



Welcome to the 14th Annual Auburn Triathlon!

Tahoe Peak Endurance, LLC with Colleen Conners-Pace, USAT Certified Race Director and Co-Race director Joe Pace are looking forward to their fourth year at the helm of an awesome event. Their goal is to provide the most scenic, challenging events in the beautiful Sierra foothills that you will ever experience. Testing your endurance skills, on a safe, rural route with tremendous volunteer and community support. Whether going long or going short or in between you will enjoy fabulous participant goodies, division awards, on-course support and a post-race feast!

Please read the following important information regarding the race weekend of events. This should contain most of what you need to know about the weekend events but when in doubt please reference the website or don't hesitate to call [email us](#) with your questions or concerns. Be sure though to check out the [website](#) thru out the week for any of the latest updates and details.

We are still looking for volunteers please [contact us](#) if you would like to join our team!

Thank you kindly,

Colleen and Joe

www.auburntriathlon.com | www.tahoepeakendurance.com | konaleen@tahoepeakendurance.com



Saturday, May 14, 2016

Race Expo, Athlete Check-in & Registration, Raffle, T2 Set-up, Mandatory Pre-race Meeting, Ironprayer, Guest Speaker and FREE pasta meal
American River Canyon Overlook - 855 Pacific Ave. - Auburn, C

(abbreviated time schedule- see further down for more detailed info)

2:00 - 5:00 p.m.

- Athlete Check-in
- T2 Set-up (bike to run) (T1 set up is Sunday morning)
- Expo
- Raffle Tickets for sale (to benefit non-profit volunteer groups)

3:00 p.m.

- Mandatory Pre-race Meeting

4:00 p.m.

- Ironprayer and FREE Pasta Feed sponsored by FCA Endurance
- Special guest speaker: Jim King (3X Western States 100 Mile Endurance Champion)

DETAILED INFO

Athlete Check-in and Registration

Packet Pick-up is on **Saturday, May 14, 2016** from **2:00 - 5:00 p.m.** at the **American River Canyon Overlook** which is T2 and Finish Line. We prefer that you pick up your packet and “goody” bag on Saturday so that you can attend the Mandatory Meeting on Saturday at 3:00 p.m. You will be able to pick up your packet at Rattlesnake Bar State Park on Sunday morning from 5:30 - 6:45 a.m. if you absolutely cannot pick up on Saturday. You will not receive your goody bag and race shirt at Rattlesnake Bar. You will need to pick it up after you finish your



race at American River Canyon Overlook. Sunday pickups will not be guaranteed their shirt size. Be prepared to come early as there will be limited staff doing late packet pick up. Be sure to bring your USAT card and photo ID to Packet Pickup for both Saturday and Sunday morning. **NO RACE DAY REGISTRATION**

Those that registered prior to April 18, 2016 will have priority of race shirt sizes. We have to estimate sizes for those that register after April 18th. If by chance the size you ordered is not what you want you can check with us Sunday after you race to see if you can exchange for another size, that is if it is available. Just be aware though, if you wait until Sunday to pick up your packet and shirt, no matter when you registered for the race, there is a chance you may not get the shirt size you requested.

If you are a **USAT Annual Member, you must bring your card and photo ID.** If you do not have your card you can use your smart phone and bring it up electronically. Be aware coverage at the swim venue may be sketchy. If no evidence of card is provided, you will need to purchase a 1-day license (\$15.00).

If you are **NOT a USAT Annual Member you will need to purchase a 1-day license of \$15.00.** If you registered on Active then you have more than likely already purchased the 1 day as Active will not let you finish registering without having a card or purchasing the 1 day. If you need to buy one **please bring cash or check made out to USAT no credit card when purchasing your 1-day USAT membership.**

You **must sign two waivers:** one for USAT (only if purchasing a 1-day or purchasing an annual membership) and everyone needs to sign one for Tahoe Peak Endurance, LLC if you registered on Active you should have already signed them.

