



JUNE LAKE TRIATHLON

ATHLETE INFORMATION PACKET

Welcome to the the TOUGHEST race in the most BEAUTIFUL place!

The High Sierra Triathlon Club is proud to host the June Lake Triathlon and welcomes you for a weekend filled with good times and challenges.

Set in a beautifully scenic high alpine setting, the community of June Lake sits at 7,600 feet above sea level with breathtaking views of Carson Peak and the Sierra Range surrounding the nestled cluster of high altitude lakes: Grant, Silver, Gull and June.

Your race starts and finishes in the same spot: The June Lake Swim Beach.

RACE WEEKEND SCHEDULE:

FRIDAY, July 9th

10:00am to 4:00pm:

Race Expo at June Lake Swim Beach

Louis Garneau Triathlon Apparel, TriDepot & Synergy Sport Triathlon Gear, Mammoth Hospital High Altitude Training Booth, Linda Wright State Farm Insurance Spin-for-prize Wheel Booth, June Mountain Ski Area Booth and, of course, the famed Disabled Sports Eastern Sierra Raffle Booth. Buy a raffle ticket 100% proceeds go to DSES and you can win: XTerra wetsuits, shwag from Louis Garneau, TriDepot and Synergy Sport. Lift rides and season pass to June Mountain, spa services at the Double Eagle Spa in June and Mammoth and more...)

10:00am to 3:30pm:

Race Packet Pick-Up at June Lake Swim Beach

2:00pm: Race Course Orientation at June Lake Swim Beach

5:00pm:

Pre-Race Dinner starts at June Mountain Ski Chalet (ski chairlift ride up!)

5:00 – 8:00pm: Race Packet Pick-Up at June Mountain Ski Chalet

SATURDAY (RACE DAY)! July 10th

5:30am: **Shuttle buses** begin running from June Mountain Ski Area parking lot to Race Start Site (June Lake Swim Beach)

6:00am: **Transition Area opens**

7:45am: **Last shuttle bus for racers to take to Race Start** (shuttle buses run Intermittently for spectators and volunteers from 8:00am – 11:00am along Northshore Drive)

8:00am: **Olympic Race Starts!**

8:15am: **Transition area cleared** – all racers out of Transition Area.

8:30am: **Sprint Race Starts!**

9:00am: **Festivities Begin**

Expo Open! More booths to visit!

Post Race Catered Lunch Celebration – FREE for all racers!

Post Race Massage - \$1/minute

11:00am: **KIDS Mini-Sprint Triathlon Starts!**

12:00 noon: **Raffle and Awards Begin!**

1:00 pm: **Transition area closes** – all gear must be taken out by 1pm as we will no longer have the transition area secure starting at 1pm.

2:00pm: last shuttle bus leaves the June Lake Swim Beach to head back to June Mountain Ski Area parking lot.

PARKING RACE DAY:

Race Parking is mandatory at June Mountain Ski Area Parking Lot.

There is no parking allowed along Beach Road, Pinecliff Road or along Northshore Drive. You will have access via bicycle, but not vehicle.

Race morning, please park at June Mountain and use 1 of 2 options:

OPTION 1:

Shuttle bus with bike trailer: there will be 3 shuttle buses (2 buses with bike trailers and ADA compatible bus) leaving the parking lot to shuttle racers, volunteers and spectators to the race start: June Lake Swim Beach.

Shuttles start at 5:30am in the morning – transition area opens at 6am.

Plan on 30 minutes to get from June Mountain to the Race Start (June Lake Swim Beach).

Shuttles will stop running regularly at 7:45 am. We want to keep the roads safe for racers on the bike course. From 8:00-11:00am, we will run very intermittent shuttles for spectators, visitors and volunteers – but the final Sprint racers need to be on that 7:45am bus to make the race start!

OPTION 2:

Ride your bikes from June Mountain Ski Area parking lot to the race site (June Lake Swim Beach). Warning: this is uphill – fairly steep – a section of the Sprint Bike Course and is approximately 3-4 miles. (Post race – you may ride back to the Ski Area and it would be mostly downhill).



USAT SANCTIONED EVENT:

This event is USAT sanctioned.

That affects racers in 2 main ways: packet pick up and race rules.

