



Desert Triathlon - March 4 & 5, 2017

PLEASE READ THIS ENTIRE CONFIRMATION LETTER!!!! Very Important information enclosed.

Thank you for your entry into the Desert Sprint Triathlon/Duathlon on Saturday, March 4th, and the Desert Olympic-distance Triathlon and Aquabike on Sunday, March 5th. We have a great event planned and look forward to seeing you soon. We will be sending another email next week with wave starts, water temperature and other information.

Race Packet Pick-Up - Race packet pick-up will be from 2:00pm to 6:00pm on Friday, March 3rd, and from 1:00pm to 4:00pm Saturday, March 4th at Lake Cahuilla in La Quinta. You may also pick up your race packet on race morning for your event only starting at 5:30 am (no Olympic Distance packet pick up at the lake on Saturday until 1pm). Parking will be free race morning to all race participants and their families. **Each competitor must pick up their own packet and sign the USA Triathlon and event waiver. You may NOT pick up someone else's packet.** [Click here to verify your registration information.](#)

Event Expo - Our three-day expo will take place Friday, Saturday and Sunday with some great sponsor and vendor booths (see schedule below).

Directions to Lake Cahuilla - Take Interstate 10 to Jefferson St exit (Indio Blvd), go south approximately 8 miles on Jefferson to 54th St., turn left and go one mile to Madison St, turn right to 58th, turn right 2 miles into Lake Cahuilla Park. For camping reservations call 1-800 234-PARK

Lake Cahuilla Parking - Parking will be free Friday, Saturday and Sunday for all race participants.

Spectator Arrival & Departure - Spectators must arrive by 7:30am and once in the park will not be able to leave until 9:00am on Saturday and 9:30am on Sunday. Again, this is for the safety of the bicycle participants on the course. NO EXCEPTIONS!!

Special Divisions - If you are racing in a special division (other than your age group) such as challenged athlete, military, Clydesdale, Athena or elite, please take a moment to reply to this email if you haven't done so, and simply put your name and the special division. We want to make sure everyone competes in the proper division.

Open Water Practice Swim presented by [Latitude Pure Coaching](#) - All participants will be allowed to pre-swim in the lake on either Friday from 3:00pm - 4:00pm or Saturday from 2:00pm - 3:00pm. This is the only time you will be allowed to be in the lake other than on race day. NO EXCEPTIONS!! You will need to go through the wetsuit decontamination process to take part in the practice swims. See the Wetsuit Decontamination Protocols section below for information.

Wetsuit Decontamination Protocols - Riverside County Parks and Coachella Valley Water District (CVWD) have announced a wetsuit safety protocol for triathlon events using Lake Cahuilla in La Quinta, CA. These protocols, designed to eliminate the possibility of introducing the quagga mussel into Lake Cahuilla and the CVWD water system, will be in effect for the 2017 Desert Triathlon, taking place on March 3-5, 2017.

Quagga mussels are freshwater mollusks capable of colonizing water bodies such as lakes, rivers, streams and water conveyance channels and pipes. Quagga mussels multiply rapidly, with females able to produce 1 million eggs per year. Microscopic larvae develop after fertilization, drifting in the water until finding a suitable place for attachment. Strong threads produced by the mussel attach the shell to most surfaces and often remain attached long after the mussel has died.

To ensure that quagga mussels are not unknowingly transported on athletes' wetsuits, Riverside County Parks and CVWD will require that all wetsuits be immersed in a pool containing chlorine at a concentration of 2.0 ppm for at least 15 seconds before participants can enter Lake Cahuilla. Athletes who have completed this process will be issued a tag to be attached to their wetsuit strap. Only athletes with this tag will be permitted in the lake.

We will make the process as quick and straightforward as possible by including detailed instructions in the final athlete information letter to be emailed one week before the event, on the event website, and at the race site on race weekend. We will have a dedicated staff member and several volunteers to oversee the process at the race site. Additional information can also be requested by contacting the race producers at info@southland-events.com.

Protecting Lake Cahuilla from the invasive quagga mussel is important to the entire Coachella Valley and to the continued ability to use the Lake Cahuilla for recreational purposes, including Desert Triathlon.

For more information on the Quagga mussel - [click here](#).

“Tips for the First Timer and Novice Triathlete” - Join 2016 USA Triathlon Lifetime Achievement Award Recipient Russ Jones for “Tips for the First Timer and Novice Triathlete” and a Question and Answer time. Russ has been part of the endurance world for over 40 years. Some career highlights include running a 2:18 marathon and qualifying for the USA Olympic Trials Marathon, being ranked number one in the 50-54 Age Group, and winning numerous national titles from USA Triathlon. Russ will talk about everything a first-time triathlete would want to know, including transition setup, putting on and taking off your wetsuit, and much more. There will also be time for any questions you might have. If you are new to triathlons this clinic is a must. We promise you will feel much more relaxed on race day if you attend. For more information on Russ and info on training with him, go to <http://trilessismore.com/>.

Course Talk – Whether this is your first Desert Triathlon, or you are a legacy participant, it is important to be updated on the latest course maps and changes. Race director Matt Sills will host a course talk, taking participants through all aspects of both the sprint and Olympic courses. There will be a short Q&A to answer course and race related questions.

