2016 IMPORTANT RACE INFORMATION: ALL PARTICIPANTS PLEASE READ

NEW THIS YEAR: The youth bike course will use the same path as the adult run course. The kids will start biking shortly after 10 am. They will turn around at mile 1.55, which is the adult 5K run turnaround. If you are on the course after 10, please be aware that kids will be on bikes and may want to pass you on their way back to the finish line.

CHIP TIMING BY BLACK HILLS MULTI-SPORTS: Wear the chip around your ankle, on the OUTSIDE of your wetsuit. Chips will be removed at the finish line. If you lose or do not return the chip, there is a $20 replacement fee. NOTE: the number printed on the chip is an inventory number. It does not correspond with your bib number. Race results will be posted by bib number.

GENERAL INFORMATION: The transition area is for athletes only. Spectators and family members are not allowed due to safety reasons. The youth triathlon starts at 10 am; please be aware that there will be kids on the course.   Awards will be given out as results become available. Race results and splits will be posted within a few days on hotspringslibraryfriends.org. Click the Triathlon link on the left.

SWIM: You must wear the swim cap provided. The swim course goes clockwise, yellow buoys on your right. Keep the red buoy on your left as you come to shore at the finish. Olympic distance athletes swim two loops. Water temperature is usually 73-75 degrees. Wet suits are allowed.

BIKE: No bike riding in the transition area. You must mount and dismount your bike at the line on the road. Helmet strap must be buckled before you get on the bike. All cyclists, including kids, should have a full water bottle on their bike. You are not required to wear your bib number on the bike.

PLEASE NOTE THAT THE COURSE IS NOT CLOSED TO VEHICLES AND YOU MUST OBEY ALL TRAFFIC LAWS. Stay to the right unless you are passing another cyclist. Drafting is not allowed. Watch for gravel wash outs from side roads. Deposit any trash at the aid stations. Please do not litter!

The bike course is unchanged from previous years. There are four cattle guards--keep your speed up and cross them at a right angle. There will be law enforcement personnel at the highway crossing if their other duties allow. There are two bike aid stations, one at the turnaround for the Duathlon and Sprint, and one at Oral at the Olympic turnaround. Gatorade, water bottles and gels are available but please call out to the volunteer if you want anything. They will be recording race numbers at the turnarounds.

As you return to the transition area, be very aware that cars/trucks with boats on trailers will be turning right at Breakers. Please slow down and stay in the through lane. You must be aware of vehicle traffic.

RUN: Race numbers must be worn on the front on the run. All runners, including kids, will use the paved trail that goes south from Breakers. Please keep to the right on the trail--there are blind spots, and the trail is open to the public. The run course is a straight out and back. Just stay on the main trail, it will be marked with colored tape.   Turn around at the sign marked for your distance. There is an aid station at the run start. There are two other aid stations, one at mile 1.1 and the other at mile 2.4. These are accessible for runners coming from both directions. Water, ice, Powerade and gels will be available. Be mindful of the curb just before the finish chute. Your chip must be removed before you leave the finish area.

POST RACE: All finishers receive a medal. Check the door prize board at the finish line; winners can claim their prize at the food table.   Please enjoy the post-race food, and cheer the kids as they finish.   Medals are awarded for overall winners for each event, and first place winners for each age group. We welcome any comments you have to help us improve next year--please stop by the information table to talk to us.

Thanks for your support for the Friends of the Library. Have a great day!