



Deuces Wild Triathlon Festival

Presented by



Welcome to the 14th Annual Deuces Wild Triathlon Festival! We are so glad that you have decided to race with us this weekend. We have some great courses, great aid, and everyone here, from race staff to volunteers, has worked hard to make this race as perfect as possible for you, so please enjoy yourselves, and take a moment to smile and thank the volunteers.

We are here for you, so please don't hesitate to ask if you have any questions, to make suggestions for next year, or to just let us know what you liked this year. To make your race experience as smooth as possible, we do have multiple race meetings scheduled when we will go over the courses, the rules, and answer any questions you may have. The schedule for these meetings is listed below.

There are a few things we would like to point out. We are in a State Park and the fire danger is high. For this reason, the Park Rangers have requested that people refrain from smoking in any area of the course, inside the park or out. If camping, only charcoal will be allowed - no campfires. Thank you in advance for your cooperation.

Again, thank you for joining us, and have a great race!

GENERAL INFORMATION

1. Your chip will be given to you on race day.
2. Race numbers must be worn on the run course. The additional numbers in your packet are to be placed on your helmet and bike frame (if provided).
3. Bodymarking is being done race morning with markers. Volunteers in transition will have markers, so look out for one.
4. Please pick up your trash and do not litter the course. We want to be invited back next year. Please be conscious of what you throw where to ensure that we are complying with the rules.
5. Please support the sponsors of the race - they make it all possible.
6. All participants receive one ticket to the raffle. Tickets will be available for purchase for \$5 each or 5/\$20 to increase your chances of winning.
7. All participants receive a free lunch and your ticket is in your race bag, so it's easy to finish the race and then head over to eat. The usual post-race fare will also be available. Meals will be available for purchase for your friends/family.
8. We want your feedback on the race. Let us know how to make next year's race better!

Fool Hollow Lake Recreation Area Rules

1. Keep pets on a leash.
2. Camp only in designated sites.
3. Boat motors are limited to 8 horsepower.

4. Damaging or removing the natural rocks, vegetation, or public property is prohibited.
5. This area contains many natural hazards; please enjoy the park with caution.

