



ATHLETE GUIDE

Steamboat Triathlon – Lake Catamount, CO

August 15, 2021

OLYMPIC TRI, SPRINT TRI, DU, SUP AND AQUABIKE

**WITHOUT
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Dear Steamboat Triathlon Participant:

Race day on August 15, 2021 for the annual Steamboat Tri is just around the corner! This athlete guide contains all of the information you will need to logistically be prepared to compete in the event. Please take the time to carefully read both the athlete guide as well as any possible updated race information on the Without Limits Productions website (www.withoutlimits.co) and the Without Limits Productions Facebook Page.

On behalf of our race staff and all of our volunteers, I'd like to thank you for racing with us and the entire field of athletes. We are excited that you will be part of the Steamboat Triathlon.

Safe Training, Good Luck at the race, and we'll see you at the Finish Line!

Sincerely,

Lance Panigutti – Race Director





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SCHEDULE OF EVENTS

PACKET PICK-UP INFORMATION

Saturday (8/14): 12:00pm-4:00pm at the Holiday Inn - 3190 South Lincoln Ave. Steamboat Springs, CO 8048

LAKE CATAMOUNT IS CLOSED ON SATURDAY FOR A PRIVATE WEDDING-ATHLETES ARE NOT ALLOWED TO
GO TO THE PROPERTY (LAKE) TO CHECK OUT THE VENUE* ** No Dog's allowed at the Venue Please*

SUNDAY, AUGUST 15 – Lake Catamount

- 6:00 AM Transition Area Opens
- 6:30 AM Body Marking Starts
- 7:15 AM Swim area opens for warm-up
- 7:15 AM Race Packet Pickup Closes (No Packets will be distributed after 7:15 am)
- 7:45 AM Pre-Race Meeting (Location: Waters Edge by the swim start)
- 7:50 AM Transition Area Closes (All Athletes must be out of T/A)
- 8:00 AM RACE START!!!
- 9:30 AM Olympic Tri Swim Course Closes (anyone not completed the swim course will not be allowed to continue onto the bike *note this time is an approximation, if you are close then you'll be allowed to continue, and we will make allowances for later waves)
- 11:30 AM Olympic Tri Bike Course Closes (anyone not completed the swim course will not be allowed to continue onto the bike *note this time is an approximation, if you are close then you'll be allowed to continue, and we will make allowances for later waves)
- 11:00 AM AWARDS – POST RACE EXPO (time is approximate)

Swim Waves (Note: 3 minutes between swim waves)

Olympic Distance

- Wave 1 - RED - Elite, Relay, Men 20-44
- Wave 2 - BLUE - Clydesdale, Women 40-49, Men 45+ 28, DU
- Wave 3 - YELLOW - Athena, Women 20-39
- Wave 4a - Stand Up Paddleboard
- Wave 4b - PINK - Women 50+, PC, Aquabike
- Wave 5 - LIME - First Timers

Sprint Distance

- Wave 6 - BLUE - Elite, Men 20-49, Women 20-39
- Wave 7a - Stand Up Paddleboard
- Wave 7b - WHITE -, Athena, Clydesdale, M 50-64, Women 40-59
- Wave 8 - PURPLE - Women 60+, M 65+, PC, First Timer Men
- Wave 9 - YELLOW - First Timer Women



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Directions to the Steamboat Triathlon

Lake Catamount:

Lake Catamount is located on CR 18, nestled in a beautiful valley off of CR 131. Directions coming from Denver, take Hwy 40 traveling west, turn left on Hwy 131, then left on CR 18. The transition area will be on the left hand side, near the Lake House. Coming from the east, travel through downtown Steamboat, turn right on Hwy 131, then left on CR 18.

Parking Information

Upon entering into Lake Catamount at the intersection of the Transition Area, you will be directed to travel approximately ½ mile to a parking area on the right-hand side. Please follow Volunteers instructions and do not park on the county road. This road will be used as access for the run in/out and you will be towed if you park in this location. Come prepared and put your gear in a backpack so you're able to walk the short jaunt to the transition area. If you are a volunteer, please arrive early so you are able to park in this same location. Absolutely no parking will be allowed at or near the clubhouse as this is the location for the bike in/out.

NO TEMPORARY PARKING TO DROP OFF YOUR GEAR!

SPECTATORS:

It is highly recommended that spectators arrive with the athlete on race day. Due to the athletes racing causing the police to temporarily close roads spectators arriving after 7:45am on Sunday will most likely be delayed and/or turned around.

DOGGIES:

We love our dogs! However, for this year Lake Catamount has requested that your pets be left at home. Also, it is dangerous to leave your pets in your vehicle while you race or are a spectator. Please do not leave your pets in your automobile. Temperatures have been known to increase into the 80s by late morning so take care of your pets and leave them at home.

PLEASE NOTE THAT THIS AREA IS A PRIVATE COMMUNITY THAT HAS GRACIOUSLY OPENED THEIR DOORS FOR THE RACE, PLEASE BE RESPECTFUL OF THE AREA AND COMMUNITY.

