

Sprint Triathlon



**Saturday,
June 28, 2014**

7:00 a.m.

**Tooele City
Swimming Pool
Park
(55 North 200 West,
Tooele, Utah)**

Route

Please note that a map of the race is available at www.tooelecitey.org.

Running: All participants will begin the race together. Participants will head south to Vine Street. Proceed west on Vine Street. Turn south on Tooele Boulevard. Turn east on 200 South. Participants will need to go around the turn around point and proceed back on the same route to the transition area.

Biking: As participants leave the transition area he/she needs to have a helmet on and buckled. Please remember to walk the bike out of the transition area. Participants will head south to Vine Street. Proceed east on Vine street. Turn south on Main Street. Turn right on Coleman. Turn west on Timpie Road. Turn north on 900 West. Turn west on 200 South. Turn north on Tooele Boulevard. Turn east on Vine Street. **Please note that the bike route is 5 miles. Racers must complete the bike route twice.** Please remember to walk your bike into the transition area.

Swimming: Racers will be able to enter the Pratt Aquatic Center through the back patio doors from the transition area. (Please do not run in the pool area.) Racers will enter the pool feet first at lane 8. Swim down and back in the same lane. Then switch to the next lane. This will be a total of 16 lengths (400 yards).

Registration Information

There is a **race fee** of \$25 for each participant. *If you register by May 31, 2014, you will receive a race shirt.* Race shirts are a lightweight athletic shirt.

Registration Deadline: Register in person by June 14, 2014 at Tooele City Hall (90 N. Main St., Tooele) or the Pratt Aquatic Center (55 N. 200 W., Tooele). Registration forms can be found at www.tooelecitey.org.

Register Online: Register online by June 27, 2014 by 3:00 p.m. at www.tooelecitey.org



Please note that this race will cap at 125 participants, and it is expected to fill. Don't wait, register today!

For more information please contact Tooele City Parks and Recreation at (435) 843-2142 or terras@tooelecitey.org.



Tooele City is also sponsoring a **Kids Triathlon** for kids 12 and under. The Kids Triathlon will be held on Friday, June 27, 2014. Please visit www.tooelecitey.org for more information.

Race Overview

The Tooele Tri Sprint Triathlon will be a 5K run, 10 mile bike, and 400 yard swim race. There will be Male and Female races for the following age groups:

19 and under
20-29
30-34
35-39
40-49
50 and older

The race will be timed by www.runnercard.com and will be chip timed.

Schedule

Friday, June 27, 2014

7:30 p.m. Early Check in and Course Drive Through:

Racers will be allowed to check in the night before at the Swimming Pool Park (55 N. 200 W., Tooele). Bib numbers and race information will be given out, but body marking will only be done at check in on Saturday morning. We will also be doing a run through of the course. Please bring your push broom to help sweep corners on the course.

Saturday, June 28, 2014

6:00-6:45 a.m. Race Check In:

Racers will receive a race bib along with safety pins. Please attach the

bib number to the front of your shirt. At this time you will be marked on your arms and legs indicating your race number, and a timing chip will be attached to you. During this time you will also need to rack your bike in the transition area. You will be assigned a spot in the transition area to rack your bike. All of the items that you will need for the race should be left in your allotted space. Items you will want to leave in the transition area include: bike, helmet, towel, swim cap, goggles, and a water bottle. (There will not be any water on the bike route. There will only be water available at the turn around point of the running route.) Be sure to leave yourself plenty of time to check in and prepare for the race.

6:45 a.m. Race Orientation: Racers are asked to attend the orientation. Race directors will go over the rules, race route, and explain how the race will proceed.

7:00 a.m. Race Begins: The race will begin with running. All race participants will begin at the same time.

Post Race Activities and Awards: At the end of the race there will be snacks for race participants. After all participants have finished the race, times will be tabulated. An awards ceremony will be held to recognize the top three finishers overall and in each age group for both men and women.

Rules and Precautions

- Bike helmets must be worn and buckled during the bike portion of the event. Racers will not be allowed to leave the transition area for the biking portion without his/her helmet on and buckled.
 - When entering and exiting the transition area riders must walk their bikes. You should push your bike completely out of the transition area before mounting, as this area is very congested. Upon returning into the transition area you need to dismount your bike before entering.
 - Participants ONLY in transition area.
 - Participants need to run and ride their bikes along the right side of the road, not down the middle. Traffic needs to be able to pass them. Please obey all traffic laws.
 - The use of headphones, radios, and personal audio devices are strictly prohibited during the bike and run.
 - Participants must finish all three legs of the race to be eligible to place in their age group.
 - Water stations will be provided at the turn around point of the run. There will not be water stations on the bike route.
 - Participant must enter the water feet first.
 - There is NO RUNNING in the pool area.
 - Participants can be disqualified for safety violations.
-