



## **2018 ATHLETE INFORMATION PACKET**

**Welcome to the TOUGHEST race in the most BEAUTIFUL place!**

**Saturday, July 7, 2018**

The High Sierra Triathlon Club is proud to host the June Lake Triathlon and welcomes you for a weekend filled with good times and challenges.

Set in a beautifully scenic alpine setting, the community of June Lake sits at 7,600 feet above sea level with breathtaking views of Carson Peak and the Sierra Range surrounding the nestled cluster of high altitude lakes: Grant, Silver, Gull and June.

**[DIRECTIONS to JUNE LAKE](#)**

**[RACE LODGING](#)**

**[RACER SPECIALS](#)**

**RACE WEEKEND SCHEDULE:**  
**[DOWNLOAD HERE](#)**

# June Lake Triathlon Schedule of Events

**FRIDAY**

**Race Expo and Packet Pick Up**

**12noon-6pm:** June Mountain Ski Area

**4:00pm:** Race Course Orientation



**SATURDAY RACE DAY!**

**5:00am-1pm:** Pinecliff Road is CLOSED to ALL vehicular traffic (No Beach Parking or Vehicle Access 5am-5pm)

**5:30am:** Shuttle buses begin running from June Mountain Ski Area parking lot to Race Start Site (June Lake Swim Beach)

**6:00am:** Late Packet Pick Up Opens

**7:00am:** Long Course Race Starts (Half-Ironman and Aqua-Velo)

**8:00am:** Olympic Triathlon and Olympic AquaVelo Races Start (Wave 1: Men)

**8:05am:** Olympic Race Starts (Wave 2: Women and Relay)

**9:00am:** Sprint Race Starts (Wave 1: Men)

**9:05am:** Sprint Race Starts (Wave 2: Women & Relay)

**10:00am:** Festivities Begin! Lunch, Massage, Celebration

**11:00am:** Sprint Awards

**11:30am:** AquaBike awards

**12:00pm:** Kids Race Starts & Half-Ironman Bike/T2/Run Out Cut Off Time

**12:30pm:** Olympic Awards

**1:00pm:** Kids & Long Course Awards

**1:30pm:** Half-Ironman 2nd Loop Run Cut Off Time

**3:00pm:** Half-Ironman Triathlon Cut-Off Time & Transition area closes - all gear must be claimed as there will be no more security.

**3:30pm:** Last shuttle bus departs Beach to June Mountain Ski Area parking lot.



## **PACKET PICK UP/Expo/Orientation:**

### **PACKET PICK UP & RACE EXPO:**

Friday, July 6<sup>th</sup> 12noon-6:00pm - at June Mountain Ski Area

Saturday, July 7<sup>th</sup> 6am-11am – at Race Site: June Lake Beach

### **RACER ORIENTATION**

Friday, July 7<sup>th</sup> 4:00pm – at June Mountain Ski Area

## **RULES FOR SAFETY & COMPLIANCE**

This is a [USAT](#) sanctioned event and is subject to all USAT rules including but not limited to:

**All racers MUST bring your photo ID to packet pick up. INCLUDING RELAY TEAMS – Each individual member of the team must be present for packet pick up and who their photo ID.**

**Annual USAT members must bring their CURRENT USAT member card in addition to their photo ID.**

Otherwise, you will be required to pay for a single event USAT license (payable directly to USAT).

ALL RACERS: Be prepared to pay your fees if there is no record of your payment and later contact USAT for reimbursement.

### **BIKE COURSES ARE OPEN TO TRAFFIC**

***Please read the California Vehicle Codes we have included in the Bike Course section of the packet.***

***You are responsible for your own safety.***

***Racers who violate traffic laws are subject to race disqualification and traffic citations.***

You are required to obey all traffic laws while on the bicycle. CHP is stationed to help with traffic control and racer and public safety. They will issue citations for any non-compliance with traffic laws including, but not limited to passing on a double yellow line, misconduct, speeding. You are required to comply with all traffic laws, even if you get stuck behind a giant RV who is slower than you on your bike, no passing on the right, no passing on a double yellow line.

