



**SUNDAY, SEPTEMBER 18, 2022 SCOTT'S FLAT LAKE, CASCADE SHORES**

**BSMTRL.ORG**

### **What to Expect on Race Day**

Arrive early. Allow time to park and walk to the transition area at the launch ramp. Cars are not allowed on Lake Lane or Spanish Lane near Lake Lane as that is the finish line area. Please respect the No Parking signs.

The transition area is located in the launch ramp parking lot at Scott's Flat Lake, Cascade Shores. Upon approaching the transition area (parking lot), athletes will get body marked. Athletes **MUST** be body marked prior to entering the transition area. *Guests/spectators will enter through the right gate. **Guests/spectators (family/friends) are not allowed in the transition area.*** The transition area has bike racks for each athlete. Team athletes share the same rack space. Special rack reserved for top fundraising athletes.

Have your bib ready to show for body marking. Once body marked, proceed to the transition area through the left gate. Choose your bike rack space and lay out your belongings. All personal belongings must remain in the bike space.

### **Transition Area Items, but not limited to:**

Towel, Swim Cap, Goggles

Bike, Helmet, Sunglasses, Gloves, Shoes, Socks, Water Bottle Bib, Running Shoes

Misc. – Wet Suit, Body Glide, Powder, Goop, Power Bar

**Please see next page for FAQ's**

## Common Q & A:

Q - Can I drop off my bike at the transition area prior to parking?

A – No, Lake Lane is closed to vehicle traffic from Gaston to the launch ramp. Please respect the parking monitors and the No Parking signs. (No parking on Lake Lane.)

Q – There's always a line to get body marked. Can I put my gear in the transition area and then get body marked?

A – No. We realize it's cumbersome to hold your gear while getting body marked but this process helps us ensure each athlete is body marked. Gear placed in the transition area prior to body marking will be removed.

Q – I'm on a team but don't know my teammates. Will you announce their names for me.

A – We suggest you prearrange a meeting location and time to meet your teammates. The meeting location should be prior to the transition area so you can be body marked at the same time. (There is little to no cell phone service once at the lake. Plan ahead!)

Q – Are the bike rack spaces in the transition area assigned?

A – No, each individual chooses their own bike rack space. Each team will also choose their bike rack space, but the entire team shares the same space. Top fundraisers have a special rack.

Q – Do I wear my bib during the swim?

A – No, you are body marked for the swim portion of the event. Your bib must be worn on the front of your body when crossing the finish line. You will be checked in to enter the ramp for your swim and will mark you off as you exit the water.

Q–I am on a team. Do we each wear a bib?

A – No, just the runner wears the bib but each team member is body marked with your bib #.

Q – I am not able to attend the Event Expo. Can a friend pick up my packet?

A – Yes. As a matter of fact we encourage it. Race Day becomes very hectic. You'll have less anxiety if you arrive with your information rather than standing in line at the registration table on Race Day.

Q – A friend picked up my packet from the Event Expo. How do I get it from her?

A – If you are not able to meet your friend prior to Race Day, we suggest you prearrange a meeting location and time prior to the transition area. You will not be able to get body marked without your bib and you will not be allowed in the transition area without being body marked. (Limited cell phone service at the lake. Plan ahead.)

Q – How long do I have to complete the entire event?

A – The Run Course will close at 11:30am. You **MUST** be at the corner of Cascade Loop and Spanish Lane by 11:30am, otherwise you will be directed towards the Finish Line.

Q- I didn't pre-purchase raffle tickets online or at the Expo. Can I get them race day?

A- Yes! Please bring cash with you and give yourself extra time to purchase tickets and place them in the baskets/bags for the prizes you'd like a chance to win!