Rain is a possibility, store your items carefully.
- Your race packet includes a 13 gallon white drawstring garbage sack. This sack is pre-labeled with your race number. Place your wet items and any other items in this sack after your swim. As you exit T1, hand this sack to the volunteers.
- Spudman Volunteers will move your wet bag to Spudman Village for easy pickup after the race. See map for location of your wet items. Nothing should be left at T1 when you begin your bike ride. Any items left in T1 may be moved up to the swim bag pick up area but Spudman is not responsible for items left in this area. If you want it, put it in the white bag and hand it to the volunteers as you leave T1.

Transition area 2

- T2- Please see the map for location and parking. Opens Friday July 29th at 3:00PM to 9:00PM and again on Saturday July 30th from 6:00 AM to 7:30 AM. Rain is a possibility, store your items carefully. Bike racks are available on a first come basis.

GUEST SPEAKER / RACER ORIENTATION:

- Race orientation Friday 7:00 PM in Spudman Village at the Lions Pavilion. Recommend attendance for new racers or if this is your first time at Spudman.
- Guest speaker will follow the race orientation meeting in Spudman Village at the Lions Pavilion.

DID YOU WIN LAST YEAR?

Last year's overall winner will be invited back to race this year with bib number 1.

RACE DAY!!!

Be sure to reference the parking maps for both Friday and Saturday.

- Spudman is an open course race.
- There are potholes, obstacles, railroad tracks, automobiles, traffic lights, signs, etc.
- All participants are responsible to be alert and obey all traffic laws to help protect themselves from injury while participating.
- We do our best to limit traffic on the roads but there can still be pedestrians or vehicles on the course.
- Please watch for volunteers and police along the bike and run courses that will do their best to limit traffic and let you know if it is safe to cross certain intersections (see bike course map).
- RACERS NOT COMFORTABLE RACING UNDER THESE CONDITIONS SHOULD NOT PARTICIPATE IN SPUDMAN.

SPUDMAN EVENTS							
Distance	Swim Start	Swim Distance	T1	Bike Distance	T2	Run Distance	Finish Line
Olympic	See Map	1.5K	Same	40k	Same	10K	Same
Sprint	See Map	0.75K		20K		5K	

All distances are approximate and subject to change

OLYMPIC DISTANCE

SWIM

- Begins at the south end of the boat dock area.
- Racers will enter through the bullpen to activate their timing chip.
- Volunteers will be checking for timing chips and the correct swim cap color.
- Each wave has a designated swim cap color that can be found in your race packet.
- The race is a shotgun start and your time will begin when the race official counts down from 10 and says “go”.
- The start line is the imaginary line from the furthest south light pole along the river's edge. you can swim out as far as you like but will need to swim to the west side of the two islands.
- There will be boats with lifeguards as well as lifeguards along the docks.
- Kayakers will be along the shore to guide racers away from the shore if they become disoriented. You are allowed to rest on the kayaks for less

than a minute but then must continue or forfeit.

- If you exit the water before the swim finish line or need to be removed for any reason, you will be required to forfeit your timing chip and are disqualified from the race. You will not be allowed to continue the remaining disciplines.
- No snorkels or flotation devices of any kind are allowed. If you are not comfortable swimming in open water unaided, then do not register.
- **No refunds, credits, transfers or deferrals allowed for any reason even if you are removed from the water by a race official or lifeguard for your own safety.**
- The swim finish is at the north end of Scholer Park. The area at the swim finish has fresh sand but there are some large rocks so be careful as you exit. You will exit the water on the north end of T1 and will cross the timing line giving you a swim split.
- The exit to T1 is at the very south end and exit to the west. Look for the blow up that says “bike Start”, that is the exit point.
- Spectators are welcome to take the walking path north along the shore to cheer on their swimmers. This path continues down to T1 where the fence blocks the path. do not enter T1 here but turn and follow the fence back to the west to the exit to T1 where you can watch your racer start the bike portion. you can then walk back down the path to Spudman Village. Bikes and scooters are allowed on this path but no motorized vehicles.

