

# VALLEY GIRL TRIATHLON



Women's Sprint Distance Triathlon  
1/3 mile SWIM - 12 mile BIKE - 3.0 mile RUN

# ATHLETE RACE GUIDE

JULY 9, 2017  
LIBERTY LAKE, WA

# WELCOME

Welcome to the 14th Annual Valley Girl Triathlon. Please take the time to read this race guide as it includes updates and should answer many of the questions you may have regarding details before race day and on race day.

The Valley Girl Triathlon is proud to raise awareness and donate revenues to Transitions of Spokane. Transitions is a 501 (c) (3) organization with a mission of working to end poverty and homelessness for women and children in Spokane. They pursue this mission through the operation of the Women's Hearth, Transitional Living Center, EduCare, Miryam's House and the New Leaf Bakery Cafe. For more information on this vital organization go to:

[www.help4women.org](http://www.help4women.org)

I'd like to ask for your support of donations to women and children in need in the Spokane area. We are accepting donations on July 7th and July 8th during packet pickup as well as during the event at Pavillion Park on July 9th. Donate today and make a difference in our community. Go to the wish list on our website ([www.valleygirltri.com](http://www.valleygirltri.com)) and see what items are in need currently.

We appreciate all of YOU and your support of this 14th Annual event in Liberty Lake. Thanks for your support, have a memorable experience and I look forward to seeing you at the finish line!

Marla Emde  
Race Director  
Emde Sports, LLC



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*Valley Girl Triathlon*

# 2017 SCHEDULE OF EVENTS

DATE OR TIME	LOCATION and EVENT
<b>PACKET PICKUP</b> <b>FRIDAY, JULY 7, 2017</b>	<b>FITNESS FANATICS</b> (12425 E. Trent, Spokane Valley)
12:00 noon - 6:00 pm	Packet Pick Up and Late Registration Valley Girl Triathlon Transitions donation site
<b>PACKET PICK UP</b> <b>SATURDAY, JULY 8, 2017</b>	<b>Best Western Plus</b> <b>Liberty Lake Inn</b> (1816 N. Pepper Ln. Liberty Lake, WA 99019) Just north of the I-90 Liberty Lake exit
12:00 noon - 5:00 pm	Packet Pick Up and Late Registration Valley Girl TRIATHLON Transitions donation site
<b>RACE DAY:</b> <b>SUNDAY, JULY 9, 2017</b>	<b>LIBERTY LAKE, WA</b> (Swim start, Inlet and Molter)
6:00 am - 7:00 am	Arrival Transition Area, Liberty Lake Village Beach Inlet and Molter Roads Bike Check in, body marking,
7:15 am	Molter North/South Road Closure
7:45 am	RACE START
8:05 am	LAST WAVE START (5 total)
9:30 am - 11:30 noon	Post Race Athlete David's Pizza, Expo
11:00 am (approx.)	Awards Ceremony, Pavillion Park, Finish Area
11:00 am - 1:00 pm	Bike and Transition Area Secure Check-out

# PRE-RACE INFORMATION

## **PACKET PICK UP LOCATIONS & TIMES:**

Friday, July 7th - Fitness Fanatics  
12425 E. Trent (Trent & Pines) Spokane Valley 99216  
12:00 noon - 6:00 pm  
OR

Saturday, July 8th - Peppertree Inn Liberty Lake  
1816 N. Pepper Ln. Liberty Lake, WA 99019 (just north  
of I-90 Liberty Lake exit).  
12:00 noon - 5:00 pm

## **WAIVERS:**

All individuals and relay team members entered must pick up their own packets and sign waivers on Friday or Saturday, July 7th or 8th. If you cannot make these times, you will need to arrange this with the race director prior to packet pickup. Waivers are online, available to print off and sign beforehand. Be prepared to make these arrangements if you cannot make the packet pick up times.

**THERE IS NO RACE DAY PACKET PICK UP OR REGISTRATION.**

## **ATHLETE CHECK-IN TIMES:**

RACE DAY, JULY 9, 2017  
6:00 am

All competitors must bring their timing chips, bicycles and helmets for placement in the transition area (Liberty Lake Homeowners Beach) the morning of the race. All participants should ride or walk their bikes to the start area from the parking areas on Valleyway or Sprague Ave (west of Molter) or Liberty Lake Elementary School on Molter.

