

CASTLE CREEK



TRIATELON

ATHLETE GUIDE

WELCOME

We are excited to bring you the Inaugural Castle Creek Triathlon! Its been a long road to get here and we are looking forward to seeing some racing after a long six months. We can't thank the staff at Lake Pleasant enough for all the work that went into bringing this race to fruition. Lets all work together to make this a fun, safe event.

Thank you for racing with us!!

4 Peaks Racing

COVID PRECAUTIONS

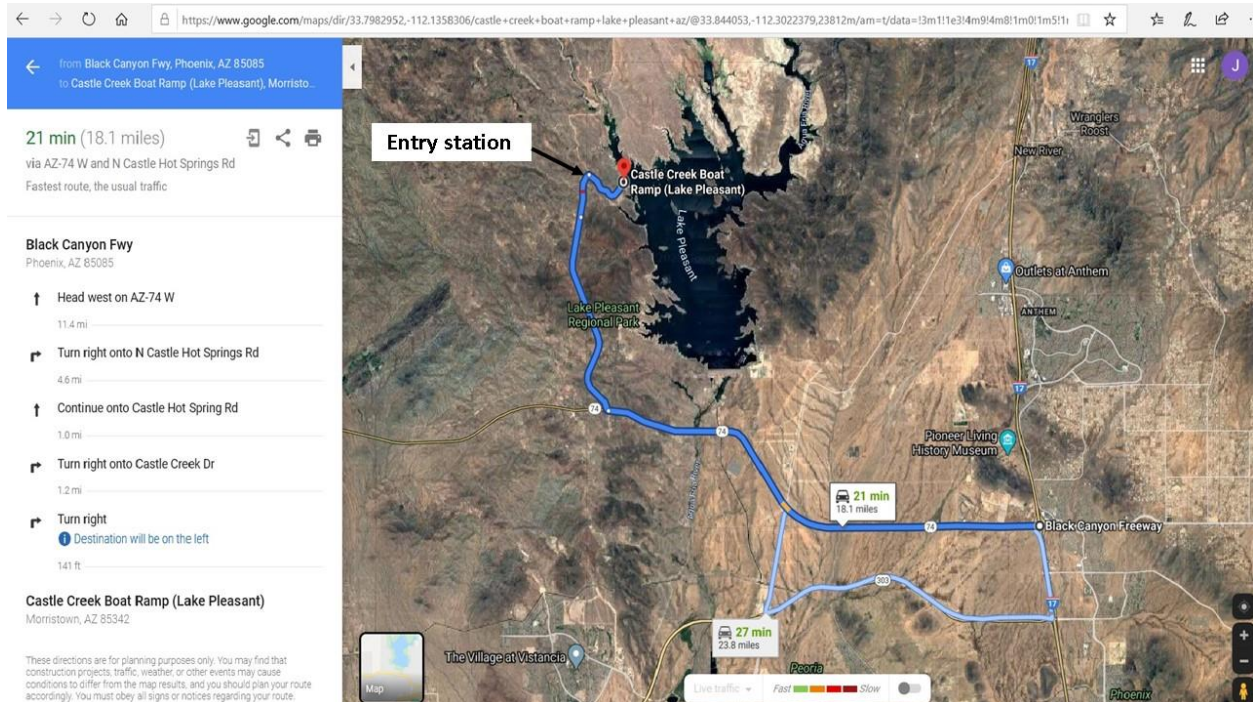
1. In an effort to reduce the number of people onsite please do not bring spectators
2. While not racing please wear a mask that covers your nose and mouth at all times
3. Please adhere to social distancing guidelines at all times
4. Results will be available online only
5. Five bikes per rack. Rack by race number
6. Once you finish gather your belongings and leave
7. Hand sanitizer stations throughout venue

[4 Peaks Racing Safe Return to Racing](#)

DIRECTIONS FROM I-17 & CAREFREE HIGHWAY

There is a \$7 entry fee per vehicle to enter Lake Pleasant Regional Park. Please have exact change.

Please note: At 7:00 a.m. the road from entry station to the boat ramp will be closed to inbound traffic. Vehicles may leave at any time but please be aware cyclists and runners will be on the road.



PACKET PICK UP – What to bring

Photo ID

Proof of USA Triathlon Membership:

1. Annual members will need to show their USAT card
2. If you purchased a one-day license we have a record on our end

Only the registered athlete can pick up his/her packet. You cannot pick up packets for others.

PACKET PICK UP – What you get

Race number – Must be worn during on the run

Bike frame number – To be placed on bike

Helmet sticker – To be worn on the front of your helmet

Timing chip – Athletes must wear their timing chip on their left ankle during the entire race. Timing chips must be returned.

