Athlete Race Guide

Idaho State University

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Athlete Race Guide

About the Race

The Bengal Triathlon consists of a 700-yard pool Swim, a furiously fast 13-mile Bike, and a wickedly memorable 3-mile Run. Participants may race as an individual or as a team (2-person or 3-person relay). Triathlon (swim-bike-run) and Duathlon (bike-run) options available. We welcome all levels of racers - from beginners through pros. We want to bring new people to the sport... and do it in a way that's not too intimidating!

The Bengal Triathlon is a capstone project for Idaho State University Sport Management and Athletic Administration students. The annual event, which originated in 2006, attracts between 300 and 400 participants annually and has become the largest sprint triathlon in the state of Idaho!

The Swim: 700 Yards

It's a race in April... in Idaho... so we do the swim in a pool, and to make sure we have enough room, we swim on Friday - the night before the bike and run! We offer five swim locations for our participants to choose from: Pocatello (the main location – Pocatello Community Recreation Center), Idaho Falls (Club Apple), Boise (West YMCA), Twin Falls (Municipal Pool), & Lava Hot Springs (Indoor Aquatic Center). We use the participants' swim times to seed the bike/run start on Saturday!

The Bike: 13 miles

A relatively flat and super-fast course that will take participants from ISU Reed Gym to Century High School and back! The fastest swimmer starts the race at 9:30 sharp on Saturday morning. then everyone else is sent off based on their swim time differential. For example, if the fastest participant's swim time was 8:00, that person will be sent off into the transition area (T1) at 9:30am (helmet and shoes on!). Another racer who completed the swim in 9:00 would be sent off at 9:31am... and so forth. We stage all the participants in the front of Reed Gym and big race clocks show the running race time (which was set to the fastest swim time at the start of the day).

The Run: 3 miles

It's a mixture of asphalt and dirt... hills and flats... with scenic views of the Idaho State University campus all the way around! The first mile takes racers down the hill and onto Portneuf Greenway asphalt trail. The second mile traces the hills and trails of the backside of the Performing Arts Center and is sure to challenge even the fittest of racers. Once the racers make it to the Performing Arts Center parking lot, it's all asphalt and a downhill to the finish back at Reed Gym.

