



2016 ATHLETE INFORMATION PACKET

Welcome to the TOUGHEST race in the most BEAUTIFUL place!

Saturday, July 9, 2016

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 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.

[DIRECTIONS to JUNE](#)

[RACE LODGING](#)

[RACER SPECIALS](#)

RACE WEEKEND SCHEDULE:

[DOWNLOAD HERE](#)

PACKET PICK UP:

Packet Pick Up and Expo are together

Friday, July 8th 12noon-6:00pm - Located at [June Mountain](#)

Saturday, July 9th 6am-11am – Located at Race Site: June Lake Beach

This event is **[USAT](#) sanctioned.**

All racers are required to be either USAT Annual Members or USAT Single Event Members for race insurance. During race registration, you were required to pay for a 1-day or annual membership or give proof of a current USAT membership.

All racers MUST bring your photo ID to packet pick up.

Annual USAT members must bring their photo ID and their current USAT member card

If you fail to bring your current USAT card and photo ID to packet pick up, you will be required to pay for a single event USAT license (payable directly to USAT).

Relay Teams: All waivers must be signed by EACH individual on a relay team.

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

RACER GOODY BAGS!

[June Lake Chamber of Commerce](#) RACER GOODY BAGS!

Inside:

1. Weekend Meal Vouchers
EVERY racer receives one \$10 OFF voucher in your race backpack to be used at any one of the selected restaurants between Friday, July 8 – Monday, July 11th, 2016
Click [HERE](#) for a list of participating restaurants
2. Spectator and Racer Guides – Instructions and Information
3. [Double Eagle Resort and Spa](#) Chapsticks
4. [June Lake Village Vacations](#) Magnets
5. [June Mountain](#) and Mammoth Mountain Coupons
6. [Nature's Bakery](#) Fig Bars
7. [Hammer Nutrition](#) Bags, Brochure and Gel
8. [Disabled Sports Eastern Sierra](#) Wounded Warriors Fundraiser Event
9. [Hyland's Leg Cramps](#) sample
9. Bib numbers (Helmet, Bike Frame and Run Bib)
10. Swim Cap (color coded for race)
11. Race T-Shirt

CHIPS: You will receive your timing chips at packet pick up after you have checked in and received your racer goody bag.

EXPO BOOTHS



**DISABLED
SPORTS**
EASTERN
S·I·E·R·R·A

RAFFLE BOOTH

Tickets cost \$5 for one and \$20 for 5!

Great Prizes including:

- FREE STAY TO WHISPERING PINES RESORT in JUNE LAKE
- FREE STAY TO KNOLL HAUS CABINE in JUNE LAKE
- XTERRA WETSUITS
- FOOTLOOSE GIFT CERTIFICATES
- \$25 GIFT CERTIFICATES TO [SLS TRI](#) (COMPRESSION WEAR)
- SLSTRI KIDS TRI APPAREL

FRIDAY & SATURDAY EXPO



Footloose Sports Bike Mechanic Booth - Friday & Saturday
Bike Mechanic; SAG vehicle; Tubes, gels, Glide, goggles & more -



Running Shoes, Apparel, Race Nutrition, Hats, Shirts, Socks & More!



RUNNING SHOES & MERCHANDISE

MASSAGE BOOTH - MICHELLE V. MATHER, CMT

Contact: Michelle Mather before, during or after the event

Phone: 760.709.1422

Email: mvmather@earthlink.net

SATURDAY ONLY!



RELAXATION & REJUVENATION BOOTH

Serving complimentary healthy snacks



COFFEE! at Lee Vining High School Booth

POST RACE LUNCH

Race Festival Lunch Saturday at Race Finish

Catered by [LindaDoreFoodService](#) owner of [EPIC CAFÉ](#) in Lee Vining
FREE to racers; (Friends/Family/Spectators: \$15/Adult; \$10/Kids;
Reservations Required)

WHEELER CREST FIRE DEPARTMENT MEDICAL TENT

Donate to the Boot! Here to help on race day!



SOLAR POWER for the RACE!