PLEASE NOTE: You CANNOT pick up anyone else's packet. Sorry, but these are USAT requirements. We cannot afford to default on losing the sanction. Sanctioning the race is for your and our benefit and safety. Please do



not ask, even if you know us. **NO EXCEPTIONS.** You will be able to pick up your timing chip, bib, and swim cap Sunday morning, but we prefer you pick up on Saturday. Again, you will need to show your USAT card and ID and or pay the 1 day fee that morning at Rattlesnake Bar as well as sign appropriate waivers. Bring exact

cash if you need to purchase a license. There will be **NO REGISTERING for the race on Sunday** at Rattlesnake Bar. All team members will be required to pick

up their packet, not just one teammate and all will need to show proof of USAT membership or each will need to purchase a 1 day license.

Each event will have a designated color swim cap, bike number and running bib.

World'sToughest Half, Half Relay, & Aquabike
International, Int. Relay
Mini

GREEN - #s 1-225
RED - #s 300-500
BLUE - #s 600-700

Be sure you have the correct color for your event that you are competing in. This will help our course marshalls identify which race you are in and what loop you are doing and where to direct you.

T2 SETUP 12-00-7:00 pm - (bike to run, shoe drop-off)

Saturday or early Sunday morning. (T1 swim to bike is set up Sunday morning)
Note the gates of the American River Canyon (T2) close at 7:00 pm Saturday night.

EXPO - RAFFLE

2:00 - 5:00 p.m.

- **EXPO** with sponsors and vendors



- **RAFFLE** tickets for sale all day Saturday and Sunday. All raffle proceeds are donated to the non-profit groups out there volunteering on the course. Raffle prizes are donated by Expo Vendors and Sponsors and Friends of the Auburn Triathlon. The volunteers whether non-profit groups or individuals are what make this race happen, they donate their time to help you have a great, fun and most of all safe day.

Our Non-Profit Volunteer Groups

Kiwanis - 49er Lions and Meadow Vista Lions Club, Placer High Band, UC Davis Tri Club, Sacramento Tri Club, Running School, Sierra Academy

MANDATORY MEETING

3:00 p.m. - American River Canyon Overlook

We strongly encourage you to attend the course talk at 3:00 p.m. for updates and important information with regards to logistics of the courses etc as this race is just that logistical for all. With the International a Southwest Regional Championship, a USAT referee will be there to discuss USAT rules. You will also get valuable tips for race day.

IRONPRAYER - FREE PASTA DINNER - GUEST SPEAKER

4:00 - 5:00 p.m.

- Ironprayer along with Free Pasta Dinner hosted by FCA and multi World's Toughest Half competitors, Troy Soares and his wife, Robin. Both Troy and Robin race each year and then go captain the Maidu run aid station, hats off to them!!!!
- Guest Speaker: Jim King, 3X Western States 100 Mile Endurance Champion

(Race day schedule continued)



Sunday, May 15, 2016 (Race Day)

5:00 a.m.

- T2 shoe drop-off at American River Canyon Overlook

5:30 - 6:45 a.m.

- Late Participant Check-in at Rattlesnake Bar State Park at Folsom Lake

6:50 a.m.

- **T1 CLOSING - STRICTLY ENFORCED** - Everyone in all events should have their transition set up and be ready to go.

Wave Starts (The first wave will be at 7:00 a.m.)

1. 7:00 a.m. - WT Half Men and Men Aquabike (green swim cap)
2. 7:05 a.m. - WT Half Women and Women Aquabike and Relays (green)
3. 7:10 a.m. - International Men (red swim cap)
4. 7:15 a.m. - International Women and Relays (red)
5. 7:30 a.m. - Mini Men (blue swim cap)
6. 7:35 a.m. - Mini Women (blue)

SUNDAY American River Canyon Overlook

8:30 a.m.

- Race Expo Opens

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8:30 a.m. - 3:30 p.m.

- **Post race athlete and volunteer meal** with [Bam Dazy BBQ](#) of Auburn. (There will be lunch available for sale for spectators).
- Raffle will be drawn and winners announced thruout the day. If out on course when name drawn, check your phone we will text and leave a message or check the raffle table. We will only make two attempts to reach you, first when drawn and announced; and second by text. So be sure to check your cell phones before you leave for the day.