PACKET PICK UP:

All racers are required to be either USAT Annual Members or USAT Single Day Members. During race registration, you indicated if you were or were not a USAT annual member.

If you are not an Annual Member, you are considered a Single Day Member.

Annual members must bring their photo ID and their current USAT member card at the time of packet pick up. NO EXCEPTIONS!

Single day members are required to pay \$10 to USAT for race insurance purposes.

You should have paid that at the time of registration. If you did not pay \$10, please pay at the time of packet pick up by cash or check payable to USAT.

We will have a record of who did or did not pay and if payment was not received, you will be required to pay the \$10 before you can receive your race packet.

Relay Teams: the \$10 fee must be paid by each member of a relay team individually. Each member pays \$10. All team members must have paid their individual \$10 before any member of the relay team is able to pick up their race packet.

USAT RULES AND REGULATION:

USAT race rules will be posted at the race site. In addition, you may view the rules at www.usatriathlon.org Please observe all rules to keep this event safe and avoid disqualification or time penalties. This is a USAT sanctioned event.

TRANSITION AREA:

Only racers are allowed in the transition area including picking up their gear. We will require your race number match your bike race number in order to leave the transition area. The only exception is parents of minors who are competing in the Kids Mini Tri.

RACE COURSE:

SWIM: June Lake is clear and clean. It is also a bit cold. We require wetsuits for the Olympic Course and HIGHLY recommend them for the Sprint and Kids' Course – TRUST US! In addition, lake level is about 7,600 feet above sea level.

BIKE: You are required to obey all traffic laws while on the bicycle. This is an open course, which means traffic is on course (the road is NOT closed for the event).

Olympic BIKE course will be making a sharp right turn onto U.S. Hwy 395 and need to stay in the bike lane. Please be cautious when entering the federal highway intersection.

This is for your safety. Please obey volunteers who will be warning you to slow down for the stop and sharp right turn. In addition, the Olympic Bike Aid Station will be in this area as well.

RUN: This race is notorious and famous for the run courses! Both are a mix of trail and pavement. Trail running shoes are recommended and socks are nice on this sandy, rocky course. (Some folks keep talking about wearing gators too!) – Yes, it's as gnarly as everyone says it is. Steep up-hills and steep down-hills on sandy, rocky trails – please keep your footing.

AID STATIONS:

Bike Course Aid Stations:

There is one bike aid station for both Olympic and Sprint courses. Both will have water and HEED.

Olympic Bike Aid Station is located about 16 miles on the course at the North Junction between Hwy 158 (the June Lake Loop) and Hwy 395, near the mandatory foot down stop.

Sprint Bike Aid Station is located on Northshore Drive about 5 miles into the course at almost the top of John's Hill.

Run Course Aid Stations:

Sprint course has 3 aid stations

#1 is right outside of the transition area as you enter the run course (on trail) – WATER, HEED and HAMMER GEL

#2 is at the right dog-leg turn-around (only on Sprint course, not Olympic) WATER & HEED

#3 is at the main sprint run course turn-around WATER, HEED & HAMMER GEL

Olympic course has 6 aid stations:

#1 is right outside of the transition area as you enter the run course (on trail) WATER, HEED & HAMMER GEL

#2 is about 1 mile in at the Sprint Course turn-around. WATER, HEED & HAMMER GEL

#3 is on an uphill right before you make your way onto the steep ¼ mile single

track leading to the Snow Ponds trail plateau. WATER, HEED & HAMMER GEL #4 is called "Angel Aid station" and is a minimal aid station as the volunteers hike out to the spot. It is located on the Snow Ponds trail plateau. WATER & HAMMER GEL

#5 is at the very bottom of the steep downhill of the Snow Ponds trail and leads you to a subtle single track that parallels the paved road. WATER, HEED & HAMMER GEL

#6 is the same as #1 on your return and is about 1 mile from the finish! WATER, HEED & HAMMER GEL

CUT-OFF TIME:

There is a soft cutoff time of 1pm for the race course. This means volunteers will vacate their posts at 1pm, but we will leave aid out on the course for any racers who need a longer time to finish the course. We do have sweep runners following the last racers on the course.

