



# 2024 ATHLETE GUIDE

**GRAND JUNCTION**  
  
SPORTS COMMISSION

**PRESENTED BY:**

 Intermountain  
Health  
St. Mary's Regional Hospital

## PACKET PICKUP & ON-SITE REGISTRATION

**Friday, September 6, 2024**

4:00pm - 7:00pm

Imondi Wake Zone, Fruita, CO

**Saturday, September 7, 2024**

6:00am - 7:30am

Imondi Wake Zone, Fruita, CO

**Saturday, August 31**

**Open Water Swim - PRACTICE**

7:00AM - 9:00AM

Imondi Wake Zone

## RACE DAY SCHEDULE

**Saturday, September 7th:**

- 7:30am - Collegiate Race Start
- 8:00am-8:15am - Super Sprint Wave Starts

\*Transition area opens at 6:30am

**\*\*WETSUITS WILL BE ALLOWED - Water temperature is expected to be between 74-79 degrees**

## EVENT PARKING

- Parking will be in the dirt lot on the east side of the paved lot on site at Imondi Wake Zone. Volunteers will direct participants in lot.



# RULES & REGULATIONS

- Competitors must have their helmet on and strapped before mounting your bike.
- Competitors must walk or run in the transition area – no riding is allowed until you have reached the mount/dismount line which will be the end of the parking lot where it meets Cipolla Rd.
- Competitors must have their race number pinned on and visible and their sticker numbers on their bike and helmet.
- **No drafting.** Competitors must not follow the biker in front of them too closely (two bike lengths behind).
- Competitors on a bike must follow **rules of the road**. Competitors must ride their bike as far to the right side of the lane as possible. Only pass on the left (within the lane) and then must immediately return to the right. Highway 6&50 will have public vehicles in both directions, stay as far right as possible. **IF YOU CROSS THE YELLOW LINE YOU WILL BE DISQUALIFIED.**
- Competitors must not pass on blind corners on the Riverfront Trail when biking. Competitors must respect other users of the Riverfront trail. High speeds are not recommended on Riverfront Trail and the Trail is not closed to other users.
- Competitors must rack their bike properly and respect your fellow competitors' equipment and space.
- Competitors must follow the directions of the Race Officials and Course Marshals without question.
- Competitors may not wear headphones while biking. They must be alert and aware, and must know the course.
- Competitors must wear their tri tag throughout the race. If this falls off, timing may not be accurate.
- Competitors may not receive any outside assistance during the race.

**\*\*FAILURE TO FOLLOW THESE RULES WILL RESULT IN  
DISQUALIFICATION  
THIS IS A WETSUIT LEGAL RACE**



## INCLUDED IN REGISTRATION

- Race T-Shirt
- Custom Pint Glass
- Custom Tri Belt
- Desert's Edge Swim Cap
- Post-race snacks
- Your chance to become a triathlete! And an awesome morning in western Colorado competing with the CMU Tri Team!

## AWARDS

- Overall Awards for top three Male & Female, plus collegiate

## FREQUENTLY ASKED QUESTIONS

- **Why is this year's race at Imondi Wake Zone instead of Highline State Park?**
  - Highline Lake was drained for most of the summer in an effort to eradicate invasive zebra mussels. Next year we will be back at Highline State Park, but this is a great chance to get out there for a shorter course if you've never tried a triathlon before!
- **Can I do it in a team?**
  - Yes! Teams are welcome. Each member will tag their teammate while in the transition zone.
- **What are the distances for a Super Sprint?**
  - This Super Sprint will be a 500m Swim, 10mi Road Bike, and a 5k Run.
- **Is the bike course rules of the road?**
  - Yes, this year's bike course will be rules of the road meaning all bikers must stay to the right hand side of the lane and watch for any cars while crossing the road.
- **Where is the transition zone?**
  - The transition zone will be in main paved parking lot. Please see attached site map.

If you have any questions, please e-mail [info@grandjunctionsports.org](mailto:info@grandjunctionsports.org) or call us at 970-902-0778.

**ONLINE RACE REGISTRATION CLOSSES SEPT. 5TH AT 11:59PM**

**SPREAD THE WORD TO YOUR FAMILY AND FRIENDS TO REGISTER TODAY**

**A SPECIAL THANK YOU TO OUR  
PRESENTING PARTNER:**

 Intermountain  
Health  
St. Mary's Regional Hospital

 **SWIM.  
BIKE.  
RUN.**