

17th Annual
ALASKA'S
SOURDOUGH TRIATHLON
&
CHEECHAKO RELAY

WHEN: Saturday, July 12, 2008. **Check-in/Bib marking---8:30-9:30a.m.** **Start time--10:00a.m.**

WHERE: Sourdough Triathlon Gravel Pit (40.7 miles NE of Fairbanks on the Steese Hwy.) **SEE MAP**

DISTANCES: 1.2 mile swim, 56 mile bike, 13.1 mile run.

RACE COURSE: All legs start & finish at same place! The 1.2 mile swim is multiple loop (5 loops) swim in a DOT gravel pit off the Steese Hwy. The 56 mile bike leg is 2 loop pristine ride which is mostly flat with some easy hills. The 13.1 mile run (also along the shoulder of the highway) is flat for 6 miles followed by rolling hills for the final 7 miles.

AID STATIONS: Water, Gatorade, bananas, and cookies will be available at each aid station, which will be located near the transition area, at both turnarounds of the bike and run, and every 2 to 2.5 miles along the run course.

RULES: ALL Competitors (and volunteers/supporters) **MUST** have **FUN**.

Swim -- A wet suit is strongly recommended (water temp will be 58-65 F)

Bike --- A bike helmet is required at all times and chin strap must be fastened before riding off

--- No drafting allowed (7 meter gap!)

--- Ride on the far right and look both ways before any road crossing

--- Bikers will be responsible for turnarounds. Be Careful!

--- Pass though finish chute before going to your staging area

--- No Headphones (applies to run leg as well)

Run --- Runners must run on the extreme left hand side of the road at all times, against traffic!

Volunteers – Must man aid stations until the last triathlete passes by, or until 5p.m.

***Please Note:** Those competitors who take longer than 7 hours to complete the triathlon may need to be self-sufficient on the latter portion of the run leg.*

BBQ/POTLUCK: Since we anticipate the leaders to finish in about 4 1/2 hrs (2:30pm) and last finishers to come in around the 8 hour mark (6pm), the BBQ will be fired up between 4-5pm & all triathletes, volunteers, supporters, family and friends are invited to participate! Bring a potluck dish big enough to feed 6 hungry triathletes. Hamburgers and condiments, sodas and ice tea will be provided, but you are welcome to bring something for the grill and your own beverage of choice. Awards will be given out during/following the BBQ/potluck.

DIVISIONS: Solo - Men/Women under 40 & Men/Women 40 and over (MASTERS).

Relay - Men & Women & Mixed

Solo entrants must be 18 years of age or older . . .

ENTRY FEE: \$50.00-- SOLO / \$120.00 per team. Entries must be **received** by Monday, July 7, 2008.

ABSOLUTELY NO LATE ENTRIES!

MAIL ENTRIES TO: "Sourdough Triathlon" 3020 Moose Mountain Rd., Fairbanks, AK 99709

OR: Drop entries off at: "Beaver Sports" "Raven Cross Country" "Goldstream Sports" Fax: 907-452-8287

Make checks payable to: **Bob Baker** not "Sourdough Triathlon"

QUESTIONS: Contact: **Bob and Sharon Baker** (907) 455-6689 home (907) 452-1286 work
Email: badbobbaker@gsi.net

Bruce Miller (907) 459-2012 work
Email: millerb@doyon.com

The following must be signed in order to participate in the Sourdough Triathlon

I, the undersigned, know that swimming, running and bicycling are action sports carrying significant risk of personal injury. I know that there are natural and man-made obstacles or hazards, surface or environmental conditions and risks which in combination with my actions may cause very severe or occasionally fatal injury. I agree that I, and not the Sourdough Triathlon organizers or their sponsors, am responsible for my safety while I participate in this event.

Please check one: Solo () Relay () Phone #: _____

Email: _____

Solo or Swimmer:

Name Address(mailing) please print Age Sex

Relay Biker:

Name Address(mailing) please print Age Sex

Relay Runner:

Name Address(mailing) please print Age Sex

Signatures:

