

14th Annual
ALASKA'S
SOURDOUGH TRIATHLON
&
CHEECHAKO RELAY

WHEN: Saturday, July 17, 2004. **Check-in/Bib marking---8:30-9:30a.m.**
Start time--10:00a.m.

WHERE: Sourdough Triathlon Gravel Pit (31.5 miles NE of Fairbanks on the Steese Hwy.) **SEE MAP**

DISTANCES: 1.2 mile swim, 56 mile bike, 13.1 mile run.

RACE COURSE: All legs start & finish at same place! The 1.2 mile swim is multiple loop (4.5 loop) swim in a DOT gravel pit off the Steese Hwy. The 56 mile bike leg is 2 loop pristine pavement ride which is mostly flat with some easy hills. The 13.1 mile run is an out and back over part of the same route covered by the bike. There will be feed stations at the turnaround and at the transition/start/finish areas for the bike leg and feed stations approximately every 2-2.5 miles on the run.

RULES: Swim --a wet suit is highly recommended (Gravel Pit temp 60-65 F)

Bike --- A bike helmet is required at all times and chin strap must be fastened before riding off

--- No drafting allowed (7 meter gap!)

--- Ride on the far right and look both ways before any road crossing

--- Volunteers will be at the turnaround trying to stop traffic, but sometimes drivers choose **not** to stop or slow down, so be **AWARE, Don't get run over!**

--- Pass through finish chute before going to your staging area

Run --- Runners must run on the extreme left hand side of the road at all times, against traffic!

BBQ/POTLUCK: We anticipate the first finishers in about 4 1/2 hrs (2:30 PM) and last finishers at about 8 hrs (6 PM). We will start BBQ between 4-6 PM & all participants & supporters are asked to participate! Please bring your own beverage and whatever you want to BBQ. Also bring a potluck dish (enough to feed 6 hungry triathlon finishers). Awards (**may**) be given out during the potluck/BBQ.

DIVISIONS: Solo - Men/Women under 40 & Men/Women 40 and over (MASTERS).

(May add more divisions depending on entries!).

Relay - Men & Women & Mixed

Solo entrants must be 18 years of age or older . . .

ENTRY FEE: \$30.00-- SOLO / \$90.00 per team. Entries must be **received** by Monday, July 12, 2004.

ABSOLUTELY NO LATE ENTRIES!

MAIL ENTRIES TO: "Sourdough Triathlon" 3020 Moose Mountain Rd., Fairbanks, AK 99709

OR: Drop entries off at: "Beaver Sports" **Make checks payable to: Bob Baker**

QUESTIONS: Contact: **Bob Baker** (907)455-6689/ fax (907)452-8287

Email: badbobbaker@gci.net

Bruce Miller (907) 459-2012

Email: millerb@doyon.com

The following must be signed in order to participate in the Sourdough Triathlon

I, the undersigned, know that swimming, running and bicycling are action sports carrying significant risk of personal injury. I know that there are natural and man-made obstacles or hazards, surface or environmental conditions and risks which in combination with my actions may cause very severe or occasionally fatal injury. I agree that I, and not the Sourdough Triathlon organizers or their sponsors, am responsible for my safety while I participate in this event.

Please check one: Solo () Relay () Phone #: _____

Solo or Swimmer:

Name	Address(mailing) please print	Age	Sex
------	-------------------------------	-----	-----

Relay Biker:

Name	Address(mailing) please print	Age	Sex
------	-------------------------------	-----	-----

Relay Runner:

Name	Address(mailing) please print	Age	Sex
------	-------------------------------	-----	-----

Signatures:

Solo/ Swimmer	Relay Biker	Relay Runner
---------------	-------------	--------------

