



WHIDBEY ISLAND TRIATHLON RACE HANDBOOK



THE ITEMS IN THIS HANDBOOK ARE SUBJECT TO CHANGE.
Registered participants will be notified of important changes and updates via email.
Version 07.16.2024



The Whidbey Island Triathlon is presented by the South Whidbey Parks & Recreation District.
District Headquarters: 5475 Maxwellton Road, Langley WA 98260
Phone: (360) 221-5484 | E-mail: triathlon@swparks.org | Web: www.whidbeytriathlon.com

Welcome to the Whidbey Island Triathlon!

We look forward to having you as a participant in our 28th annual race! Below are details for this year's event, rules and regulations. While this is a race beloved by both beginners and seasoned triathletes alike, it is still essential that proper training and preparation has taken place.

Please read this handbook thoroughly well in advance of the race. Plan early for lodging, as Whidbey is a popular place for visitors and accommodations fill quickly. Plan also for your transportation to Whidbey, as ferries fill up during the summer. **We encourage early check-in to avoid any last-minute problems or unnecessary stress.** Come out Friday, make a weekend of it! Enjoy the Island!

We are looking forward to another terrific event, see you there!

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Accommodations

Make finding accommodations a priority in your planning. Accommodations fill up early on Whidbey!

- <https://visitlangley.com/where-to-stay/>
- <http://www.freelandchamber.org/members/?cn-s=&cn-cat=15>
- <https://discoverclintonwa.com/lodging-%26-town>

Camping:

- [Whidbey Area Fairgrounds](#) (Less than 2 miles from Community Park)
- [Fort Casey State Park](#) (Coupeville, next to Port Townsend Ferry)
- [Fort Ebey State Park](#) (Coupeville)
- [Deception Pass State Park](#) (Oak Harbor and Anacortes, fills very early)

Athlete Services & Contact Info

INFO

During the weekend of the event, Friday-Saturday, the central hub of information is at Community Park in the “Crow’s Nest”, the only 2-story building in the park. There will also be an “Information” person at Goss Lake the morning of the event.

The Race Director’s office is at South Whidbey Parks & Recreation District headquarters, at 5475 Maxwellton Road, Langley. Office hours: Monday-Thursday 8:30AM – 5:00PM and Friday 8:30AM – 4:30PM *except* around the day before Race Day. Phone: (360) 221-6788 Email: triathlon@swparks.org .

CHECK YOUR EMAIL Updates will come from triathlon@swparks.org

WATER We will offer water on the racecourse. There is limited water at the Start (limited), Finish, and 1 station on the run course (which you will run past twice). There is no water on the bike course, and limited water at the Start. Make sure to carry enough water on your bike to get you through.

NUTRITION Participants are responsible for carrying their own food supplements on the course. Post-race refreshments will be available near the finish line for athletes and volunteers.

BATHROOMS & PORTA POTTIES Facilities are available at Goss Lake and Community Park. There are porta potties in/around the transition areas. There is a restroom on the run course at the soccer fields.

BIKE MECHANICAL SERVICES Bayview Bicycles provides both bicycle sales and service and has been a longtime faithful supporter of our race. They will provide some limited last-minute tech support at the race, but you must bring your bike in working order to the race. Don’t forget your bar end plugs!

www.facebook.com/bayviewbikes

Address: 5603 Bayview Road Langley, WA 98260 Phone: 360-331-7980

Hours: Tuesday-Saturday, 10AM-6pm (hours vary, call for updates). Closed Sunday-Monday.

Race Schedule

FRIDAY

3:00pm Packet Pick-Up Opens
6:00pm Packet Pick-Up Closes

SATURDAY (RACE DAY)

7:00am Packet pick-up opens
7:15am Guided bike ride to Goss Lake
7:30am T-1 opens
8:15am Packet pick-up closes
8:40am Mandatory pre-race brief at the start line
9:00am Race Start
9:00am Wave 1*
9:04am Wave 2*
9:08am Wave 3*
9:12am Wave 4*
9:13am First biker on the road (approx. time)
9:45am Swim course cut-off. Course closed but participants may proceed at their own risk.
10:02am First biker into T-2 (approx. time)
10:05am Last biker on the road (approx. time)
10:25am First finisher crosses the line (approx. time)
12:00pm Awards ceremony begins (may start earlier if race results are ready)
12:00pm Bike course cut-off. Course closed but participants may proceed at their own risk.
12:30pm Racecourse officially closed. Support will be removed from the course.
Participants may proceed at their own risk but may be disqualified.