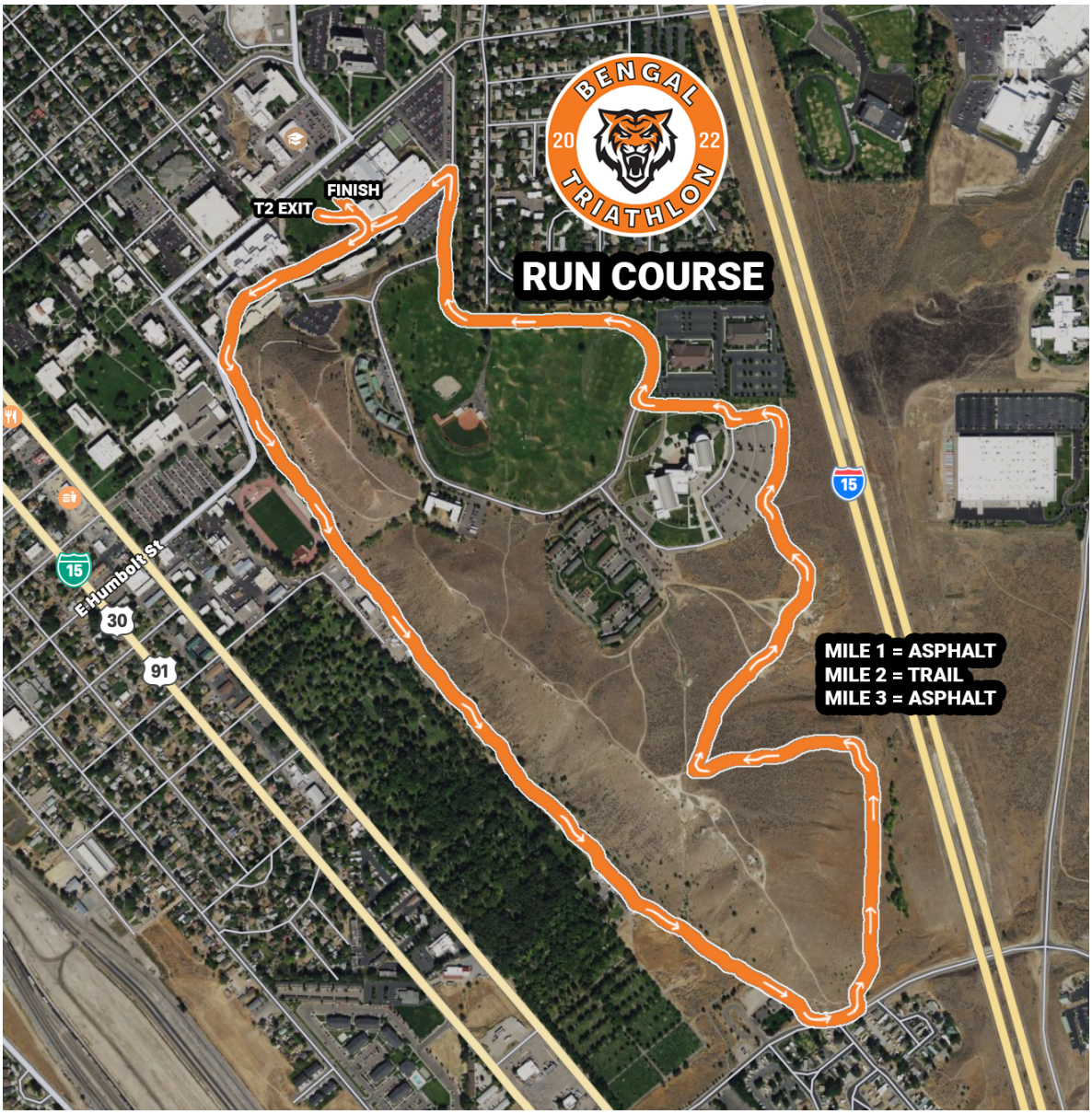
Course Maps

Bike Course: 13 miles

Bike Course:

Reed Gym; Left onto MLK; Left on S. 8th Ave onto Humboldt; Left on S. 2nd Ave.; Left on Kirkham Rd; Right on South Valley Rd., Right on S. 5th Ave; Turnaround at Century HS (stoplight); South 5th Ave. to Jason Ave; Left on Swisher Rd, Right on Wildlife Way; Left on Barton Rd; Right on S. 5th Ave; Right on Humboldt St to Cesar Chavez; Right on MLK Way to Reed Gym

