

June Lake Triathlon

RACER PACKET INFORMATION

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

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

Set in a beautifully scenic high 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.

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

RACE WEEKEND SCHEDULE:

FRIDAY, July 10th

11:00am to 4:00pm: Race Expo at June Lake Swim Beach

Louis Garneau, Mammoth Mountaineering, Ice Breaker, Synergy Sports, Disabled Sports Eastern Sierra Raffle (grand prize a stay in a Mexico resort from Luxury Surf) and more...

12:00 noon to 3:30pm: Race Packet Pick-Up at June Lake Swim Beach
(No packet pick up before 12noon!)

2:00pm: Race Course Orientation at June Lake Swim Beach

5:00 – 6:00pm: Pre-Race Dinner at Whoa! Nelly Deli at the Mobil Mart

5:00 – 8:00pm: Race Packet Pick-Up at Whoa! Nelly Deli/Mobil Mart

SATURDAY (RACE DAY)! July 11th

5:00am: Shuttle buses begin running from June Mountain Ski Area parking lot to Race Start Site (June Lake Swim Beach)

6:00am: Transition Area opens (not before 6am!)

7:45am: Last shuttle bus for racers to take to Race Start (shuttle buses run Intermittently for spectators and volunteers from 8:00am – 11:00am)

8:00am: Olympic Race Starts!

8:15am: Transition area cleared – all racers out of Transition Area.

8:30am: Sprint Race Starts!

9:00am: Festivities Begin

Expo Open! More booths to visit!

Post Race Catered Lunch Celebration – **FREE** for all racers!

Post Race Massage - \$1/minute

12:00 noon: Raffle and Awards Begin!

1:00 pm: transition area closes – all gear must be taken out by 1pm as we will no longer have the transition area secure starting at 1pm.

1:40pm: last shuttle bus leaves the June Lake Swim Beach to head back to June Mountain Ski Area parking lot.

PARKING RACE DAY:

This year, parking is mandatory at June Mountain Ski Area Parking Lot. There is no parking allowed along Beach Road, Pinecliff Road or along Northshore Drive.

If you are camping at Oh! Ridge or Pinecliff, you have an easy 5-minute bike ride down to the race site and will not need the shuttle.

Race morning, please park at June Mountain and use 1 of 3 options:

OPTION 1:

Shuttle bus with bike trailer: there will be 2 shuttle buses leaving the parking lot and shuttling racers, volunteers and spectators to the race start: June Lake Swim Beach. Shuttles start at 5am in the morning – transition area opens at 6am. Plan on 20 minutes to get from June Mountain to the Race Start (June Lake Swim Beach).

Shuttles will stop running regularly at 7:45 am. We want to keep the roads safer for racers on the bike course. From 8:00-11:00am, we will run very intermittent shuttles for spectators, visitors and volunteers – but the final Sprint racers need to be on that 7:45am bus to make the race start!

OPTION 2:

Ride your bikes from June Mountain Ski Area parking lot to the race site (June Lake Swim Beach). Warning: this is uphill – fairly steep – a section of the Sprint Bike Course and is approximately 3-4 miles. (Post race – you may ride back to the Ski Area and it would be mostly downhill).

OPTION 3:

Drop-offs at the Race Start (June Lake Swim Beach).

Racers are permitted to be dropped off at the race start by another racer or person. A racer is not permitted to park/stop their own car to drop off their own gear. As long as a car can drop off a racer and keep moving, cars are allowed to pull down into the race site. The cutoff time for drop off is 8:00am allowing the Olympic Racers a safe cushion of time to have all unnecessary vehicles off the road.

USAT SANCTIONED EVENT:

This event is USAT sanctioned.

That affects racers in 2 main ways: packet pick up and race rules.

PACKET PICK UP:

All racers are required to be either USAT Annual Members or USAT Single Day Members. During race registration, you indicated if you were or were not a USAT annual member.

If you are not an Annual Member, you are considered a Single Day Member.

Annual members must bring their photo ID and their current USAT member card at the time of packet pick up. **NO EXCEPTIONS!**

Single day members are required to pay \$10 to USAT for race insurance purposes. You should have paid that at the time of registration. If you did not pay \$10, please pay at the time of packet pick up by cash or check payable to USAT.

We will have a record of who did or did not pay and if payment was not received, you will be required to pay the \$10 before you can receive your race packet.

Relay Teams: the \$10 fee must be paid by each member of a relay team individually. Each member pays \$10. All team members must have paid their individual \$10 before any member of the relay team is able to pick up their race packet.

USAT RULES AND REGULATION:

USAT race rules will be posted at the race site. In addition, you may view the rules at www.usatriathlon.org Please observe all rules to keep this event safe and avoid disqualification or time penalties. This is a USAT sanctioned event.

TRANSITION AREA:

Only racers are allowed in the transition area including picking up their gear. We will require your race number match your bike race number in order to leave the transition area.

RACE COURSE:

Olympic BIKE course does have a mandatory foot-down stop at the north June Lake Loop junction of Hwy 158 and Hwy 395 intersection. You will be making a sharp right turn onto U.S. Hwy 395 and need to stay in the bike lane.

There will be a chalked square to mark the foot down stop area and you are required to take one foot out of a pedal and place it on the pavement before you continue through the foot down stop area. This is for your safety. Please observe the stop. Volunteers will be warning you to slow down for the stop and sharp right turn. In addition, the Olympic Bike Aid Station will be in this area as well.

AID STATIONS:

Bike Course Aid Stations:

There is one bike aid station for both Olympic and Sprint courses. There are no extra water bottles or cups for you to use in order to keep disposable waste to a minimum. If you need aid, you will be required to use your own water bottle to be refilled by a volunteer or yourself.

