



Welcome to the 15th Annual 2017 Auburn Triathlon!!!!

Tahoe Peak Endurance, LLC with Colleen Connors-Pace, USAT Certified Race Director and Co-Race director Joe Pace are looking forward to their fifth year at the helm of an awesome grassroots event. Our 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!!!

Taken 5/15/17
At Boat Ramp Rattlesnake Bar



Good news on the water temperatures!!!!

Monday I measured at the end of boat ramp of Rattlesnake Bar State Park a **HIGH OF 66!!!!** Felt warm! Now it might be a little cooler out in deeper parts but.... Training day it was 55 so it is much warmer than anticipated. (wetsuits still required) Now just have to think about preparing for the heat! Please read the following important information regarding the race weekend of events. This should contain all you need to know, but please, don't hesitate to call (530-277-4492) or [email us](#) With your questions or concerns. Or check out the [website](#) for more detail

Have a GREAT RACE!

Colleen and Joe



Saturday, May 20, 2017

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: *Joey Montoya*

- Head Placer Football Coach Since 2007
- 2 Section Titles, Undefeated Year, 9 Consecutive Playoff Berths, 5 Straight Pioneer League Champs
- Accomplished Ultrarunner
- Just finished his 10th Ultra at the Miwok 100k qualifying for Western States!

DETAILED INFO

Athlete Check-in and Registration

Packet Pick-up is on **Saturday, May 20, 2017** 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 19, 2017 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 Raceplanner then you have more than likely already purchased the 1 day but some of you didn't so be prepared to pay \$15. 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's Toughest Half, Half Relay, & Aquabike
International, Int. Relay
Mini

BLUE - #s 1-175
GREEN - #s 200-365
RED - #s 400-500

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, Placer High Swim Team

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!!!!

This year's FCA Guest Speaker ***Joey Montoya***

- Head Placer Football Coach Since 2007
- 2 Section Titles, Undefeated Year, 9 Consecutive Playoff Berths, 5 Straight Pioneer League Champs
- Accomplished Ultrarunner
- Just finished his 10th Ultra at the Miwok 100k qualifying for Western States!



Sunday, May 21, 2017 (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

***DO NOT PUT RATTLESNAKE BAR ROAD IN YOUR PHONE GPS YOU MAY END UP ON THE WRONG SIDE OF THE LAKE! IT'S RATTLESNAKE BAR BOAT LAUNCH, LOOMIS, CA** use this [Google Maps link to the Rattlesnake Bar Boat Launch](#) [directions are also given here on the website.](#)

IT WILL BE YOUR FAULT AND NOT OURS IF YOU END UP ON THE OTHER SIDE AND ARE LATE FOR YOUR START (no refunds) (road to T1 closes no matter what at 7:15 till last bike leaves)

6:50 a.m.

- **T1 CLOSURES - 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
2. 7:05 a.m. - WT Half Women and Women Aquabike and Relays
3. 7:10 a.m. - International Men
4. 7:15 a.m. - International Women and Relays



5. ~7:30 a.m. - Mini Men (we may adjust the Mini time a little)
6. ~7:35 a.m. - Mini Women

SUNDAY American River Canyon Overlook

8:30 a.m.

- Race Expo Opens

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

- **Post race athlete and volunteer meal** with [Maria's Mexican Tacos](#) of Auburn. (There will be breakfast and 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

***DO NOT PUT RATTLESNAKE BAR ROAD IN YOUR PHONE GPS YOU MAY END UP ON THE WRONG SIDE OF THE LAKE! IT'S RATTLESNAKE BAR BOAT LAUNCH, LOOMIS, CA use this [Google Maps link to the Rattlesnake Bar Boat Launch](#) [directions are also given here on the website.](#)**

IT WILL BE YOUR FAULT AND NOT OURS IF YOU END UP ON THE OTHER SIDE AND ARE LATE FOR YOUR START (no refunds) (road to T1 closes no matter what at 7:15 till last bike leaves)

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!

RATTLESNAKE ROAD TO T1 WILL CLOSE STRICTLY AT 7:15. NO ONE WILL BE ALLOWED IN OR OUT

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 completely, 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.

Athlete Support

We will have Gatorade and water, V-Fuel Gels at the Bike and Run Aid Stations. Please dispose of your used water bottles off the roadway in the immediate vicinity of the aid stations. *Note:* You are running in a state park and litter is strictly forbidden. Carry your used gel packets and other stuff to the next aid station's garbage. Anyone seen purposely littering on the course will be **disqualified** and sentenced to hard labor in the state park (clearing poison oak by hand wearing running shorts and singlet). Check out our [website](#) for more details of aid station locations.