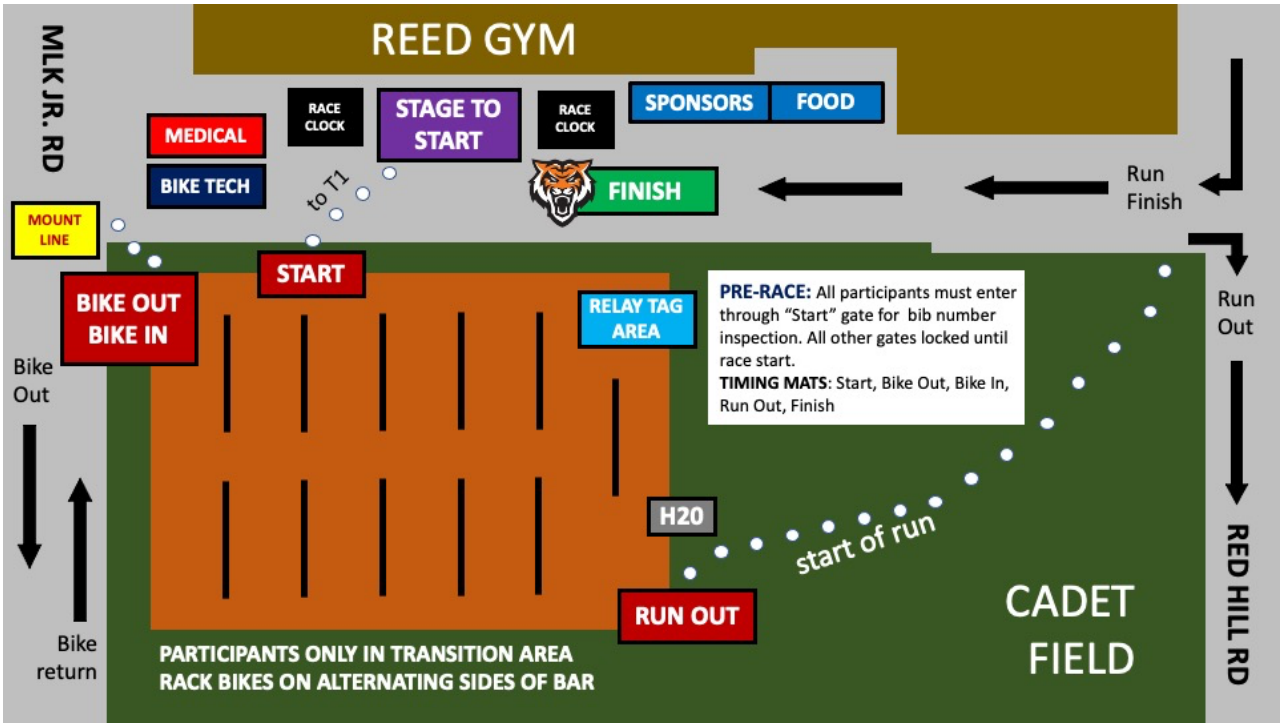
Run Course: 3 miles



Run Course:

Reed Gym; Right onto Red Hill Rd; Left onto Portneuf Greenway Red Hill Trail; Left on Barton Rd; Left onto BLM Access Road (approx. 200 yards, with turn to left approx. 400 yards up road); Right on BLM Access Road (top of hill) to Performing Arts Center parking lot; Right around parking lot perimeter to Sam Nixon Dr; Right on S. Bartz Way; Left on Red Hill Rd; Left to Reed Gym finish line.

Start/Finish & Transition Area: Reed Gym



Reed Gym:

Reed Gym will be open throughout the duration of the race. Participants are welcome to go inside and warm up, as needed. Restrooms and shower facilities available.

Transition Area:

The Transition Area will be just off the corner of Martin Luther King, Jr. Drive and the entrance to Reed Gymnasium. Fencing will surround the transition area. The transition area will open at 8:00am on race day (not earlier) for bike check-in. The transition area is restricted to participants only. Race officials/security will monitor the transition area before and during the race. Only one gate ("Start") will be open for check in and check out, and participants must show race bib number to check out bike (must have corresponding race number).

Athlete Check-in and Packet Pickup

All athletes must pre-register for the event on Active.com. Race registration closes the Wednesday prior to the event. No same day entries will be accepted. Race shirts limited to those who pre-registered by April 1. Late entrants will receive shirts only as supplies last. Athlete registration and check in will take place on Friday at Pocatello swim location in the foyer outside the swimming pool during the duration of the swim, starting at 1:30pm. Additional check in and race packet pickup will be available to participants who completed swim in satellite locations (Boise, Idaho Falls, Lava Hot Springs, Twin Falls) on Saturday morning of the event beginning at 7:30am. **Participants are required to pick up their own packet**. All participants must sign a waiver prior to packet pickup. All children under the age of 18 MUST be accompanied by a parent/guardian and both must sign a race day waiver/risk acknowledgement form. All participants under the age of 14 must be accompanied throughout the bike/run by a parent/guardian. Parent/Guardian must ride their bicycles directly behind the youth participant (not to the side and not in front). Shirts in packets that are not picked up by race start will be made available to late registrants. No shirts will be held or mailed.

IN THE EVENT OF INCLEMENT WEATHER OR HAZARDOUS ROAD CONDITIONS, THE RACE DIRECTOR HAS THE DISCRETION OF CANCELING or ALTERING THE BIKE PORTION OF THE RACE.

This decision may be made up to the start of race on Saturday. No refunds will be given.

Timing Chips

Upon arrival at Reed Gym on Saturday, participants should report to the Vector Timing tent to pick up timing chips. Participants must show race bib to be issued a timing chip. Timing chips must returned at the race finish.

Pre-Race Meeting

A mandatory pre-race meeting for all participants will take place at 9:15am on Saturday prior to the bike/run.

