



2018 LEADMAN Racer Information

Date: Saturday, April 21, 2018

Location: Silver Mountain Resort in Kellogg, Idaho - Exit 49 on I-90

Register: Registration is limited to the first 300 competitors, although the Kellogg Rotary Club reserves the right to make adjustments to this number based on event logistics. **Registration closes on Tuesday April 17 at midnight** at www.silvermt.com or mail completed forms to:

LEADMAN at Silver Mountain
701 Bunker Ave, Suite 113
Kellogg ID 83837

or drop off the form, waiver and entry fee at the Silver Mountain Administrative Office. An individual release form must be signed by EACH participant on each team. *Participants under the age of 18 must have signed parental consent at or before registration in order to participate.*

Check in locations and times:

- Friday April 20: 5:30-7:30pm in Noah's Canteen at Silver Mountain - **AVOID THE LINE ON SATURDAY!**
- Saturday April 21 : 7:00-8:45am in Gondola Village at Silver Mountain - Be sure to bring your SIGNED Liability Waiver.

Check-in Rules: All participants are required to check in NO LATER THAN 8:45am on the day of the event. *Registrations on the day of the race will not be accepted.*

Course: Course information is available at <http://www.silvermt.com/Winter/Leadman-Triathlon>

HEATS: There will be 3-5 heats of racers with varying start times. Learn what heat you are in at Check-in and know the start time for your heat (based on your bib color). Be at the start line at least 15 minutes prior to the start. **You must go with your assigned heat.** Below is an example of how the heats are typically divided up, but we may vary the grouping depending on a number of variables.

Heat 1-Male 16-27 & Male 28-34

Heat 2 Male 35-43 & Male 44+

Heat 3 Female 16-30, Female 31-39, Female 40+, Kids Solo

SKI/BOARD: The event begins with a Le Mans start (run to your gear and click in) to a downhill ski/snowboard course approximately .9 miles in length.

BIKE: The bike leg is 9.6 miles long and mostly downhill but does involve some flat and uphill grades. The route is a combination of double track, single track, tight turns, rocky terrain, gravel road, dirt, MUD, and asphalt. **Full suspension mountain bikes are highly recommended for the bike leg.** Walk your bike if you are unsure of your ability level for the terrain you encounter on the course. Be sure to understand proper braking techniques for downhill mountain biking and have your brakes checked prior to the race. It is wise to carry a replacement tube and repair kit.

Watch for ruts, mud, and sharp corners. Notify other racers when passing by shouting, "on your right" or "on your left" before attempting to pass.

Racers should have their bikes well tuned and inspected (especially brakes) at a professional bicycle shop prior to arriving at Silver Mountain Resort on race day. There will be a bike inspection tent provided by CDA Bike Company in the plaza on race day for any last minute issues.

Bicycles must be tagged with your bike number card and loaded into the trucks **by no later than 8:55am.**

The ski to bike transition is staged by event staff so individual competitors WILL NOT have an opportunity to place their own equipment or have support crew at this transition. **Know your bib number and mark EVERY PIECE of your gear well** so you can find it quickly and lost gear can be returned to you. Ideally, the bikes will be staged by heat and/or in bib number order- but no guarantees.

RUN: We are using a computerized timing system provided by Northern Peaks Alliance this year. **Anyone crossing the run finish line MUST BE WEARING THE BIB WITH TIMING CHIPS ON THE BACK. This system is very accurate, but it is dependent on having a bib with a timing chip cross the finish line.** The run leg is approximately 4.1 miles long and involves uphill, level and downhill grades on varying terrain of dirt, gravel and asphalt. The bike to run transition is a great place for spectators, helpers, and your support crew. See course map for location.

EQUIPMENT: Every piece of your equipment must be tagged with your BIB NUMBER. Tape and markers will be provided at Check-In for gear marking. Competitor or competitor's support crew will be required to show their bibs to claim equipment left at transition points.

All equipment left at the transition points will be transported back to the Gondola Village. Please be patient as there is a great deal of effort required to transport the equipment from the transition zones.

Equipment must be claimed by 2:00 pm.

HELMETS ARE REQUIRED for the ski and bike segments. Wear what you think makes you SAFE! Some competitors choose to wear their bicycle helmets for the ski leg.

EYE Wear: Be prepared for a great deal of mud and **wear appropriate eyewear; sunglasses, goggles or clear glasses.** Eyewear is available for purchase at Silver Mountain Sports.

SHOWERS are AVAILABLE for no charge after the race. For your convenience, you may use the showers in Silver Rapids Waterpark to clean up after the race. Please bring your competitor bib to gain entry into the waterpark and bring your own towel.

SWAG & PRIZES

Each pre-registered participant will receive a "swag" bag, t-shirt, gear tags and bib at check-in. LEADMAN hats and other good stuff will be available for purchase at the Rotary tent.

Participants who place in a prize position will receive great prizes, **all of which are donated** by the AWESOME sponsors and local community!!!!

Awards and the Après Race Party will be at the Gondola Village Plaza at Silver Mountain Resort. A barbeque, live music, and beverages will be available starting at 12 noon. The barbeque, awards ceremony, and Après Race party is open to the public, so everyone can join in the fun as the racers cross the finish line! **Awards will be held around 3:00.**