



## ATHLETE GUIDE

### WELCOME

We are excited to bring you The Iceman Triathlon! It's been a long road to get here and we are looking forward to seeing some racing. We can't thank the staff at Lake Pleasant enough for all the work that went into bringing this race to fruition. Let's all work together to make this a fun, safe event.

Thank you for racing with us!!

4 Peaks Racing

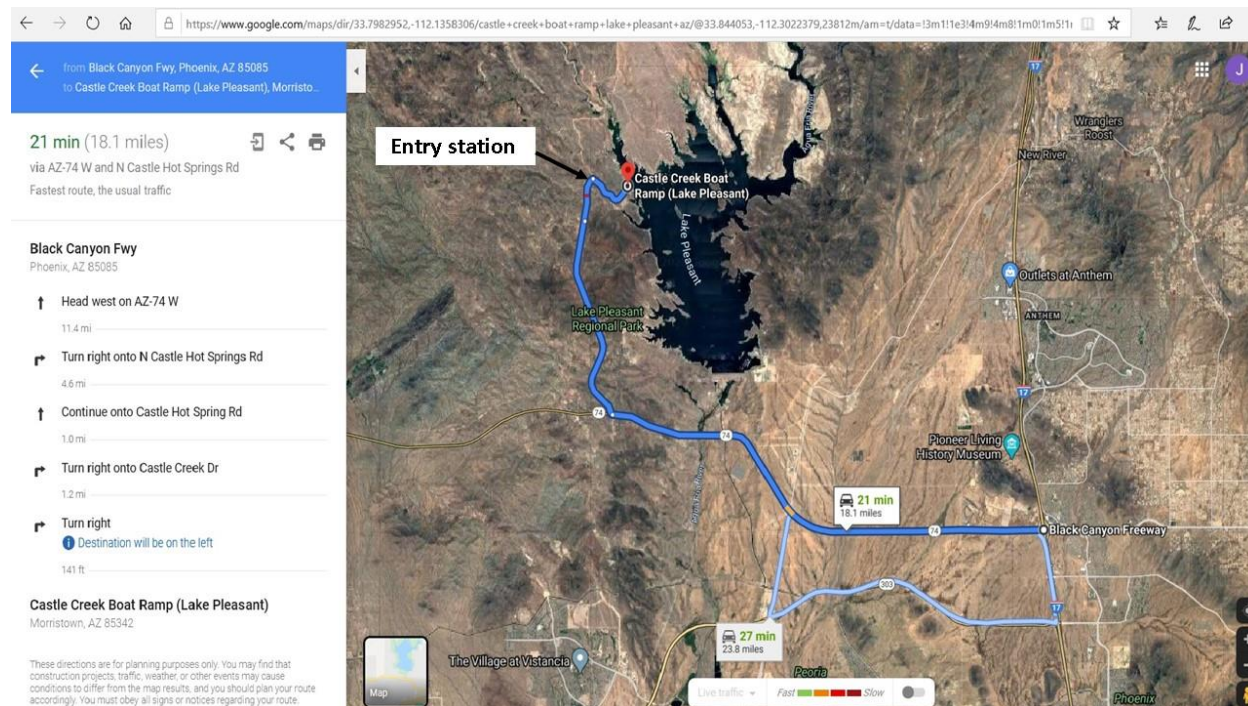
## COVID PRECAUTIONS

1. In an effort to reduce the number of people onsite please refrain from bringing spectators. Spectators must wear a mask at all times
2. Face masks must be worn by all attendees at all times. A disposable mask will be in your race packet and should be worn to the start line. You may remove your mask and place it in the trash can at the start line right before you are directed to enter the water. Face masks will be available at the finish line and should be put on immediately.
3. Please adhere to social distancing guidelines at all times
4. Hand sanitizer stations throughout venue
5. Results will be posted online at the conclusion of the event
6. Five bikes per rack. Rack by race number
7. Once you finish please gather your belongings and leave

## 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 8:30 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

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

Iceman beanie

## RACE DAY SCHEDULE

7:00 a.m. Packet and timing chip pick up at Lake Pleasant 4 lane boat ramp

8:30 a.m. Registration closes

8:45 a.m. Duathlons begins

9:00 a.m. XTERRA Iceman Triathlon and Aquabike begins (athletes to start one at a time)

9:15 a.m. Iceman Road Triathlon and Aquabike begins (athletes to start one at a time)

## RACE TIMING

This event will be chip timed by 4 Peaks Racing using triathlon chips. Lost or unreturned chips will be charged to the athlete. Results will be posted online at the conclusion of the event