Transition Area

The transition area will be secured and accessible to **participants only**. Participants must show bib number to enter/exit the transition area. Corresponding race numbers must also be affixed to rear seat post of bicycle. **The transition area will open at 8:00am and will close at 9:15am,** just before the participant pre-race meeting.

Each participant is allowed a 2' x 2' area in transition. **Transition equipment/clothing/shoes should be placed next to the down tire on the left side of the wheel. Bikes should be racked on alternating sides of the bike rack by the seat.** As a courtesy, those with mountain bikes are encouraged to rack their bicycles near T2, Run Out. Kickstands may be used in this area, but bicycles may not impede transition traffic (keep aisles clear).

Relay teams are provided with a special area on the front east side of the transition area to rack bikes and tag team members. Relay bike participants will have bike sticker; Runners should wear bib. Relay team members should identify themselves as Relay Team members at transition security check to enter transition area.

Helmets are required at all times when the bicycle is mounted. **Any racer who mounts his/her bicycle without their helmet fastened tightly on their head will be disqualified.** This includes pre-race, during the race, and post-race. **Headphones are strictly prohibited.**

At the conclusion of the race, participants must "check out" of the transition area by showing their race bib number. That number must match the number on the bicycle they are checking out.

Race Course

Swim: Due to ongoing maintenance at the Reed Gym pool, the 2022 swim will take place in the Pocatello Community Recreation Center, 144 Wilson Avenue. The swim will consist of 700 yards (28 lengths/14 laps). The swim will take place on Friday between 2pm-8pm. Additional swim locations will be in Idaho Falls (sponsored by Club Apple), Boise (sponsored by Tri Town Bicycles), Twin Falls, and Lava Hot Springs. Those participants who wish to complete their swim outside of Pocatello must designate their preferred satellite site when registering for the race. Days and times of satellite swim locations will vary (always week of event) and those participants who designated satellite swim locations will be contacted with additional information between April 1 and April 10. **Packet pickup for all satellite swimmers will be on Saturday morning upon arrival at Reed Gym.**

Upon arrival at the swim location, participants should check in and sign waiver. After check-in, participant should report to a lane and check in with the timer at that lane. Participants will swim on a first-come; first-served basis according to lane check-in. No race number or timing chip is worn during the swim, however it is important for each swimmer to verify their name and race number to the lane's timer prior to starting the swim.

One lane will be designated for warm-up/warm-down (circle swim; stay to the right side). **No warmup laps will be allowed in the racing lanes.** **Snorkels and/or floatation devices of any kind are prohibited.** Swimmers should wait until the timer/lap counter start them. There will be TWO swimmers to each lane. Swimmers should stay to the the same side of the lane. Swimmers may stop to rest at the wall but may not advance their position by walking, or by pulling themselves along the lane lines. Timers/Counters will be provided. Times will be recorded and submitted directly to the Race Director. **Swimmers are NOT to retrieve their timecard after the swim**. Participants' swim time will seed them for the bike/run portion of the event that will be held on Saturday morning. All swim times will be posted at Reed Gym Saturday morning by 8:00am and on the event's website/social media page on Friday night as soon as possible after the swim ends.

Bike: The Bike and Run portions of the race will take place on Saturday morning starting at 9:30am (fastest swimmer will start at 9:30am; all other swimmers thereafter based on swim time). Participants must have race numbers clearly visible on the FRONT and must have a timing chip affixed to their LEFT ankle prior to start of race (the leg opposite chain ring). **All cyclists must wear helmets at all times when on the bicycle (pre-race, race and post-race). Failing to have the helmet on and fastened tightly will result in immediate disqualification.**

Each participant should ensure their bicycle is in good working condition prior to race participation. No e-bikes, tandem or recumbent bicycles will be permitted. Bikers must ensure their bar-end plus are in place and they have no loose spokes, brakes, headsets, stripped cables, etc. The hubs and handlebars should be positioned correctly. Cables and tires should be in good condition and those riding with tubular tires should ensure they are glued properly onto the rims. All additional equipment (bags, pumps, water bottles, etc.) must be securely fastened onto the bike. **A bike mechanic from Barrie's Sports will be available before the race for minor repairs/adjustments.**

Beginning at 9:15am prior to the race start, participants will stage in front of Reed Gym. Large race clocks will display the time of the fastest swimmer. The clock will start with the fastest swimmer. The Race Director will call each participant's name to allow them to run into the transition area (T1) once their swim time is displayed. A timing mat placed at T1 entrance and exit points will track splits.