**Wave starts will be dependent upon entry numbers and will be announced day before race.*

Packet Pick-Up

Packet pick-up times: Friday, 3:00–6:00pm and Saturday (Race Day), 7:00–8:15am, at *Community Park*. On Race Day, all parking will be at South Whidbey High School, 5675 Maxwelton Road, Langley, which is just south of, and right next to, Community Park. You will walk a very short distance into the park to the only 2-story building in the park, upstairs in the “Crow’s Nest”.

Pre-Race Brief

A mandatory race brief is conducted prior to the race to ensure that competitors are reminded of the general rules under which our triathlon is conducted, as well as a general run-through of the course. Competitors should not rely solely on the race brief for details of the course and should thoroughly read this document. Any last-minute updates or changes will be emailed to every participant and/or announced in the pre-race briefing. Any unsafe riding will result in disqualification.

SPECTATOR ETIQUETTE

Please notify your support team that there are many spots to cheer you on from, but limitations on parking. **There is no parking at Goss Lake or Community Park, the race Start and Finish. See the parking section for alternate options. For safety: please tell your supporters to NOT follow you on the bike route, and to avoid driving Goss Lake, Lone Lake and Saratoga roads during the race.** The roads will be totally congested, and every car just adds to the problem. We recommend that your support team cheer you on from Community Park, where they will be able to see you transition from bike to run, and then as you come across the finish line.

Location & Transportation

GETTING TO WHIDBEY ISLAND VIA FERRY

Check the schedules and fares at <https://wsdot.wa.gov/ferries>. The ferries are very crowded in the summer, resulting in long lines. The status and availability of each run is at <https://ferry.fyi>. Check for “[Travel Alert Bulletins](#)” for the Mukilteo/Clinton run on the WSDOT website. Plan ahead and get to the ferry dock really early before your targeted ferry. You can also drive onto the island from the north end by way of the Deception Pass Bridge.

Clinton Ferry from Mukilteo: In order to check-in at Community Park then travel to the Lake for the pre-race brief, the very **LAST** boat you can catch from Mukilteo is 7:00am. This would not allow you time to get oriented. Earlier would be much better. This ferry will fill up early and leave cars behind. Reservations are not available for the Mukilteo/Clinton ferry.

Coupeville Ferry from Port Townsend: You can and **should** make reservations for the Port Townsend/ Coupeville ferry well in advance (and you’ll still be rushing). I’d recommend that you just come a day early and enjoy Whidbey!

DIRECTIONS TO SOUTH WHIDBEY COMMUNITY PARK

Address: 5495 Maxwelton Road, Langley WA 98260.

Directions: From Hwy 525, turn north on Maxwelton Road. Drive about .5 mi. Community Park is on your right, shortly after the High School. On Race Day, all parking will be at South Whidbey High School, 5675 Maxwelton Road, Langley, which is just south and next to Community Park.

DIRECTIONS TO GOSS LAKE

Address: 5235 Lakeside Drive, Langley WA 98260.

Directions: From Hwy 525, turn north on Bayview Road. Drive 1.8 miles. Turn left on Andreason Rd. Drive .6 mile. Turn right onto Lone Lake Rd. Drive .6 mi. Turn left onto Goss Lake Rd. Drive .5 mi. Turn left onto Traverse Rd. Drive 1 block. Turn right onto E. Lakeside Dr. Drive .2 mi. Goss Lake is on the left.