**PLEASE REMEMBER: This is a permitted event on the Inyo National Forest**

NO PARKING vehicles or bicycles on brush or vegetation.

NO DOGS on the event beach.

There is a dog beach located nearby at the boat launch beach.

# **RACER GOODY BAGS!**

All racers receive:

Timing chip (one chip per relay team)

Bib numbers (bike frame number and run bib number)

Swim cap

Event t-shirt

[June Lake Chamber of Commerce](#) Goody Bag:

[Double Eagle Resort and Spa](#) Chapsticks

Coldwell Banker Mammoth Real Estate Jerri Higinbotham Pens

[Hammer Nutrition](#) Bags, Brochure & Fizz samples

Pywiack Crackers

[High Sierra Athletics](#) event postcards

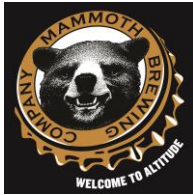
MERCHANDISE PURCHASED at registration is to be picked up with your race packet.

This includes the event racer hat, trucker hat, or extra t-shirts.

## LUNCHES

If you bought additional lunches for your friends and family, you don't need a ticket, their names will be on the lunch list at the race barbecue.

# RACE EXPO BOOTHS



## Support the High Sierra Triathlon Club!

The Club hosts a race raffle, club and event merchandise, beer/root beer & coffee booth!

The High Sierra Triathlon Club (HSTC) is a non-profit organization developed to provide a fun and supportive environment for triathlete training in the beautiful Eastern Sierra. Our goal is this year is to expand community youth participation in multi-sport and support the community aquatic facility.

Raffle tickets donation \$5 for one and \$20 for 5! Great Prizes including:

- TWO NIGHT STAY AT [JUNE LAKE PINES](#) in JUNE LAKE
- [XTERRA WETSUIT](#)
- [FOOTLOOSE SPORTS](#) GIFT CERTIFICATES
- TWO-NIGHT STAY AT [FERN CREEK LODGE](#)
- [JUNE MOUNTAIN](#) SEASON SKI PASS
- [FERN CREEK LODGE](#) CAP, SHIRT AND WINE
- [RUDY PROJECT](#) CAPS AND BAGS
- [ALTRA RUNNING](#) SHOES \$100 GIFT CERTIFICATE
- [JUNE LAKE PINES](#) HATS, T-SHIRTS, HOODIES
- [TIGER BAR CAFÉ](#) HATS & T-SHIRTS
- [MAMMOTH MOUNTAIN](#) SKI LIFT TICKETS

*PRIZES MUST BE PICKED UP BY 4PM ON SATURDAY AT THE EVENT.*

*BEER & ROOTBEER for sale on Saturday courtesy of [MAMMOTH BREWING COMPANY](#)  
COFFEE on Saturday courtesy of [STELLAR BREW NATURAL CAFE](#)*

**MASSAGE BOOTH – SATURDAY  
MICHELLE V. MATHER, CMT**

Pre-race massages available by appointment. Phone: 760.709.1422 Email: [mvmather@earthlink.net](mailto:mvmather@earthlink.net)



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(FRIDAY ONLY!)

**PLEASE NOTE:  
NO BIKE MECHANIC WILL BE AT THE EXPO OR RACE**  
Come prepared with your bike tuned race ready  
**ALL RACERS GET 20% OFF BIKE TUNE UPS**  
In MAMMOTH at:



**RACE LUNCH!**

Race Festival Beach Lunch Saturday at Race Finish

by Dan Molnar Private Catering

BBQ Chicken, Veggie: Portobello, Potato Salad, Watermelon Salad, Brownies, Lemonade / Water

FREE to racers; (Friends/Family/Spectators: \$15/Adult; \$10/Kids; Reservations Required)

**WHEELER CREST FIRE DEPARTMENT MEDICAL TENT**

This community was victim to the Round Fire in 2014. Please help the fire department to protect its community today and in the future. Donate to the Boot! They are here to help you on race day!