PARKING & TRANSPORTATION RACE DAY:

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

PINECLIFF DRIVE will be CLOSED to all public vehicular traffic on race day from 5:00am-2:00pm.

There is no parking or vehicular access to the race site 5:00am-4:00pm race
Race Parking & Shuttle located at June Mountain Ski Area Parking Lot



There is **NO** parking allowed along Beach Road, Pinecliff Drive or Northshore Drive. Please park at June Mountain and use 1 of 3 options:

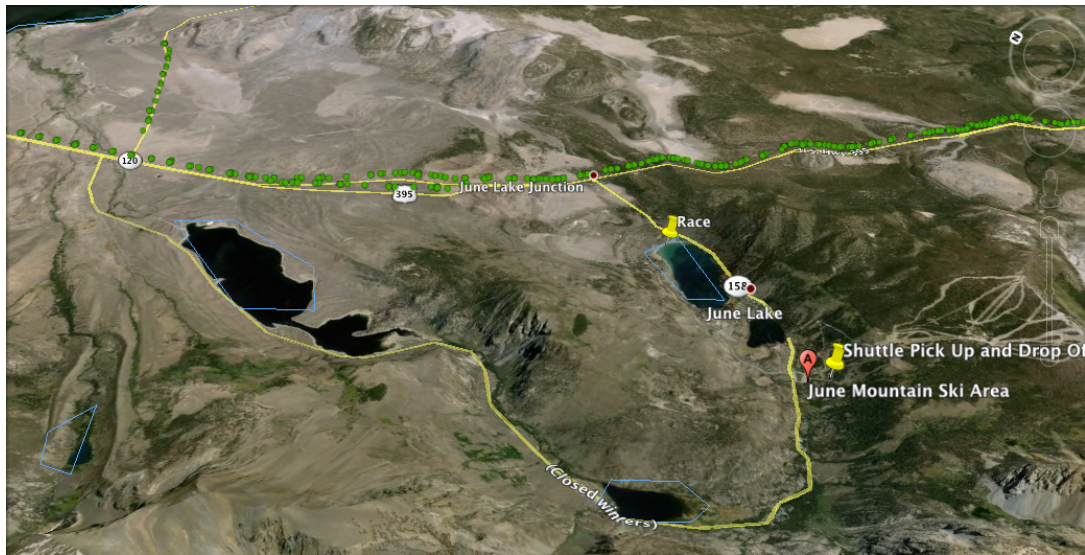
OPTION 1: Shuttle bus with bike trailer: Shuttles run from 5:30am - 4:00pm.

Shuttle buses run between June Lake Swim Beach (race start/finish) & June Mountain Parking Lot (parking for racers & public). Plan for 30-min between June Mountain & June Lake Beach (race start). **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 June Mountain Ski Area parking lot to June Lake Beach (race start/finish). Warning: this is a steep, 4-mile, uphill section of the Bike Courses. Post race: it's almost all downhill! You can ride from anywhere in June Lake (although distances vary)

OPTION 3: 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 through the June Lake Triathlon Registration page under "Camping, Meals & Merchandise" or at race registration.

MAP OF SHUTTLE STOP AT JUNE MOUNTAIN AND RACE START AT JUNE BEACH



TRANSITION AREA:

[DOWNLOAD TRANSITION MAP HERE](#)

ATHLETES ONLY

Body Marking for all athletes Saturday morning in Transition Area.

ONLY racers are allowed in the transition area at all times.

Volunteers will help the Kids with their race transition area. No parents please.

Racks are designated for specific racers and each rack fits 8 participants per rack. Please be sure to make room for others at your bike rack. Rack bicycles as alternating in opposite direction to one another.

Only athletes can pick up their gear and remove from Transition. We will require your race number match your bike race number in order to leave the transition area.

As soon as the first race starts, you must access and exit the Transition Area through a gated opening and NOT through the SWIM/BIKE/RUN entrances and exits. The timing mats will pick up your chip and affect race results if you use the incorrect entrance and exit to transition. Please cooperate.



SANCTIONED EVENT

USAT RULES AND REGULATION:

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

A Message from the Head Referee to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

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.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the head referee who then decides if a penalty should be assessed.