Please arrive in the transition area no later than 6:30 am to allow for body marking, racking your bike and reviewing the traffic patterns in the transition area.

## **TIMING AND TIMING CHIP:**

Official timing company for this race is NOMADZ Racing of Spokane, WA.

Timing Chips will be issued to you at packet pick up on Friday or Saturday. MyLaps Multisport Tags are disposable chips. Please seek assistance from finish line volunteers with their removal if necessary.

- Multisport Chips will capture your overall finish time as well as splits (swim, T1, bike, T2, run). You must wear your timing chip at all times.
- Please note that the iPad kiosk represents preliminary results only and is updated constantly in real time.

- PLEASE do not forget the timing chip that you were issued at packet pick up!
- If you drop out of the race at any time, please go by the NOMADZ Timing Van and let them know of your withdrawal from the race. If you lose your timing chip somewhere along the course, please tell race personnel.

## **FINISH TIMES EXPECTATIONS:**

Our time expectations for the Sprint distances:

- SWIM - 1.0 hr. or less
- BIKE - 1.0 hr. or less
- RUN - 1.0 hr. or less
- OR...FINISH TIMES OF 3.0 hours for a Sprint distance triathlon, including transition times. We reserve the right to pull an athlete from the course for safety concerns if these times are not remotely being met.

**Sprint distance: 1/3 mi swim, 12.0 mi bike, 3.0 mi run**

## **BODY MARKING:**

Upon entering the transition area in the morning, rack your bike and immediately go to the body marking table. Your race/bib number will go on both upper arms and your age will be marked on your left calf. Teams will be designated with a "T" on the left calf.

Do not use sunscreen or vaseline before you get body marked.

## **BIKE PLACEMENT IN TRANSITION:**

When choosing where to rack (place) your bike, look for the AGE GROUP SIGNS and rack your bike at the proper age group area.

TEAMS BIKES WILL BE RACKED SEPARATELY FROM INDIVIDUALS. Look for "teams" signage.

DON'T FORGET YOUR HELMET ON RACE DAY—it is mandatory in order to race!

## **RACE DAY CONTACT:**

RACE DAY  
Event Organizer  
Emde Sports  
Marla Emde  
509-953-9924  
marla@emdesports.com

# RACE DAY INFORMATION

## **WATER STATIONS**

There are no water stations on the bike course but the run course will see water/aid stations at mile 1, 2 and 3 (finish area, Pavillion Park). Summer is in full swing, make sure to stay hydrated before the event as well.

## **RACE DAY CLOTHING**

There are no changing areas at the start of the race so come prepared in race clothing. There is no public nudity allowed. Clothing options for the race may include:

- Wear a swimming suit with the option of pulling on cycling or running shorts for the bike and run.
  - Tri suit (one or two pc.) for the entire race.
- Try to wear clothing that you can go straight from the swim to the bike and run. You can wear bike or run shorts over your swimsuit for the bike and run portion but you may be more inclined to chafing. There are 2 pc. Tri suits with cycling style shorts but with thinner, quick-dry chamois.

## **BICYCLE MECHANICAL SUPPORT**

Mechanical support will be available near Transition area starting at 6:00 am from the FITNESS FANATICS tent.

We recommend bringing equipment to repair your own flat tires, just in case. If you need any accessories, please head down to Fitness Fanatics for any last minute tools, tubes or tires.

- You may not receive outside assistance for mechanical support, only from race personnel. Be prepared to change your own flat tires!

## **BIB/RACE NUMBERS**

**RELAY TEAM COMPETITORS** will be issued one race/torso bib number, one bike frame race number, and one timing chip.

- Swimmers will not wear race numbers, will ONLY get body markings but must still wear the assigned chip.
- Cyclists will attach the bike frame number to their bike (see photo below). All bikes are required to have frame numbers attached upon arrival in to the transition area on race day.
- Runners must wear the bib number in the front of the body at the finish line as a secondary placing system for the finish line camera system. THIS IS VERY IMPORTANT.
- TEAMS MUST PASS THE TIMING CHIP TO THEIR TEAMMATE FOR EACH LEG OF THE TRIATHLON AND WEAR IT ON THEIR LEFT ANKLE ATTACHED WITH VELCRO (provided).
- TEAM TRANSITION AREA: Cyclists will have a designated area in transition to rack the bike and will tag their swim or run teammates ONLY in that transition area. Please stay in this area until your team member is out of the water and has run up to meet you in the bike transition area.

