



2015 Crescent Moon Triathlon



Sprint & Olympic Distances
USAT Sanctioned!

Photo: SkiPix.com

2015 Crescent Moon Tri Athlete Guide

The 2015 Crescent Moon Tri is less than a week away, and we are getting excited that summer weather has finally moved into the Denver area!

The forecast for Sunday calls for a beautiful morning, with start temps in the 60's, followed by sunshine & 70's at the finish!

The water temp is expected to be in the low 60's on race morning, so wetsuits are strongly encouraged. If you are interested in renting a wetsuit, I recommend contacting any Runners Roost location to reserve a suit for race weekend.

We have a great morning planned, and an enthusiastic group of volunteers ready to guide you through the course. Following the race, we'll be serving up Flippin' Flapjacks to everyone who raced!

IMPORTANT OLYMPIC UPDATE: *We have made a change to the Olympic bike course due to new requirements imposed by Arapahoe County.*

The county now requires that all cycling events staged at the Aurora Reservoir take place within the road closure area that extends from the reservoir to Watkins Road. The revised Olympic bike course will still be 40k in length, but it will now be two laps of the Sprint bike route.

This means you will be cheered on by an excited crowd of spectators as you head out on Lap-2. We will also record your 20k bike split and post it to the online results!

There will be a water bottle exchange zone as you finish your first lap.

For a revised course map and description, please visit the race website at www.CrescentMoonTri.com

Inside this guide, you'll find:

- *Race Schedule & Wave Assignments*
- *Information on Free Race Photos*
- *Directions and Parking Information*
- *Packet Pickup Info*
- *Race Rules*
- *Beginner Wave*

Thanks for being a part of the 2014 Crescent Moon Triathlon! We look forward to seeing you on Sunday.

Darrin, Jill, and the Racing Underground Crew!



Early Packet Pickup - Friday June 5th

Noon - 6:30pm - Runners Roost
6554 S. Parker Rd., #107
Aurora, CO 80016

Sunday Schedule of Events

5:30am - Park Gate Opens
5:30am - Transition Opens - Pick a spot, and rack your bike! All spots are first-come, first-served
5:30am - Packet Pickup Opens
5:30am - Body Marking Opens
7:10am - Race Day Packet Pickup Closes
7:10am - Lake opens to Warm-Up Swimming
7:25am - Transition Closes
7:25am - Pre-Race Briefing in Transition
7:30am - First Wave of Olympic Triathlon
8:10am - First Wave of Sprint Triathlon
9:00am - Post Race Pancake Breakfast Opens
9:20am - Swim Course Cutoff
10:45am - *Sprint Awards & Random Drawings
11:15am - *Olympic Awards & Random Drawings
11:00am - Bike Course Cutoff
**Awards time may be adjusted based on number of athletes on course*

Wave Assignments & Start Times

*Warm-up Swimming will be allowed inside
the roped swim area*

7:30 a.m. WAVE-1 (Lime Caps)
Olympic Men & Women Age 50+; Elite M/F (Pink)

7:40 a.m. WAVE-2 (Yellow)
Olympic Men Age 49 & Under

7:45 a.m. WAVE-3 (Pink Caps)
Olympic Women Age 49 & Under; Relays; Clydes, Athena

8:10 a.m. WAVE-4 (Red Caps)
Sprint Elite Men; Men Age 39 & Under; Clydesdales

8:15 a.m. WAVE-5 (Silver Caps)
Sprint Men Age 40+

8:20 a.m. WAVE-6 (Blue Caps)
Sprint Women Age 39 & Under

8:25 a.m. WAVE-7 (Purple Caps)
Sprint Women Age 40+; Athena

8:30 a.m. WAVE-8 (White Caps)
Sprint Beginner Male & Female Wave



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2045 32nd Street, Boulder

Early Packet Pickup

Early packet pickup will take place at the Aurora Runners Roost store located at 6554 S. Parker Rd., #107 in Aurora. Early packet pickup runs from noon until 6:30pm on Friday June 5th.

Friends or family members may pick up your packet for you at early packet pickup, as long as they have a signed note from you and a copy of your VALID USAT Card (if you are an annual member).

Your packet will not include your timing chip, however. You must present your bib number and photo ID in order to pick up your timing chip in person on race morning. Timing chips will not be released to participants if they do not have a bib number and photo ID.

