



*These Ain't No Pansy Ass City Races*

## **The 8<sup>th</sup> Annual Madison Triathlon**

**August 3, 2019**



### ***Montana's Greatest Olympic Distance Triathlon***

#### ***RUNNERS INFORMATION PACKET***

#### **Time of Race**

Saturday, August 3, 2019

All Swimmers Starting Time: 8:00 AM

First Leg: 1,200 yard swim in Ennis Lake (two laps of 600 yards)

Second Leg: 24 mile bike ride from Ennis Lake to Harrison, Montana

Third Leg: 6 mile run from Harrison to Pony, Montana

## **Race Check In**

Race Day Check-in: Saturday, August 3, 2019 – 7:00 to 8:00 AM  
Kobayashi Beach  
Ennis Lake

## **Staging Area**

Parking lot of Kobayashi Beach at Ennis Lake. This is a BLM site on the north shore of the lake. Participants and supporters can park their vehicles in the parking lot and follow the athletes if so desired. For those athletes traveling alone, we will make all best efforts to get you shuttled back to this lot to pick up your vehicles. **However, please let us know in advance if you're on your own and will need a ride back to this site so we can work something out. Please note that we cannot guarantee anyone a ride back to Ennis Lake from Pony.**

## **Race Day Logistics: Swim (1,200 yards) – Bike (24 miles) – Run (6 miles)**

- On race day Sunday morning, athletes arrive at Kobayashi Beach at Ennis Lake to check in, sign waivers, receive SWAG, and get their bib numbers. The participants can leave bags and other personal items with the race director for pick up at the finish line in Pony or at the bike/run transition point in Harrison.
- The athletes prepare for the swim as necessary. Wet suits are allowed as are life vests for the non-strong swimmers. For the most part, the only thing not allowed will be kick boards and swimming fins. Athletes should place their bikes near the exit point of the swimming leg.
- The Madison Triathlon begins with a 1,200 yard swimming leg at 8:00 AM. This will be two laps around a buoy course of 600 yards set just off the shores of Ennis Lake. When the runners complete the swimming leg, the biking leg begins immediately. The athletes get on their bikes and start cycling. The cycling begins at Kobayashi Beach and ends in Harrison on Highway 287. This is a 24 mile leg.
- Volunteers will follow the bikers along the biking leg of the route. Any bikers with problems can get assistance from these volunteers.
- The cyclists ride all the way to the bike/run exchange location in Harrison which is at the intersection of Highway 287 and the Highway to Pony. The cyclists get off the bike and immediately begin running. A volunteer will load the bicycles onto a van for delivery in Pony.
- The runners' finish line is in Pony right in front of the Pony Bar on Main Street. The awards ceremony for the winners as well as the Madison Trifecta athletes (the TBAs) will also be in Pony. After recovery time and the awards ceremony, athletes in need of a ride will be returned to Kobayashi Beach at Ennis Lake on a best efforts basis. This is the end of the Madison Triathlon.

- The estimated time frame for each of these steps is as follows:
  - 7:00 AM – race registration opens
  - 8:00 AM – start of swimming leg of the race – the start of the Madison Triathlon
  - 8:30 AM – start of the cycling leg of the race for most athletes
  - 10:30 AM – majority of bikers reach the exchange point and the running begins
  - 11:30 AM – majority of athletes finish the running leg
  - 12:00 PM – all or nearly all athletes have finished the Madison Triathlon
  - 12:30 PM – lunch and awards ceremony for the Madison Triathlon in Pony
  - 2:00 PM – shuttle with bikes and athletes leaves for Ennis Lake

### **Level of Participant Support**

**The Madison Triathlon will be a limited support race.**

The race starts with a 1,200 yard swimming leg off of Kobayashi Beach at Ennis Lake. This will be followed by the biking leg from the lake to McAllister and from there to Harrison on Highway 287. There will be an aid station in Norris and some volunteers will have water for bikers as needed along this route. There will be food/water at the bike/run exchange point in Harrison and stand-alone water coolers on the 6 mile running leg to Pony as well as volunteers in vehicles.

Please do not expect a high level of runner support like other triathlons can offer. The logistics and distance from the town of Ennis makes such kinds of support difficult. We encourage runners to carry their own timing devices, water bottles and food/gels in fanny packs. Also, please be aware and prepare in whatever fashion is available that this is a relatively high altitude race. This route is not as extreme as the Madison Marathon in terms of elevation, but it is still a very tough course.

### **Cautions**

There are a few things to be aware of aside from the normal challenges posed by an Olympic Distance triathlon race. First off, all participants will be required to sign a waiver before running the race. If these waivers are not signed, the athlete will not be allowed to run the race. S/he will have their fees returned.

Some other things to be aware of:

First, Ennis Lake is by no means a warm water lake. The race begins at 8:00 AM so the water will almost certainly feel cold to most athletes. Everyone is advised to wear a wet suit if available.

Second, the first three miles of the biking section will be on a packed gravel/dirt road from Ennis Lake to McAllister and Highway 287. This road is generally in good shape and a standard road bike can be used. From McAllister, the cyclists will ride on Highway 287 so obviously a road bike is the best choice of bike in order to gain speed.

Third, there will be signs posted on the route (Highway 287) to warn drivers about the race and there is a relatively large shoulder on the highway. However, cyclists need to be aware of traffic and large

trucks that can cause a wind draft as they pass you. There is one long uphill and a fairly long and steep downhill.

Fourth, this is a somewhat remote and a high altitude race which is likely to lead to exhaustion sooner than normal for even the more experienced athletes. Please keep yourselves well hydrated and be aware of what your body is telling you.

### **The Races**

There is just an individual race category (no teams as in years' past). All racers will begin at the same time. Depending on numbers of athletes, there may be a wave system implemented. The swimming leg is first, followed by the biking leg, and finishing with the running leg.

The swimmers will all start at the same time. The run portion will start after the swimming portion is completed, i.e. the athlete will get out of Ennis Lake and jump on the bike and start cycling. The running portion will begin upon completion of the cycling portion at the designated bike/run exchange point.

The athletes will decide entirely on their own what kind of bicycle to use for the biking portion. The first three miles of the road (from the lake to Highway 287) is packed dirt/gravel and in good shape due to a lot of use. There are washboard areas. From McAllister on, the route is on Highway 287 with a large shoulder. The ideal bike would likely be a sturdy road bike.

Since this is the final leg of the Madison Trifecta, there will be a party for everyone involved. This is especially for the T.B.A. athletes who have completed all three events in the year. The party will likely be either in Pony Park, at the Pony Senior Citizen Center, or a private home. Everyone (meaning your friends and family) is welcome.