PLEASE BE CAREFUL WHEN DRIVING IN THE AREA AS ATHLETES WILL BE WARMING UP AND WALKING ALONG THE ROADS!

NO DOGS ARE ALLOWED AT LAKE CATAMOUNT



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Important Details Prior to Arriving

Each Participant MUST have both a photo ID and an annual USAT License (or purchase a one day license at packet pickup (See USAT section below for details))

If you do not have an ID you WILL NOT be given your race packet.

Each participant must be present to pick up their race number/packet. You will not be allowed to pick up another participants packet.

****PLEASE NOTE: NO EXCEPTIONS WILL BE MADE****

Important Details for Registration & Packet Pickup

- 1) You must pick up your packet on Saturday 8/20 between 2PM-5PM or the morning of the race between 6:00am-7:15am. We suggest you pick up your packet the day prior to the race so you're not rushed on race morning
- 2) You must have a photo ID and a valid USAT Triathlon Card (or one day license) We cannot release your packet to you without a valid Photo ID, no exceptions
- 3) USAT License: If you are an annual USAT Member you must bring your valid USAT card with you at packet pickup. If this is expired you will be required to purchase a one day license for \$12 (Cash & Check only accepted)
- 4) One-Day USAT License: If you are not an annual USAT Member you must purchase the one day license at the time of packet pickup (Cash & Check only accepted)

MUST READ!!! *USAT NOTE*****

If you registered using the MYENTRYFEE online registration system and you are not an annual member then you already purchased the one day license and the only thing you need to bring is a Photo ID to packet pickup. If you registered using the PDF mail in registration form some of you already included your \$10 fee for the USAT One-Day License, and you'll just need your Photo ID. If you did not include this fee in your mail in registration your registration has been notated and the volunteers at Packet Pickup will notify you that you must pay the required \$15 in order to proceed with picking up your packets (Cash & Check only accepted). Again if you are not an annual USAT Member then there is nothing regarding a USAT License to bring with you, just bring your PHOTO ID, and an extra \$15 just in case you didn't pre-pay the one day fee. We wouldn't want you to not be able to race due to not being able to pick up your packet (it's a USAT insurance thing). Please do not email us requesting confirmation of whether you paid this fee or not, there is no way we would be able to respond to everyone as we will be busy setting up for the event.



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This is a list of the packet pickup procedures to ensure a quick & easy process for you & all the athletes as well as to ensure that there are no surprises come race day.

- 1) Ensure you have a Photo ID & Valid USAT Card (if applicable) with you prior to your arrival. If you're not an annual USAT Member bring an extra \$15 just to be safe.
- 2) Upon arrival there will be a registration tent with a black Without Limits Productions Registration Flag showing, go to this tent first.
- 3) Present your Photo ID and valid USAT Card (if applicable) to the registration volunteer. If you need to sign a waiver or still owe \$15 for the annual one-day license, you will handle it right there.
- 4) Once you have your race number packet, which contains a swim cap (with your corresponding Swim Wave # assignment), then proceed to the T-shirt/Goodie Bag pickup right next to the race # packet pickup.
- 5) Present your race # packet to the T-shirt volunteer as it will show what size T-shirt you ordered. Collect your T-shirt & Goodie Bag and you're all done. ***Note, you will not be able to switch T-shirt sizes until AFTER the race. What you ordered is what you will get. Swaps can be made after the race on race day only, as this is to ensure everyone receives the T-shirt that was ordered, and that any extras will then be used to swap out sizes.***

Race Number Instructions: Your race packet will contain 2 #'s & a Swim Cap.

- 1) Bike Frame #: The 1st will be a bike frame number and has either self-adhesive strips on the back of it or twist ties. Place this on your bike frame.
- 2) Running Bib #: The 2nd # will be the Road ID run #. Affix this to a race belt, t-shirt, shorts, or running skirt. It must be showing on the front of your person as you cross the finish line.
- 3) Timing Chip: The timing chip is affixed to an ankle strap. Affix this to your left ankle prior to the swim, and leave it on for the entirety of the event. A volunteer will collect it from you at the finish line. If you're wearing a wetsuit affix the ankle strap so it is underneath your wetsuit so it will not tear off when you take your wetsuit off.
- 4) Bring your race # to the timing chip tent to pick up your timing chip on race morning. Timing Chips will only be handed out on race morning.
- 5) A swim cap will also be provided for you at packet pickup and must be worn during the swim portion of the event.

*****Picture Examples are on the next page*****



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Bike Frame #:

Must be on bicycle's top tube just behind the handlebars, or downtube, as long as it's visible.



Bib Number: **Note that it MUST be worn on the front during the entire run portion of the event.

Timing Chip:

Must be worn on left ankle. Place under your wetsuit and keep it on for the entire event. It will be taken from you at the finish by a volunteer



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COURSE INSTRUCTIONS PLEASE READ

COURSE MAPS CAN BE FOUND AT WWW.WITHOUTLIMITS.CO

SWIM COURSE: The water temperature is expected to be in the high 60's for the event. A final reading will be done on race morning and announced. Wetsuits are recommended, but not mandatory.

