

2017 Bear Lake Brawl Triathlon – Sprint & Olympic



Spr/Oly Triathlon
Sept 9, 2017

Triathletes Guide

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Dear Brawlers,

Welcome to the 11th Annual Bear Lake Brawl Triathlon. The first and longest running triathlon at Bear Lake. This race has a great course with incredible views of the incredible blue Bear Lake.

In 2017 we moved our venue to the North side of Bear Lake on the Idaho side at Bear Lake Hot Springs. This venue will have many advantages. One the parking is free for the participants and spectators. Another the finish will be near the Hot Springs and will allow racers to have a warm soak after the race. Another reason is Idaho like 48 other states does not feel we need to charge racers sales tax saving everyone around 6%. Lastly the north side of the Lake has less traffic which will provide extra safety for participants on the course.

The weather for this weekend is great with a high of around 82 degrees and a low of 52 degrees. The water temps are always around 62-65 degrees in Bear Lake even in July to the end of September.

This race is done in waves. Each wave will have a corresponding swim cap color. If you are in the Red Swim Cap Wave and are wearing a Green Swim Cap your times will most likely be off. In order to increase safety on the course and thin the bikes the Sprint Course will go first so there will be less chance of Olympic and Sprinters to cross on the road. It is a cooler course so the heat of the day will not impact the Olympics too greatly.

Thanks for Racing,

Joe Coles – Race Director On Hill Events

Age Group Amounts

| Wave #1 Sprint Male 81 in Wave #1, Blue Caps | Wave #2 Sprint Female 83 in Wave #2, Pink Caps | Wave #3 Olympic Male 43 in Wave #3, Orange Caps | Wave #4 Olympic Female 43 in Wave #4, Yellow Caps |
|--|---|---|---|
| 0 to 14 - 1 | 0 to 14 - 2 | 0 to 14 - 1 | 0 to 14 - 0 |
| 15 to 19 - 1 | 15 to 19 - 2 | 15 to 19 - 0 | 15 to 19 - 2 |
| 20 to 24 - 8 | 20 to 24 - 10 | 20 to 24 - 6 | 20 to 24 - 3 |
| 25 to 29 - 14 | 25 to 29 - 15 | 25 to 29 - 6 | 25 to 29 - 6 |
| 30 to 34 - 6 | 30 to 34 - 14 | 30 to 34 - 5 | 30 to 34 - 7 |
| 35 to 39 - 6 | 35 to 39 - 20 | 35 to 39 - 6 | 35 to 39 - 5 |
| 40 to 44 - 7 | 40 to 44 - 12 | 40 to 44 - 6 | 40 to 44 - 3 |
| 45 to 49 - 2 | 45 to 49 - 3 | 45 to 49 - 3 | 45 to 49 - 2 |
| 50 to 54 - 4 | 50 to 54 - 1 | 50 to 54 - 3 | 50 to 54 - 2 |
| 55 to 59 - 3 | 55 to 59 - 3 | 55 to 59 - 2 | 55 to 59 - 0 |
| 60 to 64 - 0 | 60 to 64 - 1 | 60 to 64 - 2 | 60 to 64 - 1 |
| 65 to 69 - 4 | 65 to 69 - 0 | 65 to 69 - 0 | 65 to 69 - 0 |
| Sprint Relays - 8 | | | |
| Clydesdale - 3 | | Clydesdale - 3 | Olympic Relays - 5 |

Sponsors



Spr/Oly Triathlon
Sept 9, 2017



Layton - Roy
Ogden - Syracuse

Race Agenda

Friday September 8, 2017

- **4:00PM to 8:00PM – Packet Pickup at Café Sabor – 82 N Bear Lake Blvd Garden City, Utah**
- **7:30PM – First Time Triathlete Orientation – Bear Lake Hot Springs North East Corner of Bear Lake on the Idaho side. We recommend this for all first time open water triathletes.**

