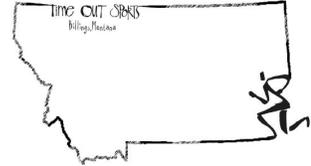




# **2018 RACE BIBLE**

# Thank you for registering for the 2018 Yellowstone Kelly MountainMan Triathlon

\*We put our sponsor page first, so YOU know who is helping make this race happen!



Please support the businesses that support this event!

**Parking at Lake Elmo:**

There will be plenty of parking at Lake Elmo in the upper parking lot. You can also park in the FWP Parking lot near the pier.

**Parking at Sword's Park:**

Park along Black Otter or at the Sword's Park bathroom area. Parking will be tight, be courteous.

**Transition Area:**

Transition 2 (Sword's Park) will open at 5:30am. And will close at 6:45am.

Transition 1 (Lake Elmo) will open at 6:00am, and will close at 7:10am.

The two transition areas are about 10 minutes apart.

**Transportation:**

There will be a bus running between T2 and T1 from 9:00am until 11:00am.

**BIBS:**

You will get a race bib that must be worn on the front during the run.

**Aid Stations:**

There will be no aid station on the bike course.

There will be an aid station at Mile 1.55 of the run course (the turnaround).

There will also be water and Heed in T2.

Please plan accordingly.

**Packet Pickup:**

Packet Pickup will be at Thirsty Street Brewing Company on Friday, August 24th.

Packet Pickup will be from 4:00pm to 7:00pm. Thirsty Street is located at 3008 1st Ave North in Downtown Billings. Out-of-town packet pickup will be at Lake Elmo on Saturday, August 25th, beginning at 6:00am.

As this is a USAT Sanctioned Triathlon, you will have to bring your State Issued ID. If you have an annual membership with USAT, you will need to bring your USAT member card as well.

# SPRINT TRIATHLON:

## SWIM:

The swim will be one loop clockwise around the buoys in the water. Complete the one loop and run into the Transition 1 zone situated in the parking lot at Lake Elmo.

There will be at least 2 kayaks in the water for safety as well as medical professionals on the shore.



## Transition 1:

Run up the beach into the parking and enter the transition area in the parking lot. Get your helmet on, and grab your bike. Run/Walk your bike out of the transition area at the same location you entered.

## Bike:

You will begin the bike by walking over the timing mats. Exit Lake Elmo's parking lot by turning right. Turn right on Lake Elmo Rd, and Right again onto Wick's. Follow Wick's until it turns into Skyline Dr. Follow Skyline Dr downhill, and take a right onto Alkali Creek. The turnaround will be about 2 miles down Alkali Creek.

Go around the cone and ride with traffic all the way up Alkali Creek. You will be directed onto the bike path taking you to the top of the Rims. You will ride past the event tents and staging area and turn left onto Black Otter Rd into Transition 2.



## TRANSITION 2:

Turn left and walk/run your bike into the transition area. Rack your bike and exit the transition area at the same point you entered. Turn left onto the bike path.

## RUN:

You will begin the run by turning left onto the bike path. Follow the bike path, crossing Black Otter Rd once, and going to the turnaround/aid station. Head straight back and turn left off the bike path towards the the finish line (Don't turn Right into the transition area again!)



## SPRINT DUATHLON:

Run 1: Run one loop around the lake, run into the transition area (Bucket will be provided to Duathletes who need items transported to T2)

Bike: Same as Triathlon

Run 2: Same as Triathlon

## SPRINT AQUABIKE:

Swim: Same as triathlon

Bike: Same as Triathlon, turn right to the finish line instead of going into the transition.

# Event Schedule:

## Friday, 8/24/2017

4:00 - 7:00pm: Packet Pick at Thirsty Street Brewing Company (3008 First Ave North).

## Saturday, 8/25/2017

5:30am: Transition 2 Opens (Swords Park)

6:00am: Transition 1 Opens (Lake Elmo)

6:00am: Race Day Out-of-town packet pickup (Lake Elmo)

6:45am: Transition 2 Closes

7:10am: Transition 1 Closes

7:20am: Prerace Meeting at Lake Elmo, on the beach.

7:30am: Triathlon, Team Triathlon, and Aquabike Starts (Dry Foot)

7:40am: Duathlon Starts near Transition 1

8:00am: Post Race Booths and Vendors Open

9:00am - 11:00am: Shuttle Bus Will run from Sword's Park to Lake Elmo.

10:00am: Awards Presentation

1:00pm: Athlete Social at Thirsty Street Brewing Company. Come chat with other participants, the race director, volunteers, sponsors, and enjoy a beer!