OLYMPIC TRI BIKE COURSE: This is one of the most scenic Olympic Distance Bike Courses in the country, which features riding along the Yampa River, and offering spectacular views of the mountains that grace the area. There will be 1 Aid Station along the way stocked with water & Gatorade. While it is your responsibility to know the course we will have course marshals directing you, and please note there will be police units present, and motorcycle officials out on the course. A sag wagon will be following the last rider and able to pick you up if you've gotten a mechanical failure or just can't continue. USAT rules will apply. It is your responsibility to be familiar with all USAT regulations listed within this guide.

STEAMBOAT TRIATHLON SPRINT BIKE COURSE (12.4 Miles): The NEW Steamboat Triathlon sprint bike course in a single loop course that starts out identical to the Olympic before heading back to Lake Catamount on CO 131.

STEAMBOAT TRIATHLON SPRINT AND OLYMPIC RUN COURSE: The 5k and 10k run course are flat, fast, and extremely scenic! The run will leave the transition area with a left on CR18-Pleasant View, and continue until taking a left on 18C. At 1.55 (Sprint) 3.1 miles (Olympic), there will be a turnaround, and you will run to the finish on this out-and-back route. Again, no major hills, and it is all paved. We will have 5 Aid Stations on the run, support at miles 1, 2, 3.1, 4.1, 5.1

Aquabike: Will feature the same 1.5k swim and 40k bike as the Olympic distance event. Once athletes finish the bike they'll transition to their running shoes or run barefoot for a 100m run through the finish chute where their race will officially end!

GENERAL: Please be aware that this is a private community. Lake Catamount has graciously allowed us to use the area, so please be courteous and respectful of these patrons at all times, even while racing.

Pack out what you pack in! There will be a drop zone for water bottles on the bike course, please use this zone to discard water bottles. Please do not discard trash, water bottles, or anything else on the course outside of this drop zone.



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Critical Triathlete Reminders

Transition	<ol style="list-style-type: none">1. Athletes only: <u>NO SPECTATORS OR COACHES</u>2. Your bike MUST be placed on the rack (1ST come 1st serve, there are no assigned racks). Four bikes fit in each rack. If the bike cannot fit, see a Transition Captain wearing an WLP Volunteer T-Shirt
Swim Start	<ol style="list-style-type: none">1. Age Group athletes: your swim wave corresponds to your age on December 312. Warm-up: exit the water <i>FAST</i> when the Race Director announces to do so
Bike	<ol style="list-style-type: none">1. Helmet chin strap must be fastened at all times while you're on the bike2. NEVER cross the center line of the road. EVER! (unless it's the turnaround point)3. Keep to the right except while passing (when passing, shout 'on your left')4. We enforce the 'no drafting rule'.
General	<ol style="list-style-type: none">1. While biking or running, stereo headphones (such as ipods) are not allowed2. While biking or running, if instructed to stay within coned lanes3. DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!



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RELAY TEAMS

The following is a procedure outline specifically for Relay Teams:

Packet Pickup

- 1) All Team Members **MUST** be present to pick up their Race # Packets, T-shirts, and Goodie Bags. (Sorry it's not our rule & an inconvenience but it's one that we will not make exceptions due to this event being USAT Sanctioned)
- 2) Your Team will receive one Race # Packet, as it contains your Swimmers Cap, Bikers Frame #, and Runners Bib #.
- 3) Everyone in your team will get their own T-shirt & Goodie Bag

Race Day

- 1) You will only receive One (1) Timing Chip
- 2) **Body Marking:** Everyone in your team must be body marked, as a preventative for lost numbers, as well as for timing, and photos.
- 3) **TIMING CHIP:** The timing chip will be worn by all the relay team athletes. **Timing Chip Location:** Swimmer = Ankle, Biker = Ankle, Runner = Ankle. The timing chip will be passed between your Relay Teammates inside the transition area, at your designated spot. The biker will be waiting at the bike (Keep on the rack until the chip is transferred) for the swimmer to enter transition and switch the timing chip. The runner will also be waiting inside transition (again at your teams bike rack location), for the biker to enter and make the switch (Please rack your bike prior to transferring the timing chip to the runner).



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RULES & PENALTIES

PLEASE READ BEFORE THE RACE!

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike **before, during, and after** the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle and it is placed back on the rack.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated bike rack. All participants must return their bicycles to an upright position in their designated bicycle rack. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. (It is for your safety that you do not cross the Yellow Line, especially on corners)

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification (This is a family environment and any language of this nature will NOT be tolerated.)



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8. Headphones: Headphones, headsets, walk-mans, Ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty (Please do not break this rule as it is a major safety violation)

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Please do not litter the course with water bottles, gel packets, or wrappers. The community has supported this event for years and your responsibility in keeping the course clean will help to ensure that this event continues.

Penalty: Variable time penalty Variable Time Penalties

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

<http://www.usatriathlon.org/resources/about-events/rules>

**MOST IMPORTANTLY: BE SAFE, TREAT YOUR FELLOW RACERS AND VOLUNTEERS WITH RESPECT,
AND HAVE FUN!!!**