Saturday September 9, 2017 – All at Bear Lake Hot Springs (Northeast corner of Bear Lake, Idaho)

- **6:00AM – Transition Area Opens/Assigned racking based on groups of 16 Bikes per side (8 per rack) Example Bibs 1-16, Bibs 17 - 32. The first ones within the 16 will get the end rack.**
- **6:00AM to 7:00AM – Last Chance Packet Pickup**
- **7:00AM – Race Director Orientation Mandatory**
- **7:30AM – Sprint Starts in Waves, then Olympic**
- **10:30AM – Awards Start**
- **1:00PM – Start to sweep course. If you need more time it is allowed within reason.**

Parking

Parking will be at Bear Lake Hot Springs on their East dirt parking lot. This lot should be able to handle all participants and spectators for this race.

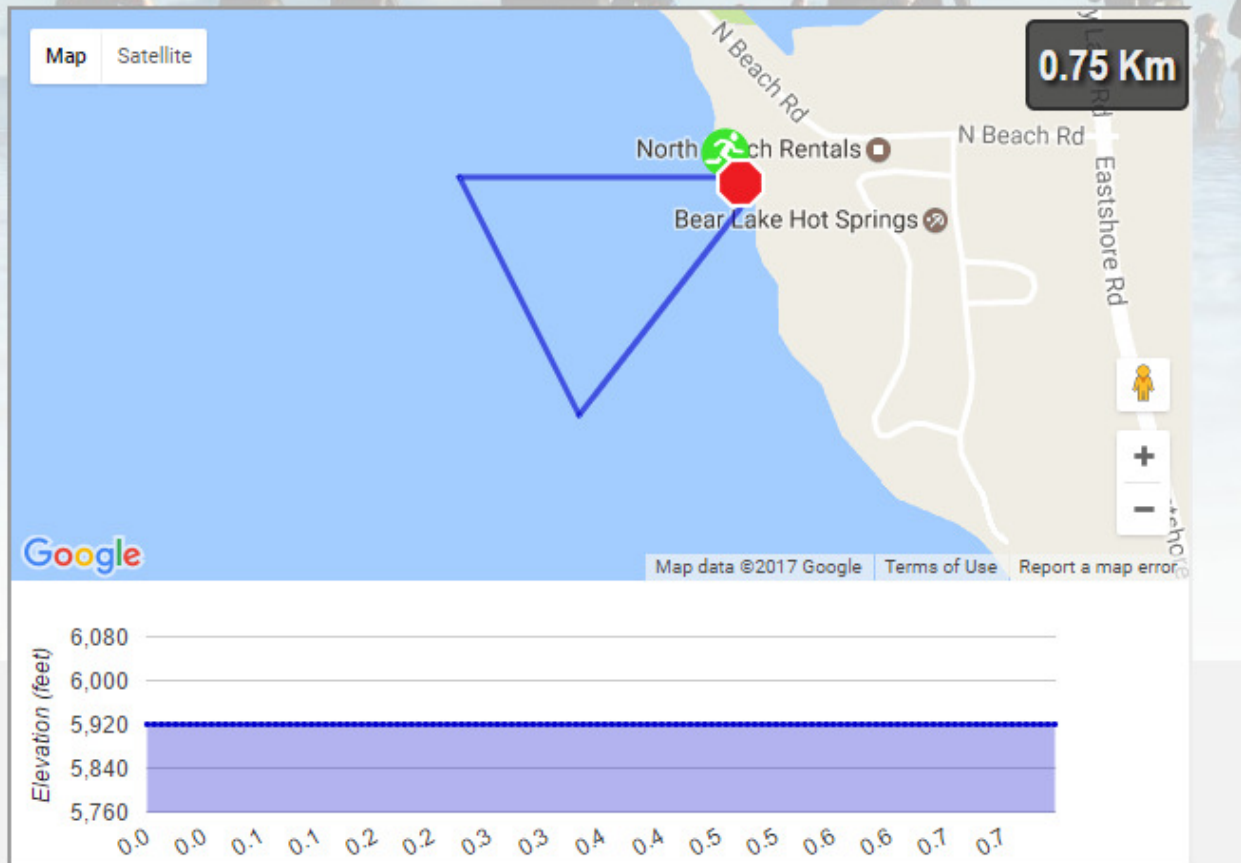
Bear Lake Brawl Triathlon 2017 Course Maps

