



~ IMPORTANT RACE INFORMATION FOR ALL PARTICIPANTS TO READ ~

GENERAL INFORMATION: The MAIN TRANSITION AREA is for ATHLETES ONLY. Spectators and family members are not allowed in that area due to safety reasons.

Friday, September 3, 2021 – Pre-Race Day!

PACKET PICK-UP & SPAGHETTI FEED (participant meals are covered with your entry fee). Starts at 5:30pm at the Masonic Lodge located at: (238 N. Garden St. #2, Hot Springs, SD 57747). We will have a noticeable large BLUE Welcome flag and RED Check-in flag that you cannot miss... so be sure to get your packet the night before the race in order to avoid the craziness the next morning brings...☺

Saturday, September 4, 2021 – Race Day!

6:00am – Packet pick-up opens

7:00am – Rules meeting (mandatory for all adults)

7:30am – Olympic Triathlon start

8:00am – Sprint Triathlon start

9:45am – Pre-race meeting for Youth Triathlon

10:00am – Youth Triathlon start (Two waves – 10-12 yr olds and 6-9 yr olds)

FOR THE BIG RACE DAY on Sep. 4th at Breaker's Beach - (The transition area is located in the parking lot next to Inferno's Pizza On The Beach).

CHECK-IN is from 6am – 7am with the MANDATORY pre-race meeting at 7:00. Before the horn blasts to start the OLYMPIC RACE, we will play the Star-Spangled Banner in patriotic fashion!

The earlier you get there the better for you and the volunteers so you don't run around like a chicken with your head cut off! Trust me, I know.... I did that my 2nd race here back in 2000 and it was no fun to start out without maximum preparation... Needless to say, that was the last race I ever ran late to... Come ready & prepare to have some fun!

PARK ENTRANCE FEE: As indicated on our website when you signed up, the daily rate this year is \$8 to enter the park, unless you have purchased a yearly pass for \$36. All vehicles are required to have an entrance pass.

SD TRI NEWS will be coming to cover the race and take spectacular pictures as always. Be on the lookout for Jason and Nikki Troxell covering our awesome race!!! We just love that SD TriNews!!!

CHIP TIMING: Is being performed by BLACK HILLS MULTI-SPORTS. Duncan Olney has been providing us chip timing & set up support for the past several years. Please ensure that every participant wears the chip around your ankle (it will be on a neoprene Velcro strap), and should be on the outside of your wetsuit (if you choose to wear one). If you lose or do not return your chip after the race, there will be a \$20 replacement fee.

SWIM: You must wear the swim cap provided. Wetsuits are allowed. The SPRINT course was shortened from ½ mile to ¼ mile and will be a 200 yard out and back swim. And even though the water level at the reservoir is down a bit this year, the final swim course is mapped out and will be explained at the pre-race meeting. The course will flow in a clockwise direction for all swim courses – ALWAYS keep the buoys on your RIGHT SIDE.

Once you EXIT THE WATER on the swim portion, you will have to make your way up the beach to the transition area. There will be tubs of water to wash your feet before entering transition. DO NOT GO OFF THE DESIGNATED PATHS in order to avoid sand burrs. MAPS can also be found on The Southern Hills Triathlon website.

And for the YOUTH SWIM, if any parents wish to be in the water or assist in the safety of the kids, we would love to have anyone interested, particularly parents that will be finished with their SPRINT race, to come and join us! Let a volunteer know...

PLEASE NOTE: The BIKE COURSE is NOT closed off to thru vehicle traffic. There will be a number of signs throughout the park, however, please remain vigilant while biking! There are TWO BIKE AID STATIONS. One at the 6 mile (Sprint) turnaround, and one at Oral (12 mile turnaround).

There will be some sport-top water bottles and some GU gels available, so call out to the volunteer if you would like one of those items. Be careful coming back into the BIKE FINISH / DISMOUNT area and be sure to dismount and RUN your bike back into the transition area (YOU CANNOT RIDE IT INTO THE BIKE RACK AREA)... and be on alert for any potential vehicle traffic.

