



Re*Imagine Medical Lake Founders Day Presents:

34th Annual Trailblazer Triathlon/Duathlon/5k

Saturday • June 15th • 1:00pm

Coney Island Park, Lake & Jefferson, Medical Lake, WA

TRI & DU: \$55 Individual / \$75 Team • 5K: \$20

t-shirts additional \$20, limited quantity avail on race day



RACE DAY DETAILS:

Trailblazer Triathlon, Duathlon, & 5K are **timed events**.

Where: Coney Island Park (Lake & Jefferson) Medical Lake, WA

Date: **Saturday June 15th at 1 p.m.**

TRI Distances: 350M swim, 12.2. mi bike, 2.92 mi run

DU Distances: 1 mi run, 12.2 mi bike, 2.92 mi run

5K: 2.92 mi run (Medical Lake Trail)

Contact Us:

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Schedule:

Friday June 14th

9:00AM – 3:00PM **Packet Pick-up**

Snap Fitness 207 WA-902, Medical Lake, WA 99022

**packets may be picked up on race day at 11:00 AM at race start location*

Saturday June 15th

11:00 AM Transition area opens, race-day registrations & **packet pick up** at Coney Island Park, Medical Lake.

12:15 PM Pre-race meeting at Coney Island Park

12:30 PM Transport Trailblazers Triathletes to Duffy's Point. Participants are welcome to swim across to Duffy's Point but must be on shore by 12:50 PM. Swim will exit at Coney Island Park.

1:00 PM Race Start for all three events TRI/DU/5K

2:30 PM Awards - Coney Island Park

3:30 PM Course Closes.

Rules:

SWIM: Participants must have contact with some portion of the shore or lake bottom at start time.

BIKE: Always pass on the left of the cyclist ahead of you, just like a car. Never pass on the right and always communicate to those you are passing "on your left" is a great way to let someone know you are going to pass. Portable music devices, MP3 or earbuds/headphones are **NOT** allowed at any time during this race. This is a safety issue for not only the athlete but to your fellow athletes. These devices prohibit you from hearing fellow riders, cars or potentially serious situations.

HELMETS ARE REQUIRED to race. No Helmet, no Race. ANSI or SNELL approved helmets are required, check for the sticker on the inside of the helmet. Helmets should be securely fastened before leaving the transition area and return to the transition area from the bike leg of the triathlon. Please wear your helmet if you are riding and arriving at the park on race day.

BICYCLE DISMOUNT AND MOUNT AREA. You may not ride your bike through any part of the transition area. Athletes **must walk or run with their bicycle to the mount and dismount bicycle area.**

DRAFTING is illegal. Taking pace from another bicycle or car is not allowed at any time. We understand that sometimes it is hard to avoid. Do not take pace from another rider ahead of you. You must leave 7 meters or 4 bike lengths from the rider in front of you. If you are overtaken, it is your responsibility to drop back 7 meters to avoid this situation. Complete your passing quickly to avoid drafting penalties. Drafting penalties will be 2 minutes per offense.



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BIKE COURSE: The bike course is not a closed course and you must always be heads up to traffic and obey traffic laws. Please be aware of drivers that may be pulling out of driveways or that are passing you on the course. Stay to the right of the roadway except for passing other riders on the left—but do so only when you've looked behind for oncoming traffic and it is safe to pass. PLEASE BE RESPONSIBLE, we must follow the rules of the road. Flaggers and signs will be stationed at each major turn.

RUN: The run course is on a marked trail but open to auto traffic, stay heads up! The entire run will be completed on the paved trail around Medical Lake, on residential roads marked by a solid white line. Course markings and/or volunteers will be at major turns. Duathlon run consists of a 1st leg one-mile run beginning at Coney Island Park and the final leg a 5k on the Medical Lake Trail 2.92mi.

LITTERING. No littering at any time on the bike, run or in the transition area. You may throw your cups at the Water Stations. Garbage cans will be available so help-out the volunteers as much as possible.

Other Race Day Information: The Trailblazer Triathlon is perfect for first timers as well as seasoned triathletes. This race is part of the annual Founders Days Festival with plenty of food and fun family centered activities offered throughout the day.

ONLY RACE PARTICIPANTS WILL BE ALLOWED IN THE TRANSITION AREA! Sorry, no exceptions. Participants under 16 must be accompanied by an adult participant at all times. The transition area opens at 11:00 AM so plan to arrive early to accommodate set-up and timing chip activation. Packet Pick-up, body marking, timing chip activation, and equipment set-up **must be in place by 12:15PM. Pre-Race Meeting starts promptly at 12:15PM followed immediately by transport of triathletes to the start area, Duffy's Point.** Participants may choose to swim across to the start point, but must be on shore by 12:50PM.

Nomadz Racing will provide timing services and spectators will be able to track their athlete throughout the race. Results will be posted near the finish line as they become available.

TRI: Swimmers will cross the lake, climb out of the water at Coney Island Park and cross the street to the bicycle transition area. A pilot vehicle/motorcycle will lead the first bicyclist throughout the bike route. Upon completion of the bike portion of the race, racers will run/walk one lap around Medical Lake following the paved running trail. A lead runner/cyclist will accompany the first runner throughout the running course. Water and fruit will be provided at the finish line. Racers are responsible for providing their own hydration and nutrition during the race. Water stations will be available at transition and during the run/walk portion of the race.

DU: Racers will walk/run at the gun-shot start a 1-mile course that begins and ends at Coney Island Park followed by a 12.2 mile bike route ending with a run/walk lap around Medical Lake following the paved & marked trail.

5K: Racers will walk/run at the gun-shot start one lap around Medical Lake following the paved & marked trails.

Awards given to the top overall individual male and female finishers, the top male and female finisher in each age group, and to the top team. **Age groups: 18 and under; 19-29; 30-39; 40-49; 50-59; and 60+**