

RACE OVERVIEW

- All persons pre-registered by 15 July will receive a T-shirt, all registering after that will receive them on a first come first served basis.

Friday

- Registration and pre-registered packet pickup at Riverpoint Campground 2-5pm

Saturday

- 7:00 a.m. – registration.
- 9:00 a.m. -- RACE
- Start and end at Riverpoint Day Use Parking Area. From MT 83, approximately 3 mile on Boy Scout Road.
- Body marking, morning of the race.
- Transition area in two northern lots of day use parking area.
- Spectator area in southern lots of day use parking area.
- Short swim 300 yards, Long swim 600 yds. Rectangular course in the lake. Dry start, from the beach. Swimming counter-clockwise (left turns)
- Bike 10 miles on Montana pavement, which has a few rough spots, flat terrain. Ride out and back with a U-turn around a pylon.

- Run 3.4 mile (flat—500' on the paved road, the rest on a trail and gravel/dirt road).
- Bar-B-Que and awards ceremony to follow.

Categories

Males	Female	Relay
15 and Under	15 and Under	Adult (16 &+)
16-19	16-19	Youth (15 & -)
20-24	20-24	
25-29	25-29	
30-34	30-34	Kids
35-39	35-39	Boys
40-44	40-44	Girls
45-49	45-49	(10-12)
50-54	50-54	(9 & under)
55-59	55-59	
60-64	60-64	
65+	65+	

General Rules:

- You cannot accept assistance from anyone except race volunteers, officials or medical personnel.
- Unsportsmanlike conduct or foul language directed towards participants, spectators, or volunteers will not be tolerated and will be grounds for disqualification
- All triathletes will be body marked.

- Relay teams must tag hands in the transition area.
- Radios, headphones, headsets, personal audio devices are forbidden.
- All spectators must stay out of the race zone including the transition area.

Transition Zone

- Athletes will enter the transition zone on the northern end and exit on the southern end except when finishing.
- All equipment must be stored in the transition area.
- Athletes must exit and enter the transition area on foot.
- The transition area is a WALK zone.
- Bikes **will be** mounted/dismounted in the marked zone. **There will be a 1 minute penalty for mounting early or dismounting late.**
- Running numbers are to be attached on chest or race belt to the *front to be photographed*.
- Race numbers must be attached before leaving transition area.
- **No family or friends of participants are allowed in the transition area, racers can be disqualified. All spectators will be in the spectator area and on the bank above the beach.**

ADULT RACES

Swim

Route: The 300 yd. swim uses the inner buoys and the 600 yd. swim the outer buoys.

- Swims begin on the southern end of the beach and return on the northern end.
- The white flag is the entrance to the trail to the transition area.
- The trail is marked by colorful pennants.
- The swim is shallow so it is a dry start.
- Goggles, caps, and wetsuits optional.
- No fins, or other swim paraphernalia.
- Children and special olympians are allowed life jackets.

Bike

Route: Exit the transition area, ride in the exit lane of the day use area, turn right on Boy Scout Rd., turn around the pylon up by the north bridge, return on Boy Scout Rd, turn left into Riverpoint, ride in the exit lane to the parking lots, stay left on the back entrance to the parking area and enter the transition area on the northern end.

- All bikes must be walked in the transition and mounting areas, from the transition zone entry to the mount bike sign, or dismount bike to the transition zone entry. **There will be a 1 minute penalty for mounting early or dismounting late.**
- There shall be no drafting during the bicycle portion of the race. Stay more than 3 bicycle lengths behind the bike in front of you, except when passing. Complete the pass in 15 seconds or drop back three lengths. When passed, drop back three lengths.

Keep to the right so passing remains in the proper lane.

- Bikes must be in upright position in bike rack. All personal gear must be stored under your bike.
- Helmets are required and must be buckled before leaving transition area and remain buckled until in the transition area.
- Ride both directions in the exit lane on campground road.
- *ALWAYS STAY TO THE RIGHT WHILE RIDING ON BOY SCOUT ROAD, SINGLE FILE RIDING EXCEPT WHEN PASSING.*
- Announce when you are passing another rider. (on your left, passing on your left etc.)

Run

Route: Exit out the transition area, run in the entrance lane to the day use area,

- cross Boy Scout Rd onto the Campground connector,
- right on the Riverpoint Loop Trail,
- right on the Lars Kramen connector,
- right on Lars Kramen,
- stay left on Leaning Pine Ln,
- left on the power line trail,
- right on Back Cabin Lane,
- left on Gustufson driveway,
- left on Boy Scout Rd,
- left on Lars Kramen,
- right on the Lars Kramen connector,
- right on the Riverpoint Loop,
- right on the Campground connector,

- cross Boy Scout rd.
 - down the Riverpoint Rd,
 - stay right at the parking lot fork
 - finish across the southern mats.
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- There is one water station mid race.
 - Water cups must be thrown before the line following water stations.
 - Stay to the right while racing.
 - Announce intent to pass.
 - Stay in the entry lane into the campground.

KIDS / OLYMPIAN RACES

Swim

- Start on the southern end of the beach.
- Swim on the outside of the swimming area rope.
- Parents / guardians may coach from inside the swimming rope.
- Life Jackets, goggles and caps are permitted.
- NO FINS
- Exit the northern end of the swim area and head to the white flag, up the trail to the northern end of the transition area.

Bike

- Leave the transition area to the south.
- Walk to the mount line.
- Helmets must be buckled.

- Ride out the day use road in the exit lane.
- Cross the road. (there will be crossing guards)
- Ride the connector trail to the Riverpoint Loop
- Turn left on the Riverpoint Loop.
- Take the left at the next junction (right goes to the bridge)
- Take the left at the next junction (right goes to Lars Kramen)
- Turn right on the connector and cross the road.
- Ride down the exit lane on the day use road
- Stay left at the parking lot fork.
- Dismount at the line and enter the transition area on foot.

