



Wave Starts & Important Updates – February 28, 2017

Hi Everyone,

Hope your training is going well. We look forward to seeing you this weekend at Lake Cahuilla in La Quinta, CA. We have a great weekend planned for you. ***Please read all of the information below as it will help you prepare for a smooth and fun race.** You should have already received our first email with the basic information. If not, [click here](#) to download.

Weather

Right now, the weather forecast for the three days of Desert Triathlon will be very similar, with lows around 55 degrees and highs of 81 degrees. Current forecasts show sunny skies, but you should always be prepared for different types of weather. **The race will go on rain or shine.**

Water Temperature & Wetsuits

The water temperature as of today is 65 degrees. Wetsuits are still highly recommended but will not be mandatory for all races this weekend.

Wetsuit Rentals

If you need a wetsuit to rent, there are several online rental companies, like wetsuitrental.com, for you to check out.

Wave Starts

Saturday, March 4th -Sprint Waves

WAVE	EVENT	TIME	WETSUIT SAFETY PROTOCOL TIME (TENTATIVE)	CATEGORY	SWIM CAP COLOR
1	Sprint Triathlon	7:30am	6:45am	M & F Elites, Males 34 & Under	Powder Blue
2	Sprint Triathlon	7:33am	6:50am	Female 34 & Under, All Relay Teams	Neon Orange
3	Sprint Triathlon	7:36am	6:55am	Males 35-39, Clydesdales	Neon Pink
3	Sprint Duathlon	7:36am	_____	All Duathletes (meet on beach by swim start)	_____
4	Sprint Triathlon	7:39am	7:00am	Female 35-49, Athena	Red
5	Sprint Triathlon	7:42am	7:05am	Males 40-54	Neon Yellow
6	Sprint Triathlon	7:45am	7:10am	Female 50+, Female Challenged Athletes	Neon Green
7	Sprint Triathlon	7:48am	7:15am	Males 55+, Male Challenged Athletes	Gold

Sunday, March 5th – Olympic-distance Waves

WAVE	EVENT	TIME	WETSUIT SAFETY PROTOCOL TIME (TENTATIVE)	CATEGORY	SWIM CAP COLOR
1	Olympic	7:30am	6:45am	M & F Elites, Males 29 & Under	Powder Blue
2	Olympic	7:33am	6:50am	Female 34 & Under, All Relays	Neon Orange
3	Olympic	7:36am	6:55am	Males 30-39	Neon Pink
4	Olympic	7:39am	7:00am	Female 35-54	Red
5	Olympic	7:42am	7:05am	Males 40-49 and all Clydesdales	Silver
6	Olympic	7:45am	7:10am	Female 55+, Athena, Challenged Athletes and all Aquabike	Neon Green
7	Olympic	7:48am	7:15am	Male 50+	Gold

Schedule of EventsFriday, 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
- 5:00 pm to 6:00 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
- 6:45am – First wetsuit decontamination wave (see below for information)
- 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
- 1:00pm to 4:00pm - Registration and packet pick up for Olympic participants.
- 1:00pm to 2:00pm - "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 Olympic-distance athletes will be allowed to swim in Lake Cahuilla prior to race day.
- 3:00pm to 4:00pm - 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.
- 6:45am – First wetsuit decontamination wave (see below for information)
- 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

RULES AND IMPORTANT INFORMATION

You must go in the correct wave you have been assigned to or you will be disqualified. IF YOU ARE SIGNED UP AS AN ATHENA, CLYDESDALE, or CHALLENGED ATHLETES, PLEASE NOTE WHICH WAVE YOU ARE IN

What will be in your race packet when you pick it up??

1. An envelope with your timing chip and padded strap. You will wear your timing chip around your left ankle throughout the entire event.
2. Your bib number which must be worn on the front of what you will be running in and must be visible when you cross the finish line
3. A bike frame number. This number must be fastened to your bike frame. **This number must go on your bike before you enter the transition area and must stay on your bike until you remove your bike at the end of the event. This is what secures your bike.**
4. A helmet number. Peel number and stick it on the **front** of your helmet so it is visible.
5. Swim cap. Each wave start is color coded with a different swim cap. Make sure you have the correct color swim cap. You must wear this cap during the swim portion of the event.
6. Safety pins to pin your bib number on the front of what you will be running in.

Don't Forget Your Timing Chip!!!!

You must have this chip on your ankle while racing to get your results. If you do not race you are responsible for turning in your chip at the race (at the timing tent at the finish line) or by mail, or you will be charged \$65. Your chip will be collected at the finish line.

Race Day Rules

Transition Area is for participants only. No spectators, friends or family allowed. **You may not ride your bike in transition.** All participants must run or walk their bike out of the transition area before starting the ride and must dismount their bike before entering the transition area upon completion of their ride. There will be a line on the ground and a sign where this will take place.