SAFETY:

There is an emergency vehicle on site and radio/cell phone communication between all volunteers, emergency vehicle and CHP.

We have a water safety team in the water that consists of kayaks and 1 motor boat. The swim course is shallow in the beginning and you are allowed to stand up to take a break! You may also hang on a kayak to rest if you need (please waive your arm and a kayak or boat will come to you).

If for some reason, you are unable to finish the race, you MUST notify a race volunteer/staff person immediately.

VOLUNTEERS:

All volunteers will be wearing sage green June Lake Triathlon race shirts race day for easy recognition.

Please feel free to ask them any questions and they will get you the answer or find someone who can. In addition, **remember that you MUST notify a race volunteer/staff immediately if you are unable to complete the race for any reason.**

A big thank you to all the volunteers as they are putting at least one full day in the sun working to make your race experience awesome!

DIRECTIONS

DIRECTIONS TO JUNE LAKE:

Just 30 miles south of Yosemite, 14 miles north of Mammoth Lakes and 5 miles southwest of Mono Lake, June Lake is a hidden jewel of California!

From L.A.: (approximately 5 hours)

5 North to 14 North to 395 North Turn LEFT

at June Lake South Junction/HWY 158/June Lake Loop (west side of Highway)

- at the Shell Station.

From San Diego: (approximately 7 hours)

15 North to 395 North Turn LEFT at June Lake South Junction/HWY 158/June Lake Loop (west side of Highway) - at the Shell

Station.

From Reno: (approximately 3 hours)

395 South Turn RIGHT at June Lake South Junction/HWY 158/June Lake Loop
(west side of Highway) - at the Shell Station.

**Or FLY! Horizon Airlines is now offering flights directly to Mammoth via
LAX year-round!**

DIRECTIONS TO JUNE LAKE BEACH: Official Race Site

(Also site for Friday packet pick up 12-3:30pm and 2pm race orientation)

Once on June Lake Loop/Hwy 158, turn Right onto Northshore Drive at Oh!
Ridge turn.

1/2 mile turn Left onto Pine Cliff Road

1/4 mile turn Right onto Beach Road (sign to beach)

.1 mile into the first parking lot on right – you'll see it at that point!

DIRECTIONS TO JUNE MOUNTAIN PARKING LOT FROM RACE SITE:

**This is the Saturday parking & shuttle site and the PRE-RACE DINNER site
for Friday night**

From swim beach follow Beach Road up toward campground to Pinecliff Road.
(about .1 mile)

Left onto Pinecliff Road to Northshore Drive (1/4 mile)

Left onto North Shore Drive to Highway 158/June Lake Loop (STOP sign – about
3-4 miles) – and road T's.

Left onto Highway 158 (June Lake Loop) at STOP sign.

Immediate Right into JUNE MOUNTAIN parking lot. It's huge – you'll see it -
(practically across the street)

DIRECTIONS TO JUNE MOUNTAIN PARKING LOT FROM HWY 395:

From HWY 395, turn into the June Lake Loop (Hwy 158) at the South Junction
(the Shell Station) (right from Southbound lane and left from Northbound lane)

Right onto North Shore Drive. Sign also says Oh! Ridge campground.

Left onto Highway 158 (June Lake Loop) at STOP sign (about 3-4 miles).

Immediate Right into JUNE MOUNTAIN parking lot. It's huge – you'll see it -
(practically across the street)

ADDITIONAL INFORMATION

LOCAL BIKE SHOPS

FOOTLOOSE SPORTS - 760.934.2400 www.footloosesports.com

BRIAN`S BICYCLES & CROSS COUNTRY SKIS - 760.924-8566

MASSAGE THERAPISTS

Post race massage - \$1/minute on site

Pre race massage available:

PATTI GALLUCI – 760.914.2647

MICHELLE MATHER – 760.709.6586

DOUBLE EAGLE RESORT SPA in JUNE & MAMMOTH

June Lake: 760.648.7134 www.DoubleEagle.com

Mammoth Lakes: 760.934.8511 x.111 www.SnowcreekAthleticClub.com

**THANKS! We really appreciate you joining us.
HAVE A GREAT RACE!**

Alana Levin, Race Director

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This is a permitted event on the Inyo National Forest