



2024 Athlete Guide

Dear Athletes,

On behalf of the Palouse Sprint Triathlon Planning Committee, we would like to extend a warm welcome to all of our participants, their families and their friends. For our returning athletes and those coming for the first time, we thank you for attending the PST. The Planning Committee members have logged many hours to make this race possible and to ensure that you have an exciting and safe race. The generous support provided by our local sponsors is a key aspect of this race. We hope that you will visit these local businesses and acknowledge their support. Also, keep in mind that we are racing in a community – we’re using the city’s pool, riding on city and county roads and streets, and running through people’s neighborhoods. Please be respectful of the great setting we have for this race and be thankful of support we receive from the community. Finally, this race would not be possible without the help of 70+ volunteers who are willing to show up early on a Saturday morning to staff the race course. Please be sure to thank them as you go through your race day. We hope you have a fulfilling experience and take home some fantastic memories and great stories to share.

Best of luck,

Nate Spain
PST Race Director

SCHEDULE OF EVENTS

Friday, September 7

Time	Event	Location
6:00 – 8:00 pm	Athlete Check-in/Packet Pick-up	Hamilton-Lowe Aquatic Center (HLAC)

Athlete Questions and Answers – see Facebook page thread to avoid congregation in large groups close together at athlete check-in/packet pick-up. Direct questions to Facebook page.

<https://www.facebook.com/palousetri>

If Facebook doesn't work for you submit question to palousetri@gmail.com

Saturday, September 8

6:00 am	Transition Area 1 (T1) opens	HLAC
	Transition Area 2 (T2) opens	Moscow Middle School
	Self-Body marking, pick up timing chip	HLAC
6:30 am	Pre-race meeting	HLAC
7:00 am	First swim heat	HLAC
11:00 am	Transition areas close	T1 and T2
12:00 pm	Awards Ceremony	Moscow Brewing Company 630 North Almon #130

ATHLETE CHECK-IN/PACKET PICKUP

Athletes must check in prior to the race at the Hamilton-Lowe Aquatic Center (location of the race start). Check-in time is **Friday 9/7** from 6 to 8 pm. Each athlete must present a photo ID at check-in. Each team member must be present at athlete check-in and each must show a photo ID. To quote the USAT – **“NO ID, NO RACE, NO EXCEPTIONS”!** Athletes that are not USAT members **MUST** purchase a one-day USAT license and **MUST** sign the USAT waiver if it was not included in the registration process. Each team member must sign a waiver and each team member must have their own USAT license (one-day or annual). USAT members must present their membership cards or will be charged \$15 for a one-day license. Athletes will receive shirt sizes according to the information listed during registration. There will be a limited supply of extra shirts. Athletes wishing to exchange a shirt should check with the Race Director after the awards ceremony.

RACE DAY PARKING

The Mountain View entrance to the HLAC will be closed (this is the exit of T1). The HLAC lot will be accessed by the F Street entrance only. Race volunteers will be available to direct you. Street parking is also available along F Streets and D Streets. It is the responsibility of the athletes to obey parking laws. Car-pooling to this event is strongly encouraged. Better yet, please walk or ride your bike to the event.

RACE DAY CHECKLIST

- Bib number completely filled out
- Body numbered before swim, bike number on frame, race number on helmet, bib number on front of shirt or race belt
- Bike racked in T1 with bike gear organized
- Run bag placed at T2
- Double-check swim heat and lane
- Race timing chip is securely fastened

Note: INDIVIDUALS wear the chip during the entire race (swim included)

TEAMS – wear the chip during the entire race (swim included); chip must be passed between swimmer-biker and biker-runner in the transition areas

Be sure chip is located on your ankle to help ensure the timing mats pick up the signal.

- Claim your bike at T2 and swim gear at pool after the race

Note: Don't misplace your bib number; you will need it to reclaim your bike

Note: If someone else will claim your bike, they will need to present your proxy claim ticket

PRE-RACE MEETINGS

If you are not in the 1st heat please watch the Pre-Race Video on website and on Facebook. Athletes are encouraged attend the pre-race meeting, 6:30 to 6:45 am at the HLAC. Race instructions and last-minute updates will be made at this time. Please be present to keep yourself informed. Note: this will be a very brief meeting. If you have not done this race before or are unsure of how everything works,

please attend the Athlete Question and Answer session on **Friday 9/7 at 7 pm**. This will take place at the HLAC. *as well as videos on the race website.

REFUND POLICY

Athletes may receive a 50% refund on registration fees up to 30 days before race day minus the fee charged by online registration (NO EXCEPTIONS).