Run

- Exit the south end of the transition area.
- Run in the entrance lane to the turnaround before the campground entrance.
- Run around the dog by the campground entrance.
- Run back in the same lane and cross the finish line.

NEWBIES

Registration

- Pre-registered racers, check in and pick up race bag
- Registering racers, go to the registration kiosk to register.

Numbers

- Numbers MUST BE worn on chest or race belt in the front
- No number for the swim
- Body Marking at the registration area morning of the race. This is your number written on your arm for identification

- Swimmers must be body marked (number on arm) morning of the race
- Children and Special Olympians must be body marked morning of the race

Transition Area

- NO CHANGING in the bathrooms
- There are no assigned spaces on the bike racks
- Each racer is allotted a small space on a bike rack
- All personal equipment must be stored under your bike
- Everyone enters from the northern end
- Must dismount your bike at the dismount line or there will be a 1 minute penalty added to your time.
- The transition area is a walk only area
- All helmets must be on and locked before moving your bike and back into the transition area
- Everyone exits is through the southern end
- The spectator area (southern parking lot) is a run zone
- Mount at the mount line or there will be a 1 minute penalty added to your time.
- No spectators are allowed in the transition zone, under penalty of disqualification.

Race

- Newbies' meeting at the finish line at 8:30am
- Race meeting on the beach at 9:00am
- Race order
 - Short Swim Triathlete/Duathletes
 - Long Swim Triathletes
- Triathletes will start on the beach as a dry start
- Duathletes will start at the Start/Finish line at the same time as the Short Triathletes

- Swim will be counterclockwise (left turns)
- 300 yd swim the near set of buoys
- 600 yd swim the far set of buoys
- Come out of the water and enter the trail to the transition area at the white flag
- Walk in the transition area
- Change at your bike
- Leave your possessions in your bike slot
- Walk out of the transition area
- Run through the spectator area
- Mount at the line
- Duathletes run in the entrance lane of the day use road both ways left at the parking lot fork the first time to enter from the northern end
- Bikes ride in the exit lane of the day use area both ways
- Returning racers go left at the day use parking area Y and enter the transition area from the north
- Watch for outgoing racers
- Bikers dismount at the dismount line and walk into the transition area
- Walk in the transition area
- Rack bikes
- Walk in the transition area
- Run in the spectator area
- Run in the entrance lane of the day use road both ways

FINISH

- Go to the right at the day use parking area Y
- Run under the finish banner staying to your right as to not interfere with racers
- Take care entering the transition area against traffic and continuing racers.
- NO FRIENDS OR FAMILY IN THE TRANSITION AREA, VISIT IN THE SPECTATOR AREA

Spectators

- For safety reasons, no spectators are allowed in the transition area
- Spectators are welcome in the southern parking lot

- Spectators come and go to the swim area through their trail out of their parking lot
- Spectators stay up on the bank above the beach
- Spectators may bring chairs
- Spectators may not aid racers

Transportation

- Parking is at Pyramid Mountain Lumber
- All racers and spectators must ride the shuttle
- Racers may be dropped off at the entrance to the campground
- No one may drive into the day use parking lots
- Racers may put their personal gear on the bus and ride to the race
- Bikes may be on the shuttles as space allows
- Plan on arriving early to be organized physically as well as mentally

YFC SEELEY LAKE CHALLENGE RACES

ADULT / YOUTH

Bike: Turn right on Boy Scout Rd, ride to the bridge, turnaround and return.

Run: Out Riverpoint Rd, angle onto trail before Boy Scout Rd, across Boy Scout Rd, Right at the loop trail junctions, left at the next bridge junction, right at the Lars Kramen connector, right on Lars Kramen, left on Leaning Pine Ln, left onto the power line trail, right at the water station on Back Cabin Ln, left at Gustufsons, left at Boy Scout Rd, left at Lars Kramen, right onto the loop connector, right on the campground connector, home.

Long Swim Triathlon
Short Swim Triathlon
Bike
Run

NO PARKING AT THE RACE
Shuttle Bus Stop:
Pyramid Mountain Lumber
just off Hwy 83

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KIDS/OYMPIANS

Swim: Counter Clockwise around the swim area pylons.

Bike: Out campground rd to the connector trail to the Riverpoint loop (crossing guards present) around the Riverpoint Loop and back.

Run: Out the campground rd to the DOG pylon, around it and finish.

Kids and Special Olympians
Swim
Bike
Run

NO PARKING AT THE RACE
Shuttle Bus Stop:
Pyramid Mountain Lumber
just off Hwy 83

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Schedule

PRE-REGISTRATION THROUGH AUGUST

@ www.RaceSeeley-Montana.info

FRIDAY:

- ~ 2pm-5pm
- ~ Riverpoint Campground on Boy Scout Rd.
- ~ Late registration, packet pick up, questions and answers

SATURDAY:

- ~ 7:00am shuttle begins
- ~ 7-8:30am Late registration
- ~ 7-8:45am Pre-registered packet pick-up
- ~ 7-8:45am Body marking
- ~ 8:30am *Novice racer Pre-race orientation meeting @ the finish line*
- ~ 9-11:00am NO shuttle
- ~ 9am Race Meet on the beach
 - ~ Long Triathlon and Duathlon (@ the finish line) starts
 - ~ Short Triathlon start
- ~ 11:00am shuttle start at campground entrance
- ~ 11:00am Children / Special Olympian race meet and start
- ~ 12 noon BBQ start
 - ~ Awards Ceremony
- ~ 2:00 Shuttle finished