USA Triathlon

This event is USA Triathlon sanctioned, and will follow USAT rules. Please familiarize yourself with the most common rules violations [here](#). However, here are a few rules that we need to emphasize:

- **You MUST wear your helmet and have it strapped at all times during the bike portion of the race. Please put on your helmet and strap it on before taking your bike off of the rack.**
- **You may not wear headphones, headsets, etc. during ANY portion of the race.**

Bike Racks

Bike racks will be marked by a range of numbers (i.e. 1-10). While we ask that you put your bike on the proper rack, we do not have individual race numbers printed; therefore, placement on the rack is based on preference and space available. Racking on the wrong rack will result in disqualification. The racks have been numbered by your age group so the event is as fair as possible (unless you signed up late).

Bike Repair

[TRI-A-BIKE](#) will be on hand race morning to help with any bike problems. They will be located at the entrance to the transition area starting at 6:00am.

Wetsuit Safety Protocol

***The wetsuit safety protocol is new for 2017. Please read the section below to familiarize yourself with the process. We appreciate your understanding and patience as we implement this procedure.**

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 Desert Triathlon.

Please follow the steps below to ensure that your wetsuit is safe to use in the lake:

For practice swims –

1. Put on your wetsuit, or bring your wetsuit to the decontamination pool starting thirty minutes before the practice swim. The pool will close 15 minutes before the end of the practice swim.
2. Groups of six to eight participants at a time will enter the pool and submerge their wetsuits for 15 seconds. Staff, volunteers, and a lifeguard will be on-hand to oversee the process.
3. You will exit the pool, and a tag will be attached to your wetsuit strap by pool volunteers.
4. Proceed to the practice swim entrance 5 minutes before the beginning of the practice swim. Staff and volunteers will check for your tag, and you will be allowed to enter the lake for the practice swim. You may **ONLY** enter the lake at the practice swim entrance.

For race swims –

1. If you do not mind putting on a wet wetsuit, you can come to the pool starting at 5:30am until 6:30am, dunk the wetsuit, get tagged, and return to transition to set up.
2. For all others, find your swim wave on the Wave Start list above and note the time for your wetsuit safety protocol wave. NOTE: These times are tentative, and may change on race morning. Please consult the wetsuit protocol information at registration/packet pickup, the entrances to transition, and the pool.
3. Put on your wetsuit and swim cap, and follow the signs to the pool. Please arrive at the pool 5 minutes before your wetsuit decontamination wave.
4. Groups of six to eight participants at a time will enter the pool and submerge their wetsuits for 15 seconds. Staff, volunteers, and a lifeguard will be on-hand to oversee the process.
5. You will exit the pool, and a tag will be attached to your wetsuit strap.
6. Proceed to the swim start. Staff and volunteers will check for your tag, and you will be allowed to enter the swim start chute.

IMPORTANT:

- All neoprene equipment, including caps and booties, must be decontaminated.
- You must go through the decontamination process each time you enter the lake. If you do both practice swims and participate on both days, you will need to go through the process four times. This will allow you to take your wetsuit with you, as opposed to having to leave it at the lake overnight. We do not allow equipment to be left in transition overnight, and we are not responsible for any equipment lost if you choose to do so.
- If you miss your wetsuit decontamination wave, you will still be allowed to participate in the race. However, you will need to line up at the back of the line. We cannot guarantee you will make your swim start if you miss your decontamination wave.
- We will allow warm-up swims before each swim wave ONLY out of the swim start chute.
- If your wetsuit is not tagged, you will not be allowed to enter the swim start chute, NO EXCEPTIONS. If you lose your tag before your swim start, you must go through the wetsuit safety protocol process again.
- **IF YOU DO NOT WISH TO GO THROUGH THE WETSUIT SAFETY PROTOCOL PROCESS, YOU WILL NOT BE ABLE TO WEAR A WETSUIT FOR THE SWIM, OR YOU WILL NOT BE ABLE TO PARTICIPATE IN DESERT TRIATHLON.**

If you have any questions, feel free to email us at info@southland-events.com before the race, or ask a staff member on-site.

Swim Course

Sprint will swim straight out & counter clockwise around the giant Orange buoy first and then left around another giant Orange buoy and back to the shore. Olympic-distance athletes will swim counter-clockwise around the furthest giant Orange buoy to the east, then past a couple green buoys on your left shoulder and then left around the giant Orange buoy back to shore. **Always keep the buoys on your left shoulder.** The exit from the swim to transition will be carpeted and marked with Finish feather banners and a balloon arch.

