

**First Annual Polson Triathlon**  
*Exquisite Suffering in Pure Montana Style*  
www.polsontriathlon.com

Distance: 1.5k swim, 40k bike, 10k run

Date: Saturday, August 18, 2012

Location: Riverside Park (downtown Polson)

- brought to you with care by the Mission Valley Rounders and the City of Polson

**Welcome:**

For many years, the Montana multi-sport community has anticipated the ultimate regional triathlon event in Polson. This year the dream becomes reality. Our venue is nestled on the pristine shore of Flathead Lake with the towering peaks of the Mission Mountains providing a breathtaking backdrop. We have an energized community of local athletes and volunteers who promise to treat all participants to a premier event, complete with all of those athlete friendly features and some unexpected perks you don't see every weekend. We also hope to attract a large field with a nice mix of nervous beginners, endorphin-loving enthusiasts, and serious competitors.

Matt Seeley – Race Director

406-883-9264 or matt\_seeley@skc.edu

**Event Schedule (all race activities will be at Riverside Park):**

Time	Description
<b>Friday, August 17</b>	
3:00 pm	transition area set-up begins
5:30-8:30 pm	racer check-in and packet pick-up
5:30 pm	all race volunteer meeting
7:30 pm	racer meeting, preview, and questions
<b>Saturday, August 18</b>	
7:00 am	transition area opens
7:00-8:20 am	race morning check-in and body marking
8:40 am	prerace athlete briefing at the transition area
9:00 am	START for women and teams (wave 1, pink caps)
9:20 am	START for men (wave 2, bronze caps)
10:15 am	swim course closed
11:15 am	approximate time for first finishers
noon	begin post race lunch at The Cove Deli
1:30 pm	course closed and awards celebration begins

**Parking:**

RACER PARKING WILL NOT BE ALLOWED IN RIVERSIDE PARK OR WITHIN THE BARRICADED SECTIONS OF 1<sup>ST</sup> ST. W. AND 3<sup>RD</sup> AVE. W. ON RACE DAY. We plan to have a racer drop-off zone set up above the park within the barricades on 1<sup>st</sup> St. W. and then there should be plenty of available free parking throughout downtown Polson and within just a couple blocks of the park.

**Lodging:**

Local runner and race volunteer Dale Gillespie has offered up his Polson hostel for racers at a rate of \$20 per night. He has one room with 9 beds, one with 7, and another with 4. You can contact Dale at 406-871-0663.

There is also camping at the Polson KOA (across the river on Hwy 93) and Big Arm State Park (15 miles north on Hwy 93) and a number of hotels in Polson, but vacancies can be limited on a summer weekend.

There is no camping at Riverside Park, but if you are desperate, contact Matt Seeley before the Friday meeting and we should be able to find you a last minute home stay or at least some soft grass in our back yard.

**Race Numbers:**

You will find two race numbers in your race bag. During the race, you will be required to wear a race number on your back during the bike portion and the larger bib number on the front during the run leg. To meet this requirement, you can either pin the small number on your back and the larger one on the front, or just attach the larger number to a race belt and rotate it from back to front when you transition from bike to run. More creative solutions might include turning your shirt around backwards midrace or running backwards for the entire 10k.

**Body Marking:**

Make sure to take time to get the correct body marking at the transition area before the race on Saturday morning. Racers will be marked with their bib number on their right shoulder and left hand, plus their racing age on their left calf. Team members will also need to have a "T" on their right calf.

\*Please try to remember not to apply sunscreen to these areas before or immediately after getting marked.

**Course Descriptions** (maps at the end of this document):

**Swim – 1.5 km (0.93 miles) two lap triangular course in Flathead Lake**

The swim course will consist of two laps around a 750-meter counter-clockwise triangle with a short dock run and jump in between. It will start at the edge of the swim area in Riverside Park and head west along the south side of the bridge for approximately 150 meters. Next it will cut back to the southeast and head diagonally 315 meters across the

river and back to the shore at the south end of the park, before turning north for 255 meters along the shore and then east for the last 30 meters to exit up the Riverside boat ramp. By mid-August the river current should be minimal so as not to significantly impair swimming speed or direction.

Special Features – This course will provide a unique opportunity for spectators as they can watch the start and entire swim from the pedestrian walkway on the bridge. They will also enjoy the chance to watch swimmers exit midway and run along the dock before plunging back in for the second lap. Water temps should be very comfortable in the low 70's and wetsuits are allowed, but probably not needed for warmth.

