

SWIM .5 | BIKE 19.5 | RUN 3.8

# WHIDBEY ISLAND TRIATHLON

## Race Handbook

ITEMS IN THIS HANDBOOK ARE SUBJECT TO CHANGE.

Registered Participants will be notified of important changes and updates.

Version 07.06.2017



The Whidbey Island Triathlon is presented by the South Whidbey Parks & Recreation District

District Headquarters: 5475 Maxwelton Road, Langley WA 98260

Phone: (360) 221-6788 | E-mail: [programs@whidbey.com](mailto:programs@whidbey.com) | Web: [www.whidbeytriathlon.com](http://www.whidbeytriathlon.com)

## Welcome!

Welcome to the Whidbey Island Triathlon! We look forward to having you as a participant in our 21<sup>st</sup> annual race! Below are details for this year's event, rules and regulations. While this is a race beloved by both beginners and seasoned triathletes alike, it is still essential that proper training and preparation has taken place.

Please read this handbook thoroughly well in advance of the race, and plan early for lodging, as Whidbey is a popular place for visitors and accommodations fill quickly. Plan also for your transportation to Whidbey, as ferries fill up during the summer. **We encourage early check-in to avoid any last minute problems or unnecessary stress.** Come out Friday, make a weekend of it!

We are looking forward to another terrific event this, see you there!

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## Volunteers Needed

We depend upon 100+ volunteers to make this a successful race. If you are bringing guests to watch this event, consider asking them to volunteer. We provide a cool event gift, and lots of good company. Volunteers get the best spots to watch the race from!!! Email [programs@whidbey.com](mailto:programs@whidbey.com). Volunteers can sign up online at <http://signup.com/go/WuRMNaT>. It's a great way to get involved and have a fun and rewarding day!

## Accommodations

If you're planning to stay overnight, make finding accommodations an early priority in your planning. Space fills up early on Whidbey during the summer.

<http://www.visitlangley.com/lodging/>

<http://www.freeland-wa.org/lodging/>

<https://www.discoverclintonwa.com/lodging>

## Athlete Services & Contact Info

### CONTACT INFO

During the weekend of the event, Friday-Saturday, the central hub of information is at Community Park in the "Crow's Nest", the only 2-story building in the park. There will also be an "Information" person at Goss Lake the morning of the event – look for the "INFO" sign.

The Race Director's office is at South Whidbey Parks & Recreation District headquarters, at 5475 Maxwellton Road, Langley. Office hours: Monday-Thursday 8:30AM – 5:00PM and Friday 8:30AM – 4:30PM except around Race Day. Phone: (360)221-6788 Email: [programs@whidbey.com](mailto:programs@whidbey.com).

**WATER** There is water at the Start, Finish, and 2 stations on the run course. There is no water on the bike course, and limited water at the Start. Make sure to carry enough water on your bike to get you through.

**NUTRITION** Participants are responsible for carrying their own food supplements on the course. Post-race refreshments will be available near the finish line for athletes and volunteers.

**BATHROOMS & PORTA POTTIES** Facilities are available at Goss Lake and Community Park. There are porta potties in the transition areas.

**BIKE MECHANICAL SERVICES** Bayview Bicycles (formerly Half Link) provides both bicycle sales and service and has been a longtime faithful supporter of our race. They will provide some last-minute tech support at the race, but you must bring your bike in working order to the race.

<https://www.facebook.com/bayviewbikes/?fref=nf>

5603 Bayview Road Langley, WA 98260

360-331-7980

Opening Hours: Monday-Friday: 10AM-6pm and Saturday: 9AM-4PM (hours vary, call for updates)

## SPECTATOR ETIQUETTE

Please notify your support team that there are many spots to cheer you on from, but limitations on parking. There is no parking at Goss Lake or Community Park, the race start and finish. See the parking section for alternate options. For safety: please tell your supporters to NOT follow you on the bike route, and to avoid driving Goss Lake, Lone Lake and Saratoga roads during the race. The roads will be totally congested, and every car just adds to the problem. We recommend that your team cheer you on from Community Park, where they will be able to see you transition from bike to run, and then as you come across the finish line.

## Race Schedule

### FRIDAY

3:00pm Packet Pick-Up Opens  
6:00pm Packet Pick-Up Closes

### SATURDAY (Tentative RACE DAY)

6:30am Community Park opens  
7:00am Packet pick-up opens  
7:30am First bicycle transport truck\* departs with coordinating shuttle.  
Shuttles run approximately every 30 minutes  
7:30am T-1 opens  
7:45am Guided bike ride to Goss Lake  
8:00am Shuttle departs for Goss Lake (approximate time)  
8:30am Last bicycle transport truck\* departs with coordinating shuttle  
8:45am Packet pick-up closes  
9:00am Mandatory pre-race brief at the start line  
**9:30am Race Start**  
9:30am Wave 1\*\*  
9:34am Wave 2\*\*  
9:38am Wave 3\*\*  
9:42am Wave 4\*\*  
9:43am First biker on the road (approx. time)  
10:15am Swim course cut-off. Course closed but participants may proceed at their own risk.  
10:32am First biker into T-2 (approx. time)  
10:35am Last biker on the road (approx. time)  
10:55am First finisher crosses the line (approx. time)  
11:00am Shuttle bus departs Goss Lake to Community Park. (approx. time)\*\*\*  
12:30pm Awards ceremony begins  
12:30pm Bike course cut-off. Course closed but participants may proceed at their own risk.  
1:00pm Shuttle from Community Park to Putney Woods.  
1:00pm Race course officially closed. Support will be removed from the course.  
Participants may proceed at their own risk but may be disqualified.

*\*RSVP required. Limited availability. An email will be sent when RSVP is available. Bikes will be placed in a cargo trailer and transported to Goss Lake with a corresponding shuttle for you to ride along in. Please arrive with your bike ½ hour early to get loaded up. Sign up online at*

*[https://www.activityreg.com/ClientPage\\_t1.wcs?clientid=WHIDBEY&siteid=1](https://www.activityreg.com/ClientPage_t1.wcs?clientid=WHIDBEY&siteid=1) for this service.*

*\*\*Wave starts will be dependent upon entry numbers and will be announced day before race.*

*\*\*\*Relays should not count on shuttle to get from Goss Lake to Community Park in time for the start of their leg.*

## Packet Pick-Up

Packet pick-up times: Friday, 3:00–6:00pm and Saturday (Race Day), 7:00–8:45am, at *Community Park*. On Race Day, all parking will be at South Whidbey High School, 5675 Maxwelton Road, Langley, which is just south of, and right next to, Community Park. You will walk a very short distance into the park to the only 2-story building in the Park, upstairs in the “Crow’s Nest”.

## Pre-Race Brief

A mandatory race brief is conducted prior to the race to ensure that competitors are reminded of the general rules under which our triathlon is conducted, as well as a general run through of the course. Competitors should not rely solely on the race brief for details of the course, and should thoroughly read this document. Any last-minute updates or changes will be emailed to every participant and/or announced in the pre-race brief. Please note that any unsafe riding will result in disqualification.

## Location & Transportation

### GETTING TO WHIDBEY ISLAND VIA FERRY

Check the schedules and fares at [www.wsdot.wa.gov](http://www.wsdot.wa.gov). The ferries are crowded in the summer, resulting in long lines. Plan ahead and get to the ferry dock really early before your targeted ferry. You can also drive onto the island from the north end by way of the Deception Pass Bridge.