EVENT CANCELLATION/INCLEMENT WEATHER POLICY

We strive to produce a fair and exciting event while keeping athlete and volunteer safety as our number one priority. The race will be held rain or shine, warm or cold. However, in case of severe weather or other hazardous conditions beyond our control, the Palouse Sprint Triathlon reserves the right to cancel/alter/modify the race/course for safety concerns. The procedures outlined in the USA Triathlon Race Contingency Plan will be followed. If the event is cancelled, there will be no refund of race entry fees. Each athlete must accept any such risk of their entry fee paid and understand that monies collected are used to develop and produce the event, well in advance of race day. If the athlete purchased a one-day USAT license as part of their registration, this will be refunded.

TIMING CHIP

You will receive your timing chip during body marking on race day. You (and your teammates) must wear your timing chip at all times while you are racing. Fasten the chip to either ankle with the provided Velcro strap before the swim and leave it on until you finish the run. Note to teams: you must pass the chip to your teammate in the transition area. A volunteer will help you remove the chip at the finish line. Your chip is a loaner – you must return the chip or you will be billed \$50 for a replacement.

RACE NUMBERS

You will be assigned an individual or team race number (also called a bib number). Your race packet will contain several race numbers to help identify you and your possessions throughout the race:

Swim – your race number will be placed on your shoulders and your age on your left calf during body marking (and self-body markings for 2021).

Bike – place the small adhesive number on the seat post. NOTE: this number will be checked against your bib number when you reclaim your bike. Place the second adhesive number on your helmet.

Run – pin the race bib number on the front of your running shirt (or belt)

RACE BAGS and TRANSITIONS

You will receive two cloth bags at packet pickup. One is your swim-to-bike bag and the other your bike-to-run bag. Both will have your race number on it. Please organize and place your bags in their respective transition areas before the race starts.

Swim-to-Bike bag

Place all of your bike gear in the bag and leave next to your bike in Transition Area #1. When you change from the swim to the bike leg, place all of your possessions in this bag before leaving the transition area. Any items found outside the bags will be removed from the transition area. The race organizers are not responsible for loss or damage of any items not secured in your transition bag. Leave the bag next to bike rack and a volunteer will move it to a secure area in T1 but out of the way for heats still racing. Please remember to retrieve your gear at the end of the race.

Bike-to-Run bag

Put all of your run gear in this bag and place it on the grid at Transition Area #2 before the race starts. When you reach Transition Area #2 at the end of the bike leg, a volunteer will grab your bike. You are responsible for retrieving your bike-to-run bag. Once you have changed into your run gear, put all of your gear into the transition bag and return the bag to the grid before leaving Transition Area #2. Volunteers will help you organize your gear but it is the racer's responsibility to take the transition bag to their space on the grid. Please remember to retrieve this bag when you reclaim your bike.

'Clean' Transition Areas

In order to maintain a safe and secure environment during the race, it is critical that each athlete place all belongings in their transition bags. Any items found outside the bags will be removed from the transition area with one exception. In T1, it is acceptable to clip your helmet to your bike and shoes to the pedals. All other items must be placed in your transition bag before you begin the race. In T2, do not clip your helmet to your bike or attempt to give your helmet to a volunteer. It is your responsibility to place all of your possessions (including your helmet) in your bike-to-run bag before leaving the transition area. The race organizers are not responsible for loss or damage of any items not secured in your transition bag.

SWIM (see swim diagram at www.palousetri.com)

Course Summary

A 500 yard swim in a 25 yard heated outdoor pool. Up to four athletes per lane, circle-swimming rules in effect.

A huge “thanks” goes to Moscow Chinook Masters Swim Club for helping with the swim leg.