**INDIVIDUALS:** You will be body marked for the swim. If you own a race belt you can wear your bib number on your backside for the bike and turn it around to the front for the run and finish chute so we can record your finish with our finish line camera system.

Frame numbers must be attached to the frame of the bicycle and should be attached prior to arriving in the transition area for BIKE CHECK IN on race day.

# RACE DAY INFORMATION

## **SWIM AND WAVE START INFORMATION:**

- ALL COMPETITORS MUST WEAR THE ASSIGNED COLORED SWIM CAPS! Do not switch caps colors, chips or bib numbers with other participants. Please make sure to check to make sure you have the correct cap color before you leave packet pick up.
- Make sure you are wearing your timing chip and it is securely fastened.
- No fins, gloves, paddles, pull buoys or floatation devices of any kind are allowed. Goggles, snorkels or facemasks may be worn.
- The swim is a clockwise swim. You will keep the (4) orange buoys on your right at all times.
- The swim start is on the LEFT side of the beach when facing the water.
- Please no individual pacers or paddlers out on the swim course. We have more than adequate staffing for the swim course.
- Waves start at 7:45 am. with 5 min. between waves. See below for start times.
- Latex swim caps will be provided and included in your race packet. Please double check at packet pick up to make sure your cap color, age group, division and other information is correct.

- You should know how to swim. Kayakers may assist resting the athlete but may not assist with forward propulsion at any time.
- You must start and complete each portion of this triathlon in order to continue on to the bike and/or run portion.

## **WATER TEMPERATURES AND WETSUITS**

Water temperatures have been in the low 70's and will stay steady. At these temps, wetsuits are likely allowed on race day. Water temps over 84 degrees along with high ambient temps could disallow wetsuits. Overheating in wetsuits is a serious medical risk. Final determination regarding the use of wetsuits will be announced on the morning of the race. Be prepared in any case.

## **SWIM WARM UP:**

The swim area will not open for warm up until our swim staff and lifeguards are in place. Announcements will be made when warm up begins. Though we make efforts to clean and inspect the beach area, please use caution and be mindful of beach and water hazards during the swim portion of the race.

## **WAVE STARTS:**

We will have 5 swim wave starts starting at 7:45 am.

Wave starts will be: 7:45, 7:50, 7:55, 8:00, and 8:05 am. You may not start before your scheduled wave start time.

## **START WAVES:**

- 7:45 am WAVE 1 – BLUE AND PURPLE CAPS - 18 under, 19-24, 25-29 age groups
- 7:50 am WAVE 2 – PINK - 30-34, 35-39 age groups
- 7:55 am WAVE 3 - WHITE - 40-44, 45-49 age groups
- 8:00 am WAVE 4 – GREEN – 50-54, 55-59, 60-64, 65-69, 70-74, and 75+ age groups
- 8:05 am WAVE 5 - YELLOW - Athena 39U, Athena 40+ and ALL TEAMS

## **PARKING**

Athlete parking is available on Valleyway, Sprague (west of Molter) and at Liberty Lake Elementary School. Please CAR POOL when possible.

There is no athlete parking in the Pavillion Park parking lot. This is reserved for vendors only.

- Please, DO NOT PARK on 2nd or 3rd Avenues near the transition area. We are trying to lessen the impact in the neighborhood.
- Remember, Molter Road will close starting at 7:15 am after which you will not be allowed on Molter north/south.
- DROP OFF's- No dropping off near the swim start/transition area. Please park and ride your bike in with your gear in a back pack.
- Give yourself plenty of time to park, ride or walk to the start area and get checked in.

## **SPECTATORS**

When walking to or from the beach along Molter Rd., please walk on the east side of Molter Rd. where there is a large, paved shoulder. Crossing is at Valleyway where there is assistance. There are crossings near the beach area as well and plenty of viewing area on the beach.

## **EMT'S AND MEDICAL SUPPORT**

Medical support is provided by Valley Hospital and the Bike EMT's (Mt. Spokane Ski Patrol). Bike EMT's will be roaming both the bike and run course and will be available at the swim start. Certified lifeguards will be staffing the swim portion of the event along with a very experienced kayak crew.

