

Race Bible for PEAKS TO PRAIRIE ADVENTURE RACE

www.peakstoprairie.org

April 30, 2017

The 39th Annual Peaks to Prairie Adventure Race!

The event will begin at 8:00a.m. for all tri athletes and 8:30am for all Du, 9 miles south of Red Lodge, and end 68.3 miles later at Special K Ranch between Columbus and Park City for all tri athletes and 58 miles later at Itch Kep Pe Park in Columbus for all Du athletes on Sunday – April 30, 2017 . The end of the race and the final festivities will be held at Special K Ranch.

Pricing: \$60.00 per individual for teams:

Tri-Team of three \$180.00

Du-Team of two \$120.00

Tri-Soloist \$100.00

Du-Soloist \$ 80.00

Add \$10.00 for late registration

Registration includes Pita from Pita- Pit day of the race: Tee-shirt, Goodie Bag, and a Great time.

Packet Pick-up

The Spoke Shop

Friday, April 28th

10am-7pm

1910 Broadwater Ave

1-406-656-8342

Last Chance Packet Pickup:

Comfort Inn/ Lobby

Saturday, April 29th

5pm-8pm

612 Broadway Ave, Red Lodge

Phone 1-406-446-4469

****There will be NO CHANGES in Categories after April 27th**

****There will be NO PACKET PICK UP on Race Day, Sunday, April 30*****

Pease check your packet and make sure you have all of the following essential items:

Race numbers

- **1 run, 2 bike, 2 boat**
- **Safety pins /**
- **Map**

It is the responsibility of each team and each team member to make sure they have all necessary race numbers placed in their appropriate locations.

General Race Rules

1. **IPODS** - NO iPods or other distractive listening devices at any time during the race.

2. **SUPPORT - This is a completely unsupported race.** Please request that your family and friends do not participate in LEAPFROGGING down Hwy 78 on the bike course. This is unsafe for all. If Course Marshalls identify an unsafe situation, your race number will be pulled at the transition area. Any violations of the race rules will result in a **DISQUALIFICATION**.

3. Columbus Transition Area (T3): **Cyclists will ride SINGLE FILE into Itch Kep Pe Park and DISMOUNT BEFORE** crossing the timing mat. **The cyclist must hand-off the TIMING CHIP to the Boater(s) in the Bike/Boat transition area after walking across the timing mat.** No one else is to assist in this exchange. The boater will then proceed from the timing mat to the boat launch area once they receive the timing chip. Cyclists are to clear the transition area once they cross the mat and hand off the timing chip. They are not to continue on to the boating ramp. No boats will be allowed on the river until the boater(s) have their timing chip.

4. Traffic: We highly request that friends and family when leaving Red Lodge they take a left and proceed down Hwy 212 to Hwy 421 just before Joliet and take the cut across to Columbus. This is extremely important for the safety of the runners and the cyclist. This leaves Hwy 78 very safe **for** the Cyclist.

5. **New this Year we have parking at Montana Silversmith** across the Street from the park; Parking in Columbus will be at Itch Kep pe Park. One lane traffic in and out.

Start Line: Runners between Mile marker 61 and 62, Highway 212 South of Red Lodge

A free shuttle will transport runners to the start. All runners please use this service. **Runners** will pin ONE number to the front of their shirt, in full view.

Shuttle Times

7:00, a.m. for Tri Athletes depart from St Vincent's Mountain View Clinic in Red Lodge

7:30 a.m. for Du Athletes depart from St Vincent's Mountain View Clinic in Red Lodge approximately.

8:00 a.m. Starting Gun Tri

8:30 a.m. Starting Gun Du

1. **Runners** have asked for a safer and less congested route.
2. Please run on **Left hand side against traffic inside the white line**. **This will be 100 % enforced this year.**
3. Please use care when passing other runners and remain attentive to the fact that this is an open course - automobile traffic is a factor.
4. **No additional vehicles** will be allowed at the race start. This is for the safety of all participants and race volunteers.
5. Runners will stay on left on Hwy 212 all the way until they reach Mountain View Clinic making a left onto Robinson Ln. Entering the transition area through the runner's Ln. On left side.

Run-Bike Transition (T1), ST V's Mountain View Clinic Red Lodge

The transition area will be located in the Mountain View Clinic parking lot on the North end of Red Lodge, 10 Robinson Lane. Incoming race numbers will be called out and also written on a dry erase board to alert cyclists of their approaching runner. This will allow cyclists to strap on their helmets and move into the transition chute.

1. All cyclists **must** wear a helmet **at all times** with the exception of stationary trainer warm ups.

2. Cyclists will pin one number low and centered on the back of their jersey/jacket. The other number is positioned on your bike's top tube, with provided twist ties.