## **PARKING & TRANSPORTATION RACE DAY:**

Your race starts & finishes in the same spot: June Lake Swim Beach.

***Race Parking & Shuttle located at June Mountain Ski Area Parking Lot***



***BUS SHUTTLES provide FREE transportation to racers (and their bikes), spectators and volunteers. Be prepared to load your bike on school buses (we will have a video posted to the website to show you how and will review and demo at race orientation Friday at 4pm (at June Mountain Ski Area). There are 2 school buses and 1 Mammoth Mountain shuttle with a bike trailer.***

***If you are a volunteer or spectator please prioritize using the school buses to facilitate racers utilizing the bike shuttle. Still, racers be prepared to use either bus.***

***PINECLIFF DRIVE will be CLOSED to all public vehicular traffic on race day from 5:00am-1:00pm.***

***There is no parking or vehicular access to the beach race site 5:00am-5:00pm  
There is **NO** parking allowed along Pinecliff Drive or Northshore Drive.***

***Please park at June Mountain and use 1 of 3 options:***

**OPTION 1: Shuttle buses run from 5:30am – 3:30pm** between June Lake Swim Beach (race start/finish) & June Mountain Parking Lot (parking for racers & public). Plan for 30-min between points. **Shuttles will be subject to traffic delays at 7:00am-1:00pm during race.** Please time your route accordingly.

**OPTION 2:** Ride your bike from your lodging or June Mountain Ski Area parking lot to the Beach. Warm up with the hills.

**OPTION 3: RECOMMENDED.** Camp at Oh! Ridge Campground race weekend. Just minutes from the beach. The entire campground is rented out by the triathlon for race participants, staff and volunteers. Book your site online through imATHLETE [HERE](#)

**MAP OF SHUTTLE STOP LOCATIONS (yellow thumbtacks)  
AT JUNE MOUNTAIN AND RACE START AT JUNE BEACH**



CLICK BELOW for our  
**[HOW TO VIDEO – “How to Load Your Bike on a Shuttle Bus”](#)**



# **TRANSITION AREA:**

## **[DOWNLOAD TRANSITION MAP HERE](#)**

**ATHLETES ONLY (including kids race; no parents allowed in transition)**

**ONLY** racers are allowed in the transition area at all times.  
Volunteers will help the kids with their race transition area. No parents allowed.

Race morning Athletes **MUST** enter and exit through one gate **ONLY** in order not to trigger the timing mats.

### **NO GLASS!**

USAT rules forbid any glass containers in transition; you are running around barefoot!

**ORGANIZED RACKS:** Transition is categorized by race distance:

Sprint, Olympic, Half-Ironman & Kids

AquaBike (AquaVelo) racers & Relay Teams station with their race distance.

There is limited room in transition.

8 bikes to a rack.

Alternate bikes on either side of rack.

### **BODY MARKING**

Be sure to get body marked before you start your race.

Body markers will be located inside transition area.

### **CHIPS**

Be sure to secure your chip around your ankle before you start the race.

Relay teams will pass the chip from one team member to the next in transition area at their stationed spot.

**ONLY** athletes can pick up their gear and remove from Transition.

We will require your body and bib race numbers to match your bike race number before you are allowed to leave transition area with a bike.

**PLEASE NOTE: there is NO bike mechanic at the race so please make sure your bikes are tuned up and race ready! Visit [Footloose Sports](#) in Mammoth to get 20% OFF bike tune ups before race day.**

## USAT RULES AND REGULATION:



This is a USAT sanctioned event. Please observe all rules to keep this event safe and avoid disqualification or time penalties..