**Clinton Ferry from Mukilteo:** In order to check-in at Community Park then travel to the Lake for the pre-race brief, the very **LAST** boat you can catch from Mukilteo is 7:30 am. This ferry will fill up early and leave cars behind. Reservations are not available for the Mukilteo/Clinton ferry.

**Coupeville Ferry from Port Townsend:** You can and **should** make reservations for the first boat on the Port Townsend/ Coupeville ferry well in advance (and you'll still be rushing a bit). Or come a day early and enjoy Whidbey!

### DIRECTIONS TO COMMUNITY PARK

Address: 5495 Maxwellton Road, Langley WA 98260.

Directions: From Hwy 525, turn north on Maxwellton Road. Drive about .5 mi. Community Park is on your right, shortly after the High School. On Race Day, all parking will be at the South Whidbey High School, 5675 Maxwellton Road, Langley, which is just south and next to Community Park.

### DIRECTIONS TO GOSS LAKE

Address: 5235 Lakeside Drive, Langley WA 98260.

Directions: From Hwy 525, turn north on Bayview Road. Drive 1.8 miles. Turn left on Andreason Rd. Drive .6 mile. Turn right onto Lone Lake Rd. Drive .6 mi. Turn left onto Goss Lake Rd. Drive .5 mi. Turn left onto Traverse Rd. Drive 1 block. Turn right onto E. Lakeside Dr. Drive .2 mi. Goss Lake is on the left.

## Parking & Getting to the Start Line

**There is no parking at the lake!** This is a point-to-point race, and the course has two transition areas, T1 (swim to bike transition) at Goss Lake, and T2 (bike to run transition) at Community Park. These transition areas are 7 miles apart. See appendix for maps of parking locations.

### TRANSPORT OPTION #1 (Ride your bike to the lake)

This is a nice warm-up (about 7 miles)! Park at South Whidbey High School, next to Community Park. Put your swim/bike gear in a backpack and ride your bike through Langley to Goss Lake. Maps of this route will be available at Community Park, and local athletes will provide one guided ride to the lake (scheduled for 7:45AM), staying off the highway.

### TRANSPORT OPTION #2 (Ride a shuttle to the lake)

Park at South Whidbey High School, next to Community Park. Shuttle bus will transport people from Community Park to the lake. The buses will depart from approximately 7:30 until 8:30am. Athletes will have priority on the shuttles. **NO BIKES WILL BE PERMITTED ON THE BUS.** We will be able to transport a few bicycles in a cargo trailer, details TBA via email to registrants.

### TRANSPORT OPTION #3 (Park at nearby parking lot and ride/walk to lake)

Park at nearby Putney Woods or Lone Lake, then can ride your bike/walk 1.2 mi uphill to Goss Lake. If you use this option you will need to ride your bike or catch a shuttle after the race back to your vehicle in the Putney Woods parking area. See schedule on page 4.

### TRANSPORT OPTION #4 (Quick drop-off at lake)

Have someone drop you off near the lake early in the morning, before 7:00am. You would need to safely and efficiently exit your vehicle with all your gear in 20 seconds or less, obeying all traffic laws and not

holding up traffic, near the intersection of Goss Lake Road and Traverse, then the car must leave and go park elsewhere (see “Map of South Whidbey & Key Locations” in appendix).

## Inside Your Race Packet

**CHIP TIMING BAND** Racers must wear the chip-timing band on their left ankle. Racers must also cross all necessary timing pads at the lake, transition areas and finish line. Relay teams will be issued one band and will pass it off in the transition area at your designated number. Chip timing bands must be turned in at the completion of the race. Racers will be charged a \$30 fee for unreturned bands.

**BIB NUMBER** Place your bib number on the front of your clothing that will be worn during the run portion. Your bib number must be visible on the front when you come across the finish line. This number should be written on all personal items that will be used. Your body will be marked at the lake.

**BIKE NUMBER** Place the self-adhesive bike number on the bike’s crossbar prior to checking it in at the lake.

**TRANSITION BAG** Participants will receive a bag with their race number on it. All participants are responsible for placing their personal items into their bag at Transition Area 1. These numbered bags will be transported back to Community Park at the end of the race. DO NOT count on having its contents available during your bike-to-run transition! It is the entrant’s responsibility to retrieve their bag from their designated area at Transition Area 2 after the race. It is important that all personal items be marked with your race number. We are not responsible for lost or stolen items.

**SWIM CAP** Swim caps will be provided and must be worn during the swim. Your cap color designates your start wave, but listen closely to verify that you are in the correct wave.

## Race Course Overview

**SWIM - ½ Mile** – The first leg of the Whidbey Island Triathlon is at Goss Lake on South Whidbey. In July/August, the water temperature is normally in the low 70’s. Swimmers will be started from the water in four waves spaced four minutes apart. The swimming course will take the participant on a triangular, clock-wise course. Wetsuits are allowed. Wetsuits can be rented from [blueseventy](#). Swimmers will exit next to where they started. The transition zone for the bicycle will be several yards from the water’s edge and competitors will be running on dirt and Astroturf. You will have a numbered spot for your bike and transition gear. See appendix for map and cue sheet. See also [mapmyrun](#) for elevation & other details.

**BIKE - 19.5 Miles** – Leaving Goss Lake, the bicyclists will have paved roads throughout the course. The bike course is lined with trees and views of Saratoga Passage and the North Cascades. Riders will enter Langley and head back toward Goss Lake for the second loop of the bike course. Riders will enter Community Park at South Whidbey High School’s north driveway. The bike/run transition zone is located on the baseball outfields at Community Park. You will have a numbered fence section for your bike and transition gear. Please note that the bike course is open to 2-way vehicle traffic. This is an open course. Rules of the road must be followed, and although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection. See appendix for race course overview map and cue sheet. See also [mapmyrun](#) for elevation & other details.

**RUN - 3.8 Miles** – Runners begin with a trail run before hitting pavement, heading north on Langley Rd., and then south on Maxwellton Rd. to the park entrance. The finish line is located on the interior of the park and is well marked. Parts of this route are on roads which are not closed to vehicle traffic. See appendix for run map. See also [mapmyrun](#) for elevation & other details.

## Transition Areas

The course is a point-to point race and has two transition areas: "T1" (swim to bike) at Goss Lake, and "T2" (bike to run) at Community Park. Most people set up T2 in the morning before going to T1.

**T1** All bicycles must be in the transition zone by 9:00am. When you get to Goss Lake, find the rack with your race number on it, and rack your bike by the seat. Stow your bike gear, including your shoes and helmet, in your numbered bag, and give this bag to the handlers in the transition area. These volunteers will show you where your bag will be when you exit the swim. After you exit the swim during the race, pick up your gear bag, change, and get ready to bike. Make sure you put all your swim gear into that SAME bag. Hand it off to the volunteers on the way to your bike. We will deliver the bag with your gear in it to your assigned spot in T2 (adjacent to the finish line) **toward the end of** the race.

**Do not** expect its contents to be available for your bike-to-run transition.

**What should I place at T-1?** Your bike & transition bag containing: helmet, biking shoes, whatever you want to wear after the swim, water, and anything you need for the bike ride.