Medical staff will have a tent set up near the finish line area at Pavillion Park.

## **TRANSITION AREA SECURITY**

Only participants are allowed in the transition area for the safety and security of athletes. Please make sure you have your frame number attached to your bike before checking in the morning of the race. Also, make sure to have your bib/race number handy when checking out of the transition area following the race. We will have security at the entrance/exit of the transition area. Bike Check-out will begin at approximately 11:00 am. or when all bike competitors are done with the bike leg of the triathlon.

Please, no friends or family inside the transition area. We'll take very good care of you.

Thank you for your understanding.

## **LOST AND FOUND**

Lost and found will have a box near the finish line area and/or near the transition area.

## **PROTESTS AND ERRONEOUS RESULTS**

PLEASE let us know immediately if you think that your results may be in correct. Head over to the timing van near the finish line and talk to Nomadz about your situation. Don't wait until you get home to check results, please check on site to make sure things appear correct. It's much more difficult to change things after the race has convened and awards have been given out.

## **THINK ABOUT...**

Staying relaxed...checking out the traffic patterns before the start...warming up and getting used to the water when the "ok" is given for swim warm up (lifeguards must be in place)...going your own pace...staying alert at all times. Please no head phones or earbuds at anytime during the race. Communicate with others on the bike course..."on your left" or "passing" will let others know you'll be coming by on the left. Always pass on the left.

# CHECK.

## ATHLETE CHECK LIST **ARE YOU READY?**

### PRE RACE:

- gas in the car?
- directions to the race
- approximate drive time
- bike Tune Up/equipment check
- packet pick up (Friday or Saturday)
- review courses
- nutrition plan for the day (pre race, during race and post race)
- review race clothing (don't wear anything new on race day)
- mindful and light packing of your race day backpack
- **PLAN YOUR RACE**

### RACE DAY:

#### SWIM:

- timing chip
- swim suit
- wetsuit
- goggles
- swim cap, race provided
- earplugs or noseplugs (if needed)

#### BICYCLE:

- bicycle and helmet (like peas in a pod)
- shoes, socks
- bike pump
- water bottles
- bike repair kit (spare tube, tire levers, valve stem extenders, patch kit, multi tool, CO2 cartridges)
- bike computer, gps, etc.
- eyewear/sunglasses
- additional nutrition and how to carry
- race belt (bike and run)
- bib number, helmet number, bike frame number
- cycling gloves (optional)

### RUN:

- race belt (bike and run)
- bib number
- hat or visor
- running shoes
- socks
- eyewear/sunglasses

### MISCELLANEOUS RACE ITEMS:

- body glide
- sunscreen
- spare contact lenses, saline
- HR monitor (option)
- towel
- post race clothing change
- hair ties and comb or brush
- chapstick
- emollient
- I.D.
- Ibuprofen or aspirin
- Antihistamines or EPI pen (if needed)
- few dollars cash or CC for purchases
- extra post race nutrition (bars, etc.)
- flip flops
- small first aid kit or a few bandaids
- arm warmers or light rain jacket, just in case
- camera or cell phone
- feminine hygiene products





# THE RULES.

## **NO MP3's, IPODs, etc.**

Portable music devices, MP3 or earbuds/headphones are NOT allowed at any time during this race. This is a safety issue for not only the athlete but to your fellow athletes. Please do not use these devices as they don't allow you to hear fellow riders, cars or potentially serious situations.

## **THE COURSES - for complete course maps go to [www.valleygirltri.com](http://www.valleygirltri.com)**

**BIKE COURSE:** The bike course is not a closed course and you must always be heads up to traffic and obey traffic laws. Please be aware of drivers that may be pulling out of driveways or that are passing you on the course. Stay to the right of the roadway except for passing other riders on the left—but do so only when you've looked behind for oncoming traffic and it is safe to pass. PLEASE BE RESPONSIBLE, we must follow the rules of the road.

**RUN COURSE:** Stay to the right of the cones on the roadways. We utilize trails, bike lanes and wide shoulders but the run course still has sections that are open to auto traffic. Stay heads up!

## **HELMETS**

HELMETS ARE REQUIRED to race. Please do not forget your helmet the morning of the race. CPSC (US Consumer Product Safety Commission) approved helmets are required, check for the sticker on the inside of the helmet (i.e ANSI, SNELL, ASTM, etc.).