You are racing under the USAT Competitive Rules. You must take personal responsibility to understand the rules and avoid penalties. We have listed the commonest rule violations so obey them. On the bike, please understand the Position Violations, which you know as the drafting rules summarized below:

- \*Ride on the right side of your lane.
- \*Keep three bike lengths between yourself and the cyclist in front of you.
- \*Pass on the left of the cyclist in front, never on the right.
- \*Complete your pass within 15 seconds.
- \*If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Marshals commonly cite the following violations:

- \*Position– riding on the left side of the lane without passing.
- \*Blocking – left side riding and impeding the forward progress of another competitor
- \*Illegal Pass – passing on the right.
- \*Overtaken - failing to drop back three bike lengths before re-passing
- \*Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

**CLICK HERE for USAT's [Most Commonly Violated Rules:](#)**

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>

### **Other important rules:**

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

- \*While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chinstrap rule is easy to follow, so don't forget – that's a DQ!
- \*Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices. NO HEADPHONES, ear buds, phones, etc during the race.
- \*Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct (no swearing, spitting, throwing, physical contact, etc.) and you will be **DISQUALIFIED**.

We hope you have a great race, lots of fun & achieve all your goals.

## **RACE COURSE:**

### **Racers Note:**

The elevation at June Lake is 7600' above sea level, which impacts your oxygen uptake. You may feel the effects on the swim, bike power and run. **SLOW DOWN!** Your power meter will reflect less watts, your heart rate will display higher beats per minute and you will feel like you are working harder. It's smart to **SLOW DOWN** and race smart and steady!

If you are unable to finish the race, you **MUST** notify a race volunteer/staff person immediately.

**[CLICK HERE FOR RACE COURSE MAPS](#)**

**SWIM:** Sponsored by:

**ESCOTO**  
*construction & design inc*  
JUNE LAKE, CA.

The Escoto Swim Course is clear, clean and cold about 64°F.  
Lake level is about 7,600 feet above sea level.

**We require wetsuits for the Olympic & Long Courses and HIGHLY recommend them for the Sprint and Kids' Course.**

### **SWIM SAFETY**

We have a water safety team in the water including paddle boarders, kayakers, lifeguards & Sheriff boat.

The swim course is shallow in the beginning and you are allowed to stand up to take a break! You may also hang on a kayak/paddle board to rest if you need (please wave your arm and a board or boat will come to you).

**BIKE:** Sponsored by:



This course is OPEN to traffic. The road is NOT closed for the event. There will be traffic restrictions to keep as many vehicles as possible off Pinecliff Dr. Still the course roads have sharp curves, steep down hills, expansion cracks and tourists/vacationers pulling in and out of intersections, campgrounds and pullouts.

Please stay “HEADS UP” at all times during bike. Please pull over for any emergency vehicles.

**Please read, know and follow the following California Vehicle Codes.**  
**You are responsible for your own safety.**

**21202 – Required to be on right side of lane:**

(a) Any person operating a bicycle upon a roadway at a speed less than the normal speed of traffic moving in the same direction at that time shall ride as close as practicable to the right-hand curb or edge of the roadway except under any of the following situations:

- (1) When overtaking and passing another bicycle or vehicle proceeding in the same direction.
- (2) When preparing for a left turn at an intersection or into a private road or driveway.
- (3) When reasonably necessary to avoid conditions (including, but not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, surface hazards, or substandard width lanes) that make it unsafe to continue along the right-hand curb or edge, subject to the provisions of Section 21656. For purposes of this section, a “substandard width lane” is a lane that is too narrow for a bicycle and a vehicle to travel safely side by side within the lane.
- (4) When approaching a place where a right turn is authorized.

(b) Any person operating a bicycle upon a roadway of a highway, which highway carries traffic in one direction only and has two or more marked traffic lanes, may ride as near the left-hand curb or edge of that roadway as practicable.

**21750 - Violation to pass on the right:**

(a) The driver of a vehicle overtaking another vehicle proceeding in the same direction shall pass to the left at a safe distance without interfering with the safe operation of the overtaken vehicle, subject to the limitations and exceptions set forth in this article.