Parking & Getting to the Start Line

There is no parking at the lake! This is a point-to-point race, and the course has two transition areas, T1 (swim to bike transition) at Goss Lake, and T2 (bike to run transition) at Community Park. These transition areas are 7 miles apart. See appendix for maps of parking locations.

TRANSPORT OPTION #1: Ride your bike to the lake

This is a nice warm-up (about 7 miles)! Park at South Whidbey High School, next to Community Park. Put your swim/bike gear in a backpack and ride your bike through Langley to Goss Lake. Maps of this route will be available at Community Park, and local athletes will provide one guided ride to the lake (scheduled for 7:15AM), staying off the highway.

TRANSPORT OPTION #2: Park at nearby parking lot and ride/walk to lake

Park at nearby [Putney Woods](#) or [Lone Lake](#), then ride your bike/walk 1.2 mi uphill to Goss Lake. If you use this option, you will need to ride your bike after the race back to your car.

TRANSPORT OPTION #3: Quick drop-off at lake

Have someone drop you off near the lake early in the morning. You would need to safely and efficiently exit your vehicle with all your gear in 20 seconds or less, obeying all traffic laws and not holding up traffic, near the intersection of Goss Lake Road and Traverse, then the car must leave and go park elsewhere (see “Map of South Whidbey & Key Locations” in appendix).

Inside Your Race Packet

CHIP TIMING BAND Racers must wear the chip-timing band on their left ankle. Racers must also cross all necessary timing pads at the lake, transition areas and finish line. Relay teams will be issued one band and will pass it off in the transition area at your designated number. Chip timing bands must be turned in at the completion of the race. Racers will be charged a \$30 fee for unreturned bands.

BIB NUMBER Place your bib number on the front of your clothing that will be worn during the run portion. Your bib number must be at waist level and visible on the front when you come across the finish line. This number should be written on all personal items that will be used.

BIKE HELMET NUMBER Place the self-adhesive bike helmet number on the front prior to checking it in at the lake.

DIY BODY MARKING GUIDE Participants will mark their own body as directed by the provided guide. You provide your own permanent marker or body marking pen. Guide found in appendix. We recommend you mark yourself before leaving home or your accommodations on race morning. Do your body marking *after* applying sunscreen. (Sunscreen acts as a body marking remover!)

TRANSITION BAG Participants will receive a bag with their race number on it. All participants are responsible for placing their personal items into their bag at Transition Area 1. These numbered bags will be transported back to Community Park at the end of the race. DO NOT count on having its contents available during your bike-to-run transition! It is the entrant's responsibility to retrieve their bag from their designated area at Transition Area 2 after the race. It is important that all personal items be marked with your race number. We are not responsible for lost or stolen items.

SWIM CAP Swim caps will be provided and must be worn during the swim. Your cap color designates your start wave, but listen closely to verify that you are in the correct wave, with the correct color cap.

Race Course Overview

Please note: The racecourse may be modified at any time as needed. Changes will be via email and/or the pre-race meeting.

SWIM - ½ Mile – The first leg of the Whidbey Island Triathlon is at Goss Lake on South Whidbey. In July/August, the water temperature is normally in the low 70's. Swimmers will be started from the water in four waves spaced four minutes apart. The swimming course will take the participant on a triangular, clockwise course. Wetsuits are allowed and about half of the people wear them. Swimmers will exit next to where they started. The transition zone for the bicycle will be several yards from the water's edge and competitors will be running on dirt and AstroTurf. You will have a numbered spot for your bike and transition gear. See appendix for map and cue sheet.

BIKE - 9 Miles – Leaving Goss Lake, the bicyclists will have paved roads throughout the course. The bike course is lined with trees and views of Saratoga Passage and the North Cascades. Riders will enter Langley where they will continue until they enter Community Park at the **North** entrance. The bike/run transition zone is located on the baseball outfields at Community Park. You will have a numbered fence section for your bike and transition gear. The bike course is open to vehicle traffic. Rules of the road must be followed, and although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection. See appendix for race course overview map and turn cue sheet. See also [mapmyrun](#) for elevation & other details.

