

## Jeannine Henderson

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**From:** A Change of Pace [info@changeofpace.com]  
**Sent:** Tuesday, July 10, 2007 8:14 PM  
**To:** jeannine@changeofpace.com  
**Subject:** Donner Lake Triathlon Participant Confirmation

## 2007 Donner Lake Triathlon

Dear Participant,

Congratulations! You are confirmed as an official participant in this year's Donner Lake Triathlon. We are in final preparations to make this year's race a fun and successful event. This email contains brief information regarding Packet Pick Up, Start Times and more. For complete information on the event, please visit our web site, [www.changeofpace.com](http://www.changeofpace.com). A participant list is also posted on our website for your convenience.



### **PACKET PICK UP**

All participants should plan to pick up their packets prior to race day. This will help you avoid any last minute rushes and keep your race morning calm and on schedule. Packets may be picked up during the following time:

**Saturday, July 14th: 11:00 a.m. - 6:00 p.m.**

**Packet pick up will be held at the pavilion area at Donner Lake's West End Beach.** (Yes; we had previously planned to hold it at Northstar, as some of you may remember. However, a change of plans has returned the pick up back to the West End Beach.)

If you are a USA Triathlon annual member, you must show your membership or pending card in order to receive your packet. If you forget your card, USAT requires that you purchase a one-day license. Please be prepared and bring your card with you. Those participants who are not annual members and have already purchased a one day license with your registration need not worry about showing proof of payment. We will have this information on file.

Please note: All participants (including each relay participant) will be required to show photo ID in order to pick up their packet. This is a USA Triathlon rule. We regret that we cannot permit a friend/family member to pick up your packet for you. Please do not forget your ID. It will be required.

Please remember: if you are unable to pick up your packet until race morning, we will make packets available. There will be a \$10 fee for picking up on race day. This fee can be paid with cash or check. Packet pick up on race morning will be open from 5:00 to 7:00 a.m. on Sunday, July 15th. Race day pick up will be in the same place as

Saturday, near the swim start at the West End Beach.

Your packet will include your bib numbers, ChampionChip (timing chip) and band, swim cap and t-shirt.

### **WEST END BEACH RULES**

The West End Beach facility is monitored by Truckee Donner Parks and Recreation District. Please be sure to follow their rule of NO DOGS at the beach/picnic areas or within the gates of the park. Leave your pet with a friend or neighbor during the triathlon and expo. If you bring your pet, please do not feel offended when you are asked to remove him/her from gated area of the park. If we do not enforce this rule, we jeopardize our permit with the City.

### **PRE-RACE MEETING**

A pre race meeting will be held prior to the event during the expo. If you have never participated in this triathlon before, your attendance at the meeting is strongly encouraged. This is primarily due to the technical nature of the bike course. The pre-race meeting will be conducted by our Race Announcer, Whit Raymond, in conjunction with one of our Race Directors. The meeting will be held on Saturday, July 14th at 4:00 pm at the covered pavilion in the expo area.

### **WAVE START TIMES**

Wave start times are on our web site. Waves will be kept under 100 participants for your safety and will be separated by 5 minutes. Please note that you must start in the wave in which you were assigned. Wrong wave starts will not only mean your time will be wrong, but a possible DQ. Each wave will be assigned a different color swim cap.

### **WHEN TO ARRIVE ON RACE DAY**

Parking near to the West End Beach of Donner Lake is very limited. On race day, the main parking lot will be blocked off for volunteers; no athlete parking will be permitted. Participants and spectators can find parking along Donner Pass Road and in Wolff Estates. The folks in Wolff Estates have generously allowed us to once again park participants in their development, which is located off Donner Pass Rd./Old Hwy 40 just 1/4 mile up from the intersection of South Shore Drive and Donner Pass Road (& the Transition Area). On race day, follow the parking signs. Wherever you decide to park on event day, please be sure not to park illegally; this includes blocking driveways, on private property and in areas designated as 'no parking'.

We suggest arriving at the site a minimum of one hour early prior to your race's start, in order to get bodymarked, set up in the Transition area, use the porta-potties and warm up.