Race Day Packet Pickup

Packet Pickup opens at 5:30am, under the red and black Racing Underground tents immediately adjacent to transition. Transition will open at 5:30am as well. Feel free to pick a spot, rack your bike, and get your gear arranged, then make your way up to the packet pickup tents.

A Photo ID is required in order to pick up your packet.

The Crescent Moon Triathlon is a USA Triathlon sanctioned event, and USAT requires that all participants pick up their own packet. On Race Day, friends or family members cannot pick up your packet for you. If you do not have a photo ID, you will not be allowed to race. Double-check that you have your ID with you before you leave home! If you are an annual member of USA Triathlon, you must also present your valid USAT card in order to pick up your packet. If you forget your card, or it has expired, you must pay the \$12 one-day fee in order to pick up your packet on race morning.

If you are not an annual member of USAT, then most likely, you paid for your \$12 one-day license when you registered for the race.

Please check your status on the race roster. An entry list with USAT status and other pertinent information will be posted on Thursday. Any corrections should be emailed to us prior to race day to ensure a smooth race for everyone!

racingunderground.com/EntryLists/CM2015_EntryList.htm

Your Packet Contains

Your racer packet will contain a bib number, a bike frame number, a helmet sticker, and a timing chip on a soft neoprene strap.

- **Bib Number:** Must be worn visibly on your FRONT during both running portions of the race.
- **Bike Frame Number:** Should be attached to either your top tube or seat post so that it is visible while you are riding .
- **Helmet Sticker:** Should be affixed to the FRONT of your helmet, so that it is visible from the front.
- **Timing Chip:** Comes on a comfortable neoprene and velcro strap. Please wear this on your LEFT ANKLE. Fasten the velcro so that it is snug, but loose enough that you can fit a finger or two between the strap and your ankle. DO NOT cut the strap, or you will be charged the \$15 replacement cost for the strap. Chips must be turned in at the finish line, or you will be charged the chip replacement cost of \$35.
- **Swim Cap:** Your swim cap will be color coded to match your start wave. Starting waves are assigned by age group or division as listed on the online entry list. If you believe you have received the wrong color swim cap, please let us know ASAP. Remember, your race age is your age on December 31st of this year.



Free Race Photo Downloads

Your race entry includes free downloads of your race photos at MyRaceShots.com! We will have photographers on the course all morning, getting multiple shots of you running and biking.

Photos will be posted and searchable by bib number on the MyRaceShots.com website no later than 10am on Wednesday June 10th.

You may also access YOUR Race Shots by clicking the "View Photos" button on your personal results page. The button will bring up all of your photos without the need to search for them!

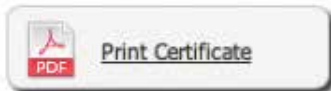
You will also be able to purchase prints and other photo items at prices well below what other photo websites charge.

Race Results

Our Race Results Center is second to none! Look up your results on our results kiosks located at the white race trailer. Just enter your bib number and your results will display on a video monitor, and you will also receive a printed copy of your results.

Results will also be posted live online on race morning! Your fans can track your progress on our leaderboard from any computer or smartphone. A link has been posted on the Crescent Moon Triathlon website.

The online results page will include a link to your printable finisher certificate, and options to post your results to your Facebook page or to email them to friends and family.



Finisher video will be posted to the results page the Monday after the race, with a link to footage of your personal finish (weather permitting).

You will also be able to click through to the MyRaceShots.com race photos website from the results page.

Download your 2015
Race Photos for
FREE



**Exclusively at
Racing Underground
Owned Events***

**All Racing Underground Events are
displayed on the front page
event grid at
www.RacingUnderground.com*

Race Rules

- **Helmets:** You must wear an approved bicycle helmet, and it must be buckled whenever you are on the bike
- **Handlebar Plugs:** All bike handlebars must have end-plugs in the bar ends (no open hole showing). If your bike does not have plugs in the end of the handlebars, we will have some available on race morning for \$1.
- **No Riding in Transition:** No riding will be allowed in transition. You must run or walk your bike to the Mount/Dismount line immediately outside of transition, and you must dismount your bike at the same point at the conclusion of your ride and run or walk your bike to your spot on the bike racks.
- **iPods & Headphones:** These are not allowed during any portion of the race. You will be disqualified if you are spotted using headphones during the race.
- **Drafting:** You must leave at least 3 bike lengths between your front wheel and the rear wheel of the bike ahead of you. Side by side riding is also prohibited. If you would like to pass, you have 20 seconds to move into the passing zone and get your front wheel ahead of the front wheel of the rider you are passing. At that point, the passed rider must drop back.
- **Blocking:** Simple - keep right except to pass. All passing must be done on the left. After you complete your pass, move back to the right side of the road. It is polite to announce, "On your left" when you begin your pass.