Olympic Bike Aid Station is located about 15 miles on the course at the North Junction between Hwy 158 (the June Lake Loop) and Hwy 395, near the mandatory foot down stop.

Sprint Bike Aid Station is located on Northshore Drive about 5 miles into the course at almost the top of John's Hill.

Run Course Aid Stations:

Sprint course has 3 aid stations

#1 is right outside of the transition area as you enter the run course (on trail)

#2 is at the right leg turn-around (only on Sprint course, not Olympic)

#3 is at the main sprint run course turn-around

Olympic course has 6 aid stations:

#1 is right outside of the transition area as you enter the run course (on trail)

#2 is about 1 mile in at the Sprint Course turn-around.

#3 is on an uphill right before you make your way onto the steep ¼ mile single track leading to the Snow Ponds trail plateau.

#4 is called "Angel Aid station" and is a minimal aid station as the volunteers hike out to the spot. It is located on the Snow Ponds trail plateau.

#5 is at the very bottom of the steep downhill of the Snow Ponds trail and leads you to a subtle single track that parallels the paved road.

#6 is the same as #1 on your return and is about 1 mile from the finish!

CUT-OFF TIME:

There is a soft cutoff time of 1pm for the race course. This means volunteers will vacate their posts at 1pm, but we will leave aid out on the course for any racers who need a longer time to finish the course.

SAFETY:

There is an emergency vehicle on site and radio/cell phone communication between all volunteers, emergency vehicle, police and CHP.

We have a water safety team in the water that consists of kayaks and 1 motor 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 to rest if you need (please waive your arm and a kayak or boat will come to you).

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

VOLUNTEERS:

All volunteers will be wearing sage (greenish brown) colored shirts race day for easy recognition.

Please feel free to ask them any questions and they will get you the answer or find someone who can. In addition, **remember that you MUST notify a race volunteer/staff immediately if you are unable to complete the race for any reason.**

A big 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!

DIRECTIONS

DIRECTIONS TO JUNE LAKE:

Just 30 miles south of Yosemite, 14 miles north of Mammoth Lakes and 5 miles southwest of Mono Lake, June Lake is a hidden jewel of California!

From L.A.: 5 North to 14 North to 395 North Turn LEFT at June Lake South Junction/HWY 158/June Lake Loop (west side of Highway) - at the Shell Station.

From San Diego: 15 North to 395 North Turn LEFT at June Lake South Junction/HWY 158/June Lake Loop (west side of Highway) - at the Shell Station.

From Reno: 395 South Turn RIGHT at June Lake South Junction/HWY 158/June Lake Loop (west side of Highway) - at the Shell Station. .

DIRECTIONS TO JUNE LAKE BEACH: Official Race Site
(Also site for Friday packet pick up 12-3:30pm and 2pm race orientation)

Once on June Lake Loop/Hwy 158, turn Right onto Northshore Drive at Oh! Ridge turn.

1/2 mile turn Left onto Pine Cliff Road

1/4 mile turn Right onto Beach Road (sign to beach)

.1 mile into the first parking lot on right – you'll see it at that point!

DIRECTIONS TO WHOA! NELLY DELI

(Friday pre-race dinner at 5-6pm & packet pick up at 5-8pm packet pick up)

FROM JUNE LAKE:

Head North on Hwy 395 (make a left if you are leaving June Lake) and drive on approximately 10 miles on Hwy 395 North toward Lee Vining.

Before you enter the town of Lee Vining, turn left at Tioga Pass (Highway 120) - east entrance to YOSEMITE NATIONAL PARK, - again, just south of Lee Vining.

Turn at first left into Tioga Gas Mart (Mobil Mart) and Whoa! Nelly Deli. This is an outside setting with picnic table seating on a huge lawn overlooking beautiful and historic Mono Lake

DIRECTIONS (cont'd)

DIRECTIONS TO JUNE MOUNTAIN PARKING LOT FROM RACE SITE:

From swim beach follow Beach Road up toward campground to Pinecliff Road.
(about .1 mile)

Left onto Pinecliff Road to Northshore Drive (1/4 mile)

Left onto North Shore Drive to Highway 158/June Lake Loop (STOP sign – about 3-4 miles) – and road T's.

Left onto Highway 158 (June Lake Loop) at STOP sign.

Immediate Right into JUNE MOUNTAIN parking lot. It's huge – you'll see it -
(practically across the street)

DIRECTIONS TO JUNE MOUNTAIN PARKING LOT FROM HWY 395:

From HWY 395, turn into the June Lake Loop (Hwy 158) at the South Junction
(the Shell Station) (right from Southbound lane and left from Northbound lane)

Right onto North Shore Drive. Sign also says Oh! Ridge campground.

Left onto Highway 158 (June Lake Loop) at STOP sign (about 3-4 miles).

Immediate Right into JUNE MOUNTAIN parking lot. It's huge – you'll see it -
(practically across the street)

ADDITIONAL INFORMATION

LOCAL BIKE SHOPS

FOOTLOOSE SPORTS - 760.934.2400 www.footloosesports.com

BRIAN'S BICYCLES & CROSS COUNTRY SKIS - 760.924-8566

MASSAGE THERAPISTS

Post race massage - \$1/minute on site

Pre race massage available:

PATTI GALLUCI – 760.914.2647

DOUBLE EAGLE RESORT SPA in JUNE & MAMMOTH

June Lake: 760.648.7134 www.DoubleEagle.com

Mammoth Lakes: 760.934.8511 x.111 www.SnowcreekAthleticClub.com

THANKS! We really appreciate you joining us.

HAVE A GREAT RACE!

Alana Levin, Race Director

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This is a permitted event on the Inyo National Forest