RUN - 3.75 Miles –The run course utilizes newly developed trails, entirely in the Community Park/Sports Complex trail system. One long winding loop, the woodsy course is on clean, clear, wide trails and grassy fields. The finish line is located on the interior of the park. Note: there is a minor route change on the map from last year. See appendix for run map. See also [mapmyrun](#) for elevation & other details.

Transition Areas

The course is a point-to-point race and has two transition areas: "T1" (swim to bike) at Goss Lake, and "T2" (bike to run) at Community Park. Most people set up T2 in the morning before going to T1.

T1 All bicycles must be in the transition zone by **8:30am**. When you get to Goss Lake, find the rack with your race number on it, and rack your bike by the seat. Stow your bike gear, including your shoes and helmet, in your numbered bag, and place it in your race bib number's area. Everything must be inside the bag. After you exit the swim during the race, pick up your gear bag, change, and get ready to bike. Make sure you put all your swim gear into that SAME bag and leave the bag there. Volunteers will place the bag in a truck, and we will deliver the bag with your gear in it to your assigned spot in T2 (adjacent to the finish line) **at the end of** the race. **Do not** expect its contents to be available for your bike-to-run transition.

What should I place at T-1? Your bike & transition bag containing helmet, biking shoes, whatever you want to wear after the swim, cup-less water holder, water, and anything you need for the bike ride.

T2 Before the race, be sure to leave your running shoes at your designated space in T2 if you will be running in different shoes than you bike in. During the race, as you approach T2, you will be told to dismount and walk your bike into the transition area. Leave your bike at your designated space before beginning the run. Be careful not to slip on the pavement as you dismount and walk your bike into T2.

What should I place at T-2? Your running shoes (unless you're biking in them too), whatever you'll want to run with, some kind of energy gel or chew or nutrition, your water bottle or reusable cup (unless you'll be using it earlier in the race) and extra water.

Awards & Race Categories

You must be present to receive awards or pick them up at the park office after the event during our regular business hours. Awards will not be mailed. Awards will be presented around 12:00 p.m. at Community Park. Awards are presented to the top three male & female finishers. We also award medals three deep in each division, except relays, which only has first place medals. Age is as of race day.

AGE GROUP CATEGORIES for INDIVIDUALS:

Age groups for both male and female start at 19 and under, and go in (mostly) 5-year increments: 19 and under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

KING SALMON CATEGORY

King Salmon is an optional division for men who weigh 220+ pounds and women who weigh 165+ pounds. The weight has been updated to align with USAT standards. Awards are given to 1st, 2nd, 3rd place for Men & Women. King Salmon will be eligible for the Overall awards, but not age group awards.

RELAY TEAM DIVISIONS

First Place Medals for Women, Men, Mixed for Combined Ages: Under 99; Over 99; Over 149; Over 200

TROPHIES, MEDALS & PRIZES

We have no cash prizes. We DO provide:

- Trophies for 1st, 2nd, 3rd place overall male/female winners.
- Medals 3-deep in individual/age group/gender divisions
- Medals are given to 1st, 2nd, 3rd place for Men & Women in the King Salmon category (not age).
- Medals for first place in relay teams.
- Participants are entered to win door prizes that are presented throughout the awards ceremony. Must be present to win.

Race Rules & Tidbits

POINT-TO-POINT RACE Just a reminder: while packet pick-up is at Community Park, the race begins at Goss Lake, which is about 7 miles from Community Park. The Start and the Swim-to-Bike transition (T1) are at Goss Lake. The Bike-to-Run transition (T2) and Finish are both at Community Park.

RACE CATEGORIES Relay Team, King Salmon (men 220+ lbs. & women 165+ lbs.), Age Groups, and Male and Female.

AGE REQUIREMENT Participants must be 16 years of age or older on the race day or request an age waiver from the Race Committee at least 6 weeks in advance of the race.

TIMING The Whidbey Island Triathlon uses a chip timing system. While every effort is taken to ensure that numbers are accurately recorded, we need the assistance of competitors in the correct placement of chips (left ankle) and ensuring that you walk (not bike) across all timing mats. Listen for a beep.