Swim cap – Must be worn during the swim

Event t-shirt

RACE DAY SCHEDULE

OLYMPIC TRI & AQUABIKE

5:00 a.m. - 6:00 a.m. Packet and timing chip pick up for Olympic triathlon participants

6:30 a.m. Olympic triathlon and aquabike men to boat ramp. Athletes to start one at a time

6:45 a.m. Olympic triathlon and aquabike women to boat ramp. Athletes to start one at a time

SPRINT DUATHLON

6:00 a.m. - 6:30 a.m. Packet and timing chip pick up for sprint duathlon

7:00 a.m. Sprint duathlons begins

SPRINT TRI & AQUABIKE

6:30 a.m. - 7:30 a.m. Packet and timing chip pick up for Sprint triathlon participants

7:30 a.m. Sprint triathlon and aquabike men to boat ramp. Athletes to start one at a time

7:45 a.m. Olympic triathlon and aquabike women to boat ramp. Athletes to start one at a time

CUT-OFFS

10:00 a.m. Must have started the run

11:00 a.m. Must be on second loop of the run

RACE TIMING

Castle Creek Triathlon will be timed using RFID Race Timing Systems. Timing chips should be worn on the LEFT ankle and need to be returned after crossing the finish line. If you drop out of the race please inform a staff member chip. Results will be posted online only. The internet connection at the 4 boat ramp is non existent so results will be posted as soon as we return to the 4 Peaks office

<http://4peaksracing.racetecresults.com/results.aspx?Cid=16494&Rid=6214>

RACE INFO

TRANSITION

Swim in/Bike in at east end (end closest to the lake)

Bike out/Run out at west end

Rack bike according to race number. Five bikes per rack

The ground in transition is on the rough side. Feel free to leave flip flops at swim exit

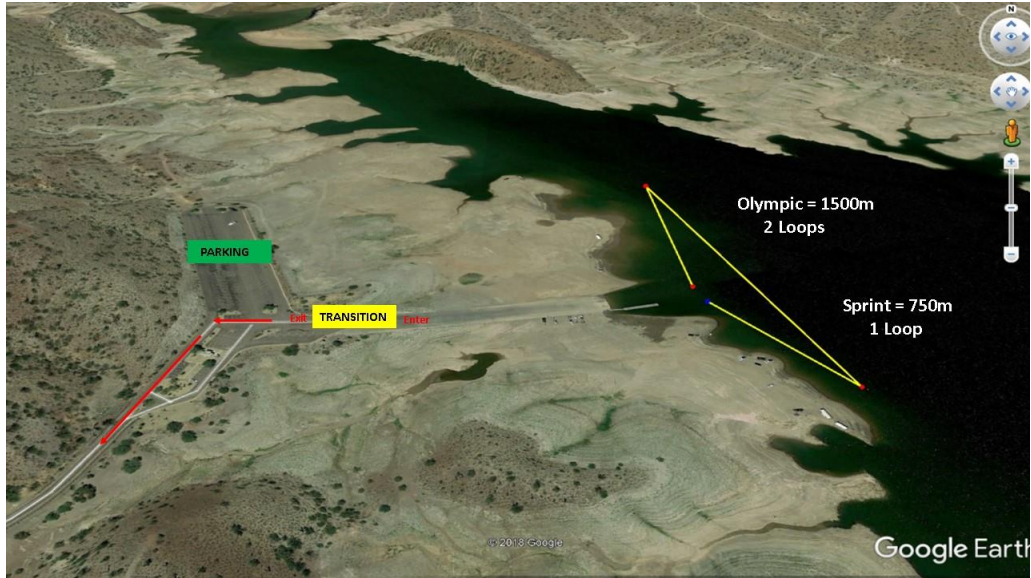


SWIM – Sprint = 1 loop. Olympic = 2 loops

Keep buoys on your left

White swim cap = Olympic

Blue swim cap = Sprint



BIKE

No water stations. Athletes to self-support on bike

Road not closed to traffic. STAY LEFT! Share the road. Exercise caution

Please ride very cautiously from the entry station down the hill to the boat ramp. This section of road will also have runners

Out and back toward Carefree Highway

Follow BIKE signs (yellow sign with black lettering) and follow instructions of staff and/or MCSO

Sprint = 2 loop. Olympic = 4 loops

Turn around

1. Castle Hot Springs Rd 3.1 miles from north boat ramp
2. Boat ramp/transition area



RUN

Sprint = 1 loop. Olympic = 2 loops

Follow RUN signs (white sign with red lettering) and follow instructions of staff and/or MCSO

Water station at turn around points

Note on water stations: Volunteers will place an 8oz water bottle on the table. Runners will need to pick up a bottle if they would like one. No face to face hand off



FINISH

Upon finishing please place your timing chip where directed by race staff. To further minimize face to face interactions and potential gatherings for Castle Creek 2020 there are no finisher medals or awards. Hopefully, in a year's time, we can return to this practice. In your own time please gather your belongings, head to your car and have a safe drive home.

FROM USA TRIATHLON

This event is sanctioned by USA Triathlon (USAT), the governing body of multisport in North America. One of the many roles played by USAT is that of insurance provider for this race. As such, USAT requires that every participant be either (1) an annual member and provide proof of membership at packet pick up, or (2) purchase a one-day membership at packet pick up.

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. All relay members must be present to receive the packet or split up the relay packet for each participant.

All athletes are required to show a photo ID. **NO ID, NO RACE, NO EXCEPTIONS.** Every single participant, including relay participants, must have a photo ID. Youth athlete without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to show their membership card every time they compete in a USAT sanctioned event.

If an athlete does not bring a photo ID to packet pickup there are two options:

- a. Go home to get it
- b. Have someone email/fax them a copy of their photo ID

If an athlete does not bring a USAT membership card to packet pickup, there are four options:

- a. Find internet access where a temporary card can be printed at <https://www.teamusa.org/USA-Triathlon>
- b. Go home to get it
- c. Purchase a one-day membership which can later be applied to a membership renewal by submitting a receipt of purchase
- d. Use the USAT Card App available for download through the App Store and Google Play store

Athletes who need to purchase a one-day license must sign the USAT waiver if it was not included in the event registration process. Annual members do not have to sign a waiver at packet pickup as they signed it when they applied to become an annual member.