**T2** Before the race, be sure to leave your running shoes at your designated space in T2 if you will be running in different shoes than you bike in. During the race, as you approach T2, you will be told to dismount and walk your bike into the transition area. Leave your bike at your designated space before beginning the run. Be careful to not slip on the pavement as you dismount and walk your bike into T2.

**What should I place at T-2?** Your running shoes (unless you're biking in them too), whatever you'll want to run with, some kind of energy gel or chew, and extra water.

## Awards & Race Categories

We have no cash prizes. You must be present to receive awards or pick them up at the Park office after the event during our regular business hours. Awards will not be mailed. Awards will be presented around 12:30 p.m. at Community Park. Awards are presented to the top three male and female finishers. We also award medals three deep in each division, except relays which only has first place medals. Age is as of race day.

### AGE GROUP CATEGORY for INDIVIDUALS:

Age groups for both male and female start at 19 and under, and go in 5 year increments to 65+: 19 and Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65+

### KING SALMON CATEGORY

King Salmon is an optional division for men over 200 pounds and women over 150 pounds. Awards are given to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place for Men & Women

### RELAY TEAM DIVISIONS

Women, Men, Mixed for Combined Ages: Under 99; Over 99; Over 149; Over 200  
Medals are given only to first place in the team division.

### TROPHIES & MEDALS & PRIZES

We have no cash prizes. We DO provide:

- Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place overall male/female winners.
- Medals 3-deep in individual/age group/gender divisions
- Medals for first place in relay teams.
- All participants are entered to win door prizes that are presented throughout the awards ceremony: local wine (21+ only), a rhododendron from Meerkerk, wine tasting at Blooms Tasting Room, a wetsuit from BlueSeventy & more! Must be present to win.



## Race Rules & Tidbits

**POINT-TO-POINT RACE** Just a reminder: while packet pick-up is at Community Park, the race begins at Goss Lake, which is about 7 miles from Community Park. The Start and the Swim-to-Bike transition (T1) are at Goss Lake. The Bike-to-Run transition (T2) and Finish are both at Community Park.

**RACE CATEGORIES** Relay Team, King Salmon (men 200+ lbs & women 150+ lbs), Male & Female, and Age Groups.

**AGE REQUIREMENT** Participants must be 16 years of age or older on race day, or request an age waiver from the Race Committee at least 6 weeks in advance of the race.

**TIMING** The Whidbey Island Triathlon uses a chip timing system. While every effort is taken to ensure that numbers are accurately recorded, we need the assistance of competitors in the correct placement of chips (left ankle) and ensuring as they walk (not bike) across all timing mats. Listen for a beep.

**RACE CUT-OFF TIMES** We have established cut-off times for each leg of the race as follows: Swim: 10:15am; Bike: 12:30pm; Run: 1:00pm. The race course will be officially closed at 1:00pm. Those who continue the race after those times may do so at their own risk, understanding that we will begin breaking down the course and pulling support from the course (including the timer). A follow-up bicycle will sweep the bike route, and someone will sweep the run route.

### GEAR & EQUIPMENT

**BIKES** No fixed gear bikes are permitted. Single speed bikes are allowed if they are freewheeled. Recumbent bikes are not permitted. Mountain bikes are permitted, but are not ideal for this course. Be sure that you have handlebar end plugs secured on your bike. Plugging the ends of your handlebars is required for safety.

**SWIM AIDS** No swimming aids are allowed. Goggles are permitted. Swimmers must wear the swim cap provided.

**WETSUITS** Wetsuits are permitted and optional. Expected water temperature is in the low 70's. You can rent a triathlon-specific wetsuit for your open-water swim at [blueseventy.com](http://blueseventy.com) for \$50.

**BODY MARKING** Body marking will be done by volunteers at the lake.

**CHIP TIMING BANDS** Racers must wear the bands on their left ankle at all times during the race. Teams will be issued one chip timing band and will pass it off in the transition areas at their designated number. Racers must cross all timing pads at the lake, transition areas and finish line.

**RACE BIBS** Pin your bib number on the front of your garment/race belt you will be wearing during the run. The bib must be clearly visible as you cross the finish line. Your biking number should be placed over the crossbar of your bike.

**HELMETS** Cyclists must wear helmets that meet ANSI-SNELL standards whenever on their bike.



**REMOVING SELF FROM RACE** If you discontinue the race at any time, please notify a race worker or communications person on the course or at the finish line, giving your race number and name, and return your Timing Chip at the finish line.

**TRANSITION AREAS** The transition areas have very limited space. Only competitors and event staff are allowed in transition areas - no exceptions! Only event staff and official volunteers are permitted inside.

**MANDATORY MEETING** You must attend the mandatory meeting at Goss Lake at 9:00am on race day.

**SWIM AT YOUR OWN RISK** Over the years our swimmer support “flotilla” has provided assistance to many swimmers, so please ask any of them for help as soon as you need it. You may hold on to a stationary kayak or SUP without being disqualified.

**IN-WATER WAVE START** The first wave start will be at 9:30 am sharp. There will be four wave starts spaced four minutes apart. Wave placement is determined by category, age & gender. You will have a brief opportunity to warm up in the water.

**SWIM COURSE** The swim leg is a triangular, clockwise course marked with orange inflated buoys. Swimmers must stay *outside* and to the left of these buoys.

**PRACTICE SWIM AT THE LAKE** The event provides no lifeguards, supervision, or medical personnel at the lake prior to the race. Crew members will place buoy markers in advance of race day and re-position them if needed on race day. Any athlete wishing to swim prior to the race does so at their own risk.

**SIGHTING THE SWIM COURSE** Take notice where the swim course is directed and landmarks that may assist you during your swim prior to the start of the race. It is the athlete’s responsibility to sight the buoys and to stay on course, even if your vision is compromised by fogged goggles and sun in your eyes.

**NEED HELP DURING THE SWIM?** If you need assistance, move to the side of the swimmers, raise and wave your hand, and yell for assistance. A water safety helper will come to help. You will not be disqualified in our race if you hold on to a stationary kayak to rest. If you leave the water, make sure that you notify a race worker, making sure they note your number, and give your race number to an official.

**SLOW OR INSECURE SWIMMERS** If you are a slower or insecure swimmer, move to the rear and to the outside of the swim group. This will result in a slightly longer swim distance, but will greatly reduce the chance of physical contact with another swimmer.

**RULES OF THE ROAD** Roads will be open to 2-way traffic. Cyclists must yield right-of-way at intersections. Cyclists **MUST** ride on right side of road; cyclists crossing the centerline will be disqualified. Stop at stop signs. Although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection. **Participants are responsible for knowing the course and following the rules of the road.**

**WARNING: HAZARDOUS ROAD CONDITIONS PRESENT** Due to recent and ongoing road work, there will likely be gravel on the road and remaining rough patches. Plan accordingly for your own safety, particularly on corners.

**DRAFTING & BLOCKING** No drafting or blocking will be allowed.

**APPROACHING THE BIKE-TO-RUN TRANSITION AREA (T-2)** Cyclists must dismount in the marked dismount area (green carpet) and proceed by foot into the transition area. Careful not to slip!

**FINISH LINE** Runners must not pass other racers in the final chute after crossing the finish line. Wait for a helper to help you remove your timing chip.