Once the Race Director calls the participants' names, they will run across the grass area and into the Transition area to retrieve their bicycles. **All bicycles must be posted in the transition area prior to the start, but bike helmets and shoes may be worn.** Participants may not mount their bicycles until they pass the **Mount/Dismount line**.

Cyclists will proceed south down Martin Luther King, Jr Drive staying on the inside lane (near the yellow line) and will turn left onto South 8th Ave. (Cesar Chavez). **ISU Public Safety will be onsite at this location to assist course volunteers with traffic control, however cyclists are to use caution when entering these (and all) intersections to ensure traffic has stopped**. Cyclists will continue onto Humboldt, passing Davis Field and will stay to the inside (along yellow line) and will cross through the intersections of S. 5th Ave and S. 4th Ave. **ISU Public Safety and Pocatello Police Department will be onsite at these location to assist course volunteers with traffic control, however cyclists are to use caution when entering these (and all) intersections to ensure traffic has stopped**. Cyclists will stay on Humboldt and will turn left onto S. 2nd Ave. Again, several course volunteers will be there to assist with traffic control, **however cyclists are to use caution when entering this intersection to ensure traffic has stopped**.

Once onto S. 2nd, cyclists will go straight through Ross Park and will turn left onto Kirkham Rd (before railroad track crossing. After climbing a short hill, cyclists will turn right onto South

Valley Rd. Cyclists should stay to the right of the outside lane. Cyclists will then turn right onto
S. 5th Ave. and will travel straight to the turnaround at Century High School. Cyclists must stay on the right side of the lane. Faster riders should announce themselves when coming up on slower riders by politely saying, *"On your left!"* Riders being passed must give the right-of-way by moving to the right side of the bike lane. **There should be NO PASSING TO THE RIGHT under any circumstances**.

Cones, course volunteers and sports medicine staff will direct riders safety through the turnaround at Century High School. However again, this course is open to traffic and riders are instructed to **LOOK BEHIND THEM** prior to entering the turnaround to ensure traffic has stopped and to make sure course officials are waving them through.

Riders will return on South 5th avenue before turning right onto Jason Ave. (past South Valley Rd stoplight but before I-15 onramp). A short chicane will take riders left on Dolbeer St to Vaughn Ave, left on Roper St., right on Connard Ave, left on Swisher Rd and right onto Wildlife Way. After about a one mile climb, riders will turn left on Barton Rd. (watch for safety), and then right on S. 5th Ave, just past the cemetery. Cyclists will proceed down S 5th in the wide bike lane before turning right on Humboldt St and following the same path back to the transition area at Reed Gym (8th Avenue with a right on MLK Jr. Way).

All racers must dismount their bicycle at the Mount/Dismount line and then enter transition.

Throughout the bike course, cyclists must ride single file and no drafting will be allowed. Riders must keep at least 4 bike lengths distance between themselves and the bike in front of them at all times. Riders must stay to the right of the right traffic lane (or in the bike lanes, when available). Course volunteers, cones, candlesticks, and signs will help direct cyclists. **Hazards will be cleared or clearly marked with orange paint and/or bright orange cones and gravel will be swept, as possible.** Areas of concern will also be identified in the pre-race meeting prior to the race start. Every effort will be made to sweep loose gravel, but participants are reminded that this course traverses an industrial area and there may be gravel that appears after the final sweep the evening prior to the race.

No iPods, music devices, other electronic devices or headphones may be worn at any time while on the bike. No non-race sponsored support vehicles will be allowed. In race bike repairs (including flat tires) are the responsibility of the race participant.

THIS COURSE WILL BE OPEN TO TRAFFIC. RACERS MUST OBEY ALL TRAFFIC RULES AND SHOULD MAKE SURE THEY ARE BEING WAIVED THROUGH INTERSECTION BY RACE OFFICIAL/POLICE OFFICER PRIOR TO CONTINUING. SLOW DOWN BEFORE ENTERING EACH INTERSECTION/TURN AND PROCEED WITH EXTREME CAUTION. BE PREPARED TO STOP BEFORE ENTERING INTERSECTION, IF NECESSARY (e.g., an emergency vehicle needs access or a rogue driver that refuses to stop!).