Swim Course

Sprint Course 750 Meters Swim

Olympic Course 1500 Meters Swim (Two Laps)

Swim Course 750 Meters - This triangle shaped swim has three buoys. The first is the start of the swim and the end of the swim. Each buoy is about 250 Meters apart.

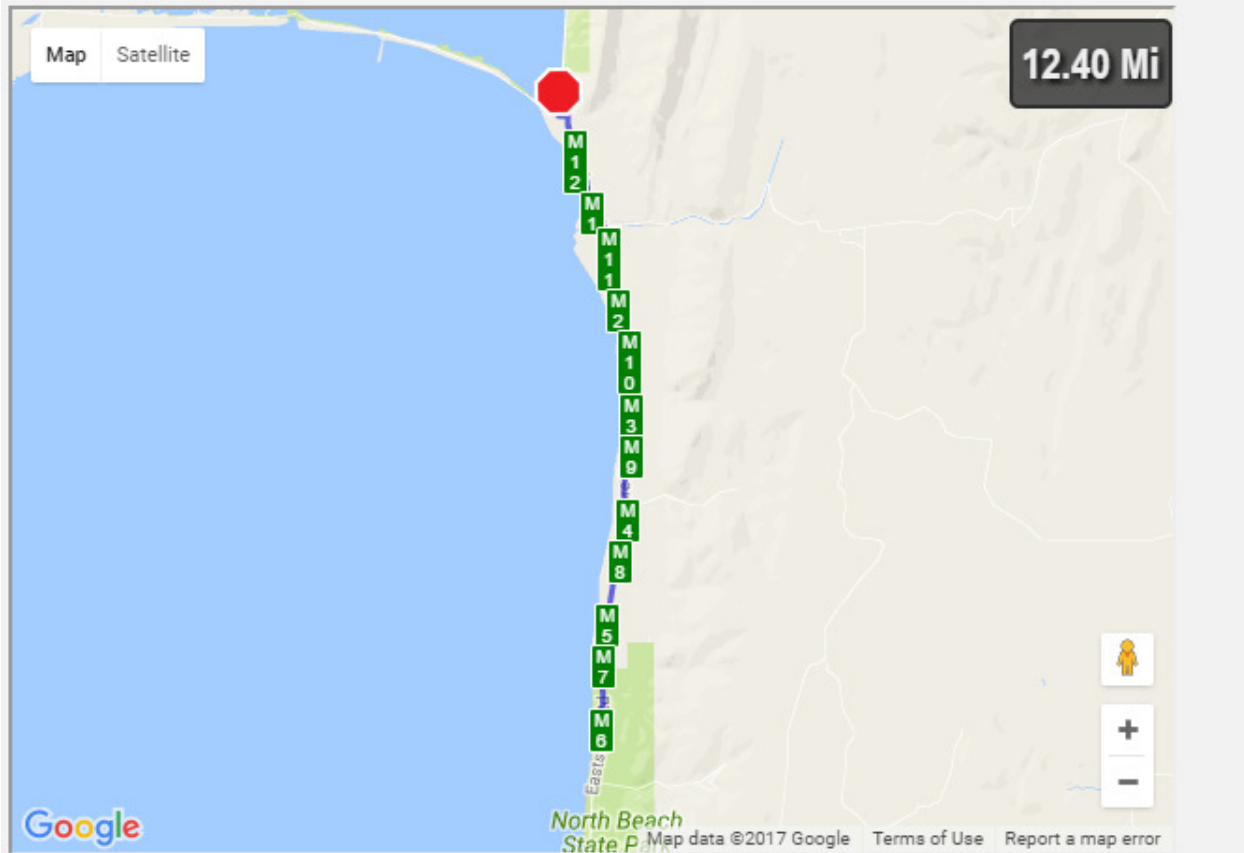


Bike Course

Sprint Course – 12.4 Miles

Olympic Course – 24.8 Miles