**SPECTATOR ETIQUETTE & YOUR SUPPORT TEAM** Please make sure your family and friends know how to be a respectful spectator. The main thing they need to do is stay off the roads we'll be cycling on, keep out of transition areas, and keep on the "correct" side of any flagged off areas. Under no circumstances should they follow you along the road! The best place for them to watch and cheer is at Community Park, where they can watch your bike-to-run transition and see you cross the finish line. They can also sign up to volunteer and get the best spots to watch from! Volunteer Sign-Up: <http://signup.com/go/WuRMNaT>

**DO NOT LITTER** Do not litter the roadway or trails with wrappers, bottles or cups. Littering is an automatic disqualification, as it effects our relationship with Island County and the City of Langley and the Community.

**ONE LAST THOUGHT** Athletes at our event are guests of Whidbey. We don't have the right to prevent the progress of normal vehicle traffic, to litter the roadway or to verbally abuse the local residents (even if they instigate a verbally abusive encounter). Please be diplomats and goodwill ambassadors for this unique sport. The privilege to be granted permits and to continue an event is the responsibility of everyone involved. Remember to be courteous at all times and show respect for the local residents and their property, and staff and volunteers of the event. Enjoy the race!

## Volunteer Support Crew – Help Wanted!

We depend upon volunteers to make this a safe and successful race. If you are bringing guests to the Island to watch this event, consider asking them to volunteer. We provide an event gift, snacks at the finish line, and lots of good company. Volunteers get the best spots to watch the race from!!! Please call or email our office in advance of the race to make arrangements, [programs@whidbey.com](mailto:programs@whidbey.com) or (360) 221-6788. It is a great way to get involved and have a fun and rewarding day! Plus, many of our volunteers have been inspired by the whole thing, going on to participate in the tri themselves!

## Relay Teams

You will receive one race packet for the entire team, containing one timing chip band to be handed off from team member to team member in the transition areas. These bands go around your left ankle, and must be in place as you cross all timing mats. It is not necessary that the runner of a relay team be at the pre-race meeting at Goss Lake, as it is hard to make it back to Community Park.

**DO NOT COUNT ON THE SHUTTLE TO GET YOU FROM GOSS LAKE TO T-2 IN TIME FOR THE RUN.**

- T-1 NOTES: the cyclist will wait for their swimmer by the restrooms, where they transfer their timing chip.
- T-2 NOTES: **the cyclist will walk their bike in to the transition area to your numbered "bike rack" to hand off the timing chip.** Do not exchange at the entrance to T-2. Keep that area clear.
- YOUR COMBINED AGE: 3 person relays are placed in a category of their total combined ages; 2 person relays are the total of the person doing each leg. So if you have a 50 year-old (swimming and cycling) and a 25 year-old (running) forming a team, your combined age is 125.

## Bike Mechanical Services

Bayview Bicycle Shop provides both bicycle sales and service and has been a longtime faithful supporter of our race. They'll be at the lake on Saturday morning too!

<https://www.facebook.com/bayviewbikes/?fref=nf>

Address: 5603 Bayview Road Langley, WA 98260 Phone: 360-331-7980

Opening Hours: Monday-Friday: 10AM-6pm and Saturday: 9AM-4PM (hours vary, call for updates)

## Bicycle Checklist

This is our recommendation for a bicycle check to be done for the Whidbey Island Triathlon. Bicycles must be freewheeled; i.e. no fixed gear bicycles allowed. This list is meant only as a guideline. We highly recommend that a professional check your bike before the race.

<b>BRAKES</b>	Front and rear working well. Also check levers to handlebar tightness.
<b>PEDALS/CRANK</b>	Check for tightness.
<b>HANDLEBARS</b>	Check for tightness and be sure that you have handlebar end plugs secured on your bike. Plugging the ends of your handlebars is required for safety.
<b>HEADSET</b>	Check for tightness.
<b>SADDLE (SEATPOST)</b>	Check for saddle and seat post tightness.
<b>WHEELS</b>	Check spokes and hub tightness.
<b>CABLES</b>	Check for frayed cables: brake and shifter/derailleur cables.
<b>TIRES</b>	Should be in good shape (no bald tires) and at proper pressure. (If using sew-ups, make sure they are glued on well.)

## Race Results

Race results will be posted on a billboard near the race finish and updated periodically as people cross the finish line. A few hours after the race you'll find the results posted at [www.buduracing.com](http://www.buduracing.com).

## Post-Race Celebration

**REFRESHMENTS** Athletes should stick around and grab some refreshments, including fresh fruit, Nuun electrolyte enhanced drinks, lemonade, chocolate chip oatmeal cookies, and bagels with plain or salmon lox cream cheese and more.

**RAFFLE PRIZES** There will be a random drawing (by bib number) at the awards ceremony for awesome door prizes. You must be present to win raffle prizes. You will enter the raffle by coming across the finish line and putting your ticket (attached to your run bib) in the bowl at the awards table. Increase your odds of winning a fabulous prize by sticking around for the entire awards ceremony! Just some of the prizes:

- A rhododendron plant and 2 entry tickets to Meerkerk Garden
- \$75 gift certificate to Whidbey Island Kayak Co.
- Local wine (21+ only)
- Wine tasting + cheese & chocolate at Bloom's Tasting Room
- Wetsuit from BlueSeventy [www.blueseventy.com](http://www.blueseventy.com)
- \$50 gift certificate to Super Jock 'n Jill

And more!

## Lost & Found

Lost & found items will be brought to the concession stand at Community Park and placed in a box labeled "Lost & Found". After the race is cleaned up, remaining items will be brought to the Park office. Call the office to see if your missing item is there (360)221-5484 or stop by 5475 Maxwellton Road, Langley during our regular office hours (Mon-Thu 8:30am-5:00pm and Fri 8:30am-4:30pm).