10:30 a.m. - Mini Triathlon Award Ceremony

11:30 a.m. - International Award Ceremony

12:45 p.m. - World's Toughest Half Run Start Cutoff Time (~5 hr and 15 min after final wave start)

2:00 p.m. - World's Toughest Half and Aquabike Award Ceremony

3:45 p.m. - Official World's Toughest Half Finish Time (8:30 after final wave)

RACE MORNING LOGISTICS

This is a two-transition race! The lake is 7 miles from the finish line in Auburn. We recommend you check out our [Transition Logistics](#) on our website for detailed information.

We highly recommend you pedal down to the lake from American River Canyon Overlook finish line. Consider a head-lamp for your ride (sunrise is ~5:45am), and ride safely. The recommended shortcut bike route (map for [Bike route to the lake](#)) to the Start and T1 (not race course) is virtually all downhill and



a nice gentle morning warm up. From American River Canyon Overlook, simply turn Left on Pacific Ave, proceed 300m to Auburn-Folsom Rd signal light and turn Left. Proceed thru Sacramento St/Herdal Dr signal, Maidu Dr signal, Indian Hill Rd signal, then descend sharply for ~1 mile. Reach bottom of hill and turn LEFT on Rattlesnake Rd. There will be a sign posted to turn. You will see Scott's Corner Feed Store there on Rattlesnake Rd. This is the 3-way intersection of Auburn-Folsom, Rattlesnake Rd and Shirland Tract Rd (bike course route). Proceed on Rattlesnake Road 3 miles to the lake entrance. SIMPLE route—just two turns! If you fly by Rattlesnake Rd on Auburn Folsom Blvd there is another entrance a couple miles down called Newcastle Rd. Turn left there and it will bring you to Rattlesnake Road and swim venue. Allow 30 minutes to get to lake from the Overlook by bike or car.

You can also get dropped off .7-mile from T1 at the Y intersection of Rattlesnake Bar Rd and Newcastle Road bring a backpack to ride the final .7-mile downhill.

You can Park at the lake Autos will be allowed in to park near lake, but **NO AUTOS CAN LEAVE Lake until final cyclists leaves ~ 9:30**. There is **no return shuttle service post-race** provided. **NO DROP OFF at lake**; only at “Y” - .7 mile from T1

For those driving down or getting dropped off. Please follow same route as cyclists from the Overlook following Auburn Folsom but do not turn left at Shirland Tract, continue down Auburn Folsom a couple more miles and turn left at New Castle Road which takes you to the swim venue. This avoids driving thru neighborhood with the cyclists.

T1 CLOSSES AT 6:50 a.m. YOU MUST HAVE YOUR BIKE RACKED AND TRANSITION SET UP. ABSOLUTELY NO PARKING IS ALLOWED AT OR NEAR THE “Y” INTERSECTION AT NEWCASTLE RD. AND RATTLESNAKE



RD. THIS IS STRICTLY ENFORCED! PLEASE RESPECT THE NEIGHBORHOOD!

T1 is a CLEAN Transition which means, after your swim you need to put everything into your bag so that we can haul it up, anything not in a bag, will be thrown in a lost and found pile for you to rummage through at T2. **Please, take the time to pack it in.** Help our volunteers help you get all your stuff back safe and sound to T2/Finish.

BODY MARKING

All athletes will be body marked on the arms, hands, legs and calf. Body marking will be done race morning only. You will find volunteers in transition area for body marking. It is your responsibility to get body marked in the morning.

CHAMPION CHIP TIMING

This race will be timed by using chip timing. It is your responsibility to wear the chip on your ankle to ensure proper timing. The chip is waterproof so you can wear it on your ankle during the swim. If you are participating in a team, pass the chip to your teammate after each event. You must return the chip as soon as you cross the finish line to waiting attendants. If you do not wear the chip during the entire event you will not be timed, nor be able to get your splits! For more info on chip timing, visit <http://www.capitalroadrace.com/>.

What if I miss Saturday registration?

If you can't arrive until Sunday, you can get your chip at the lake Sunday morning. You can obtain your goody bag with shirt after the race but Sunday's pick up does not guarantee your shirt size no matter when you registered. You can receive by mail if you agree to pay for shipping as a courtesy. Remember you must bring your USAT card and Photo ID and bring cash or check only will be accepted if you need to purchase a 1 day USAT license. (no credit cards) USAT rules apply!