Relay Teams:

Bicyclist must start outside of transition along with the rest of the participants and must enter transition to get his/her bike at the assigned time. Upon conclusion of the ride, cyclist must dismount bicycle at **Mount/Dismount** area, run into transition and tag their runner in transition and transfer the timing chip at the designated **Relay Tag Area**. **No roadside tags will be allowed**. Relay team members should be aware of other racers and not cause congestion in the transition area.

Run: Participants must have race bib number clearly visible on FRONT of abdomen during the run and their timing chip should be affixed to their ankle. Runners will exit the transition area (T2) to the southeast (opposite corner as the bike exit) and continue along the grass until being directed south onto Red Hill Road. Runners will proceed along the road behind the Rendezvous Building and, at the bottom of the hill, will turn left onto the Portneuf Greenway's Red Hill Trail (intersection of South 8th Ave.). Runners will stay on the Greenway trail approximately one mile to Barton Road (gate in fence/gravel parking lot). Runners will turn left and travel up Barton Rd approximately 100 yards before turning left onto a BLM dirt access road. **An aid station (water only) will be at this location**.

Runners will stay on the dirt road/trail for approximately 400 yards before turning left and running up the hill (rather steep). At the top of the hill, runners will be directed right and will continue on the dirt road/trail all the way to the backside of the ISU Performing Arts Center. Once reaching the parking lot, runners will turn right and run the perimeter of the parking lot to Sam Nixon Dr. (adjacent to LDS church buildings) and will then turn right onto S. Bartz Way. Once on S. Bartz Way, **Runners are instructed to run against traffic (stay to the outside, or left side, or the traffic lane).** After getting down the hill, runners will be directed left onto Red Hill Road, and then right to the finish line at Reed Gym.

An abundance of course volunteers, signs, cones, and chalk markings will direct runners on the course. Participants must make sure they remove their timing chip after crossing the finish line and place it in the appropriate collection bin. Failure to do so may result in $100 fine from the timing company.

IF ANY RACER WITHDRAWS FROM THE RACE AT ANYTIME AFTER THE START, IT IS THAT RACER'S RESPONSIBILITY TO NOTIFY THE TIMING COMPANY AT THE FINISH LINE.

Race Results & Timing

Results will be posted as soon as possible after last racer finished. **All questions or concerns related to race timing should be directed to timing company. Race Director has no power to change or adjust times!** Additionally, there will be large time clocks posted for you to see at the finish line and we will post results as we can. If you are super anxious to know your time, please make sure to look at the clock as you finish or wear a stopwatch. The event organizers will make every effort to ensure accurate times, however sometimes $*%! happens. Race results will be posted at vectortiming.com.

Awards and Raffle Prizes

Awards will be given in the following categories for both males and females: Overall Male, 19U, 20-29, 30-39, 40-49, 50-59, 60+, Relay, Duathlon Overall. We will also try to have a variety of raffle prizes. The awards and raffle ceremony will begin after the final participant crosses the finish line. Race numbers will serve as raffle numbers.

Medical

Portneuf Sports Medicine will be onsite for the entire duration of the race. Athletic trainers will also be available to participants before the race and after the race. In the event of a bike crash or other medical emergency, course volunteers have been instructed to call 9-1-1 and an ambulance will be dispatched.

Bike Mechanic

A bike mechanic from Barrie's Sports will be onsite before the race to assist with minor repairs and needs.

PLEASE THANK ALL THE VOLUNTEERS ALONG THE WAY!

2022 Race Sponsors

- Idaho Central Credit Union
- Idaho State University College of Education
- Portneuf Medical Center
- Barrie's Sports
- Performance Therapy (Idaho Falls)
- Specialized Therapy (Pocatello)
- Club Apple (Idaho Falls)
- Tri Town (Boise)

The Bengal Triathlon is a capstone learning activity for undergraduate and graduate students in Idaho State University's Department of Human Performance and Sport Studies.

All proceeds from the race benefit learning opportunities for students