RACE CUT-OFF TIMES We have established cut-off times for each leg of the race as follows: Swim: 9:45am; Bike: 12:00pm; Run: 12:30pm. The racecourse will be officially closed at 12:30pm. Those who continue the race after those times may do so at their own risk, understanding that we will begin breaking down the course and pulling support from the course (including the timer). A follow-up bicycle will sweep the bike route, and someone will sweep the run route.

REMOVING YOURSELF FROM RACE If you discontinue the race at any time, please notify a race worker or communications person on the course or at the finish line, giving your race number and name, and return your Timing Chip at the finish line.

TRANSITION AREAS The transition areas have very limited space. Only competitors and event staff are allowed in transition areas - no exceptions! Only event staff and official volunteers are permitted inside.

MANDATORY MEETING You must attend the mandatory meeting at the Lake on race day, see schedule.

SWIM AT YOUR OWN RISK Over the years our swimmer support "flotilla" has provided assistance to many swimmers, so please ask any of them for help as soon as you need it. You may hold on to a stationary kayak or SUP without being disqualified. Certified lifeguards may not be available.

IN-WATER WAVE START The first wave start will be at **9:00 am**. There will be four wave starts spaced four minutes apart. Wave placement is determined by category, age & gender. You will have a brief opportunity to warm up in the water.

SWIM COURSE The swim leg is a triangular, clockwise course marked with orange inflated buoys. Swimmers must stay **outside** and to the left of these buoys.

PRACTICE SWIM AT THE LAKE The event provides no lifeguards, supervision, or medical personnel at the lake prior to the race. Crew members will place buoy markers in advance of race day and re-position them if needed on race day. Any athlete wishing to swim prior to the race does so at their own risk.

SIGHTING THE SWIM COURSE Take notice where the swimming course is directed and landmarks that may assist you during your swim prior to the start of the race. It is the athlete's responsibility to sight the buoys and to stay on course, even if your vision is compromised by fogged goggles and sun in your eyes.

NEED HELP DURING THE SWIM? If you need assistance, move to the side of the swimmers, raise and wave your hand, and yell for assistance. A water safety helper will come to help. You will not be disqualified in our race if you hold on to a stationary kayak to rest. If you leave the water, make sure that you notify a race worker, making sure they note your number, and give your race number and timing chip to an official.

SLOW OR INSECURE SWIMMERS If you are a slower or insecure swimmer, move to the rear and to the outside of the swim group. This will result in a slightly longer swim distance but will greatly reduce the chance of physical contact with another swimmer.

RULES OF THE ROAD Roads will be open to 2-way traffic. Cyclists must yield right-of-way at intersections. Cyclists **MUST** ride on the right side of road; cyclists crossing the centerline will be disqualified. Do not ride more than 2 abreast. Stop at stop signs. Although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection.

Participants are responsible for knowing the course and following the rules of the road.

WARNING: HAZARDOUS ROAD CONDITIONS PRESENT Due to recent and ongoing road work, there will likely be gravel on the road and remaining rough patches. Plan accordingly for your own safety, particularly on corners.

DRAFTING & BLOCKING No drafting or blocking will be allowed.

APPROACHING THE BIKE-TO-RUN TRANSITION AREA (T-2) Cyclists must dismount in the marked dismount area (green carpet) and proceed by foot into the transition area. Careful not to slip!

FINISH LINE Runners must not pass other racers in the final chute after crossing the finish line. Wait for a helper to help you remove your timing chip.

SPECTATOR ETIQUETTE & YOUR SUPPORT TEAM Please make sure your family and friends know how to be a respectful spectator. The main thing they need to do is stay off the roads we'll be cycling on, keep out of transition areas, and keep on the "correct" side of any flagged off areas. Under no circumstances should they follow you along the road! The best place for them to watch and cheer is at Community Park, where they can watch your bike-to-run transition and see you cross the finish line. They can also sign up to volunteer and get the best spots to watch from! Volunteer Sign-Up: <https://signup.com/go/QxBgyHj>

DO NOT LITTER Do not litter the roadway or trails with wrappers, bottles or cups. Littering is an automatic disqualification, as it affects our relationship with Island County and the City of Langley and the Community.