Swim Course Rules & Instructions

1. **Gear:** regular swimsuits for males and females; wetsuits and other floatation devices are not allowed. Each swimmer must be numbered prior to beginning their swim. Body markers will be located in front of the pool prior to the pre-race meeting (self-body marking in 2021).
2. **Length:** length of the swim leg of the triathlon is 500 yards (20 lengths of the pool or 10 roundtrip laps). There will be a wide range of swimmers participating in the PST. The fastest swimmers will take less than 6 minutes; if you are a slower swimmer – that’s OK! Swimmers will be assigned heats and lanes such that you swim with others of similar speed.
3. **Heats:** There are 7 heats, the first heat starts at 7:00 am. The first heat will include all relay teams and some individual swimmers. Subsequent heats will start in 10 to 20 minute intervals. Please be sure to double-check your heat number and starting time.
4. **Time:** If you are still swimming at 17 minutes, the lap counter will hold down the orange square to indicate the final length. Please exit the pool and proceed to the bike leg. You will be assigned a swim time of 17 minutes. There is no penalty for not completing the 500 yard swim within 17 minutes – go hammer the bike and run!
5. **Warm Up:** There will be a brief warm up before each heat. Do not enter the pool if someone is still competing from the previous heat. Wait until the swim director says it is OK to enter the pool.
6. **Seeding:** up to 4 swimmers per lane. Swimmers have been pre-seeded according to estimated swim time. During warm-up, please work out with the other swimmers in the lane who is likely to be the fastest swimmer, second fastest, etc. Please seed yourselves from fastest to slowest in each lane.
7. **Start:** There will be a 1 minute warning, a 30 second warning, a 10 second warning and a 5 second countdown for the start. The start signal will be a starter’s pistol or horn. Start in the water, diving is not allowed!!! At the start, the fastest swimmer in your lane goes first, followed 5 seconds later by next fastest, and 5 seconds later by third fastest and 5 seconds later by 4th swimmer. Start at the north end of the pool (nearest the building). The lap counters will be at the opposite end of the pool.
8. **Swimming Stroke.** Any stroke is OK: freestyle, backstroke, breaststroke, dog paddle. Can the swimmer rest at the turn? Yes, go ahead and hang on the right side of the lane on the at the wall, enjoy the view.
9. **Circle swimming.** Swim on the right half of the lane in each direction – on the right side of the black line at the bottom of the pool. This means you will be swimming counterclockwise around the black line. The lane rope should always be next to your right shoulder.
10. **Lap counting.** There are 2 lap counters for each lane. One will have a counter card that’s placed in the water. This will indicate the length number for the fastest swimmer in each lane. As you approach the south end of the pool (odd numbered end), the lap counter will hold the

numbered card under water for the fastest swimmer to see. The numbers will go: 1, 3, 5, etc, up to 17. At number 19, the counters will hold down orange square card. This means you have 1 length to go. After the fastest swimmer has finished, the counter will switch to counting the second swimmer, then the third swimmer, and finally the fourth. For each swimmer they will hold down the orange square under water to tell you when you are on your last length.

11. **Passing.** The best and safest way to pass is at the ends of the pool. Do not pass in the middle, you run the risk of colliding with a swimmer coming from the other direction. If you need to pass a slower swimmer, start by tapping their foot as you catch up to them. This is the signal to them that you want to pass. The slower swimmer should continue swimming to the end of the pool and pause at the wall on the right. The slower swimmer can assist the process by staying on the right side of the lane at the wall. Once the faster swimmer has passed, the slower swimmer can proceed with swimming behind the faster swimmer.
12. **Turns.** Turns at the end of the pool can be either open turns or flip turns. If you are doing flip turns you should be careful to avoid a collision with swimmers that may be close behind you. As you are approaching your turn, check to see that no swimmers are coming off the wall and then cross over to the left half of the lane as you begin your flip turn. Push off the wall in the right-half of the lane.
13. **Exiting the pool:** You may exit the pool at the end of your lane by climbing up the wall. If you climb over the wall, be careful to watch for the life guard structure and/or diving board so you don't hit your head. You may also use the ladder at the side of the pool. If you use the ladder to exit, you might have to cross through other lanes to get to the side wall. Be careful and considerate of other swimmers in the lanes next to you as you cross them. Walk (don't run) to the transition area where you will either tag your biker (team relays) or change to biking gear.
14. **Timing:** There will be 2 timers who will record your number and your time as you exit the swim area. Please help them by showing them your number as you pass. Swim splits will be computed and available after the race. Because they are timing you after you have exited the pool and walked across the deck, your measured time will be 10 – 15 seconds longer than your actual time swimming in your lane.
15. **Safety.** Always swim on the right side of the lane. Keep the lane divider near your right shoulder. Pass only at ends of the pool. No diving into pool, no running on deck. Watch out for the lifeguard structure at north end of pool. Please be safe, be courteous and have fun.