Bike Course 12.4 Miles - This course exits out of Bear Lake Hot Springs and heads South. The bike course has some rolling hills but is primarily flat. The course is out and back and totals 12.4 Miles (6.2 Miles up and back). Sprint distances for a bike course do not have aid stations and expect bikers to carry a bottle for hydration.



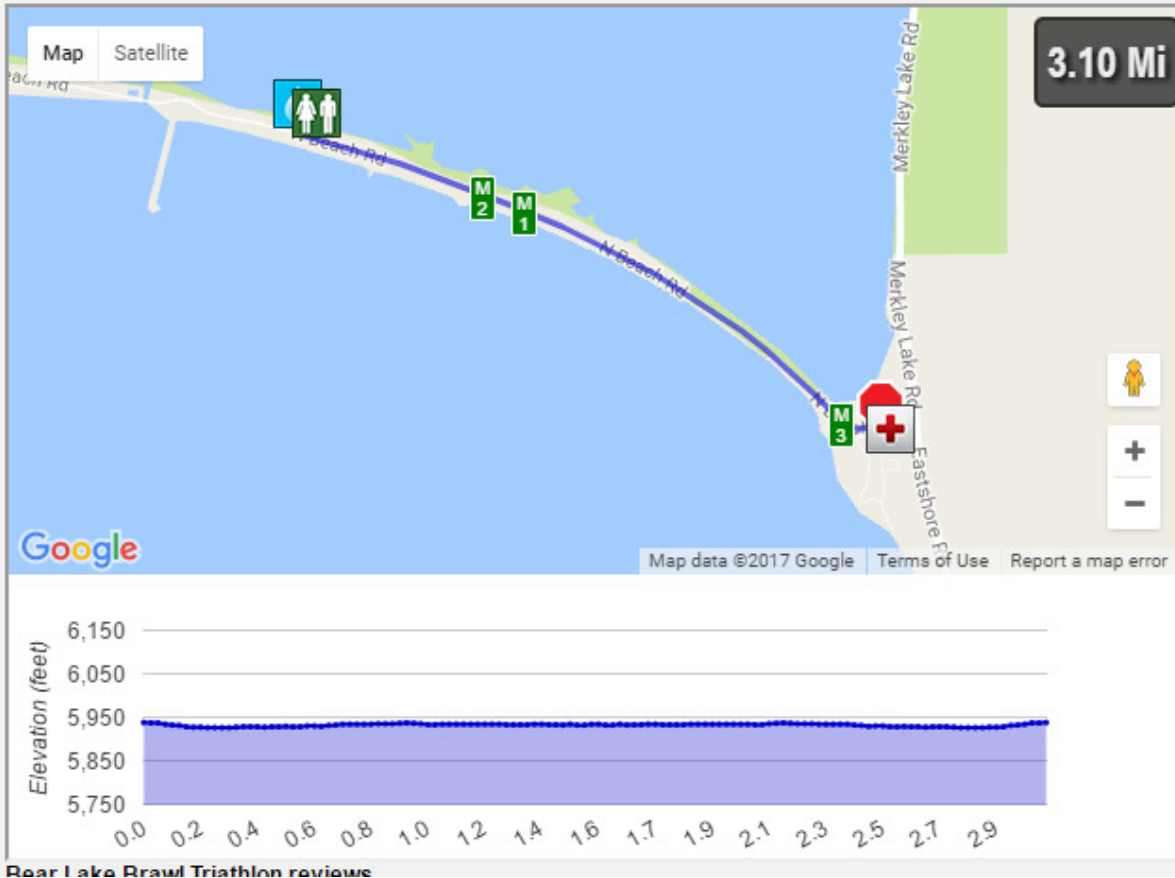
The course is out and back. There will be rolling hills but nothing too tough.