RUN COURSE: There are TWO AID STATIONS on the run course. There will be a volunteer there and will have a table set up with water, Gatorade and some GU gels. Those aid stations will be set out approximately at the 1.1 mile mark (for ALL runners) and at the 2.4 mile mark (for the Olympic runners) from the start. SAFETY is the #1 concern, so please be mindful AT ALL TIMES of other racers so we can all have an enjoyable race day!

In order to account for the YOUTH RACE safety, be aware that for those participants, particularly on the OLYPIC course, that our youth racers will be BIKING AND RUNNING on the SAME path as the ADULT RUN course. Since we have so many youth racers this year, we will be starting the 10-12 year olds in the first wave at 10am. The younger racers (ages 6-9) will start at 10:05am. This will allow a greater safety factor and better separation on the path.

RACE BIBS: Your race bibs must be worn on the **FRONT** of your body (attached to a race belt if you have one, or pinned to the front of your race kit or shirt).

REMEMBER: for all adult runners and youth participants to **ALWAYS** stay to the **RIGHT** on the path unless passing another racer. **ONLY PASS** another racer when it is safe to do so and you avoid colliding with any other racers moving in the opposite direction on the path.

There are a few blind spots at a few corners along the path, and the path remains open to the public, so please **BE MINDFUL OF OTHERS**. There are turn-around markings on the path and volunteers to ensure you navigate the course safely.

FINISH LINE: When completing your respective race, please follow the directions of the volunteers directing you into the finish chute. Upon the completion of your race, you will have volunteers helping you remove your chip before proceeding to the door prize area and the food and beverage tent.

POST RACE: **ALL FINISHERS** will receive a medal. Be sure to check the **DOOR PRIZE** board at the end of the finish chute. Winners of the door prizes can go to the door prize table to claim their prize.

FOOD & BEVERAGE: Please enjoy the post-race food and beverage as there will be delicious sandwiches, fruits, baked goods, water, Gatorade, lemonade and pop available. Upon the completion of your race, please be sure to cheer on your fellow athletes and particularly the kids as they finish their race! We always love seeing **GOOD SPORTSMANSHIP** at our race...

AWARDS will be given out as final results are available. There will be awards given to the Overall Male and Female of each adult race and the Top 3 Age Group Winners (excluding the Overall winner). Each member of the **FIRST PLACE** Team for both the Olympic and Sprint will also receive an award.

RACE RESULTS and splits will be posted on the black & red race trailer as soon as they are available, and will also be posted on Race Entry.com. Additionally, they will be posted on The Southern Hills Triathlon website: <https://southernhillstri.com/> as soon as possible.

SPONSORS: We want to recognize and **THANK** each and every one of our 29 sponsors that have made The Southern Hills Triathlon the premier triathlon race in South Dakota. Their support is incredible and has allowed us to make this race even better this year!

DOOR PRIZES: We have Lots of **AMAZING** door prizes provided by our sponsors.... They are **REALLY INCREDIBLE** - And I know that you won't want to miss out on them! You will just have to wait and see what we have in store for you..... 😊

VOLUNTEERS: This race would not be what it is today without the AMAZING support & dedication to all the volunteers that work tirelessly to organize and execute an amazing race day for each one of you.

So, when you get a chance, PLEASE be sure to THANK THE VOLUNTEERS, who will be wearing Lime Green volunteer shirts at the event. They are all very special and critical to the success of this amazing event!!

Please be sure to let us know how we are doing and if you have comments or ideas you want to share with us in order to help us improve for next year, please stop by the information table and talk to us...

Have fun winding down your training for this incredible race and fun family event. From my family to yours.... THANK YOU for being a part of The Southern Hills Triathlon! And I hope that each of you has a "Tri-Umphant" race day!!

Best wishes and remember to always "Tri Hard"...

Brendan~