SWIM TO BIKE TRANSITION (T1) (see [T1 diagram](#) at www.palousetri.com)

Place your bike in an available rack position before the swim. Ask a race volunteer if you need any help with racking your bike. After the swim, you will be directed through the pool exit gate to Transition Area #1. Locate your bike and change into your biking gear. Locker rooms are available in the HLAC. All swim gear must be placed in your numbered swim-to-bike bag before you leave T1. This gear bag will be provided at athlete check-in. Your swim-to-bike bag will be moved to the walkway in front of the pool by race volunteers and will be available after the race. Any swim gear left outside the bag will be placed in Lost and Found. Your bike helmet must be securely fastened before you proceed to the exit of T1. All foot traffic in T1 is one-way (counterclockwise). You may walk or run your bike through T1; do not ride your bike in T1. See T1 diagram for more information.

NOTE: T1 is open to athletes only. This is for security and safety of all involved. Please inform family and friends to stay out of T1.

NOTE TO TEAMS: Team swimmers will proceed into T1 and locate their cyclist at the team bike rack. Swimmers tag their cyclist and pass the timing chip. See T1 diagram for more information.

BIKE (see bike course diagram at www.palousetri.com)

Course Summary

The bike course is a paved mostly flat 9.3 mile ride with a couple of very gradual hills. The bike course will be swept to the best of our ability prior to the race and will be clearly marked and staffed during the race. **PLEASE NOTE: We will sweep the corners and mark any hazards. Staying at least 2 feet from the pavement edge is advised in order to avoid loose gravel. It is the cyclist's responsibility to be completely familiar with the course.** Due to the short distance, there will be no aid stations on the bike course. Cyclists are expected to carry whatever water, sports drink, or food they'll need. There will be one restroom on the bike course.

A special 'thank you' goes to the Moscow Central Lions Club for staffing the bike course.

Bike Course Rules & Instructions

1. Position Rules:
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Cyclists must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation and possible time penalty.
 - c. A pass occurs when the overtaking cyclist's front wheel passes the leading edge of the athlete being overtaken.
 - d. Overtaken cyclists must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
 - e. Cyclists must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed.
 - f. A time penalty of 30 seconds will be assigned to cyclists committing rules violations. A second violation will result in a 1 minute penalty. A third violation will result in a disqualification.
2. Cyclists must obey all traffic laws while on the bike course unless otherwise specifically directed by an official or police officer. Failure to do so may result in disqualification.
3. No cyclist shall endanger himself or another participant. Cyclists who intentionally present a danger to another participant or bystander may be disqualified.
4. A CPSC-approved helmet is required during the entire bike portion including in and out of transition areas. The cyclist's helmet must be securely fastened during the entire cycling leg.
5. Tandems and recumbents are not allowed; child carriers are allowed as long as your child doesn't ride along!
6. No individual support allowed. Each cyclist must carry their own water, sports drink, and food. Aid stations will not be available on the bike course.

7. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be left with a race volunteer (located at the major intersections of the bike course). Discarding any item outside of these designated zones will result in a penalty.
8. Cyclists are responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Please be sure your bike is in proper working condition prior to the race. Local bike shops will be on hand in T1 for minor assistance on race day. If you have a mechanical problem on the bike course, please notify a race volunteer.
9. Athletes may walk their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
10. **Headsets, headphones, ear buds, cell phones, etc. are not allowed during any portion of the bike leg.**
11. EMTs and other race volunteers will monitor the bike course. If you need minor medical assistance, a volunteer will take you to the first aid tent. For a serious medical emergency, an ambulance will take you to the nearest hospital to receive treatment. If you have a medical problem, please notify a race volunteer immediately.

Local Traffic and Common Courtesy

Please remember that the bike course will be open to traffic before and during the race. Members of the local community use these roads every day. Realize that you are an ambassador for the sport and our event. This applies while training and during the race.

- Adhere to traffic laws at all times. And, please go the extra mile to be courteous and respectful to the residents of the local community.
- Please do not litter.
- Remember, when a cyclist has an altercation with a driver, that driver often sees the next cyclist as an enemy. When a cyclist is courteous to a driver, it's likely that the next cyclist this driver encounters will be treated with more respect and courtesy. Please think before you act.
- And, say THANK YOU to the volunteers. They got up early on Saturday morning so you could participate in this race.

BIKE TO RUN TRANSITION (T2) (see [T2 diagram](#) at www.palousetri.com)

A special 'thank you' goes to the University of Idaho Vandal Cycling Club for staffing T2.

Begin to slow your bike as you reach T2 and dismount at the indicated point. A volunteer will grab and rack your bike. Locate your transition bag and change into your running gear. Remember, you placed this bag in T2 before beginning the race. All bike gear (including your helmet) must be placed in your numbered gear bag before you leave T2. Once you have changed into your run gear, place your bike-to-run bag on the grid before leaving Transition Area #2

NOTE: T2 is open to athletes only. This is for security and safety of all involved. Please inform family and friends to stay out of T1.

