

2023 Tri-Flake Racer Notes

Please read completely and let us know if you have any questions or concerns! These notes will be updated as new information comes up.

General

- The Tri-Flake Winter Triathlon is meant to be a fun and challenging multisport event for all participants. Poor sportsmanship is poor form and will likely result in disqualification. Have fun and bring your competitive spirit, but also your sense of humor.
- DRESS WARM! All activities will be outdoors. This is winter and Kincaid Park is frequently windy. Prepare for temperatures that can get below zero and added wind chill. Bring dry, warm clothes for after the race, especially relay team members who will be standing around after their leg waiting on finishers. We do not have a cutoff temperature, so barring something unforeseen, the race will go on.
- All athletes must positively check in prior to the race and pick up your timing chip. Proper visibility of the bibs is essential to a properly timed event. The bib pickup table will be open from 10:00am to 11:30am. BRING YOUR ID & USAT CARD!! Racers will receive two numbers, a run/ski number to attach to yourself and a bike number to attach to the front handlebars of the bike. Timing chips must be securely attached to the outside of your clothing so it can be visible to the chip reader panels.
- We are planning a mass start for all racers at noon.
- Bike racks are provided, but are only for SOLO participants. Teams must hold their bikes in the "team corral", unless there is room.
- At no time are any music devices allowed in your ears during this event. No exceptions!
- This is a winter event. Everything will be conducted on snow, so plan accordingly. Racers are advised to bring a towel or other ground cover to help when changing shoes/boots.

Pre-Race:

- The Stadium is ski-only until race morning. Please ensure you do not ride or run into or through the stadium prior to race day. You can check out this portion of the course on skis. To preview either the run or bike legs, start directly across from the stadium parking lot (just past the red gate). The multi-use path is parallel to the road at this point. Go left to be on the bike course, right to be on the run course.

- We will try to put preliminary course markings out for the bike course by Wednesday before the event. We can't do the final marking until Friday night most likely because they may get in the way of grooming, but we should have enough so you can follow the course. Please reference the race website for course maps and Strava/Trailforks routes.

Bib Pickup: Pre-race bib pickup will be Thursday, January 19th at Chain Reaction Cycles (1148 Huffman Rd, Anchorage, AK 99515) from 5:00pm to 7:00pm. We will still allow those who need to pick up their bib race morning to do so, but please try to make the Thursday bib pickup if at all possible.

- Have your ID and USAT card (if applicable) out and ready when you arrive
- **Chain Reaction Cycles** is one of our long-time sponsors. This will be a great chance to grab that last minute nutrition, clothing item, or bike tool you are needing for race day. Take a look around and make sure to thank them for supporting the race.

What to expect on race day: BRING YOUR ID AND USAT MEMBERSHIP!

- Race Day Schedule:
 - o Timing Chip Distribution and Last Minute Bib Pickup: 10:00-11:30
 - o Transition Open: 10:00-11:30
 - o Pre-Race Briefing (at start line): 11:30am
 - o Race Start: Noon (Mass Start)
 - o Race Finish: Depends on how fast you go ;)
- Park in the lower stadium parking lot. This is the large lot on your right at the bottom of the hill as you first see the stadium.
- We have an indoor space reserved starting at 1:00pm adjacent to the upper parking lot (south side of lot); however, it is a short distance from the stadium, so be prepared with warm gear to be outside during the event. Masks will be required inside. Depending on the Covid situation at the time of the event, we may not be able to have any indoor warming area due to COVID restrictions. In such a case, racers and volunteers should plan to be dressed for extended outdoor conditions and/or have a vehicle nearby for warming up before and after the event.
- Timing chip and last minute bib pickup in the lower stadium parking lot opens at 10:00am. Make sure to have your ID and USAT Membership card available unless you are using a one-day license purchased during registration.
- Set up your transition area by 11:30am.
- Plan to be self-sufficient with regards to nutrition. Racers should prepare to have any food or drink they may want during the event either with them or in their transition spot for easy access.
- **Awards** We plan to do awards as soon as the last finisher finishes (typically around 4:00pm). Awards will be in the main stadium near the start/finish line. If you are unable to stay for the awards, please let us know at the awards table and we will try to get you your award early.
- Bibs need to be displayed on the front for the run and ski. Racers will have a separate number plate for the bike.
- **Transition Area: NO BIKING OR SKIING IN TRANSITION AREA.** There will be a "MOUNT" line at the transition exit where you can get on the bike and put on your skis. Please try to limit how much you have in the transition area. It is crowded enough with shoes, bikes, skis, poles, etc...