Port-o-Pottys are available on the bike course with one at Bowman Aid and West Paoli aid station and at Bear River Campground there are 2 restrooms in route along the river. And at the T2/Finish/Run Start. For the run course there will be **Porta pottys** at Upper Dam and at T2/Overlook.

Bike Support- **Bicycle Emporium** will be our bike mechanic sag wagon.

Lost and Found: If you leave or lose anything race day please check at T2/Finish area where all the swim transition bags have been placed from being hauled up from T1. Your shoes if you left any will be there in a pile for you to search for as well as anything else that was left loose at T1. You must leave T1 with all things in your transition bag or the bag that is provided with your name and number on it. Anything left loose is considered lost and found. If you want anything returned to you we will be happy to do so but at your expense. After 2 weeks, it goes to the good will.

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 Sundays'



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 Friday Saturday or Sunday the more the merrier.

CHECK OUT OUR COURSE SPONSORS AND SPONSOR SPECIALS



ROCKLIN ENDURANCE SPORTS IS THE PROUD SPONSOR OF THE AUBURN TRIATHLON SWIM COURSE

Fastest male and female runners swimmers of the WTH will be awarded a \$100 Gift Certificate to Rocklin Endurance Sports

[Rocklin Endurance Sports](#) offers entrants several choices of triathlon-specific wetsuits to improve your overall swim performance with superior flotation, warmth and speed!

SWIM COURSE: Rattlesnake Bar State Park is at the very rear of Folsom Lake (furthest from the dam), where the American River feeds into the lake. Water



temp historically is between 66-73 degrees. USAT Rules will apply regarding wetsuits so wetsuits are mandatory. You can rent a wet suit from [Rocklin Endurance Sports](#). You will swim in a narrow channel of water surrounded by steep canyon walls and natural beauty. Each distance will complete **one loop** for their distance. It is recommended to bring sandals or running shoes to walk to the ramp and leave your shoes there for you to use when you exit the water to run up

the cement boat ramp which we hope to have carpet but then you will be running on pavement, this will be rough on tender feet. Any shoes/sandals left at the ramp will be picked up in a pile to be dropped off at T2 for you to dig through and find. Any shoes left at the end of the day will be donated.

Note: there have been an alarming number of (non-drowning) deaths during triathlon swims in recent years, with some experts suggesting the combination of cold water, pack swim anxiety, a restrictive wetsuit and the sudden extreme exertion of race start causing extreme cardiovascular and nervous system stress leading to fatality. In the interest of athlete safety and alleviating the anxiety of the swim event, we have a **mandatory warm-up period of 10 minutes** before race start for all athletes. This will help acclimate your nervous system, acclimate to the cold temperatures and promote a safe, successful swim.



IS THE PROUD SPONSOR OF THE AUBURN TRIATHLON BIKE COURSE

Fastest male and female cyclists of the WTH will be awarded a \$100 Gift Certificate to the Bicycle Emporium

BIKE COURSE: The bike course is on extremely quiet roads and is a tough, beautiful course. Bill Morengo of the Bicycle Emporium will be out there as your bike mechanic on course and at T1.



ARE THE PROUD SPONSORS OF THE AUBURN TRIATHLON RUN COURSE

Fastest male and female runners of the WTH will be awarded a pair of Altra Running shoes

RUN COURSE: A scenic and challenging route in the Auburn State Park (100% free of autos) on the edge of the American River canyon. To help course marshalls identify which race you are in you and where to direct you we will have color coordinated bibs.

SPECIAL OFFERS BY OUR SPONSORS



Bicycle Emporium

Our good friends at [Bicycle Emporium](#) are offering all registered participants...

A free safety check for your bike. Bring your bike in for a spot check to make sure it's in perfect order and the gear range is dialed in for this hilly course.

Bicycle Emporium is located at 483 Grass Valley Hwy, Auburn, CA 95603. Give them a call at 530-823-2900 or email Bill at bill@bicycleemporium.com.



BE RACE READY!



ROCKLIN ENDURANCE
SPORTS

Offering 10% off on most of your triathlon needs. They want to make sure you are ready, primed and styling for your race day.

(the 10% does not apply to bikes, electronics or services. Cannot combine with items already on sale. Good on all apparel, bike shoes, run shoes, swim, bike, and run accessories. Take your registration confirmation or just tell them you are registered for the 2017 Auburn Tri)

**De Soto Sport Triathlon
Company**

Save 40% off all merchandise
with the special code for Auburn
Triathlon participants:

AUBURN17TPE40

via <https://www.desotosport.com/>

De Soto makes technical garments for men and women designed with comfort and style, most of which can be used for swimming, biking, and running, eliminating the need to change. De Soto also offers a complete line of workout apparel, accessories and gear all of which transcend well into many other sports and exercise.