Solo/ Swimmer

Relay Biker

Relay Runner

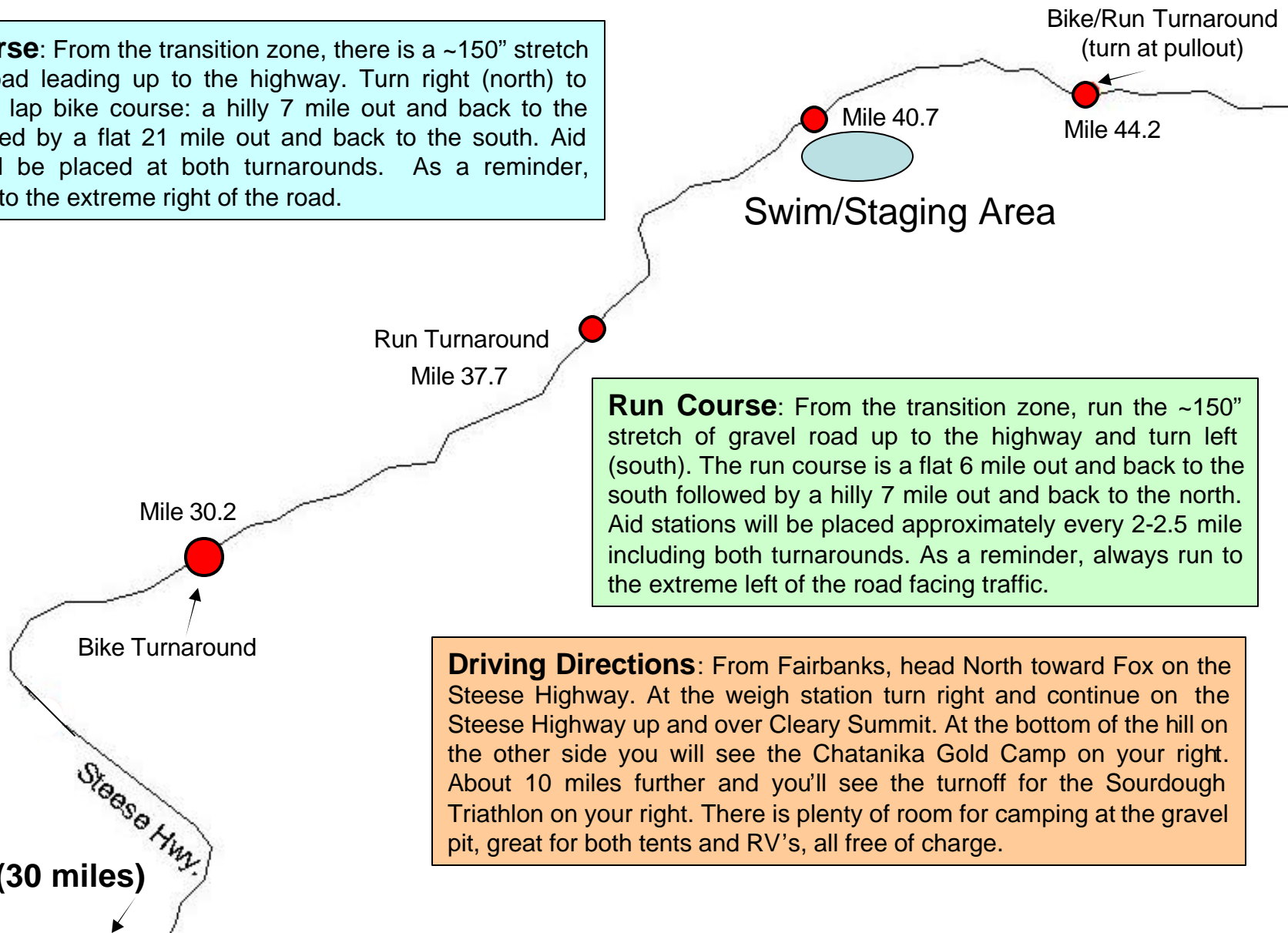
Due to the long nature of this race, and the fact that it is manned by *volunteers*, those competitors who will be finishing in the 7-8 hour time frame, please be warned, that there may be limited aid available after 5p.m. Rather than imposing a time cutoff, we have decided to allow folks to proceed with the understanding that they may have to be self-sufficient the latter part of the run leg. The volunteers are out on the course for up to 6 hours, which is an awful lot to ask of them. Usually, food and drink is left at the aid station locations, available for "self-service", should the volunteers need to leave. Thank you for your understanding.

Swim Course: The swim will consist of 5 laps. The water is expected to be chilly so wetsuits are **strongly** recommended. **Caution** (especially to parents): Please be sure children do not stray too close to the water's edge without appropriate supervision.

Bike Course: From the transition zone, there is a ~150" stretch of gravel road leading up to the highway. Turn right (north) to begin the 2 lap bike course: a hilly 7 mile out and back to the north followed by a flat 21 mile out and back to the south. Aid stations will be placed at both turnarounds. As a reminder, always ride to the extreme right of the road.

Run Course: From the transition zone, run the ~150" stretch of gravel road up to the highway and turn left (south). The run course is a flat 6 mile out and back to the south followed by a hilly 7 mile out and back to the north. Aid stations will be placed approximately every 2-2.5 mile including both turnarounds. As a reminder, always run to the extreme left of the road facing traffic.

Driving Directions: From Fairbanks, head North toward Fox on the Steese Highway. At the weigh station turn right and continue on the Steese Highway up and over Cleary Summit. At the bottom of the hill on the other side you will see the Chatanika Gold Camp on your right. About 10 miles further and you'll see the turnoff for the Sourdough Triathlon on your right. There is plenty of room for camping at the gravel pit, great for both tents and RV's, all free of charge.



Fairbanks (30 miles)