

# BONNEY LAKE TRI

Allan Yorke Park  
(7265 W Tapps Hwy E, Bonney Lake)  
**Saturday, September 2, 2023**



Start time: 8:00am Olympic  
(based on last Olympic swimmer) 8:20-30am Sprint & Duathlon

**PARTICIPANTS MUST BE ABLE TO FINISH BY 12:00PM, AS VOLUNTEERS ARE RELEASED AT THIS TIME.**

The Bonney Lake "Labor of Love" Triathlon continues its partnership with the Chamber Collective.

**CHECKING INTO TRANSITION (Bikes are racked the morning of the event)** - Transition will open at 6:30am, and will be monitored by volunteers at 7:15am. Both transitions for the event will take place in the same area. You are responsible for setting up your own equipment on the bike rack - which will be in bike number order - unless you are using a reserved rack. As you prepare to check into transition, there are several items that you must check before you go to the transition entry point, please ensure:

- Body Marking (age/gender on left calf, bib number left arm towards the left)
- The bike number placed on your bike
- Handlebar ends must be solidly plugged
- Any time you are on your bike (before, during and after the event), you must have a helmet on your head and chin strap secured (**No warnings required to DQ a participant on their bike w/o a helmet.**)

**TRANSITION RULES - Only registered athletes are allowed in the transition area.** You may not ride your bike at any time while in the transition area. At all times, be aware of others around you.

**PRE-EVENT MEETING** - Meeting will occur at 7:40 in the Transition Area for BOTH the Olympic and Sprint distance, your participation is **MANDATORY**. Olympic must leave the Transition area at **7:50**, and Sprint at **8:10**. **Please wear the timing chip provided in your packet, on your left ankle.**

**WAVE SWIM STARTS - Olympic-TWO Loops (1<sup>st</sup> wave @ 8am) Clockwise / Sprint-1 Loop (1<sup>st</sup> wave between 8:15-8:30am), this includes the AquaBike. Duathlon will start near swim area on the road. Please check your packet label for your specific start time.** Waves are set off based on swim cap color, **AGE@YEAR-END** and category. It is your responsibility to start in the correct swim wave, or risk disqualification.

## GENERAL INFORMATION

**SWIMMERS** ~ In the event of a water emergency, participants will be alerted and asked to return to shore. **Course closure: 1 hour for Olympic and 30 minutes for Sprint**

- You are required to wear the swim cap provided in your packet (color indicates your wave)
  - No swim aids, such as fins are allowed
  - Wetsuits are not required. Water temp is expected to be in the 68-72 range. If wearing a wetsuit, check your left leg after you remove the wetsuit to ensure your timing chip is still on.
- There will be lifeguards (with swim noodles) and boats in the water to assist you. If you are tired and need assistance you may hold on to the boat to rest. Signal by raising your hand. If the boat propels you forward, you may be disqualified. Duathlon will start on the road near the boat launch with the first Sprint swim wave start

**BIKERS (Olympic distance will go two loops)** - there will be no aid stations on the bike course. **It is YOUR responsibility to know how many laps you are doing. Please review the course map. Bike course closure is 11am for both distances.** **\*\*PLEASE NOTE: Chip Sealing has occurred on some of these roads recently; Be aware.\*\***

- Helmets, with chin strap secured, are required at all times when on your bike
- Be alert to all traffic control while on the ride
- Head sets not allowed at any time
- NO Drafting

\*The police are on course to maintain vehicle and bicycle traffic. They may stop you to allow vehicles to move, as needed. \*

**RUNNERS** (there will be one aid station for the Sprint and three for the Olympic) **Course closure: 12 pm for both distances**

- Your bib number must be forward facing at all times (especially as you cross the finish line)
- Be aware of others on the road as it is open to everyone, including cyclist
- **RELAY TEAMS** - The swimmer must get out of the water and come to where the bike is racked and transfer the timing chip. The cyclist will return to the same place he/she left from to transfer the timing chip to the runner.

**Support our Sponsors who support you!**



BONNEY LAKE  
Fleet Feet  
19685 WA-410  
Bonney Lake, WA 98391



NW Tri and Bike  
15423 SE 272nd St. Suite 106.1  
Kent, WA 253/638-2453



**THIS IS A USAT SANCTIONED EVENT USAT RULES APPLY AT ALL TIMES**

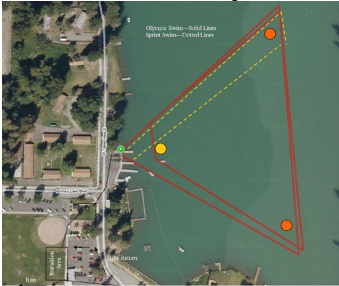
- **HELMETS ARE REQUIRED**
- **NO DRAFTING IS ALLOWED**
- **ABSOLUTELY NO HEADSETS ALLOWED ON AT ANY TIME**

**AWARDS** - Awards will be given out for overall in each gender & distance and places 1/2/3 in all categories. This will take place once most of the participants have completed the event. If you place and are unable to wait for the awards ceremony, please check in with Trio Multisport LLC to get your award. We will not mail out awards. Overall times will be posted at the event..

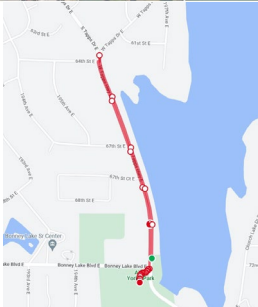
**Please remember that it is the participants' responsibility to know the course.** There will be markings on the road, and for the bike course, there will be cones with directional arrows to assist you. **The volunteers are not the experts on course, they are helpers.** Please review the maps!

SWIM AND TRANSITION AREA

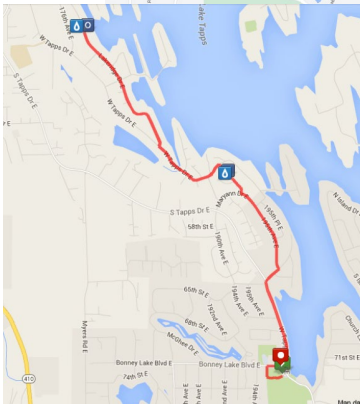
SPRINT SWIM



DUATHLON 1ST RUN



RUN COURSES



Olympic



BIKE COURSES (SPRINT 1 LAP/OLYMPIC 2 LAPS)

Sprint

Swim - <http://ridewithgps.com/routes/41492567>  
 Bike - <https://ridewithgps.com/routes/41492536>  
 Run - <https://ridewithgps.com/routes/41492556>

Swim - <http://ridewithgps.com/routes/41492578>  
 Duathlon 1st Run - <https://ridewithgps.com/routes/41493334>  
 Bike - <https://ridewithgps.com/routes/41492529>  
 Run - <https://ridewithgps.com/routes/41492561>