Directions and Parking

The race site is the Aurora Reservoir, located a short drive from Denver. Spectators will be charged a \$10.00 per vehicle entrance fee to the park. This fee will be waived for athletes on race day. We may max-out the parking spaces at the lake, so spectator carpooling with participants is **STRONGLY ENCOURAGED!**

Non-Toll Road Directions: From I-70 or I-25 in Denver, exit onto I-225. Exit I-225 at 6th Avenue and turn east onto 6th Avenue. 6th Avenue eventually becomes Gun Club Rd. Stay on this road as it continues past Buckley AFB. Several miles later you will see signs for Quincy Ave and the Aurora Reservoir. Turn left on Quincy

drive 2 miles, then turn right into the reservoir. If you are using MapQuest, the address is 5800 S. Powhaton Rd. Aurora, CO 80016

The race will start ON TIME, even if there is a line at the bathrooms. Please plan your use of the toilets accordingly. Typically there is no line until 30 minutes before the race start! There are also permanent toilet facilities throughout the park.

Awards Presentation

Cash Awards in the amount of \$250, \$150, and \$100 will be presented to the top-3 overall male and female finishers in the Olympic distance tri.

Merchandise Awards will be presented to the top-3 male and female overall finishers in the sprint tri. Overall award winners will be excluded from age group awards.

In addition, awards will be presented in both the Olympic and sprint events, to the top-3 male and female finishers age 19 & under, and in each 5-year age group starting with 20-24. The first place finisher in each sprint category will also take home a gift certificate to Runners Roost, and first place in each Olympic category winning a gift certificate to Excel Sports.

CLYDESDALE/ATHENA: Men weighing over 220 pounds and women weighing 165 pounds or more may choose to enter the Clydesdale or Athena divisions in place of their age group. Awards will be presented to the top-3 Clydesdale and Athena finishers. Clydesdale and Athena finishers will not be eligible for age-group awards.

RELAY TEAMS: The first place relay teams in Male, Female, and Coed divisions will receive awards in the triathlon. A Triathlon team consists of 2 or 3 participants.

BEGINNER WAVE: Athletes starting in the beginner wave will not be eligible for awards. If you would like to switch out of the beginner wave, please let us know prior to race day.

You must be present to claim your award, or have another participant pick it up for you. Awards will be mailed upon request for 2 weeks following the event. A \$10 fee to cover postage will be required before your award is mailed.

Beginner Start Wave

Many of you have chosen to start in the Beginner Start Wave, rather than in the wave with your designated age group. Please be sure to check out the race entry list where you will see a listing for athletes in the beginner wave. There is a link to the list on the Crescent Moon race website.

The beginner wave is for SPRINT distance athletes, only, and is the final start wave in the race. It is designed to make the swim a little less intimidating than the standard age group wave. Beginners will start with other beginners, so the start will be a little less competitive.

If you are listed in the beginner wave, it means you selected that option during registration. Beginner wave athletes will be listed in the Beginner division on the results, and will not be eligible for awards in their respective age categories.

If you are listed in the beginner wave and would like to switch into your standard age group, please let us know as soon as you can. That way, we will switch your status prior to packet pickup.

Lost & Found

Lost and found items can be dropped off and claimed at the timing tent, adjacent to the finish line.

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The advertisement features a black background with a diagonal line pattern. At the top, the brand name 'RUDY PROJECT' is written in white, with 'RUDY' in a larger, bold font. Below this, the phrase 'AMAZING COMBO DEAL' is written in large, bold, red letters. The central focus is a pair of black and red sunglasses with pink-tinted lenses, labeled 'RYDON', and a white aerodynamic helmet with blue and red accents, labeled 'WINGSPAN'. A large red plus sign is positioned between the two items. In the bottom right corner, there is a red and white logo for '#1@KONA 4 PEAK' with the years '2011 · 2012 · 2013 · 2014' underneath. Below the logo, it says 'Best Aero Helmet - Triathlete Magazine'. At the very bottom, a red banner contains the text 'ONLY \$295!' in large white letters, followed by '(SAVE UP TO \$200)' in smaller white letters, and a blue button with the text 'Click Here' and a right-pointing arrow.