Bike Course

Please note that both courses are the same as last year. They are also both flat and well-marked. Follow cones, chalked arrows and red turn arrows. **The course is closed to traffic in most areas but there are some areas open to vehicular traffic.** Intersections are controlled by La Quinta Police, CHP and volunteers. Even though there is very little traffic on these roads and intersections, and they are controlled, please be aware of cars on the roads. Keep your head up through intersections.

The Sprint bike course is one counter clockwise loop. (see web site for course map)

The International bike course is two counter clockwise loops. **Please be aware that at mile 12 into the bike on Jackson St., as you are heading south, just before 58th St. you will continue straight and start your second loop. The next time around heading south on Jackson St you will turn right at 58th St and head back to the lake.**

Aquabike participants will complete their event by going over the timing mat at the Bike In. Once finished, proceed to the finish line to collect your medal and athlete refreshments.

Drafting on the bike is not allowed.

You must keep a minimum of three bike lengths behind any rider unless you are overtaking that rider. All passing must be done on the left. We have a no tolerance rule on drafting. If you get caught you are DQ'd. If you must cheat to try and win a \$6 award you deserve to be DQ'd from the race.

Water on Bike for International Distance

There will be one water bottle hand off for the Olympic-distance competitors at mile 13. However, you should still make sure you bring enough water with you for the bike segment.

Run Course

The run course is slightly different from last year. Please consult the course map on the website, or the large map that will be displayed at registration/packet pickup. However, it is still flat and well-marked. Follow chalk arrows, cones and red arrows. There will be one well marked turn around point on the east side of the lake. There are two hydration stations on course. Both will have water and Fluid Hydration drink. The station on the east side of the lake will have the Clif Shots (Sprint participants will pass these two stations two or three times during their one loop; Olympic-distance competitors will do two loops of this run course and will hit each station six to eight times).

The duathlon will begin with a one mile run through the north end of the triathlon run course. Duathletes will complete the one mile run at transition through the swim in entrance.

Per USAT rules, headsets will not be allowed on the run.

Relay Teams

You will have designated bike racks and all tags will take place at your bike rack. Your timing chip will be passed to each person on your team as the official tag. Your swimmer will start with the chip and your runner will finish with it. All members must be body marked, bike frame number on bike, bib # goes with runner.

Bib/Race number

Your race number must be worn during the run portion and must be on and visible when you cross the finish line.

Chip Timing by SVE Timing

Timing chips must be worn on the left ankle. A padded ankle strap is provided in the timing envelope. (If you have your own personal neoprene straps, the timing chip may be worn on that ankle strap instead). You must wear the timing chip through the whole event. Relay teams will be provided with a Velcro ankle strap to exchange the timing chip in the transition area between each leg. If you drop out you must return your chip to the timing tent at the finish line. \$65 charge for a lost chip.

Restrooms

In addition to the restroom bunkers throughout the park, there will be portable restrooms next to transition and along the run course.

Coffee

This year, we're providing each participant with one free 8 oz. cup of coffee or tea before the race. Pick up your beverage of choice at packet pickup. Additional cups for participants and spectators can be purchased for \$2 each.

Awards

Awards will go three deep in each age category

Sprint awards will be Saturday at 10:00am

International awards will be Sunday at 10:30am

Overall Champions will receive a comp entry into next year's event.

Duathlon Participants age groups

Awards will be given out in the following categories:

19 under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Athena & Clydesdale, Male, Female & Mixed Relays.

Aquabike age groups

Awards will be as follows.

19 under, 20-29, 30-39, 40-49, 50-59, 60+

Three-day Expo

Come check out the great items and exhibitors at our expo at the race site at Lake Cahuilla on Friday from 2:00pm to 6:00pm, Saturday from 7:30am to 4:00pm & Sunday from 7:30am to 12:00pm.

TCCS Mixer at La Quinta Brewing Co.

Desert Triathlon is proud to be the first stop on this year's Triathlon Club Championship Series. To celebrate, there will be a mixer at the [La Quinta Brewing Company](#), 78-065 Main St #100 in Old Town La Quinta, on Saturday, March 4th at 4:00pm. **All Desert Triathlon participants are invited** to meet their fellow triathletes, talk with the race director, and learn about the TCCS while enjoying drink specials.

What is the TCCS? The TCCS is a series of triathlons where TCCS members, who come from triathlon clubs from all over California, compete for points. First, second and third place champions, the overall club winner, and a most improved athlete are crowned at the end of the season, and each will win valuable prizes. To learn more about the TCCS, [click here](#).

Volunteers

If any of your friends or family members would like to volunteer and be part of the action, please have them contact our volunteer coordinator Morgon at volunteers@southland-events.com, or on race day at the volunteer check-in desk.

Thanks again for participating in Desert Triathlon, and we look forward to seeing you this weekend.

Matt Sills
Race Director - Desert Triathlon