### **TRANSITION AREA**

The Transition Area will open at 5:00 a.m. and be located in the grass adjacent to the swim finish (same place as 2006). There will be designated areas for the sprint and international distance racers. Spaces will be available on a first-come, first-serve basis within those areas. Please adhere to the following T.A. rules:

- No glass in T.A. This is grounds for immediate DQ.
- No riding your bike in the T.A. Mount and dismount past the Bike In/Bike Out tents.

- No spectators in the T.A. Do not encourage your friends and family to find a way in. In order to keep the T.A. secure and safe, only registered participants and Race Staff are allowed.
- Upon arriving at the event, bodymarking will take place at each entrance to the T.A. It is the participant's responsibility to get bodymarked.
- Pick up after yourself. Put your garbage in the trash cans. Our volunteers spend about 2 hours each year picking up water bottles, gel wrappers, banana peels, etc. after the event in the T.A. This is no way to thank them for volunteering for the event.
- Remove your gear promptly after your race. The T.A. will be secure until 1:00 p.m. on race day.
- The transition area will be cleared at 7:00 a.m. as the sprint race starts. Therefore, all international distance racers must be set up by 7:00 a.m.

## **VOLUNTEERS / KAYAKERS**

This year, the Girl Scouts of Truckee and Truckee High School's California Scholarship Federation club have rallied over 150 volunteers to assist in making the 2007 Donner Lake Triathlon a huge success. However there are still some areas in which they need a few more people. These include: Kayakers for the swim course (kayaks provided if needed; 6:30 - 9:00 a.m.) and Bodymarking (5:15 a.m. - 7:30 a.m.). This is a great way to help out a community group while assisting in the production of the triathlon. All volunteers will receive a free t-shirt and lunch. The volunteer check-in booth will be located in the main parking lot of the West End Beach on Sunday morning.

## **ACCOMMODATIONS**

Still need a place to stay? Try Northstar-at-Tahoe, our Accommodations Sponsor. Northstar is located in Truckee 20 minutes from Donner Lake. Reach their reservation staff at 1-800-GO-NORTH or [www.northstarattahoe.com](http://www.northstarattahoe.com). Be sure to mention that you are a Donner Lake Triathlon participant to receive a discount.

## **COURSE AID STATIONS**

The aid stations during the event will be stocked with both water and Gatorade. Please remember: Do Not Litter at any time while on the course. The Donner Lake area is beautiful, and we'd like to do our part to help keep it that way. Gel and energy bar wrappers left along the road are unacceptable. There will be plenty of trash cans in the transition area and at the aid stations. Please dispose of all trash appropriately.

## **COURSE RULES**

For a complete list of rules, please see our website. Please review the following rules:

- There is no drafting on the bike course.
- Obey the center line on the bike course. Do not cross over it at any time.
- The foot-down stop at the bottom of the descent on Donner Summit (bike course) is mandatory.
- Headphones (ipods, etc) are not permitted during the race. This is for YOUR safety.
- No riding of bikes in the Transition area.
- Your helmet must be worn & buckled at all times during the cycling portion.

## **DIRECTIONS**

For directions to the event, please visit our web site, [www.changeofpace.com](http://www.changeofpace.com). Should you wish to map directions on the internet, you can use 15888 South Shore Drive, Truckee, CA 96161 as your destination address. Or, you can simply [click on this link](#) to

google maps.

## **RACE RESULTS**

Results will be posted in the expo area following the race. Online results will be posted on our web site by 9:00 p.m. on Sunday, July 15th.

## **AWARDS CEREMONY**

An awards ceremony will be held on Sunday following the conclusion of the event at approximately Noon. Please note that unclaimed awards will not be automatically mailed.

## **QUESTIONS?**

We will be available via e-mail through Noon Friday to answer any last minute questions. Reach us at [info@changeofpace.com](mailto:info@changeofpace.com). If you prefer to contact us by phone, we can be reached at (530) 757-2012, also through Noon Thursday. Dial extension 0 or 12 for race questions.

Good luck, have fun and be safe!

A Change of Pace

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