- **Run:** This is an out-and-back course. Please be respectful of racers coming the opposite direction. Minimize any side-by-side running if there is oncoming traffic. The run course will be marked with red pin flags and red arrows. Pin flags will be on your right on the way out and left on the way back.
- **Bike:** The bike course is a 4.1 mile loop that racers will do TWICE for a total distance of 8.2 miles. The course begins with about 1.4 miles of multi-use pathway paralleling Raspberry Road to the Raspberry parking lot and then utilizes the single track trails for the remainder of the loop back to transition. At no point should a racer be on the roadway. There are sections of technical single track, fast descents, hard ascents and you are responsible for controlling your bike. Use caution and stay within your abilities.
- **Do not return to the stadium between laps.** Complete two full loops (approximately 8.2 miles total) before returning through the tunnel and into transition. Course motto: “Don’t be a jerk!” This simply means be respectful of the other racers and anyone else you encounter on the course. If you are gaining on someone and want to pass, call out EARLY do they know and can find a safe spot to let you by. Don’t wait until you are right on their back wheel and then yell for them to move. Trails are not always wide enough to pass with both riders at speed, so it takes both racers being respectful of each other for a safe, efficient pass. If you hear someone call “Trail” or “On your left” from behind, try to find a safe spot to move over and let them pass as soon as possible. Bike course will be marked with BLUE arrows and pin flags. Pin flags will be on your right. If you get to an intersection and there are no flags, you likely missed a corner and should go back until you find flags again.
- Bikes are NOT allowed on the groomed ski trails. Please ride only on the multi-use pathway and single track trails. Riders found riding on the groomed ski trails will be subject to disqualification. If you are not sure of what trails are open to bikes, please ask a race official.
- Helmets must be attached before mounting the bike, worn at all times on the course, and must not be removed or unbuckled until you are off the bike.
- Do not mount your bike until you reach the “Mount” line leaving transition. No riding of bikes in transition at any time, before, during, or after the event. This is for the safety of all participants and volunteers.
- Do not drop trash or equipment on the bike course.
- Race # should be attached to your handlebars and visible from the front, BEFORE leaving transition.
- Dismount bike at the “Dismount” line before entering transition and return your bike to your original place on the racks provided.
- **Ski:** This is a two-lap course. Do not cross the finish line until you have completed two full loops. Stay left and go over the small hill behind the scoreboard after finishing the first lap. Assuming enough snow depth, the course will be groomed for a freestyle event with a single set of classic ski tracks on one side. If snow is thin for some or all of the course, there may not be classic tracks available. The ski course will be marked with red pin flags and black arrows. Red pin flags will be on your right.
- Run/Ski number must be visible on the front before exiting transition and through the duration of the ski leg of the race.

- **Wildlife:** Alaska has a lot of moose and many of them like to hang out on the trails around Kincaid Park to watch the crazy people zoom past. It is not uncommon to have one or more come out to spectate these events. Moose are big and they have the right of way. DO NOT try to yell at or throw anything at a moose to scare it away. This will result in immediate disqualification. Moose will often move off the trail quickly. If not, you may be able to bypass them with a short detour through the woods.

TEAMS!

- You will be given two numbers for your team, a soft bib that will be shared between your runner and skier, it is for pinning or race belting on the FRONT of your body, visible to the timers. on your chest, or thigh, but visible. This MUST be passed from runner to skier while your biker is out. The Runner must start with it, and then pass it to the skier, who must also start with and finish with it. Don't forget!! The biker will have a hard plate on the front of their bike, and is not required to have the soft number.