WANT TO VOLUNTEER?

Have friends or family coming with to support?

We still need more volunteers, either Saturday or Sunday.

FOR ALL YOUR BICYCLE NEEDS PLEASE VISIT ONE OUR MAIN SPONSORS



Bicycle Emporium is the proud sponsor of the Auburn Triathlon Bike Course.

Need Last Minute Bike Repair or Supplies. Need to ship your bike?

Bicycle Emporium

483 Grass Valley Hwy.

Auburn 95603

530-823-2900

Contact Bill Marengo to arrange for bike shipping. Bicycle Emporium will participate in the Race Expo, have a designated area in T1 on race morning for bike support, and provide SAG for the duration of the race.



Rocklin Endurance Sports is the proud sponsor of the Swim Course

NEED A WETSUIT? RENT OR BUY?

Rocklin Endurance Sports
2161 Sunset Blvd, Suite 200
Rocklin, CA 95765
916-259-2820



Salomon and Alpenglow Sports are the proud sponsors of our Run course

SPONSOR SPECIALS FOR AUBURN TRIATHLON ATHLETES

We also wanted to make sure you knew and or remind you to be sure to take advantage of the specials offered by our 2016 Sponsors. We are so grateful for our sponsors that support us and our event so we do hope that you will support them in return. Please take a look below at the current specials they have for you.



(continued)

[VFuel](#)

Our new gel sponsor! You may not be familiar with V-Fuel gels so they are offering you a 20% discount on their product for you to try and train with as we all know it is not a good idea to try something new in a race. So take advantage of this offer. Visit vfuel.com and use this code when checking out: "AuburnTri20%". What makes VFuel different? What is in this endurance gel that separates it from the many others available? Are these differences substantial and will the endurance athlete greatly benefit from using VFuel over other gels? These are questions that, among many others, we asked ourselves when deciding whether or not to bring VFuel to you, the endurance athlete. There are quite a few gels on the market today and many have served a good purpose. However, as more people enter endurance based sports, and as more people see the benefits of fueling with energy gels, the more folks are learning about what their bodies can handle given the right support and proper nutrition. Every ingredient in VFuel serves a specific purpose in an effort to fuel you in the best ways possible. check out their website for more detailed info.

De Soto Sports is a long time sponsor of Auburn Triathlon. They are offering to only registered participants 40% off their product line. They have some awesome clothing and wetsuits to choose! To redeem this special please follow the below directions.

To use the code:

1. Go to www.desotosport.com
2. Click on "Shop Now,"
3. Place items to your cart
4. Click "Checkout."
5. In the box that says "COUPON CODE," please enter the code, "AUBURN2016DS40", to get 40% off.

XTERRA Wetsuits. We are so happy to have XTERRA Wetsuits as a new sponsor for Auburn Triathlon. They, too, are offering an awesome online discount to our athletes. 60% off selected XTERRA Wetsuits (LAVA Pants/shorts, speed suits, volt, vortex, vector pro). We will also receive monthly promotions that we will send along either via emails or FB that may provide additional discounts on



items already discounted or other products other than wetsuits such as paddle boards etc. The code they give us is unique to the Auburn Triathlon and each time used will give Auburn Triathlon Gold Points. We then can redeem these Gold Points for XTERRA Wetsuit products that we can then use for awards or give aways. Our code is **R-AUBURN**, please do not share on Facebook or any other social media channel. The landing page to receive the discounts has specials that the regular XTERRA website will not have so be sure to use this link for best specials and deals:

<http://www.xterrawetsuits.com/pages/clubs-teams-coaches>

Stay tuned on [Facebook](#) for more sponsor offerings and updates on the event!

Spread the word and get more folk to join you...the more the merrier!

GOOD LUCK TO YOU ALL, BE SAFE AND HAVE FUN

Colleen, Joe, and crew

konaleen@tahoepeakendurance.com | www.auburntriathlon.com | 530-277-4492

Please visit our [website](#) for much more detail and information including course maps, sponsor info, and spectator tips.