Boat Support -

### **Bike – 40 km (24.9 miles) loop course through the valley southwest of Polson**

The bike course will leave the back side of Riverside Park on the new bike path, head south for 3 blocks on 2nd St. W., turn right on 6th Ave., left on 6th St., and then right on 7th Ave. as it passes the Kerr Dam playfields, curves 90 degrees to the south, and heads up the hill out of town. After a two mile climb, the course turns right again to stay on Kerr Dam road heading west. This road passes the Kerr Dam entrance and becomes Valley View Rd., eventually turning south through a series of seven consecutive 90 degree corners. At about 9 miles, the route turns left onto Eli Gap Rd. at the 4 way Valley View School intersection. The next 5 miles follow Eli Gap east toward the mountains and finish with a steep climb up to the intersection with Back Rd. Riders will turn right (south) on Back Rd. and go approximately 3 miles before making a 180-degree turnaround. The final leg is 8 miles heading north on Back Rd. and back down the hill into town. The bike course will return to Riverside Park following the same streets used on the way out of town.

Another way to summarize the bike course is that the first half is exciting and technical with four significant climbs and some tight corners and rough pavement, while the second half is flat and fast on smooth road, with a big decent back down into town. Signs will be posted at 10k, 20k, and 30k with arrows at all the turns and marshalls at the key intersections and turnaround.

Special Features – The Valley View loop boasts a great combination of low traffic roads and gorgeous views of the Mission Mountains that should provide a nice distraction from the challenging hills and cycling toil. Racers will particularly enjoy some fast and fun corners, and a panoramic view of Flathead Lake as they recover on the fast descent back into town. Note: There will be no aid stations on the bike course so plan to provide for all of your own nutrition and hydration needs.

Mechanical support – We will have a volunteer bike support station set up at the transition area starting at 7:00 am on race day. They will attempt to assist with any last minute emergency as they are able. There will also be two volunteer support vehicles driving the bike course as a last resort for stranded cyclists, but please plan to carry everything you might need to be self sufficient and avoid a long wait to receive help.

Bike course rules –

Drafting - The drafting zone for this race will be three bike lengths (aka one minivan) between your front wheel and the back wheel of the cyclist in front of you. You are allowed

spend 15 seconds within this zone while passing, but if you fail to pass successfully in 15 seconds, you need to drop back out of the zone before attempting another pass. Motorcycle officials will be on the course to warn cyclists who are drafting and refusal to heed these warnings will result in a 3 minute penalty added to your time.

Blocking – Even though the roads are a little rough in spots, please ride to the right at all times and pass only on the left. When you move left to pass, remember to look over your shoulder to see if someone else might be passing you at the same time.

Traffic – The entire course is open to vehicle traffic, so please listen to course marshals, be aware, and ride defensively at all times.

Helmets – Every rider must wear a helmet. You are required to fasten your helmet strap before you grab your bike in transition and keep your helmet strapped until you have racked your bike or tagged off to your team runner.

### **Run – 10 km (6.2 miles) single loop course through scenic Polson**

The run course will be a clockwise loop, flat and uphill for the first four miles and then mostly downhill and flat for the last two. It starts by heading out the back of the transition area and along the lake shoreline before climbing the stairs out of the park and continuing east through downtown Polson on 3rd Ave. Runners will follow 3rd Ave. east, turn right on 5th St., and head south over a combination of pavement and gravel roads to turn left on 10th Ave. The next segment goes gradually uphill as it turns right on 8th St., left on 11th Ave., right on 11th St., right on 13th Ave., left on 9th St., and right on 16th Ave (heading west). The next segment is fairly level as it follows 16th Ave. to jog left on 1st St. E. and then right again on 17th Ave. ending at the 3-mile mark at it turns left to start up the hill on 2nd St. W. The road turns right to become 9th Ave. and then left into the big hill on 6th St. W. and right over the top on Grenier Ln. At the bottom of the hill, runners will turn right onto Kerr Dam Rd. and take the pedestrian/bike path heading north toward the lake. After the road wraps around to become 7th Ave., runners will pass 5 miles and take a counterclockwise grass loop around the perimeter of the Kerr Dam play fields. For the final stretch, the course will leave the grass, cross 7th Ave. and head north on 6th St. Then it will turn right on 6th Ave., left on 2nd St. W., right on 4th St., left on 1st St. W., and then right on 3rd St. to finish in front of the Cove Deli above the park.

Summary: mile 1 – almost completely flat, mile 2 – climbs gradually uphill, mile 3 – mostly level, mile 4 – significantly uphill, mile 5 – all gradual downhill, mile 6 – completely flat  
We will have mile markers just before each aid station and all corners marked with cones and paint, plus course marshals at the key intersections.

#### **Aid stations -**

There will six aid stations on the run course. The first will be on the Riverside Park loop at the start of the run, and then there will be one station near each of the first five mile markers. Aid stations will be serving cups of water, Hammer HEED, and ice. At this point we are not planning to have energy gel at any of the aid stations so please carry your own if so desired.

There will be no aid stations on the bike course so please carry enough fluid and fuel to meet your personal hydration and nutrition needs.