BIKE

- Bike helmets must be worn at all times from the moment you mount the bike to the moment you dismount. Riders will not be allowed on the bike course without one and if you are caught not wearing one you will be disqualified and removed from the course.
- The bike course begins at the south end of scholar park and bikers begin riding in the outside lane of Highway 30. The section along highway 30 is the only portion of the course closed to traffic. please ride on the right side and only pass on the left.
- There will be police at the intersections of Highway 30 and Highway 81, Pomerelle Ave. and Highway 30, and 16th st. and Hiland Ave. (50 E. Road).
- Traffic lights and stop signs are a part of this event. Please follow the rules of the road at all times. The only exception would be if law enforcement or traffic control officials wave cyclists through. Always be alert and proceed with caution.
- Cyclists must have a frame number on their bicycle, a bib number on their jersey, and a timing chip on their left ankle. These items should be

as visible as possible to race officials and on course volunteers.

- Cyclists should not impede the normal and reasonable movement of vehicle traffic and should stay right of the white line and ride to the right side of the road. Idaho State law requires that bicyclists ride in a single file line and never two abreast.
- Passing is to be done only on the left and should only be done when it is safe and legal to do so. The roads are not closed to traffic and this is a rural area where farmers and others out on the roads in the mornings.
- Enjoy the epic views of Mount Harrison and the south hills but don't forget to keep your eyes on the road.
- Drafting on the bike during a triathlon is illegal and will incur a timing penalty of 3 minutes. a second drafting offense will lead to the racer being disqualified.
- Volunteers in side by sides and along the bike course will monitor and issue time penalties for drafting.
- If you are in an accident or have mechanical issues please move off to the right side of the road as much as possible. All racers are responsible to be aware of their surroundings at all times.
- T2 cutoff time is 11am. If you come into T2 after 11am you will not be allowed to complete the run portion of the course.
- Police and volunteers will be at all intersections for traffic control. Cautiously proceed through all intersections.
- There are no aid stations on the bike course. Cyclists are to provide their own support and may not be supported by anyone along the course. Be prepared with your own water and fuelings.
- There will be portable toilets at the corner of 250 E and 600 S and the corner of 650 E and 600 S.

RUN

- The Run course exit is at the Northwest corner of T2. Look for the blow up that says "Run Start"
- Follow the feather flags and volunteers up the ramp and into the Churchill Dr. neighborhood. follow the signs and other markings.
- Runners will cross the road at 200 E and Highway 81. There will be cyclists and possibly other vehicles at this crossing. Use extreme caution and listen to the police and volunteer to guide you safely across.
- Olympic racers will cross over the railroad tracks and then turn East onto Hillcrest Road.
- Sprint runners will cross the railroad tracks and turn right onto the ditch bank that parallels Hillcrest Rd. There will be signs and volunteers in this location to help you navigate the turns. If you aren't sure which way to go, stop and ask.

- Olympic distance runners will complete a loop and will eventually end up back at the railroad tracks to head back towards the golf course. Carefully follow the direction of the police and volunteers as you cross the highway.
- Runners will be on the west side of the large pasture going out and then will be on the east side of the pasture coming back in. Listen for volunteer instructions.
- There are 4 aid stations along the run course all worked by volunteers. These 4 stations will offer water in cups and Hammer Nutrition Heed electrolyte drink, also in cups. Look for garbage boxes past each water station to throw away your cup. Please be courteous to our volunteers and not scatter cups past the garbage boxes.
- The 1st aid station is found at T2 exit.
- The 2nd aid station is at approximately 225 E Hillcrest road at Mile 1.
- The 3rd aid station is along the G Canal at approximately mile 3 (the only gravel portion of the run).
- The 4th aid station is at the corner of Hillcrest road and 150 E at Mile 5
- Portables will be located at the railroad crossing and at the exit from the G Canal north onto 150 East road.
- 50 S and 150 E is approximately the turnaround for the sprint racers where they will join the olympic runners until the finish.