**21460 – Passing over double yellow lines:**

(a) If double parallel solid yellow lines are in place, a person driving a vehicle shall not drive to the left of the lines, except as permitted in this section.

(b) If double parallel solid white lines are in place, a person driving a vehicle shall not cross any part of those double solid white lines, except as permitted in this section or Section 21655.8.

(c) If the double parallel lines, one of which is broken, are in place, a person driving a vehicle shall not drive to the left of the lines, except as follows:

(1) If the driver is on the side of the roadway in which the broken line is in place, the driver may cross over the double lines or drive to the left of the double lines when overtaking or passing other vehicles.

(2) As provided in Section 21460.5.

(d) The markings as specified in subdivision (a), (b), or (c) do not prohibit a driver from crossing the marking if (1) turning to the left at an intersection or into or out of a driveway or private road, or (2) making a U-turn under the rules governing that turn, and the markings shall be disregarded when authorized signs have been erected designating off-center traffic lanes as permitted pursuant to Section 21657.

(e) Raised pavement markers may be used to simulate painted lines described in this section if the markers are placed in accordance with standards established by the Department of Transportation.

### **22350 – Speed (With the reduced speed limit in the area for vehicles, the bicycles would be subject to the same speed)**

No person shall drive a vehicle upon a highway at a speed greater than is reasonable or prudent having due regard for weather, visibility, the traffic on, and the surface and width of, the highway, and in no event at a speed which endangers the safety of persons or property.

You are required to obey all traffic laws while on the bicycle. CHP is stationed to help with traffic control and racer and public safety. They will issue citations for any non-compliance with traffic laws including, but not limited to passing on a double yellow line, misconduct, speeding. Even if you get stuck behind a giant RV, you are required to comply with all traffic laws.

NOTE: the speed limit through June Lake Village and Silver Lake is 25mph. Keep in mind there are blind turns. You must yield to pedestrians and travel at a safe speed to avoid any collisions.

Federal Highway travel:

Olympic & Long Course BIKE courses ride on Highway 395 and must remain in the bicycle/shoulder at all times.

At the two **STOP** signs on all the courses, cyclists must stay to the right of the cones / inside of the cones when turning right and are **not** required to stop at the STOP sign.

**AQUABIKE athletes:** Your race is finished at T2 when you dismount the bike at the dismount line and cross the “Bike In” timing mat. Your time will be calculated based on that split. After you have re-racked your bike, walk down to the beach to return your timing chip and collect your finisher’s medal at the finish line.

**RUN:** Sponsored by:

[Whoa! Nellie Deli](#) at the

**The Mobil**



**Lee Vining, CA**

This race is notorious and famous for the run courses! They are a mix of trail and pavement. Trail running shoes and socks are recommended. Yes, it's as gnarly as everyone says it is. Steep up-hills and steep down-hills (Whoa! Nellie!) are on sandy, rocky trails, so watch your footing and enjoy the incredible scenery!

**WEAR RUN BIBS FACING FORWARD!**

So volunteers can direct you the correct way on course!  
Racers are responsible for knowing the course ahead of time.

**PORTA-TOILETS LOCATIONS:**

Sprint: 1 Porta-toilet located at A3 (located on course 2x at mile .8 and mile 2.2)

Olympic: 1 Porta-toilet at at A3 (located on course 2x at mile .8 and mile 5.7)

Half-Ironman: 1 Porta-toilet A3 (located on course 4x at miles .8, 5.7, 7.7 & 12.2)

# AID STATIONS

*Sponsored By:*



*DAVE EASTERBY 760.934.7575*

*DaveEasterbyInsurance.com*

Please [see COURSE MAPS](#) for AID STATION locations

**BIKE AID:** There is one bike aid station for the Sprint and Olympic courses and 3 bike aid stations for the Long course.

There is 1 porta-john at all bike course aid stations.