### **Transition Area**

Transition spots will be first come first serve. Please plan to have your bike racked and gear staged at least 15 minutes prior to your swim start. **RACERS MUST WALK THEIR BIKES IN THE TRANSITION AREA – NO RIDING.** You can mount your bike after crossing the line in the parking lot and must dismount before the same line upon your return to the park. All solo racers must rack their own bikes.

This is a “flow through” transition for both T1 and T2. Swimmers will enter through the back (south end) of the transition area and start the bike in the parking lot at the front (north end). The flow will reverse in T2 as riders come in from the front and the run course starts out the back.

**TEAMS** – there will be a special team tag zone outside the transition area in the parking lot next to the mount line. Team swimmers will run all the way through the transition area and tag their cyclist in the parking lot. Team bikers will dismount and tag their runner in the parking lot and then team runners will run through the transition area to start the run course.

### **Post Race Lunch Tickets – The Cover Deli:**

All participants will find a ticket in their race bag for a free lunch at The Cove Deli and Pizza adjacent to the finish line. This meal will consist of your choice of any sandwich or wrap on the menu, chips, and a fountain drink. You can get your free lunch any time after noon, but only on race day. The Cove will also be open with a full menu for spectators and family members and there are numerous other nearby food options in downtown Polson.

### **Divisions:**

Top Three Male and Female (removed from age groups)

Age Groups (all racers must be at least 13 years old on race day) –  
13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Teams – open and family teams, no distinction for male and female teams

### **Awards and Prize Money:**

Overall top three – commemorative awards plus cash  
(\$250 first, \$150 second, \$100 third)

Age group top three – special commemorative awards

Split primes – prizes for fastest male and female swimmer, biker, and runner

Teams – top open and family teams receive an award

Volunteer awards – special recognition for top volunteers and aid station

Prize drawing – lots of great gear and donated local goodies

**Results:**

Race results and splits will be available online immediately following the finish of the race. Click the link on the website or use the address below to access race results via Timed Sports -

<http://polsontri.timedsports.com/>

**Sponsors:**

We could not possibly have pulled off this event without generous support from the City of Polson and many local and regional sponsors (see below). Please show your appreciation by thanking and patronizing these individuals and businesses.



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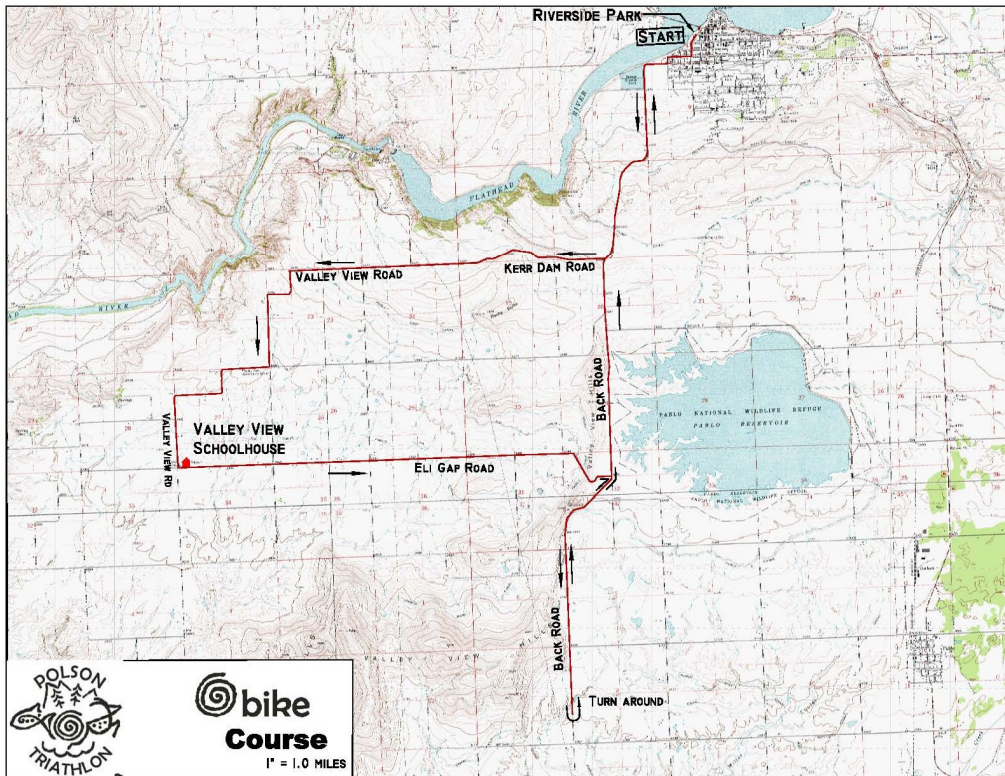
Polson Family Eye Care

- Jarecki Foundation
- Dr. Adam Smith Family
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# Bike Course Map



# Run Course Map