SPRINT DISTANCE

SWIM

- Begins at the North end of the boat docks.
- Sprint swim is a rolling start. The start time will be at 8:30AM and all swimmers will cross the timing line to start their individual time.
- Swimmers will cross the timing start line, then over the bridge to the floating dock and into the water.
- No diving into the water
- Swimmers have until 8:40 AM to enter the water and if they have not crossed the timing start point after 8:40 will automatically be a DNS.
- same exit point at T1 with the same rules and instructions as olympic racers.
- There will be boats with lifeguards following with the swimmers.
- Kayakers will be along the shore to guide racers away from the shore if they become disoriented. You are allowed to rest on the kayaks for less than a minute but then must continue or forfeit.
- If you exit the water before the swim finish line or need to be removed for any reason, you will be required to forfeit your timing chip and are disqualified from the race. You will not be allowed to continue the remaining disciplines.
- **No refunds, credits, transfers or deferrals allowed for any reason**

even if you are removed from the water by a race official or lifeguard for your own safety.

- The swim finish is at the north end of Scholer Park. The area at the swim finish has fresh sand but there are some large rocks so be careful as you exit. You will exit the water on the north end of T1 and will cross the timing line giving you a swim split.
- The exit to T1 is at the very south end and exit to the west. Look for the blow up that says “bike Start”, that is the exit point.
- No flotation devices and no snorkels.

BIKE

- reference first 11 bullet points of olympic bike as they are the same rules for sprint
- Bikes turn left (east) on 400 South road. make certain it is safe to turn with no oncoming traffic and be aware of other riders turning. there could also be some olympic distance cyclists going straight so ensure it is safe to make the turn.
- Cyclists will cross 150 South and will have a stop sign with a volunteer monitoring traffic. They will waive you through if it is safe to cross. The turn north on 250 East also has a stop sign and a volunteer to help guide cyclists through this turn.
- The sprint cyclists will converge with the olympic cyclists on Highway 81 and 250 East. use caution merging onto this road and be aware of traffic on the highway. Volunteers will also be at this corner watching traffic.
- Continue to bike finish at T2

RUN

- Same starting point as the Olympic run at T2.
- The Run course exit is at the Northwest corner of T2. Look for the blow up that says “Run Start”
- Follow the feather flags and volunteers up the ramp and into the Churchill Dr. neighborhood. follow the signs and other markings.
- Runners will cross the road at 200 E and Highway 81. There will be cyclists and possibly other vehicles at this crossing. Use extreme caution and listen to the police and volunteer to guide you safely across.
- Sprint runners will cross the railroad tracks and turn right onto the ditch bank that parallels Hillcrest Rd. There will be signs and volunteers in this location to help you navigate the turns. If you aren't sure which way to go, stop and ask.
- At the end of the ditch bank the runner will turn south on 150 East. There will be a water station to the left and the runners will continue down to about 50 South on 150 east. there will be a timing check point

that you must cross or your time will not count.

- Runners will turn and join the olympic distance runners at this point to continue down Hillcrest road back to the railroad crossing and over the highway. look to the volunteers to safely cross the highway.
- Runners will be on the west side of the large pasture going out and then will be on the east side of the pasture coming back in. Listen for volunteer instructions.
- portables will be located at the railroad crossing.

FINISH LINE:

- Spectacular inflatable finish line provides an epic finish for your race! The run concludes down “Spudman Grove” and is a single trail down through the trees out onto the golf course. This area can be muddy and slippery. Please use caution.
- Race Announcer works hard to announce each racer and team name as they come down the hill into the finish line chute. The first timing line crossed notifies the announcer of your name and hometown. The finish line is about 75 yards further down under the giant inflatable.
- Finishers receive a well-deserved custom high-quality medal! Custom medals are offered each year including different ribbons for Olympic and Sprint.
- Ice cold water bottles and face towels are available for participants at the finish line. You are welcome to keep your towel or drop it in a designated blue barrel and we will wash and reuse them next year.

RACE AMENITIES:

- Porta-potties are available at the main event site, T1, T2, and on the bike and run course. No public urination allowed. Local vendors will also be at the event selling food, shaved ice, or other refreshments.
- Post race amenities provided by our official medical sponsor, Intermountain Healthcare, include chocolate milk with physical and massage therapists for complimentary massages and treatments.
- Fresh fruit just down the hill by the swim start bullpen with other physical and massage therapists.
- Spudman provides a “wet bag” to place your T1 wet items in for our race volunteers to move back to Spudman Village for convenient pickup after the race. You can pick up this bag at the designated area next to #10 tee box. (refer to map)

AWARDS CEREMONY:

- Noon at Spudman Village. No trophies or finisher medals will be mailed. Must be present to receive.