Olympic, Half-Ironman & AquaBike bike aid stations will have:

Water bottles

Gatorade bottles

Hammer gels

Endurolytes (Half-Ironman Course only)

## **PORTA-TOILETS LOCATIONS:**

Sprint: 1 Porta-toilet located at A3 (see run aid stations below)

Olympic: 1 Porta-toilet at Bike Aid (BA) mile 16 before right turn on Hwy 395

Half-Ironman: 3 Porta-toilets

1 located at BA (pass 2x at miles 16 & 38)

1 located at A3 (pass 1x at mile 48)

**RUN AID:** Every .25-1.5 miles

*State Farm Insurance Red Tent Aid Station as always will be there!!!*

*Say hi to Dave Easterby and the State Farm group on the course!*

There is 1 porta-john at the State Farm Insurance Aid Station:

Sprint and Olympic athletes will pass the station 2x.

Half-Ironman athletes will pass the station 4x.

Aid Stations will have: Water, Heed sports drink, Hammer gels Salt & Endurolytes (Olympic & Half-Ironman Course only) & Ice

## **SAFETY:**

### **Call 911 in case of an emergency**

There is an emergency vehicle, boat and medical tent on site.

Communication system exists between volunteers, staff, medical and CHP.

**If for some reason, you are unable to finish the race, you MUST notify a race volunteer/staff person immediately.**

## **CUT-OFF TIME:**

**There is a STRICT 8-hour cutoff time for the HALF-IRONMAN TRIATHLON:**

**12pm run out cut off (to leave T2 heading out for the run)**

**3pm finish cut off (to cross the finish line)**

The run on this half-ironman course boasts 2200' of elevation gain! It's a whopper! The trail run is an ultra-run style course: technical, hilly and hard!

The elevation at June Lake is 7600' above sea level which impacts your oxygen uptake. You may feel the effects on the swim, bike power and run.

If you cannot finish the course by this time, consider forming a relay team or switch to the Olympic Distance Triathlon. We can help you make those changes before the race, even Friday at packet pick up.

Volunteers will vacate their posts accordingly along the course.

**Transition Area closes and must be emptied 3pm.**

## **FINISH LINE:**

Every racer receives a finisher's medal made by Ken Willingham Gallery in June Lake, CA.

All racers' times are recorded via chip timing by SVE Timing.

Water and Heed are available at the finish for all racers.

Wheeler Crest Medic Tent is located at Finish Line.

All racers receive a post race catered lunch.



## **VOLUNTEERS:**

All volunteers will be wearing **MILITARY GREEN** shirts on race day.  
Remember **you MUST notify a race volunteer/staff immediately if you are unable to complete the race for any reason.**

A BIG, FAT THANK YOU to all the volunteers as they are putting at least one full day in the sun working to make your race experience awesome!

## **CLICK HERE TO VOLUNTEER**

## **CLICK HERE for VOLUNTEER MAPS:**

Scroll to bottom of the page to see map links

## **RECYCLING:**



Sierra Conservation Project has recycling service set up Saturday. Look for bins in transition area and expo to recycle plastic, glass and aluminum cans. Remember, there is NO GLASS in the transition area

## **LOCAL BIKE & RUN SHOP**



[FOOTLOOSE SPORTS](http://www.footloosesports.com) - 760.934.2400

**20% OFF Bike Tune Ups for ALL RACERS!**

Run and Bike Apparel and Gear  
Glide, Speedlaces and more!

## **MASSAGE THERAPISTS**



June Lake: 760.648.7134 [www.DoubleEagle.com](http://www.DoubleEagle.com)

Mammoth Lakes: 760.934.8511 x.111 [www.SnowcreekAthleticClub.com](http://www.SnowcreekAthleticClub.com)

[MICHELLE MATHER MASSAGE](http://www.michellemathermassage.com) – 760.709.6586 Post race massage - \$1/minute on site. Pre race massage available as well. Book directly.

## **HAVE A GREAT RACE!**

Alana Gillmore, June Lake Triathlon Race Director