## Appendix: Maps

**Map of South Whidbey & Key Locations**

**Race Course Overview Map**

**Swim & T-1 Map**

**Bike Course Cue Sheet**

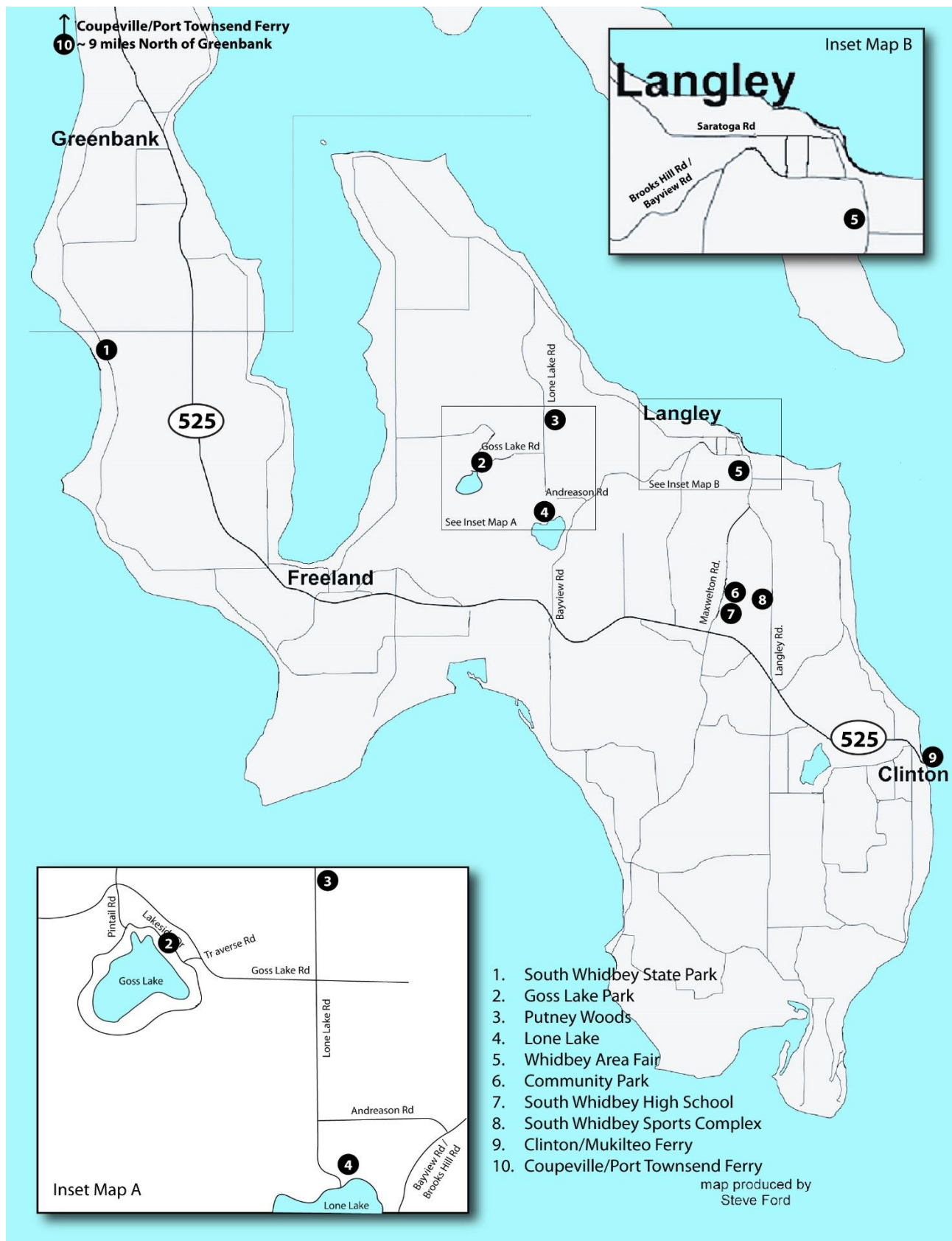
**Run Course Map**

**Volunteers Needed** We depend upon 100+ volunteers to make this a successful race. Volunteers are YOUR race support crew.

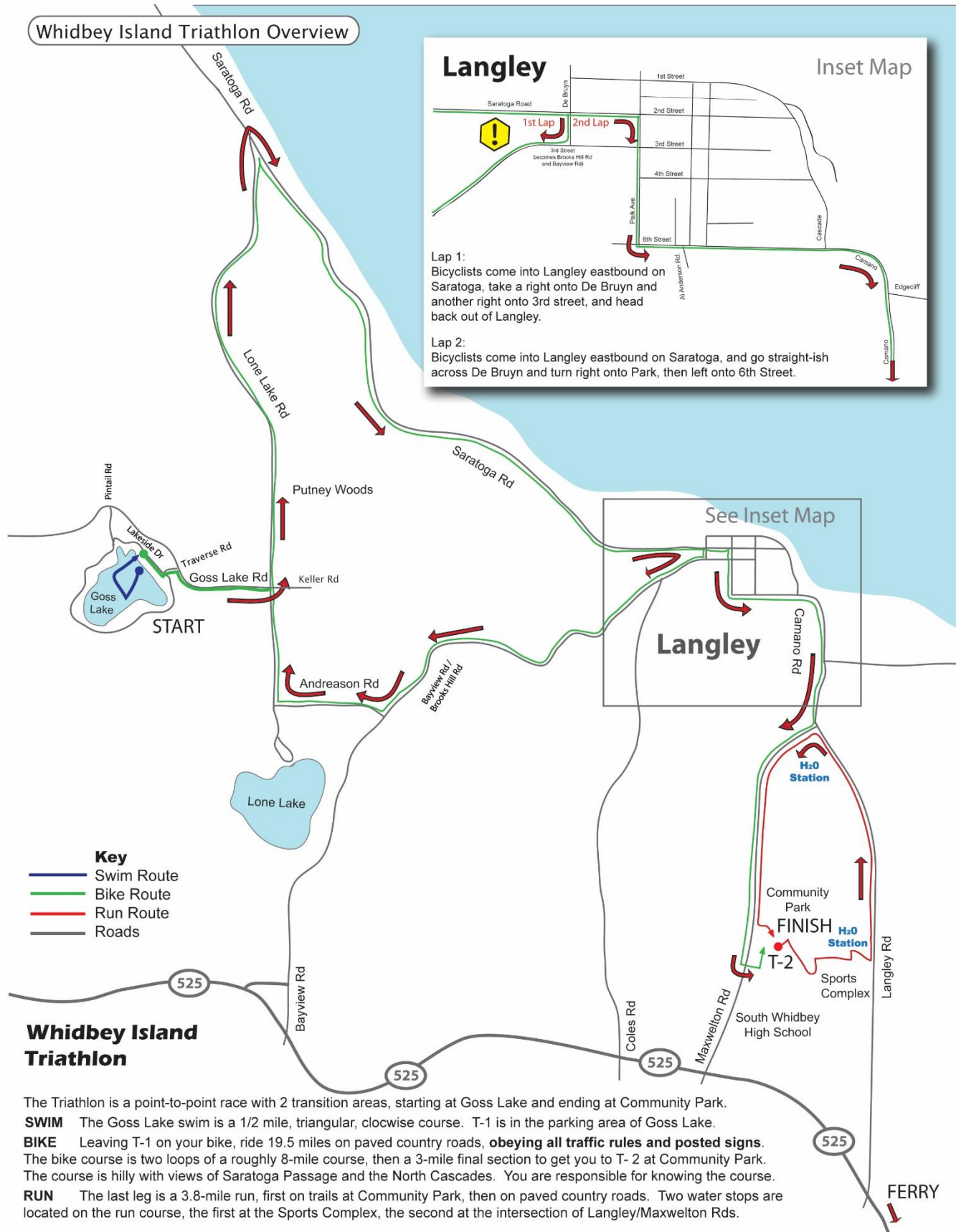
If you are bringing guests to watch this event, consider asking them to volunteer. We provide a cool event gift, and lots of good company. Volunteers get the best spots to watch the race from!!! Email [programs@whidbey.com](mailto:programs@whidbey.com). Volunteers can sign up online at <http://signup.com/go/WuRMNaT>

It's a great way to get involved and have a fun and rewarding day!