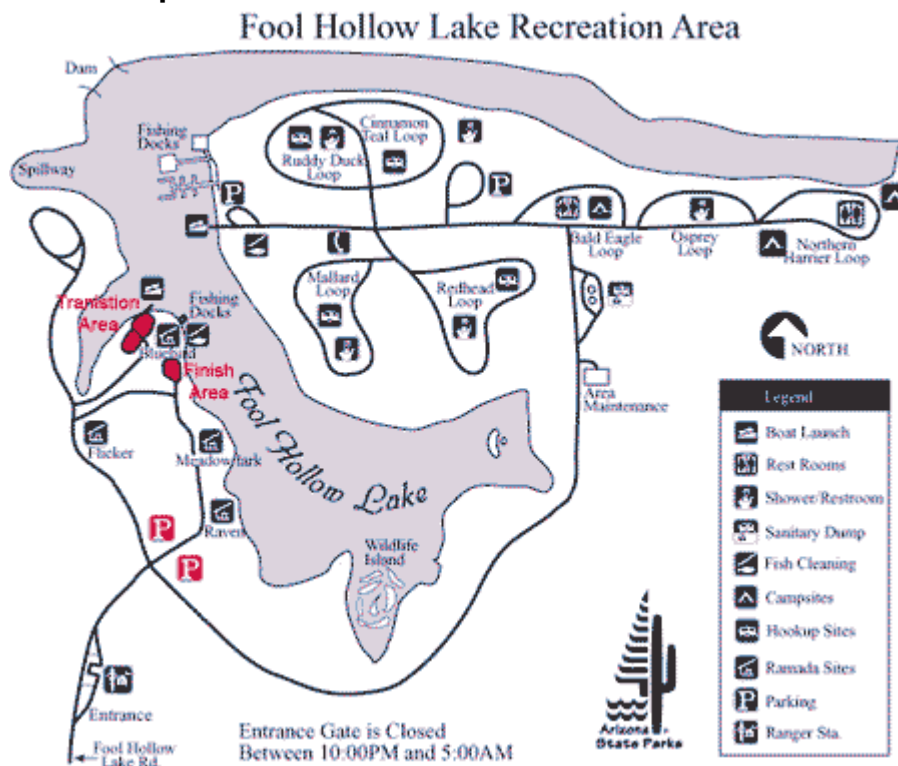
SCHEDULE OF EVENTS

**FHLRA – Fool Hollow Lake Recreation Area*

Date/Time	Activity	Location
Friday, June 2nd		
1pm - 3pm	XTERRA Deuces Wild Course talk and pre-ride	FHLRA – Meadowlark Ramada
2pm - 7pm	Packet Pick-up/Registration – all races	FHLRA – Bluebird Ramada
2pm - 7pm	TriSports Store Open	FHLRA – Bluebird Ramada
4:00pm - 4:30pm	XTERRA Pre-Race Meeting	FHLRA - Meadowlark Ramada
Saturday, June 3rd		
5:00am	Transition Opens	FHLRA
5:30am - 6:30am	Late packet pick-up (XTERRA only) - NO Race Registration	FHLRA – Transition Area
6:45am	XTERRA Transition Area closes	FHLRA
7:00am	XTERRA - Wave 1 Start (Men & Relays)	FHLRA – West Boat Ramp
7:04am	XTERRA - Wave 2 Start (Women)	FHLRA – West Boat Ramp
7:45am	XTERRA Swim Course closes	FHLRA
9:30am - 12:00pm	Lunch	FHLRA - Meadowlark Ramada
10:30am	XTERRA Bike Course closes	FHLRA
11:00am	XTERRA Deuces Wild Awards & Raffle	FHLRA - Meadowlark Ramada
12:30pm	XTERRA Run Course closes	FHLRA
2:00pm	Youth Triathlon - Wave 1 Start (Ages 5-8)	FHLRA – West Boat Ramp
2:20pm	Youth Triathlon - Wave 2 Start (Ages 9-12)	FHLRA – West Boat Ramp
2:40pm	Youth Triathlon - Wave 2 Start (Ages 13-15)	FHLRA – West Boat Ramp
3:30pm	Youth Awards	FHLRA - Meadowlark Ramada
1pm - 6pm	Packet Pick-up/Registration	FHLRA – Bluebird Ramada
1pm - 6pm	TriSports Store open	FHLRA – Bluebird Ramada
4:00pm - 4:45pm	DeuceMan & Olympic Pre-race Meeting	FHLRA - Bluebird Ramada
Sunday, June 4th		
5:00am	Transition Opens	FHLRA
5:30am - 7:30am	Late packet pick-up - NO Race Registration	FHLRA – Transition Area
6:15am	DeuceMan Transition Area closes	FHLRA
6:30am	DeuceMan - Wave 1 Start (Men & Relays)	FHLRA – West Boat Ramp
6:34am	DeuceMan - Wave 2 Start (Women)	FHLRA – West Boat Ramp
7:45am	DeuceMan Swim Course closes	FHLRA
7:45am	Olympic Transition Area closes	FHLRA
8:00am	Olympic - Wave 1 Start (Men & Relays)	FHLRA – West Boat Ramp
8:04am	Olympic - Wave 2 Start (Women)	FHLRA – West Boat Ramp
9:15am	Olympic Swim Course closes	FHLRA
10:30am – 2:30pm	Lunch	FHLRA - Meadowlark Ramada

12:00pm	DeuceMan & Olympic Bike Courses close	FHLRA
2:30pm	DeuceMan & Olympic Awards & Raffle	FHLRA - Meadowlark Ramada
3:30pm	DeuceMan & Olympic Run Courses close	FHLRA

Venue Map



Race Day Parking

We are very limited on parking at the venue so if you were not able to purchase a VIP parking pass, we have made arrangements to park at Show Low High School. On race morning, you can park there and get a great little warm up riding to the venue! It's about a 2 mile ride and will give you a preview of the last part of the bike course. Or, if you prefer, you can take a shuttle. Spectators also need to park at this location and shuttles will be running regularly throughout the day. Volunteers will be able to park at the venue; however, getting in may be difficult once the race has started. Please see shuttle schedule for times and directions. Drop-off is available at the venue between 5am and 7:30am.

Post-Race Lunch

This year's festival features a post-race lunch provided by Chowhound Catering in the Meadowlark Ramada. Cost of lunch for athletes is included with entry. Spectators can purchase a lunch at the food area on race day (cash only). Athletes - your lunch ticket is in your race bag. **DO NOT LOSE OR FORGET** if you plan on eating a free lunch after your race – they cannot be replaced.

Spectator Viewing

There are plenty of opportunities within the park to view the race. Please be respectful of all athletes and stay out of the transition area. For safety concerns, it is extremely important that you stay off the course at all times. Remain behind the fencing and follow any directions given by race staff or volunteers. Thank you in advance for your cooperation.

Race Rules

Remember that it is the athlete's responsibility to know the course and the rules. Please make sure you review the "Most Commonly Violated Rules," and if you would like to view the complete rulebook, it is available online at www.usatriathlon.org.

Race Results

Preliminary results will be available near the finish line when they become available. Final results will be available on the race website ASAP following the race.