Schedule of Events (All events take place at Lake Cahuilla in La Quinta)

Friday, March 3rd

- 2:00 pm to 6:00 pm - Registration, Expo and Packet Pick up for all participants
- 3:00 pm to 4:00 pm - Open swim for all registered Sprint triathletes. This is the only time athletes will be allowed to swim in Lake Cahuilla prior to Saturday's races.
- 4:00 pm to 5:00 pm - "Tips for the First Timer and Novice Triathlete" clinic with Russ Jones
- 4:00 pm to 5:00 pm – Course Talk with race director Matt Sills

Saturday, March 4th

- 5:30am - Registration and packet pick up opens for Sprint participants only
- 5:30am - Transition area opens for Sprint participants
- 7:30am - All participants and spectators must be inside Lake Cahuilla Park
- 7:30am - First wave start for the Sprint Distance Tri and Duathlon (wave start times will be sent about a week before the event.

- ☐ 7:30am - 4:00pm Expo hours
- ☐ 10:00am - Sprint awards
- ☐ 1pm to 4:00pm - Registration and packet pick up for Olympic participants.
- ☐ 1pm to 2pm - "Tips for the First Timer and Novice Triathlete" clinic with Russ Jones
- ☐ 2:00pm to 3:00pm - Open swim for all registered Olympic distance triathletes. This is the only time athletes will be allowed to swim in Lake Cahuilla prior to race day.
- ☐ 3pm to 4pm - Course Talk with race director Matt Sills

Sunday, March 5th

- ☐ 5:30am - Registration and packet pick up opens for Olympic participants.
- ☐ 5:30am - Transition area opens for Olympic participants.
- ☐ 7:30am - All participants and spectators must be inside Lake Cahuilla Park.
- ☐ 7:30am - First wave start for the Olympic Distance triathlon and aquabike (wave start times will be sent about a week before the event.)
- ☐ 7:30am - 12:00pm - Expo is open
- ☐ 10:30am - Olympic Distance awards

Distances

Olympic Triathlon – 1500-meter swim, 40K bike, 10K run
(bike and run course two loops)

Olympic Aquabike – 1500-meter swim, 40K bike

Sprint Triathlon - 500-meter swim, 14-mile bike, 3-mile run

Sprint Duathlon - 1-mile run, 14-mile bike, 3.1-mile run

2017 Course Changes

- This year's Sunday races have been expanded to Olympic-distance events. The only change will be the swim distance, which will go from .75 miles to 1,500 meters (or approximately .92 miles).
- The run course will be slightly different than last year. Where both the out-bound and in-bound portions of the International distance run took place on the dirt/sand next to the lake, the out-bound will now be on the sand next to the grass, and the in-bound portion will now be on the grass.

Clif Energy

[Clif](#) is our official energy sponsor, and we will have Clif Shots on the run course during the event. Make sure you also visit the Clif booth in the expo to sample their great line of products.

Fluid Performance

[Fluid](#) is our official hydration sponsor. We will have Fluid Hydration drink available on the run course and at the finish line. Check out the Fluid booth in the expo to give their delicious recovery drinks a try.

Water Temperature

The water temperature and wave starts will be sent next week. As of today (February 22), the water temperature in the lake is 65 degrees. If the water temp is below 64 on race day, wetsuits will be mandatory. Be prepared for this. Please note that the water temperature can go up as much as 6 degrees by race day depending on the air temperature over the next week.

Hotel Information

Our host hotels have sold out of our block of rooms. For information on other local hotels, please visit the Desert Triathlon hotels page [here](#).

Chip Timing - This event uses chip timing by SVE Timing. Your chip will be given with your packet when you pick it up. Please be sure that you wear it on your left ankle throughout the race. The chip will be collected at the finish. You are responsible for turning in your chip if you should drop out. There will be a charge for lost chips.

Bike and Helmet Numbers - In addition to your timing chip and bib number you will receive one small number that goes on your helmet and one larger number that goes on your bike frame. You must have both these numbers on before you will be allowed in the transition area. These numbers are for the security of your bike and helmet as well as for the photographers and timers to identify you.

Important Rules and Information – Desert Triathlon is USA Triathlon sanctioned. USA Triathlon rules will be in effect for the race. Please click [HERE](#) to familiarize yourself with the most commonly violated rules prior to race day. However, the following are rules that everyone should know: Helmets are required during the entire bike segment, and must be strapped BEFORE you leave transition. No Helmet, No Race. No drafting will be allowed on the bike course. (You must be at least three bike lengths behind the rider in front of you unless you are overtaking that person). Officials will be on the course to officiate. The transition area is for participants only. No family, friends, etc. This will be a no ride transition area which means you must run or walk your bike out of the transition area and must dismount your bike before entering.

Relay Teams - All members of the team must be present to pick-up their race packet, sign the waiver, and show USAT membership or purchase a one-day USAT membership if they did not do so during registration. NO EXCEPTIONS! Relay teams will have a separate spot in the transition area. All tags will be made at your bike rack by exchanging your timing chip.

Triathlon Club Championship - Triathlon club members, please make sure you are registered as a member of your club of choice by logging into imATHLETE. If you need to add or change your club affiliation, you can do so either through imATHLETE or by emailing info@southland-events.com. The winning triathlon club will receive \$500 in cash, and six complimentary entries into the 2016 event (3 sprint 3 Olympic)

****Every triathlon club that brings more than 25 members that participate in any of the Desert Triathlon events will receive an additional 2 comp entries for the following year to use for your club raffle or fund raiser.**

Bike Information - If you need bike repair, rentals or supplies stop by TRI-A-BIKE at 44841 San Pablo in Palm Desert, 760-340-2840. They will also be at the transition area race morning to help with most needs.

Awards - Awards Ceremony will take place immediately following each event. Awards are presented 3 deep in each age group and relay categories, including overall top three in each event (Overall not eligible for age group awards).

Have a great race!! If you have any questions, please call us at 949-444-2365 or email at info@southland-events.com.

Matt Sills
Southland Events