ONE LAST THOUGHT Athletes at our event are guests of Whidbey. We don't have the right to prevent the progress of normal vehicle traffic, to litter the roadway or to verbally abuse the local residents (even if they instigate a verbally abusive encounter). Please be diplomats and goodwill ambassadors for this unique sport. The privilege to be granted permits and to continue an event is the responsibility of everyone involved. Remember to always be courteous and show respect for the local residents and their property, and staff and volunteers of the event. Enjoy the race!

Volunteer Support Crew – Help Wanted!

We depend upon volunteers to make this a safe and successful race. If you are bringing guests to the Island to watch this event, consider asking them to volunteer. We provide an event gift, snacks at the finish line, and lots of good company. Volunteers get the best spots to watch the race from!!! Please call or email our office in advance of the race to make arrangements, triathlon@swparks.org or (360) 221-6788. It is a great way to get involved and have a fun and rewarding day! Plus, many of our volunteers have been inspired by the whole thing, going on to participate in the tri themselves!

ONLINE VOLUNTEER REGISTRATION: <https://signup.com/go/QxBgyHj>

Relay Teams

You will receive one race packet for the entire team, containing one timing chip band to be handed off from team member to team member in the transition areas. These bands go around your left ankle, and must be in place as you cross all timing mats. It is not necessary that the runner of a relay team be at the pre-race meeting at Goss Lake, as it is hard to make it back to Community Park.

- T-1 NOTES: the cyclist will wait for the swimmer by the restrooms, to transfer their timing chip.
- T-2 NOTES: the cyclist will walk their bike into the transition area to your numbered “bike rack” to hand off the timing chip. Do not exchange at the entrance to T-2; keep that area clear.
- YOUR COMBINED AGE: 3 person relays are placed in a category of their total combined ages; 2 person relays are the total of the person doing each leg. So, if you have a 50-year-old (swimming and cycling) and a 25-year-old (running) forming a team, your combined age is 125.

Bike Mechanical Services

Bayview Bicycle Shop provides both bicycle sales and service and has been a longtime faithful supporter of our race. They'll be at the lake on Saturday morning! www.bayviewbikes.com Address: 5603 Bayview Road Langley, WA 98260 Phone: 360-331-7980 Open: Tuesday–Saturday: 10AM-6pm (hours vary)

Gear & Equipment

BIKES No fixed gear bikes are permitted. Single speed bikes are allowed if they are freewheeled. Recumbent bikes are not permitted. Mountain bikes are permitted but are not ideal for this course. Be sure that you have handlebar end plugs secured on your bike. Plugging the ends of your handlebars is required for safety.

SWIM AIDS No swimming aids are allowed. Goggles and wetsuits are permitted. Swimmers must wear the swim cap provided.

WETSUITS Wetsuits are permitted and optional. The expected water temperature is in the low 70's.

CHIP TIMING BANDS Racers must wear the bands on their left ankle at all times during the race. Teams will be issued one chip timing band and will pass it off in the transition areas at their designated number. Racers must cross all timing pads at the lake, transition areas and finish line.

RACE BIBS & NUMBERS Pin your bib number on the front of your garment/race belt you will be wearing during the run. The bib must be clearly visible as you cross the finish line. The bike helmet number should be placed on the front of the helmet. You will do your own body marking with your own permanent marker or body marking pen. See guide in appendix.

HELMETS Cyclists must wear helmets that meet ANSI-SNELL standards whenever on their bike. Chinstraps must be fastened.

Bicycle Checklist

This is our recommendation for a bicycle check to be done for the Whidbey Island Triathlon. Bicycles must be freewheeled, i.e. no fixed gear bicycles allowed. This list is meant only as a guideline. We highly recommend that a professional check your bike before the race.

