



# AUBURN TRIATHLON TRAINING DAY



APRIL 30TH, 2017

Thank you for signing up for the Auburn Triathlon Training Day!

Here are the important details you need to know and the schedule

- Please register [here](#) if you haven't already for the Training Day
- The Training Day is USAT sanctioned so all participants will need to either have a current USAT annual membership card and will need to bring it with them or will need to buy another 1 day license for \$15 training day. This is in addition to the 1 day license you purchased to register for race day, sorry, USAT rules. Please bring correct change, or check written out to USAT. ( no credit cards for USAT) if you did not register on Raceplanner for the Training Day
- Everyone will need to sign two waivers: Tahoe Peak Endurance, LLC and USAT
- **Wetsuits will be required** due to cold temperatures
- Rentals are available at [Rocklin Endurance Sports](#) or
- Check out Xterra specials sent to you monthly via email blasts of sponsor specials. Be sure to use (code R-AUBURN) for some awesome deals and or
- [DeSoto](#) (code **AUBURN17TPE40** for 40% off ) for great deals
- You may want to bring shoes/thongs to walk to water
- People not registered for the 2017 Auburn Triathlon can still participate.  
Cost is \$40 plus they too need a USAT card or must buy a one day fee.

Here are your options to get to Rattlesnake Bar State Park the Swim Venue

***IMPORTANT DO NOT USE SMARTPHONE TO FIND RATTLESNAKE BAR***

***YOU WILL END UP ACROSS THE LAKE***

FOLLOW THESE INSTRUCTIONS BELOW OR GOOGLE RATTLESNAKE ROAD, NOT BAR ROAD

**Option #1-**We recommend that you park at the American River Canyon Overlook which is 855 Pacific Avenue in Auburn, the location of T2 and Finish and that you ride down to Rat Bar just like we recommend you do for race day. [Directions to Rat Bar from the Overlook are here.](#) We will have someone there to guide you down. Ride down with your swim gear and bag and we will haul it back up after your swim to the Overlook.

**Option #2** [Drive](#) to Rattlesnake Bar State Park and you will need to pay \$12.00 -\$15 state park fee. There will be no shuttle to take you back to Rattlesnake Bar after your run so if you parked down there you will need to ride your bike back down.

## **SCHEDULE:**

~Schedule Sunday Morning

**7:00-7:15** meet at American River Canyon Overlook for guided bike tour down to Rattlesnake Bar

**8:00**-Meet at RAT BAR –

- Check in and Intro- We will check in, sign waivers etc

**8:20- 9:30** Mini Swim Clinic with Jeff Pearson and Chris Stehula of [Boost Swimming](#)

**9:30 +** Self paced bike on preferred bike course -one aid at Overlook/T2/Finish, a second one before the International Turn around. If you are riding the entire World's Toughest Half you will need to be self supported from the last aid station until you return back to that aid station. That aid station will close at 12:00. We will provide a map for you to carry on Sunday or go here to print out [directions and map](#). The course will be lightly marked with orange spray chalk arrows

**11-1:30** – Self paced run on preferred run course – one aid at Overlook/T2/Finish. Courses will be marked with flour and or ribbons

**2:30** – Overlook, hang out for any questions or concerns regarding the course and event.

### **Aid Stations**

There will be 2 aid stations on the ride and one on the run; we will have aid such as water, sports drink TBD and [V-Fuel](#) for gels at the aid stations. First aid for bike is at the Overlook /Finish that you will pass on your way when riding the International or Half bike, the second bike aid will be before the International Turn around. Remember, if you are riding the half you are on your own from after that aid station and it may not be there when you come back depending on your pace. The run aid station will be located right there at the Overlook since the run course loops thru it.

We look forward to meeting or re- acquainting with many of you.

***Colleen, Joe and Anne Thilges***

For more info on this training day, contact Colleen at [konaleen@tahoepeakendurance.com](mailto:konaleen@tahoepeakendurance.com) 530-277-4492



Boost will be providing the mini swim clinic be sure to check out [their schedule of other clinics](#) they host this spring.



V-Fuel our gel sponsor for the Training Day and Race Day