Run Course

Sprint Course 3.1 Miles

Olympic Course 6.2 Miles (Two Laps)

Run Course 3.1 Miles - This course is out and back. It follows along the North side of Bear Lake along a beautiful road with Bear Lake to the South and returns the same path. This course is 100% paved. We have you run with traffic on the way out and against it on the way back. Aid station at turn around point 1.55 Mile



Most Commonly Violated Rules

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in this events. Helmets must be worn at all times while on your bike. This means 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. **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 and duathlons are individual tests of fitness. **Penalty:** Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants

must return their bicycles to an upright position in their designated bicycle corral. 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.

Penalty: Referee's discretion

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

Penalty: Disqualification

8. Headphones: Headphones, headsets, walkmans, 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

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,

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event 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 wears 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. **Penalty:** Variable time penalty

Variable Time

| <u>Penalties</u> Distance Category | 1st Offense | 2nd Offense | 3rd Offense |
|---|--------------------|--------------------|--------------------|
| Sprint | 2:00 minute | 4:00 minutes | Disqualification |
| Intermediate | 2:00 minutes | 4:00 minutes | Disqualification |
| Long | 4:00 minutes | 8:00 minutes | Disqualification |

Chip Timing Provided by On Time Racing. www.bearlakebrawl.com/results.html If you have any question on your time it should be directed to info@onhillevents.com. All race results will be posted asap at the race or later that day online.

Added Races:

Blood Run in Mountain Green {10 minutes East of Layton} (Full contact race with Zombies chasing you with bloody hands. Your white race shirt will have bloody hands at the finish. This race has racers go out one at a time. Runners will go on the course one at a time or groups up to 5 runners to make you feel alone.

October 28, 2017 www.blood.run

Sun Marathon in St George – February 3, 2018 This race will be a USATF Full Boston Qualifier. We set it up during the winter to give racers a chance to run in the warmer temps of Southern Utah. www.sunmarathon.com

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| <p style="text-align: center;">2017 On Hill Events Calendar</p> <p style="text-align: center;">Abominable Run 5K - 1/7/2017 Theme Race</p> <p style="text-align: center;">Candy Heart Run 5K - 2/11/2017 Theme Race</p> <p style="text-align: center;">Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race</p> <p style="text-align: center;">Legacy Duathlon - 4/8/2017 Farmington, Utah</p> <p style="text-align: center;">Eggs Legs 5K - 4/15/2017 Theme Race</p> <p style="text-align: center;">Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race</p> <p style="text-align: center;">Mt Green Half Marathon, 10K, 5K - 5/6/2017</p> <p style="text-align: center;">Drop13 Half Marathon, 5K - 6/10/2017</p> <p style="text-align: center;">Provo Midnight Run 13.1, 10K, 5K - 6/23/2017</p> <p style="text-align: center;">Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017</p> <p style="text-align: center;">Cache Valley Super Sprint Tri - 7/29/2017</p> <p style="text-align: center;">Layton Triathlon - 8/12/2017</p> <p style="text-align: center;">East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Half/Full - 9/16/2017</p> <p style="text-align: center;">Witch Run 5K - 9/30/2017 Theme Race</p> <p style="text-align: center;">Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017</p> <p style="text-align: center;">Powell3 Triathlon Sprint/Olympic - 10/28/2017</p> <p style="text-align: center;">Provo Santa Run 5K - 11/17/2017 Theme Race</p> <p style="text-align: center;">Ogden Santa Run 5K 11/25/2017 Theme Race</p> <p style="text-align: center;">Gardner Village Santa Run 5K 12/2/2017 Theme Race</p> <p style="text-align: center;">www.OnHillEvents.com</p> |
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