BRAKES	Front and rear working well. Also check levers to handlebar tightness.
PEDALS/CRANK	Check for tightness.
HANDLEBARS	Check for tightness and be sure that you have handlebar end plugs secured on your bike. <i>Plugging the ends of your handlebars is required for safety.</i>
HEADSET	Check for tightness.
SADDLE (SEATPOST)	Check for saddle and seat post tightness.
WHEELS	Check spokes and hub tightness.
CABLES	Check for frayed cables: brake and shifter/derailleur cables.
TIRES	Should be in good shape (no bald tires) and at proper pressure. (If using sew-ups, make sure they are glued on well.)

Be equipped and prepared to fix a flat on the fly! It would be a shame to do all this training and then get a DNF on the race results! Many triathletes have fixed a flat while mid-race and gone on to successfully finish.

Race Results

Race results will be posted on a billboard near the race finish and updated periodically as people cross the finish line. A few hours after the race you'll find the results posted at www.buduracing.com.

Post-Race Celebration

REFRESHMENTS Athletes should stick around and grab some refreshments, including fresh whole fruit, salty snacks and more.

Lost & Found

Lost & found items will be brought to the concession stand at Community Park and placed in a box labeled "Lost & Found". After the race is cleaned up, remaining items will be brought to the Park office. Low value items may be placed in trash (i.e. wet towels and dirty socks). Call the office to see if your missing item is there (360) 221-5484 or stop by 5475 Maxwellton Road, Langley during our regular office hours (Mon-Thu 8:30am-5:00pm and Fri 8:30am-4:30pm).

Cancellations & Rollover Credits

Due to the nature of multi-sport races, many of our expenses need to be paid up front to reserve supplies, secure personnel, and receive permits. It is therefore not possible for us to provide refunds on registrations (unless we must completely cancel the event, in which case we will provide a full refund minus any registration service fees).

We will, however, provide rollover credits for next year's race if for some unfortunate reason you are unable to join us for this year's event and have already registered. If you need to discuss a credit with us, please complete a Rollover Credit Request Form (available at www.whidbeytriathlon.com). Registrants need to contact us prior to 30 days of the event to receive their credit for the following year's event. Requests made 30 days or less to the day of the event will null and void their right for a rollover voucher, although we will try to be flexible for emergencies. Requests made shortly before the race will likely not be replied to, due to increased staff demands around the event.

Please understand that it is not our intention to profit from this policy, rather to be able to continue to offer a consistent quality of event at a reasonable cost.

Appendix: Maps

DIY Body Marking Guide

Map of South Whidbey & Key Locations

Race Course Overview Map

Swim & T-1 Map

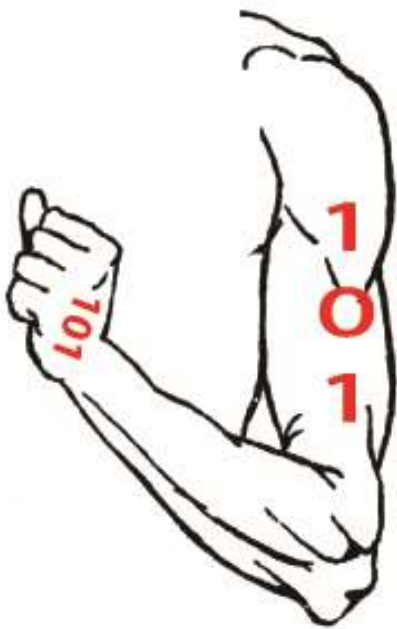
Bike Course Cue Sheet

Run Course Map

Volunteers Needed We depend upon 100+ volunteers to make this a successful race. Volunteers are YOUR race support crew. If you are bringing guests to watch this event, consider asking them to volunteer. We provide a cool event gift, and lots of good company. Volunteers get the best spots to watch the race from!!! Email: triathlon@swparks.org. Volunteers should sign up online at <https://signup.com/go/QxBgyHj> It's a great way to get involved and have a fun and rewarding day!

Do-it-yourself BODY MARKING GUIDE

Use black permanent marker or body marker!