Raffle

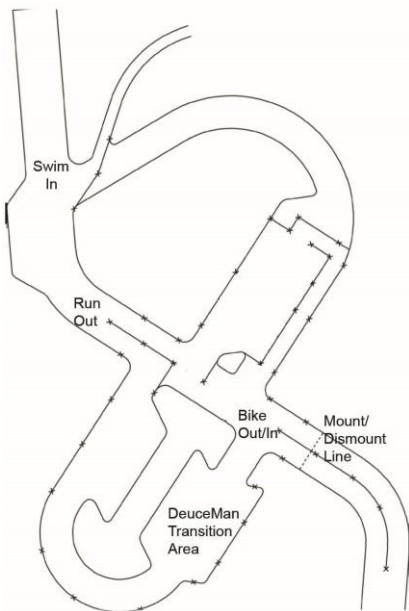
All participants receive one ticket in their packet that enters you into the general raffle for your event. Additional tickets are available for purchase at \$5 each or 5/\$20. There will be some great prizes available at both awards ceremonies, so don't miss out!

Transition Area / Aid Station Info

DeuceMan Triathlon

Transition spots will be assigned, so look for your number. The transition area will be for athletes only. Please remind your friends and family to stay out of the transition area. Remember to visit the body markers, pick up your chip and grab your swim cap before heading to the start. Please be careful to NOT walk over any timing chip mats before the race. During the race, you are required to walk your bike in transition until you hit the mount line. Upon returning, you must dismount at the line and walk your bike through transition. The mount/dismount line will be marked and volunteers will be directing you. Please make sure that your helmet strap remains secure from the time you mount your bike to the time you dismount!

Transition Area Map - not to scale



Aid Station Information (and approximate locations)

Transition Area

Bike Course - Miles 10.5, 20.3, 31.2 & 44.7 (Gatorade bottles, water bottles, PowerGel, fruit & pretzels at #4)

Run Course – Every 1-1.5 miles (Gatorade, water, PowerGel, fruit and pretzels)

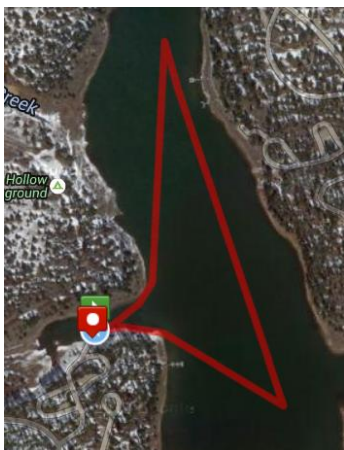
Swim Course

1.2 Miles - **CUT-OFF TIME 7:45 am**

Race Start and Wave Information

6:30 am - Men & Relays

6:34 am – Women



Swim Start and Course Description

The Swim Course will start from the boat ramp. A small area will be available for warm-up, but please be respectful of other athletes starting before you. The swim will be wetsuit legal. The triangular one-loop course heads in a counter-clockwise direction back to the boat ramp. Remember to keep all buoys *on your LEFT*. Look for the large buoys at all turns and at the start/finish area. Lifeguards will be in the water for your safety and will provide help if needed. Remember that wetsuit strippers will be available after the swim if you require assistance in getting your wetsuit off. Look for them off to your right on the way to transition.

DeuceMan Bike Course

56 Miles - **CUT-OFF TIME 12 pm**



DeuceMan Bike Course Description

The one loop DeuceMan Bike Course will take athletes out of the park to enjoy rolling hills and very fast terrain. The DeuceMan Bike Course *will not be closed* to traffic. The course will head off on AZ-260 and into Clay Springs - there are several turns in this town, so be alert. Athletes will then make their way to SR-277 and into the town of Taylor. A right turn will take you onto AZ-77 and into some great climbing. At around the 44 mile mark you will be merging with the Olympic course, so please pay attention. A right turn takes you onto Deuce of Clubs and back onto Old Linden for the return trip home. Please be aware of your surroundings, especially back in the park leading into transition where there may be both cyclists and runners. Please note, there is a very DANGEROUS left turn once you enter the park. Volunteers will be there to remind you to SLOW DOWN – please listen. Please also slow down when entering the chute into transition...you will be dismounting on a downhill, so it is easy to get going too fast. Please be safe!

DeuceMan Run Course

13.1 Miles - CUT-OFF TIME 3:30 pm



DeuceMan Run Course Description

The DeuceMan Run Course features great views of the lake and a scenic trip through the park. From transition, runners will head around the lake on the mostly flat dirt path. Athletes will climb back up from the lake and take a trip through the Redhead campground, then across the way they take a trip around the Ruddy Duck & Cinnamon Teal campgrounds before heading left to a long straightaway towards the gate where runners will head out of the park. Once exiting, athletes have an out-and-back – a great place to see where you stand against your competition! The climb back from the turn around point will test the legs before the trip home. The run continues up along the main paved road down and around the lake where some nice hills await. Please be aware that you will be crossing in front of the bike chute when heading up on your out and back before you start the second loop. Volunteers will be stationed here, but please keep your eyes open for incoming cyclists. Head out and do it all again! This time, once over the last hill, it is smooth sailing to where the crowd and the finishing chute awaits.

Good luck and have a great race!