Helmets should be securely fastened at all times as you leave the transition area and return to the transition area from the bike leg of the triathlon. Please wear your helmet when riding and arriving to the venue on race day.

## **DRAFTING**

DRAFTING ON THE BICYCLE is illegal in this race. We understand that sometimes it is hard to avoid. Do not take pace from another rider ahead of you. You must leave 7 meters or about 4 bike lengths from the rider in front of you. If you are overtaken, it is your responsibility to drop back 7 meters to avoid drafting that rider. Complete your pass quickly (30 sec.) in order to avoid drafting penalties.

- Drafting penalties will be 2 minutes per offense.
- Stay to the right of the roadway whenever possible.

- Always pass on the left of the cyclist ahead of you, just like a car. Never pass on the right and always communicate to those you are passing...“on your left” is a great way to let someone know of your pass in advance.

## **BICYCLE DISMOUNT AND MOUNT AREA**

You may not ride your bike through any part of the transition area. Athletes must walk or run with their bicycle to the mount and dismount bicycle area located on the roadway, just outside of the transition area.

**TIP!** The bike “mounting” area is slightly uphill so make sure you have shifted into an easy enough gear to start up the hill. The bike “dismount” is downhill coming in towards the transition area. Use caution and SLOW DOWN before the dismount line. You must stop quickly at the bottom of the hill so make sure you are in control as you stop. You must dismount at the bottom of the hill on the pavement. This area will be marked and volunteers will be there to assist you.

## **LITTERING**

No littering at any time on the swim, bike, run or in the transition area. Within the water/aid stations you may throw your cups but there are garbage cans that you can dispose of your cups as you exit the water station areas as well. Help out our volunteers as much as possible. Thank you.

## **OUTSIDE ASSISTANCE PROHIBITED**

You may not take outside assistance from friends or family riding or running next to you. Please no extra vehicles out on the roadways, they are already crowded enough.

Outside mechanical support may only be provided by Fitness Fanatics or race officials. Ultimately, you are responsible for your own roadside repairs. We try our best to assist with minor repairs on the bike course. Please be patient as we may be assisting others before we arrive at your location.

## **CONDUCT**

Always show sportswomanlike conduct! Be courteous and helpful to your fellow competitors.

Give a shout out to all of the amazing volunteers out on the course. They are donating their morning to make sure you have a safe and positive race.

# POST RACE INFORMATION

## **FINISH LINE FESTIVITIES**

Join in the fun as you cruise past the finish line... grabbing your well deserved, CUSTOM FINISHERS MEDAL. Check out the vendors and drop off your Transitions donations if you haven't already.

## **LIVE MUSIC**

Provided by Carey Brazil and Friends. These guys are super fun and entertaining. Please stick around to enjoy the music.

## **VENDOR/EXPO BOOTHS**

Have Beans Will Travel features supreme coffee drinks, beverages and light snacks for spectators. We also feature several other vendors with products and services you will enjoy!

## **POST RACE PIZZA**

Provided by David's Pizza and the delightful, Mark Starr and staff. We love these guys!

## **PLEASE RECYCLE**

There will be recycling bins and plenty of garbage bins at several places in the venue.

## **AWARDS and RESULTS**

AWARDS WILL START AT APPROX. 11:00 am (Sprint Distance) near the Expo area. Medals will go 5 deep in all age groups and 3 deep in relay teams.

Results will be posted near the Finish Line area. iPad Kiosk may be set up for preliminary results. Please let us know at the timing van if your results do not appear correct SOONER rather than later. We want to make sure results and awards are correct.

Results will be posted here: <http://nomadzracing.com/results.html>

## **T SHIRTS**

- June 2nd was the deadline for ordering T Shirts. There are limited additional T Shirts that will be available post event.
- Participants will receive their T shirts at packet pick up.

# VALLEY GIRL SPONSORS!



## SPECIAL THANKS TO:

Our amazing volunteers!

AND

Have Beans Will Travel

City of Liberty Lake

Liberty Lake S.C.O.P.E.

Spokane County

Post Falls Highway District

Liberty Lake Village Homeowners  
Association

Valley Hospital

ROCKWOOD HEALTH SYSTEM



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