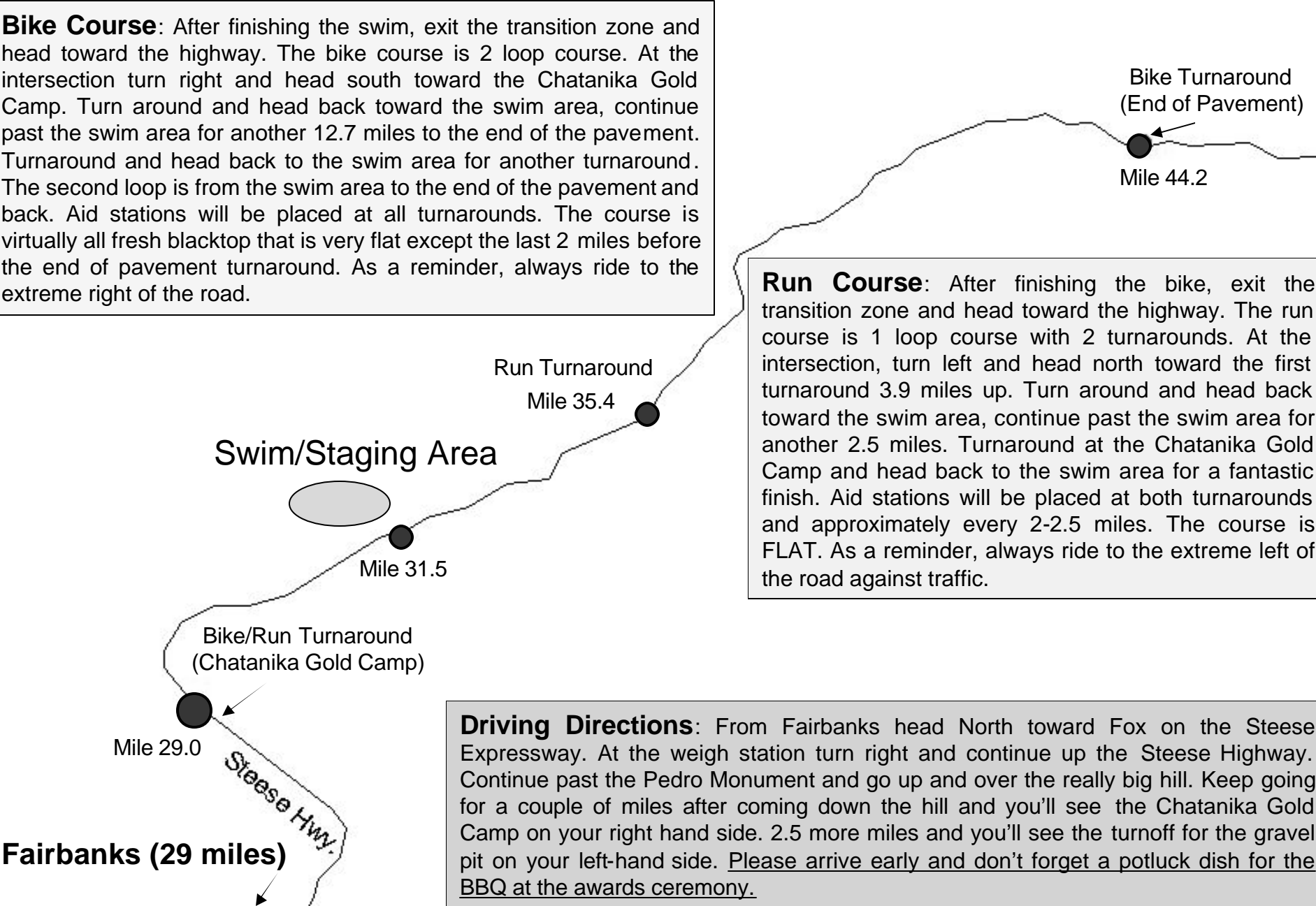
NOTE: There is unlimited parking space at the transition area. If people park very inefficiently and there are lots of motor homes then there will still be space for all. Under no circumstances are people to park on the side of the road. The Alaska State Troopers have issued a warning that if this hazard is repeated the race will be **SHUT DOWN** immediately. Please make every effort to ensure that this does not become a problem. Unlike the Harding Lake location, there is plenty of parking space but a very small swim venue. Please anticipate a crazy swim leg before a beautifully executed rest of the race.

Due to the long nature of this race and that fact that it is manned by *volunteers*, those folks who will be finishing in the 7-8 hour range please be warned that there may be limited feeds available the second half of the run. Rather than imposing a time cutoff we have decided to allow folks to proceed with the understanding that they may have to be self-sufficient the latter part of the run leg. These volunteers sometimes are out on the course for up to 6 hours which is an awful lot to ask of them.

Swim Course: The swim will consist of a 4.5 loop swim in a DOT gravel pit. The water is expected to be fairly chilly so wetsuits are ***strongly*** recommended. Caution: Parents, since this is a gravel pit the water drops off very quickly, this is not a child friendly environment. Please make sure children do not stray too close to the water's edge without appropriate supervision.

Bike Course: After finishing the swim, exit the transition zone and head toward the highway. The bike course is 2 loop course. At the intersection turn right and head south toward the Chatanika Gold Camp. Turn around and head back toward the swim area, continue past the swim area for another 12.7 miles to the end of the pavement. Turnaround and head back to the swim area for another turnaround. The second loop is from the swim area to the end of the pavement and back. Aid stations will be placed at all turnarounds. The course is virtually all fresh blacktop that is very flat except the last 2 miles before the end of pavement turnaround. As a reminder, always ride to the extreme right of the road.

Run Course: After finishing the bike, exit the transition zone and head toward the highway. The run course is 1 loop course with 2 turnarounds. At the intersection, turn left and head north toward the first turnaround 3.9 miles up. Turn around and head back toward the swim area, continue past the swim area for another 2.5 miles. Turnaround at the Chatanika Gold Camp and head back to the swim area for a fantastic finish. Aid stations will be placed at both turnarounds and approximately every 2-2.5 miles. The course is FLAT. As a reminder, always ride to the extreme left of the road against traffic.



Driving Directions: From Fairbanks head North toward Fox on the Steese Expressway. At the weigh station turn right and continue up the Steese Highway. Continue past the Pedro Monument and go up and over the really big hill. Keep going for a couple of miles after coming down the hill and you'll see the Chatanika Gold Camp on your right hand side. 2.5 more miles and you'll see the turnoff for the gravel pit on your left-hand side. Please arrive early and don't forget a potluck dish for the BBQ at the awards ceremony.