

IN THE DIRT VAIL LAKE

Registration & Race Day Information

We will have race check-in Saturday race morning starting at 6:00AM. Get there early so that you have plenty of time to:

- park
- check-in
- sign waivers
- get race number
- timing chip
- swim cap (triathlon only)
- t-shirt (included with triathlon entry all others, mtb race, trail run must pay \$5 extra)

Please bring the following items to race check-in:

- Photo I.D.
- USAT membership card (needed for off-road triathlon only)

TRIATHLETES ONLY: If you are not a current USA Triathlon member you must purchase a 1 day license (\$10) or buy an annual USAT license (\$39) on race morning when you check-in.

We will have late registration on race morning if you have not pre-registered.

There will be a \$5 Vail Lake entrance/parking fee per vehicle (car Pool and save)

RACE START TIMES

Off-Road Triathlon	8:00AM
Trail Run	8:30AM
MTB Race	9:30AM

Race day schedule:

- 6:00 AM race check-in, transition area opens
- 7:30 AM race information meeting at Finish line area (all athletes must attend)
- 7:50 AM all triathletes must be at Starting Line
- 8:00 AM triathlon race starts
- 10:00 AM post race BBQ starts free hamburgers, chips and cold drinks for athletes
- Award ceremony will begin about 11:00AM

COURSE INFO:

Swim course will be marked with **YELLOW** buoys

Bike course will be marked with **BLUE** arrows

Run course will be marked with **RED** arrows

We will have 1 aid station on the bike with water

We will have 2 aid stations on the run with water

We will have lifeguards monitoring the swim

We will have bike support sweeping the course during the race

We will have ambulance on site and or on call for the entire event

Awards will be 3 deep in all categories

Results will be posted on our website www.sawsp.com the week following the event

For more information click on the links on the left side of the webpage for course maps, course description, directions and accommodations