The head referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. 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.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the head referee if you have any questions.

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 chin strap 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.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration.

Failure to do so is called

Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

RACE COURSE:

SWIM: Sponsored by:



The Escoto Swim Course in June Lake is clear and clean. It is also a bit cold. **We require wetsuits for the Olympic & Long Courses and HIGHLY recommend them for the Sprint and Kids' Course – TRUST US!**

Lake level is about 7,600 feet above sea level.

SWIM SAFETY

We have a water safety team in the water of volunteers on kayaks and paddleboard, lifeguards, Sheriff boat and motorboat.

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 waive your arm and a board 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.

BIKE: Sponsored by:



This course is OPEN to traffic. The road is NOT closed for the event. There will be traffic restrictions on Pinecliff Dr.

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. Traffic is on course and although you may get stuck behind a giant RV, you are required to comply with all traffic laws. NOTE: the speed limit through June Lake Village is 25mph. This is set as the safe rule for travel and we recommend riding in the traffic lane and not in the bicycle lane/shoulder, which is also used for parking. Keep in mind that the turns can be blind and it is your responsibility to yield to pedestrians crossing and to travel at a safe speed to avoid any collisions.

Federal Highway travel:

Olympic & Long Course BIKE courses do ride on Highway 395 and must remain in the bicycle/shoulder at all times. There are 2 right hand turn right of ways set up for cyclists: at Northshore Drive turning right onto Hwy 158 (the June Lake Loop) and also at Hwy 158 North Junction with Hwy 395 (turning right onto 395). Cyclists must stay to the right of the cones (on the inside) when turning right and are not required to stop at the STOP sign.

CAUTION: There is construction on the course at Silver Lake – no work race day but the road does narrow with a concrete barricade right on the fog 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!

AID STATIONS

Sponsored By:



Dave Easterby

760-934-7575

www.daveeasterbyinsurance.com

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 courses.

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

Olympic and Half-Ironman/Long Course bike aid stations will have:

- Water bottles

- Gatorade bottles

- Hammer gels

- Food – bananas, pretzels, chips and salt (Half/Long Course only)

- Endurolytes (Half/Long Course only)

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

There is 1 porta-john at aid station 3 and also along Pinecliff Road (Long Course)

Aid Stations will have:

- Water

- Heed sports drink

- Hammer gels

- Food – bananas, pretzels, chips, coca-cola and salt (Half/Long Course only)

- Endurolytes (Half/Long Course only)

State Farm Insurance Red Tent at Aid Station #3 as always!!! See Dave Easterby and the State Farm group on the course!

SAFETY:

There is an emergency vehicle on site and radio/cell phone communication between all volunteers, emergency vehicle and CHP. We have a water safety team in the water that consists of volunteers on kayaks and paddleboard, 2 lifeguards, 1 Sheriff boat and 1 motorboat.

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 waive your arm and a board 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.

CUT-OFF TIME:

There is a cutoff time for the LONG COURSE TRIATHLON:

1pm run out cut off

3pm finish cut off

Kids, Sprint & Olympic Transition Area closes at 1pm. Long Course Transition Area closes at 3pm.

This means volunteers will vacate their posts accordingly along the course (including Transition Area)

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 Big Sky Endurance Sports.

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

FREE post-race catered lunch by Linda Dore Foodservice.

Wheeler Crest Medic Tent is located at Finish Line.

RACE PHOTOGRAPHY:



VOLUNTEERS:

All volunteers will be wearing HEATHER GREY June Lake Triathlon volunteer 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, 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](#)

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](#) - 760.934.2400

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

MASSAGE THERAPISTS



June Lake: 760.648.7134

www.DoubleEagle.com

Mammoth Lakes: 760.934.8511 x.111

www.SnowcreekAthleticClub.com

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

HAVE A GREAT RACE!

Alana Levin, June Lake Triathlon Race Director

This is a permitted event on the Inyo National Forest

PLEASE REMEMBER

**"Don't Crush the Brush" – NO PARKING vehicles or bicycles on vegetation.
NO DOGS on the beach.**