## MAP OF SOUTH WHIDBEY & KEY LOCATIONS



## RACE COURSE OVERVIEW MAP





## SWIM & T-1 MAP





## BIKE COURSE CUE SHEET

### CUE SHEET FOR BIKE COURSE

*Distances are approximate!*

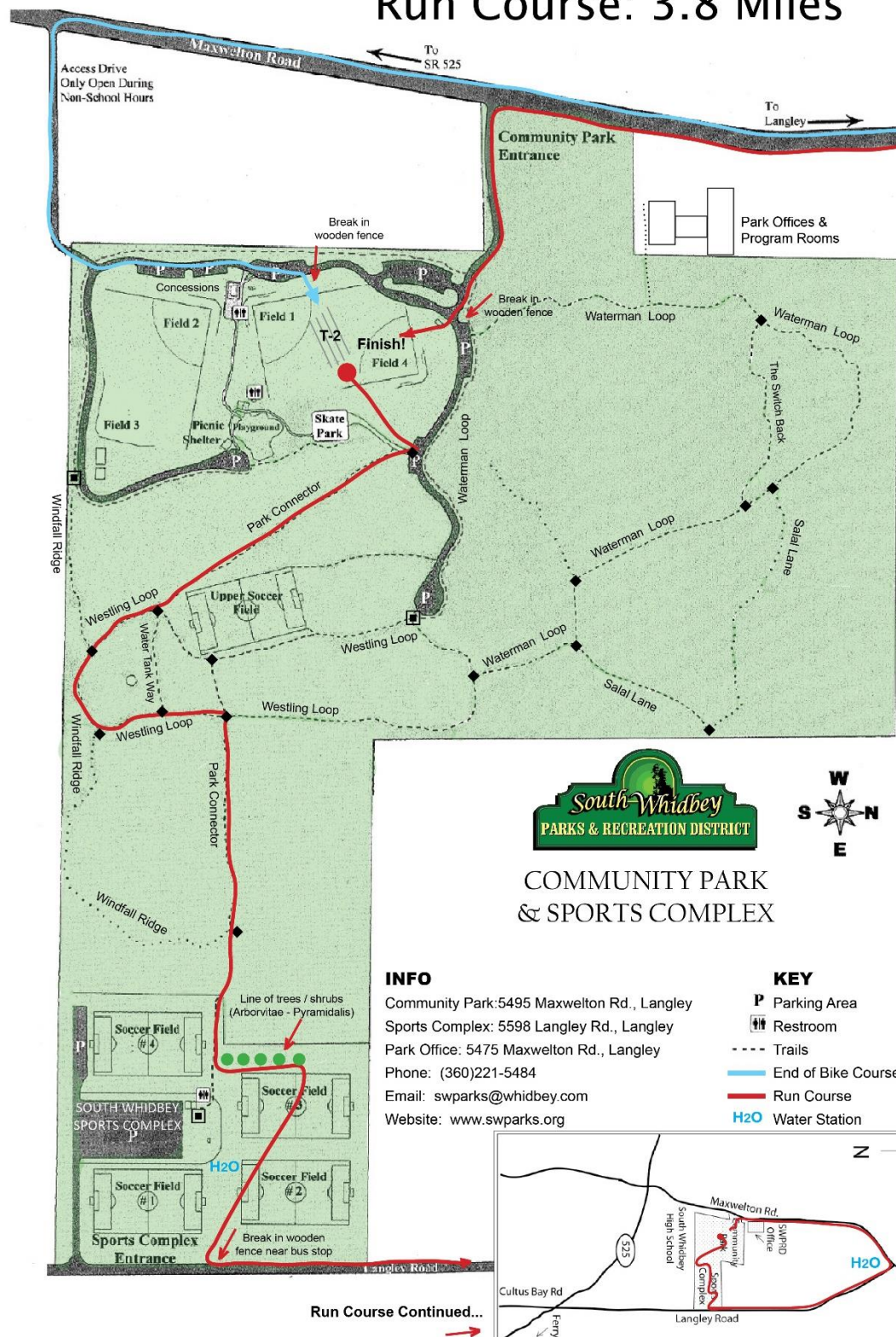
Start at Goss Lake Public Park					
#	At Mile	Go	Onto Road/Street	Notes & Alerts	Miles to Next
1	0.0	Exit R	Exit T-2 on foot	WALK bike out of T-2 and across timing pad, helmet secured.	0.0
2	0.0	R	Lakeside	Make sure your bike is in the lowest gear, you're going straight up a hill.	0.1
3	0.1	L	Traverse		0.1
4	0.2	R	Goss Lake (SS)		0.5
5	0.7	L	Lone Lake (SS)	Caution: Slow down for left turn as you come down steep hill!	2.5
6	3.2	R	Saratoga (SS)	Caution: Sharp turn!	3.4
7	6.6	R	DeBruyn (SS)	Decision: Turn right and head out of town to repeat lap	0.1
8	6.7	R	3rd St (SS)	3rd > Brooks Hill Rd > Bayview Rd	2.0
9	8.7	R	Andreason	Caution: Slow way down for right turn as you come down curved steep hill!	0.6
10	9.3	R	Lone Lake (SS)		3.0
11	12.3	R	Saratoga (SS)	Caution: Sharp turn	3.5
12	15.8	S	Saratoga > 2nd St (SS)	Decision: Go straight (road jogs slightly) through intersection on 2nd lap.	0.1
13	15.9	R	Park		0.2
14	16.0	S	3rd St (SS)		0.5
15	16.1	L	6th St	Road curves and becomes 6th	1.1
16	16.5	S	Camano (SS)		2.2
17	17.2	R	Maxwelton	Bear right onto Maxwelton.	1.7
18	18.7	L	SWHS North Parking Lot	Caution: VERY rough road, lots of potholes.	0.3
19	18.9	L	Community Park		0.1
20	19.0	R	Enter T-2 on foot	Dismount on green carpet and WALK bike through break in wooden fence.	
Finish at Community Park					

**Key**

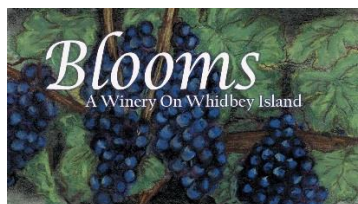
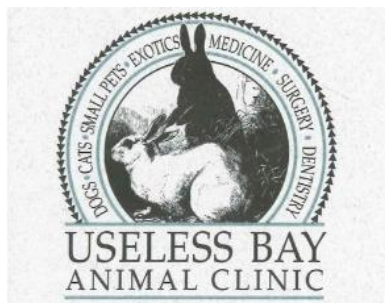
L Left  
 R Right  
 S Straight  
 > Becomes

## RUN COURSE MAP

# Whidbey Island Triathlon Run Course: 3.8 Miles



## Thanks to Our Generous Sponsors:



## A TYPICAL TRIATHLON EXPERIENCE

New to our triathlon? Read on to visualize a typical Whidbey Island Triathlon Experience. It takes you step by step through the process, with lots of details and hints so you can plan a fun and rewarding day for yourself.



## A Typical Triathlon Experience

### *Park at South Whidbey High School (Friday or Saturday)*

Location: 5675 Maxwellton Rd Langley, WA 98260

Notes: It's right next to the park. There's no charge for parking.

### *Walk to Community Park (Friday or Saturday)*

Location: 5495 Maxwellton Road Langley, WA 98260

Notes: It's very close!

### *Pick up your race packet (Friday or Saturday)*

Location: Upstairs in the "Crow's Nest", the only 2-story building at Community Park. The door is on the west side of the building.

Notes: Packet pick-up times are Friday, 3:00–6:00pm and Saturday, 7:00–8:45am. At packet pick-up, you will receive your running bib number, bike number, a plastic bag to be used as your "transition bag", a swim cap, your timing chip, and maps. You'll also find out what wave you're in. Ask any questions there or down below at "information".