XTERRA Wetsuits

[XTERRA WETSUITS](#) is providing all registered athletes 60% off selected wet suit items such as Lava pants/shorts, speed suits, Volt, Vortex and Vector Pro. Special discount offers will come monthly for other items outside those mentioned. (continued)

Specials can be found here

<https://www.xterrawetsuits.com/collections/ctc>

Use the special discount code: **R-AUBURN**

For every item bought with this code Auburn Triathlon gets reward points for special items to be used for awards and or raffle prizes. Support our sponsors and you support us, too!

SLS3



Our brand SLS3 stands for: German Design - Premium Quality - 100% Satisfaction. Every item we create now is thought through and developed from scratch, thoroughly tested by us and then, if deemed awesome, put into production. Just like in the beginning, we listen to our customers for what you need, like and want - without all of you none of what we have achieved would have been possible! We are convinced



that you will love our products as much as we love creating them for you.

[COMPRESSION APPAREL AND ACCESSORIES](#)

Use the code **ACTIVE35** for 35% off Tri Gear



www.SLS3.COM

VFuel

What makes [VFuel](#) different? What is in this endurance gel that separates it from the many others available?

- Easy to Digest
- No Fructose
- Smooth Energy
- Active Recovery



Be sure to check this gel out as it will be the gel on course!



blu kicks™

New Sponsor for 2017

This slip on sneaker is a perfect to slip on after bike ride, a run or to go to and from the water.



Use this code **Auburn17** for **30% off on their online shop** – blukicks.com

Race Directors Colleen and Joe love their BluKicks!

Blu Kicks wants to raise awareness of endangered environments and habitats. That's why they donate \$1 for every pair they sell

Theres more



NEW SPONSOR FOR 2017



Racing the World's Toughest Half means you are a serious badass ladies! But it doesn't mean you can't be your sporty spice self too.

We have an idea we think you may really like.

[TMak Sportswear](#) has designed an Après Sport Dress with our race logo so you can celebrate your finish in style long after the race remember how awesome the race was.

[Here is the Polo Style dress](#) they have designed for us in navy blue. It is made of soft performance fabric. It won't wrinkle; has a racer back; a small pocket for key, id and money; and it's made in the Bay Area!



Auburn Triathlon 2017 Sponsors











Apollo Energy Corporation 









































AUBURN AREA RESTAURANTS

Lunch will be provided by *Maria's Mexican Tacos* for athletes and volunteers of Auburn Triathlon at the Overlook from 9:30am-3:00pm. Maria's will also have meals available for purchase.

UPTOWN

Little Belgian Deli & Beer Bar Monkey Cat Restaurant
780 Lincoln Way 805 Lincoln Way
530-885-5800 530-888-8492

Depoe Bay Coffee Co. The Healthy Habit
893 High Street 799 Lincoln Way
530-889-1021 530-823-6422

New Dawn Bakery Baked and Brewed Cafe
1102 Lincoln Way 958 Lincoln Way, Auburn
530-823-2722 530-889-1373

Tango Frozen Yogurt Hanami Sushi
940 Lincoln Way, Auburn 944 Lincoln Way
530-888-0455 530-887-1243

Auburn Folsom Rd. (between Maidu Drive and Pacific Street – near Railhead Park)

Maidu Café Pizza Express, Subway Sandwich Shop
621 Auburn Folsom Rd. 650 Auburn Folsom Rd.
530-402-7579 530-887-1000

Auburn Town Center

(I-80 exit onto Elm Ave. – SaveMart shopping mall)

Flour Garden Bakery Round Table Pizza
Starbucks Togo's Sandwich Shop

In-N-Out Burger Mr. Pickles
130 Grass Valley Hwy (Hwy 49) 445 Grass Valley Hwy (Staples Shp Ctr)

OLD TOWN (below County Courthouse)

****Auburn Home Show going on same weekend at fairgrounds!!***

Park in public parking off Auburn Folsom Blvd.



Tsuda's Eatery
103 Sacramento St
530-823-2233

Auburn Ale House Brewery & Restaurant
289 Washington St.
530-885-2537

Awful Annie's
160 Sacramento St
530-888-9857

Old Town Pizza
150 Sacramento St
530-888-7600

Bootlegger's Old Town Tavern & Grill 210 Washington St 530-889-2229
Tio Pepe's Mex Rest. & Cantina 216 Washington St 530-888-6445