NOTE TO TEAMS: Team cyclists will dismount, proceed into T2 and locate their runner at the team runner corral. Cyclists tag their runner and pass the timing chip. See T2 diagram for more information.

RUN (see run course diagram at www.palousetri.com)

Course Summary

A 5 km run through residential streets and paved pedestrian/bike paths. One good hill at about 1.2 km.

A major 'thank you' goes to the Moscow High School Environmental Club for staffing the run course.

Run Course Rules & Instructions

1. You must run, walk, or crawl. No other form of locomotion is allowed.
2. Athletes must wear their bib number in (either pinned to the shirt or on a race belt). The bib number must be clearly visible at all times while on the course.
3. Individual support vehicles and non-participant pace runners are not allowed.
4. Outside assistance is not allowed. There will be two aid stations (water and sports drink) on the run course.
5. One portable bathroom will be located at T2; a second bathroom will be located near the turn-around on the run course. Please do not use public or private property as a bathroom.
6. Athletes must follow the directions and instructions of all race officials and police officers at all times.
7. **Headsets, headphones, ear buds, cell phones, etc. are not allowed during any portion of the run leg.**
8. The sole responsibility of knowing and following the prescribed running course rests with each athlete.
9. Be sure to say 'thanks' to those volunteers; they're making this race happen for you.

Bicycle & Gear Pick-up

You must reclaim your bike and gear at T2 by 11:30 (T2 closes at this time and race organizers cannot be responsible for your bike and gear after this). Reclaim your swim gear in the T1 secured area. You must have your bib number in order to claim your bike and gear. Only athletes with a bib number will be allowed into the secure bike/gear area. No one may remove gear from this area without the bib number. Bikes and related gear are expensive and we want to be sure no one leaves with your property. If you are unable to personally claim your bike and gear, you may have a friend or family member pick up your gear. This person must have the proxy claim ticket that was provided with your race bags. NO EXCEPTIONS!

ATHLETE IDENTIFICATION

It is critical that we can identify you as you pass through timing points and turnarounds on the race course. Please observe the following:

Swimmers must have their race number penned onto their shoulder. This will be done by body marking volunteers on the morning of the race (self-body marking for 2021).

Cyclists must have their bike number attached to the seat post of their bike and also affixed to their helmets.

Runners must wear their number bib so that it can be easily read while they're in motion.

TEAM RELAY INSTRUCTIONS

The contestant that is finishing a leg needs pass the timing chip to their teammate before (s)he can begin the following leg. The first relay point will be at the team bike rack in T1. Team cyclists must wait at the bike rack until they receive the timing chip from the swimmer. The timing chip must be worn on the ankle in order to get an accurate split time. The second relay point is in T2. Team cyclists will dismount at the marked dismount line, hand their bike to a volunteer and proceed to the runner corral in T2. Runners must wait in the runner corral for the tag and passing the chip. **REMEMBER – the timing chip is passed from the swimmer to biker and biker to runner during the course of the race.**

SPECTATORS

The PST has many opportunities for spectator viewing and cheering. The swim can be viewed from either side of the pool. Spectators need to avoid the ends of the pool as this is where the race volunteers will be working or where the athletes will exit. Parts of each leg can be easily viewed within 2 blocks of the HLAC including the finish line just east of the pool. If your family and friends plan to go out onto the bike and run courses, please remind them to use extra caution when driving and parking. The safety of the athletes needs to be everyone's concern.

NOTE: Transition areas are for athletes only. Please help us make this a safe and secure race by staying out of the transition areas

RESULTS and AWARDS

Results will be posted periodically at the finish line (as quickly as possible). Total times will be available on race day and used to determine placings and awards. Splits will be posted on the website during the week following the race. The awards ceremony will begin at 12:00. Awards will go to the overall winners and first, second, third place finishers in each age group and first place teams in each category. Random drawings for prizes will take place throughout the awards ceremony; you must be present to win. Award winners should plan to attend the ceremony or make arrangements for someone to pick up their award. Awards will not be mailed. A complete list of results posted on the event website.

NOTE: NEW LOCATION FOR AWARDS CEREMONY

Please join us at the post-race awards and raffle at the Moscow Brewing Company, 630 North Almon #130, 12:00 pm. Bring your race bid for a complimentary post-race brew or non-alcoholic beverage. No-host food truck by Hog Heaven Sausage Works (BBQ).