## 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



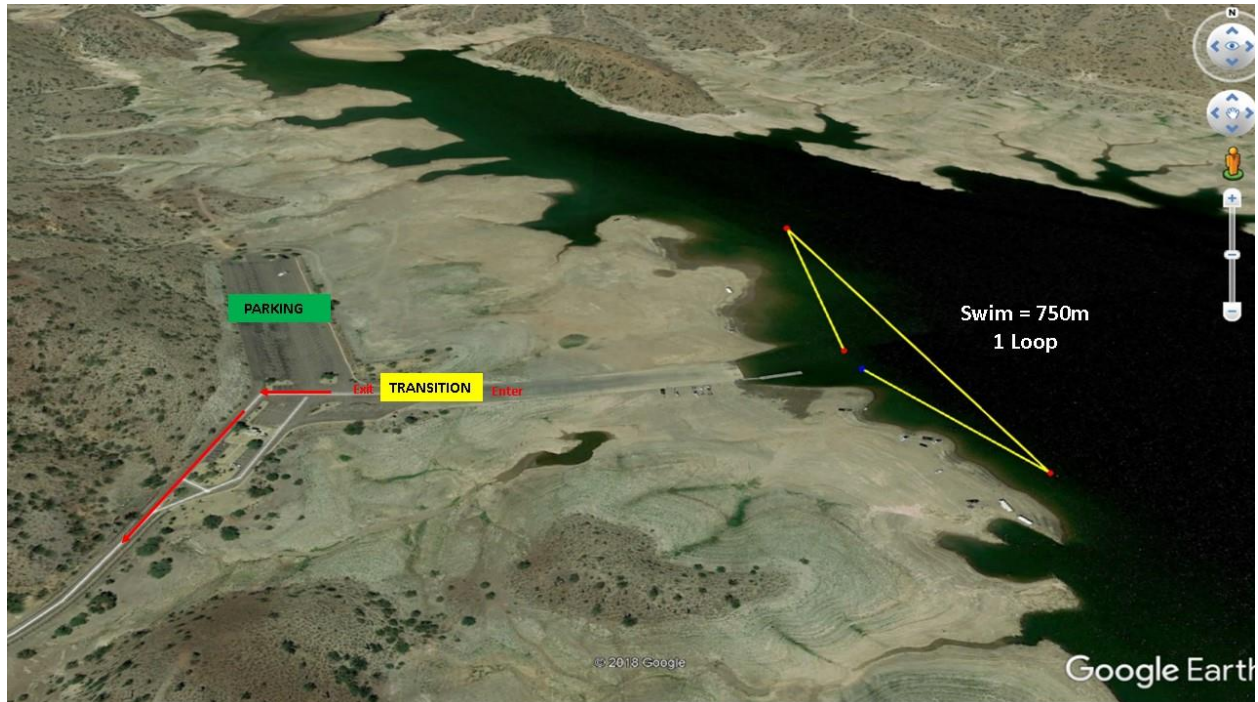


## SWIM

Keep buoys on your left

Red swim cap = XTERRA

Grey swim cap = Road



## ROAD BIKE

Two loops out and back toward Carefree Highway

No water stations. Athletes to self-support on bike

Road not closed to traffic. STAY RIGHT! 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

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

Turn around

1. Castle Hot Springs Rd 3.1 miles from north boat ramp

2. Boat ramp/transition area



## XTERRA BIKE

One loop out and back up Castle Hot Springs Rd

No water stations. Athletes to self-support on bike

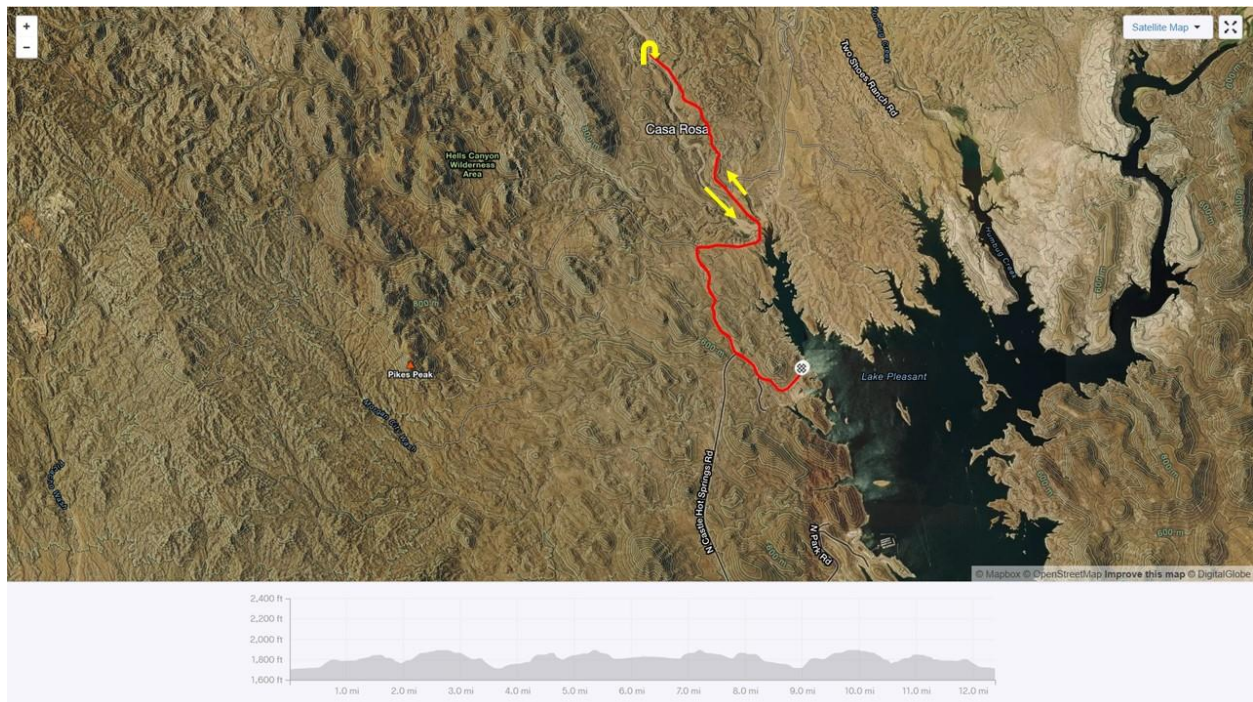
Road not closed to traffic. STAY RIGHT! Share the road. Exercise caution

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

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

Turn around

1. Castle Hot Springs Rd 6.2 miles from north boat ramp
2. Boat ramp/transition area





## ROAD RUN

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

Water station at RUN OUT will provide 16oz water bottles for participants to carry with them.

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





## XTERRA RUN

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

Water station at RUN OUT will provide 16oz water bottles for participants to carry with them.

Note on water station: Volunteers will place a 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.