EVENT PHOTOGRAPHY:

- Contracted photographer provides photos available for free download on their website within 10 days of the event. Please watch our Facebook page for updates.

EVENT DRONE VIDEOGRAPHY:

- Contracted Drone Videographer will be taking video throughout the entire course in 2025. This video will be used as part of our racer education for 2026 and beyond. By racing with us, you consent to potentially be shown in this birds-eye-view video of the track.

EVENT STAFF:

- Spudman staff Polo Shirts! Burley Lions Club members wearing a polo shirt help to organize the race and can provide assistance or answers to questions.

EVENT VOLUNTEERS:

- Blue volunteer shirts! Please look for these helpful volunteers throughout Spudman Village and along the race course.

LOCAL HOTELS:

- List- Fairfield Marriot, Hampton, Best Western and Budget Motel, Super 8, Holiday Inn Express, etc.

LOCAL RV PARKS:

- list- Heyburn city by chamber, Burley fairgrounds, Burley truck route. please see mincassiachamber.com

WAIVER OF LIABILITY:

- Individuals waivers were signed during online registration

UNABLE TO ATTEND:

- We will not hold your race packet for you. No refunds, credits, transfers, or deferrals for any reason.

WEATHER OR EVENT CANCELLATION:

- The Spudman Triathlon is always held regardless of heat, cold, rain, or hail. However, Race Officials reserve the right to cancel all or any portion of the event for any reason. Potential causes may include weather, road conditions, river conditions, or any other unforeseen event.

- **No refunds, credits, transfers, or deferrals for any reason.**

RULES:

Violation of the rules may result in Disqualification or Variable Time Penalties. all decisions by Spudman race officials are final.

- Helmets- Helmets must be worn at all times when on a bicycle; before, during, and after the event. Anyone not wearing a helmet while on the bike will be immediately disqualified and removed from the course.
- Chin Straps- Chin straps must be buckled at all times when on a bicycle.
- Outside Assistance- No outside assistance other than that offered by Race Officials or medical personnel may be accepted.
- Transition Areas- Racers are to store all their equipment within the two designated transition areas. Bicycles must be stored upright on the storage rack. No equipment will impede the progress of another racer. No glass containers allowed in the transition areas.
- Cyclists should not impede the normal and reasonable movement of vehicle traffic and should stay on the right side of the road. Idaho state law requires cyclists to ride single file and never more than two abreast. Be courteous to those that are trying to win their category and ride on the right side of the road. Think of driving on the freeway, drive right and pass left. This is a major safety issue. Most accidents happen on the bike course due to slow riders in the middle or left side of the road. always signal your intentions while on the bike and make sure you have a safe space to pass someone and let them know you are passing. Never pass on the right of or in between other riders.
- Drafting is not allowed and illegal during a triathlon. There will be volunteers patrolling the bike course in UTV's. They will report race numbers to race officials that are caught drafting. The 1st infraction is a 3 minute penalty. The 2nd offense is disqualification.
- Course- For each participant's safety and race equality, follow the outlined course.
- Headphones- No music may be played from personal audio devices through a speaker or into headphones, headsets, earbuds, etc at any time during the race. Penalty: 1st offense 3 minute timing penalty; 2nd offense will result in disqualification and removal from the race.
- Body Markings- All participants must be body marked with their race number, age, and division.
- Race Numbers- Bicycles must display the race number. Race bibs must be worn on the front of the jersey during the run.
- Racers that don't start at their assigned wave start time will be disqualified.
- No flotation devices of any kind will be allowed during the olympic or sprint distance swims.

- No e-bikes or assisted propulsion.
- Failure to clean your transition area or littering may be subject to a 3 minute time penalty.

Transition 1 where you will rack your bike before the race



Transition 2 where you will transition from bike to run