3. This race is conducted on an open highway. **There will be traffic.** Please stay on the right side of the road and use caution when passing other cyclists. Law enforcement officials will be out on the road. If they see you violating Montana's traffic laws you may be liable and issued a citation. The cycling leg this year has 1480ft of Ascent and 3350ft of Descent, Aero bars are allowed.

4. No Drafting

5. Riders may not ride grouped together in a pack (in a peloton) and riders may not draft off a vehicle that is driven to shield the rider from wind. If you are nearing a cyclist you must either pass quickly or drop back. Maintain at least 20 feet between cyclists, unless you are passing.

6. No outside support is allowed. Cyclists are not allowed to accept food, water, tools, tubes, mechanical assistance, or other outside help including help from teammates, family members, friends, or others. **THIS IS A SELF-SUPPORTED RACE. THERE WILL BE A SUPPORT VEHICLE ON COURSE FOR EMERGENCY ASSISTANCE ONLY.**

7. Course officials will be out on the route. If you are caught breaking any of the rules, your number will be immediately pulled and your team will be disqualified from the race.

Bike/Boat Transition (T2)/Duathlon Finish Itch Kep Pe Park Columbus

1. Team and Solo boats are to be dropped off in the designated staging area near the boat launch prior to the race. This Transition Zone is an area of intense activity. The transition zone is the finish of the bike leg for both Tri and Duo athletes. There is a bike rack for solo racers and changing tents. All articles left at the transition zone are the responsibility of the participants.
2. Incoming cyclists' race numbers will be called out and recorded on the dry erase board at the boat launch ramp to announce an approaching cyclist. Arriving **Cyclists will ride SINGLE FILE into Itch Kep Pe Park and DISMOUNT BEFORE** crossing the timing mat. After completing your bike leg, please exit and keep the Transition Zone clear. **Only the cyclist will be allowed to hand-off the timing chip to the boater(s). No one else is to assist in this exchange.** Once receiving the timing chip from the cyclist, the boater will then proceed to retrieve their boat and continue to the boat launch. No boats will be allowed on the river until the boater(s) have their timing chip. Volunteers will help the solo boater(s) with their boat (s) and safely launch.
3. There will be a cutoff time in entering the river of 2:00pm.
4. There will be extra safety volunteers on the river.

Please watch for all safety volunteers and follow any safety signals given.

Extra Safety measures: you may want to carry an extra set of clothing on the boat and if you can keep your cell phone dry a cell phone.

Triathlon Finish, Special K Ranch

1. Boaters will be expected to cross the finish line with their timing chip at the end of the race. Volunteers will be at the finish to accept chips. The timing mat will be placed right before the Arch placed at the Special K Ranch. This should eliminate any of the previously identified timing issues.

2. Volunteers will help the boaters out of their boat so they can cross the Finish Line. The volunteers will also recover the timing chip and place competitors' boats off to the side.

3. All boaters must wear a US Coast Guard approved PFD (lifejacket) for the duration of the river portion of this race. The Montana Department of Fish, Wildlife and Parks may have patrols out on the river. If you are caught not wearing your PFD you may be cited.

4. Volunteer rescue crews will be patrolling the river, however, you must be prepared to self-rescue if you capsize. There will be extra safety volunteers on the river.

5. Parking at Special K Ranch

There will be designated parking at Special K Ranch for spectators and boaters. The boaters will be given Ticket for parking in boating area.

You must have your ticket for parking down by the boating area.

First Aid- There will be first aid tents at all transition areas.

Final Festivities – Special K Ranch,
Special K Ranch is a non alcohol facility,
Please be respectful of their policy.

Final Festivities will be held at Special K Ranch
Race Participants and spectators are encouraged to arrive early and cheer the teams as they arrive.

You will have a meal voucher in your race bag and/or your race number/bib can be used as voucher; please present this to the food vendor for your complimentary meal, provided by Pita Pit: Extra meals will be available for purchase.

Awards:

Award will be Award as Follows:

Soloist, Top 3 Places for Tri and Du Male and Female according to age brackets

Teams:

The top 3 Places in the following Team Categories:

Male, Female and Mixed Gender

General information

Race participants must be age 15 or older, Racers younger than 18 must have a waiver signed by a parent or guardian.

Entry fee includes race entry, participant packet (t-shirt included), meal at the finish and awards.

Awards can be picked up between 1:00-3:00pm at Special K Ranch
Duathlon times will be taken to Special K Ranch and posted. Special K Ranch is located 8 miles East of Columbus on Hwy 10. We encourage **all** participants to come and join us at Special K Ranch.

A portion of the proceeds will be donated to charitable organizations.

Questions

Email the race director - peakstriathlon@gmail.com

To Volunteer email peakstriathlonvolunteer@gmail.com