### *Set up your Bike-to-Run transition (T-2)*

Location: Field #1 at Community Park

Notes: Find your designated number at the fencing/bike racks. If you run in different shoes than you use biking, leave your running shoes at your designated spot at T-2. Leave some extra water or fuel for yourself there. Leave anything else that you don't need at the swim or bike ride. T-2 does not have security, so don't expect to leave anything there overnight.

### *Go to Goss Lake (Exception: the runner of a relay team stays at Community Park)*

Location: Goss Lake, 5235 Lakeside Drive, Langley, WA 98260

Notes: **There is no parking at Goss Lake**, so you have some options about getting there.

#### TRANSPORT OPTION #1 (Ride your bike to the lake)

This is a nice warm-up! Park at South Whidbey High School, next to Community Park. Put your swim/bike gear in a backpack and ride your bike through Langley to Goss Lake. Maps of this route will be available at Community Park, and local athletes will also provide one guided ride to the lake (meet at the kiosk/bulletin board near T-2).

#### TRANSPORT OPTION #2 (Ride a shuttle to the lake)

Park at South Whidbey High School, next to Community Park. Shuttle bus runs will transport people from Community Park to Goss Lake. **NO BIKES WILL BE PERMITTED ON THE BUS.** We may be able to transport a few bicycles in a cargo trailer. Sign up at Packet Pick-up or RSVP when announced via email.

#### TRANSPORT OPTION #3 (Park at nearby parking lot and ride/walk to Goss Lake)

Park at nearby Putney Woods (or a little further Lone Lake), then can ride your bike/walk 1.2 mi to Goss Lake. If you use this option you will need to ride your bike or catch the 1:00pm shuttle from Community Park after the race back to your vehicle. There will be a shuttle going from Goss Lake to Community Park at approximately 11:00am. We cannot guarantee that a relay person would make it from the lake to Community Park in time to meet their cyclist at T-2, or that a spectator could watch their athlete's start and finish.

TRANSPORT OPTION #4 The last and least desirable option from our end, is to have someone drop you off near the lake very early in the morning, before 7am. You would need to safely and efficiently exit your vehicle with all your gear in 20 seconds or less, obeying all traffic laws and not holding up traffic, near the intersection of Goss Lake Road and Traverse, then the car must leave and go park elsewhere (see parking page).

### *Set up your Swim-to-Bike transition (T-1)*

Location: At Goss Lake

Notes: First, rack your bike by the seat by your designated number. The road where you will mount your bike has a slight up-hill grade. If you pre-set your bike to its lowest gear before racking it, your first couple of pedal strokes will be much easier. Next, hand your transition bag (containing your helmet, biking shoes, whatever you need to change into after the swim) to the volunteers in the flagged off area – don't go in! You can watch the volunteer put it in place at your number, so that you have an idea of where it's at. You will pick it up and change right there after your swim. There is no privacy at this spot.

### *Get Your Body Marked*

Location: Along the T-1 area there will be several people marking bodies. Look for the folks with the big markers. Ask a volunteer at T-1 if you don't know where they are. Additionally, there may be people marking bodies at Packet Pick-Up on race day.

Notes: Volunteers will write your division on your arm and calves, so you will be able to tell who you're competing with as you go along.

### *Get geared up for the swim*

Location: Wherever you can find space near the lake. Please stay out of the T-1 enclosed area.

Notes: Put your timing chip on your left ankle. Put on your swim cap. Put on your wetsuit (optional) and/or goggles (optional).

### *Warm up for the swim*

Location: Waterfront.

Notes: Athletes often take time to warm up, in water, after the pre-race meeting.

### *Listen to the Pre-Race Meeting (9:00AM)*

Location: At the waterfront/start area, on the boat ramp.

Notes: PLEASE be respectful of everyone in the crowd and refrain from talking while this is going on. And remind any spectators to do the same.

### *Swim*

Location: Goss Lake waterfront, see map on website.

Notes: This is an in-water start. Enter the water when your wave is called and wait for the start signal. Your wave start is determined by your age & gender, and should be indicated by swim cap color. Listen closely and make sure you are in the correct group. There are 4 minutes between each wave start, and usually 4 waves total. The swimming course is a triangular, clock-wise course, with 2 large orange floats for sighting. Swimmers will exit next to where they started. The transition area is several yards from the water's edge. Be sure to cross the timing pad after you exit the water!

### *T-1 (Swim to Bike Transition)*

Location: Goss lake park & parking lot.

Notes: Find your transition bag and change by your bag (there are also porta potties near the bike corral). Put on your helmet. Put stuff that you won't need until after the race back in your bag. Hand bag to a volunteer (they will put it in a truck and bring it over to the park, but not in time for the race). Go find your bike. Walk your bike out of the transition area, across the timing mat and onto the road a few yards away. Be on the adjacent asphalt road before mounting your bike. This is where pre-setting your bike to its lowest gear will pay off, as you will immediately hit your first uphill! Be sure you have your helmet on with the chin strap fastened before mounting your bike. Hit the road! Relay teams: the cyclist will wait for their swimmer by the restroom, where they transfer their timing chip to the cyclist.

### *Bike*

Location: Langley. See bike route map on website.

Notes: Leaving Goss Lake, you will have paved country roads throughout the course. Please note that the bike course is open to 2-way vehicle traffic. This is an open course. Rules of the road must be

followed, and although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection. You will enter Langley and head back toward Goss Lake for a second loop before continuing into Langley. Riders will enter Community Park at South Whidbey High School's north driveway. T-2 is located on baseball outfields #1 and #4. You must dismount your bike and walk it across the timing pad and into T2, taking care not to slip!

### *T-2 (Bike to Run Transition)*

Location: Community Park baseball outfields.

Notes: You will have a fence section with your bib number for your bike and transition gear. As you approach T-2, you will be told to dismount and walk your bike into the transition area. Leave your bike at your designated space before beginning the run, being mindful of others' bikes. Relay teams: the cyclist will come all the way in to the transition area to their designated spot to hand off the timing chip. Do not try to exchange them at the entrance to T-2.

### *Run*

Location: See run route map on website

Keep in mind that the map here isn't entirely clear on the run through the woods. It will be well marked.

Notes: Runners begin with a trail run before hitting pavement (again, the course is open to vehicle traffic), heading north (left) on Langley Rd., and then south (left) on Maxwelton Rd. to the park entrance. The finish line is located on the interior of the park and is well marked. There are water stations on the soccer fields on Langley Road, and at the intersection of Langley and Maxwelton Roads.

### *Finish Line*

Location: Baseball fields at Community Park

Notes: Cross the line and cheer for your bad self!! Smile for the camera, and be sure to put your raffle ticket in the bowl. Course closes at 1:00PM.

### *Refresh Yourself*

Location: Baseball fields at Community Park, near the finish line.

Notes: There will be Nuun electrolyte enhanced drinks, lemonade, and water. There will be fresh fruit chocolate chip oatmeal cookies, and more!

### *Awards Ceremony & Raffle (12:30PM start)*

Location: Baseball fields at Community Park, near the finish line.

Notes: Stick around, you may be surprised to find that you qualify for a medal, or you may win something in the raffle, like the wetsuit gift certificate from BlueSeventy

*Whew! Now go see Whidbey's sights... (See the next pages for ideas)*

## I WHIDBEY

Visiting our fine Island? Whidbey Island is a unique area, known for its exceptional quality of life. There's lots to do and see around here. Read on to check out local sights, tastes and fun activities. Be sure to tell them the "Whidbey Island Triathlon" sent you!

## Fun Stuff to Do While You're Here

Whidbey Island is a unique area, known for its exceptional quality of life.

**STAY** Lodging info for inns, B&Bs and hotels is available on chamber of commerce sites for the cities of Langley, Clinton & Freeland. Camping is available at:

- Fort Casey State Park (Coupeville, next to Port Townsend Ferry)  
<http://parks.state.wa.us/505/Fort-Casey>
- Fort Ebey State Park (Coupeville)  
<http://parks.state.wa.us/507/Fort-Ebey>
- Rhododendron County Park (Coupeville, first come, first served basis)  
[https://www.islandcounty.net/publicworks/parks/Parks\\_desc/Rhododendron\\_Park.html](https://www.islandcounty.net/publicworks/parks/Parks_desc/Rhododendron_Park.html) and
- Deception Pass State Park (Oak Harbor, fills very early)  
<http://parks.state.wa.us/497/Deception-Pass>

**HIKE** Goose Rock Trail in Deception Pass State Park to the summit, the island's highest point, or on trails in three state parks on Whidbey, or at Putney Woods. Visit Earth Sanctuary at 2059 Newman Road, a tranquil oasis with two miles of nature trails and a sculpture garden of eco-art highlighting diverse global spiritual traditions.

**BIKE** the country roads and bike trails of Whidbey. You can rent bicycles at **Bayview Bicycles** at 5603 BAYVIEW RD, LANGLEY. They're a great riding distance to beaches & other Island attractions and have hardtail mountain bikes and hybrid pavement bikes available for rental.  
<https://www.facebook.com/bayviewbikes/>

**FISH** the freshwater lakes of the island, or try saltwater fishing, crabbing, or clam digging.

**GET CAFFEINATED AND PEOPLE WATCH** at a busy café in the heart of Langley, **Useless Bay Coffee Company**. They have great eats, coffee, and often music, plus an endless stream of people (including triathletes) going by their lovely garden. Visit [www.uselessbaycoffee.com](http://www.uselessbaycoffee.com) or call 360-221-4515. Whidbey Coffee will be at the triathlon offering free iced lattes, and you can pick up a bag of coffee to go at any of their local coffee stands in Clinton, Freeland, Mukilteo and more.

**GET OUT ON THE WATER!** Whidbey Island Kayak Company offers **Kayak** and **S.U.P.** (Stand Up Paddleboard) rentals in Langley offer opportunities to see sea lions and whales in Penn Cove and Possession Sound. They supply kayaks, paddles, SUPs, and life jackets. To reserve your tour or rental, visit [www.whidbeyislandkayaking.com](http://www.whidbeyislandkayaking.com) for information.

**SAIL WHATEVER YOU GOTTA** at the South Whidbey Yacht Club's "Gotta Regatta". This free event offers fun for all ages, including sailboat rides, hot dogs, games, youth build-a-boat (while supplies last), racing demo, entertainment and more! At the *SAIL-WHATEVER-YOU-GOTTA REGATTA*, all non-motorized small sail & paddle boats are invited, including canoes, kayaks, SUPs & row boats. No boat? No problem – come and take a ride with us. Sunday, July 30, 1:00-5:00PM at Lone Lake. [http://www.swparks.org/special\\_events.html](http://www.swparks.org/special_events.html).

**TASTE THE LOCAL FRUIT OF THE VINE** Visit **Bloom's Winery Tasting Room**. It includes an art gallery, indoor and outdoor seating for enjoying the food offered with a glass of wine, outdoor seating for good weather days; and live music every Sunday from 3-5 pm and Friday 6-8 pm. Visit [www.bloomswinery.com](http://www.bloomswinery.com). For more Whidbey wineries, visit [www.whidbeyislandvintners.org](http://www.whidbeyislandvintners.org). Also, enjoy more local flavors at the many [farm stands & farmer's markets](#).

**WANDER THE GARDENS OF WHIDBEY** Take a stroll through Meerkerk Rhododendron Gardens, a not-for-profit garden open to the public, encompasses ten acres of display and educational gardens enveloped by forty-three acres of woodland preserve with 4+ miles of nature trails. Come back for their



special events, like the annual Bluegrass in the Garden Festival on August 20. [www.meerkerkgardens.org](http://www.meerkerkgardens.org)

**BEACH COMB** the 148 miles of shoreline of Whidbey Island. A local favorite beach is Double Bluff. Located just south of Freeland at the end of Double Bluff Road, it offers great beach access, off leash dog area, clamming, and is a renowned location for [Skimboarding](#). A great place to take the kids for the afternoon, especially when the tide's low. Dave Mackie County Park is another lovely beach off the beaten path, with reliably awesome sunset views.

**HAVE A COLD ONE** Check out the new Double Bluff Brewery after the race, a local brewery serving only the best ales to people who live on and visit Whidbey. Sample from their latest selection on their outside brick patio.

**SHOP LANGLEY, VILLAGE BY THE SEA** Not only is Langley known as an artists' mecca with galleries filled with local and regional talent, they're also known for an eclectic mix of jewelers, antiques, book stores, and boutique clothing stores where you'll find one-of-a-kind collections.

**SHAKESPEARE UNDER THE BIG TOP** Shakespeare's works are presented by the Island Shakespeare Festival for FREE under a big circus tent at Langley Middle School. Visit [www.islandshakespearefest.org](http://www.islandshakespearefest.org) for info. Thursday-Sunday shows start at 6:00pm.

**CATCH A FLICK** at one of our local theaters. Visit The Clyde, a 1937 Movie House, at [www.theclyde.net](http://www.theclyde.net) or call 360-221-5525 for information. Or visit one of the last Drive-In theaters, The Blue Fox at [bluefoxdrivein.com](http://bluefoxdrivein.com) or call 360-675-5667 for information.

**UNIQUELY WHIDBEY** Visit [The Machine Shop](#) in Langley and check out their collection of Classic Arcade and Pinball machines set up for public play and display. Local artwork along with live local music monthly!

## Return to Whidbey for More Fun

**BLUEGRASS IN THE GARDEN** Check out the annual bluegrass festival at Meerkerk Gardens on Saturday, August 19. Info at <http://www.meerkerkgardens.org/events/>

**RUN WITH YOUR CHUMS** Join us in June for our popular *Chum Run 5K* and run through beautiful Community Park trails. This event supports South Whidbey Parks & Rec and local youth running programs. Visit [http://www.swparks.org/special\\_events.html](http://www.swparks.org/special_events.html) in April for info.

**RACE WHIDBEY** Come back for many of the other fun local races offered on the Island, including the Whidbey Adventure Swim and the Chum Run 5K.

**SUMMER CONCERTS IN THE PARK** Come back to Community Park for our free outdoor concert series:

**Wednesday, July 19**

**6:30-8:00PM**

[The Moonlight Swing Orchestra](#)

Sponsored by S.W. Parks & Rec

*Genre: Big Band Swing!*

**Wednesday, August 2**

**6:30-8:00PM**

[Norman Baker Band](#)

Sponsored by Windermere

*Genre: Lumber Rock –  
Americana – Alt Folk*

**Wednesday, August 16**

**6:30-8:00PM**

[Quinn Fitzpatrick](#)

Sponsored by Music for the Eyes

*Genre: Acoustic Guitar*