Side of left arm
(or hand, if wearing
long sleeved wetsuit):
BIB NUMBER



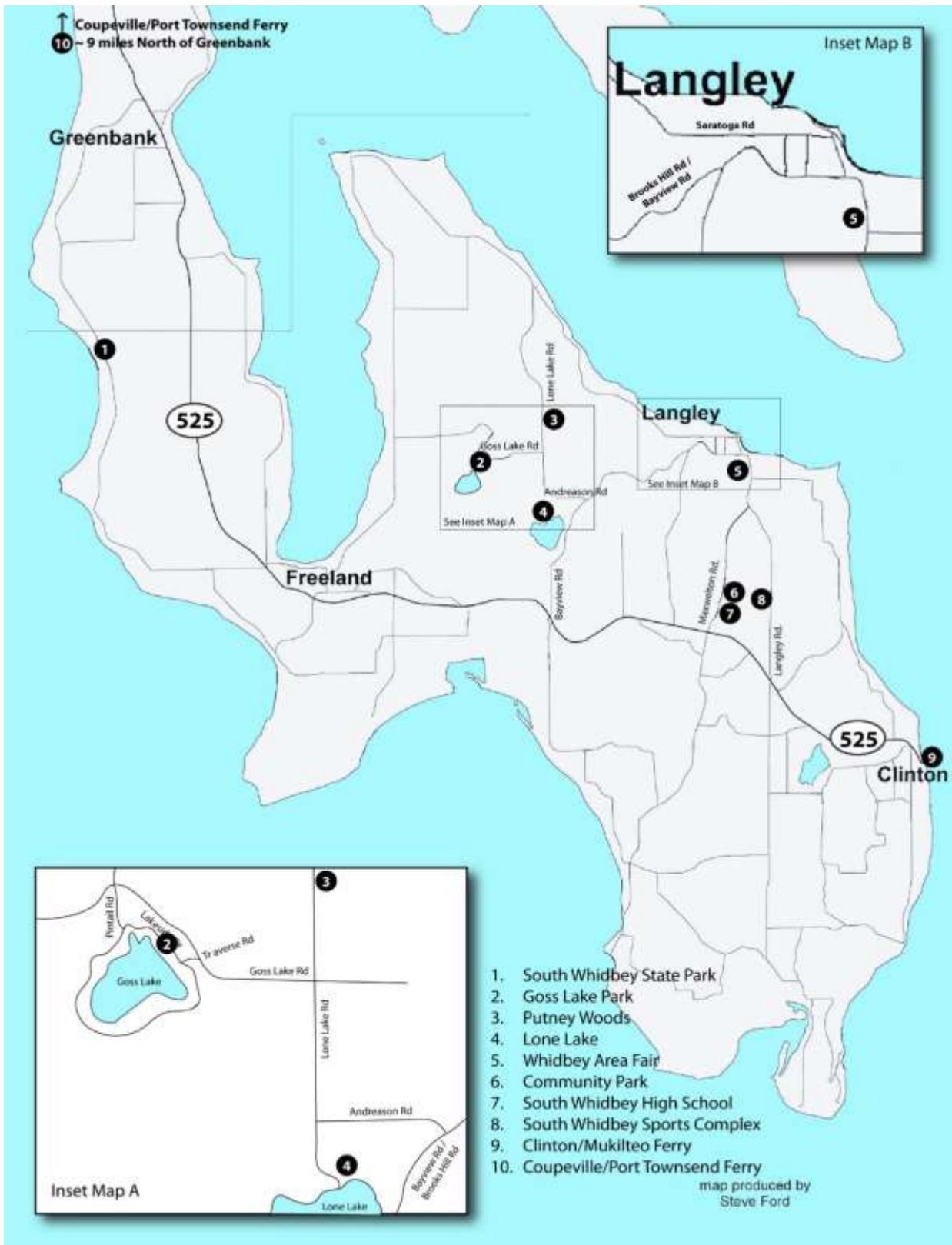
Back of
left calf:
AGE



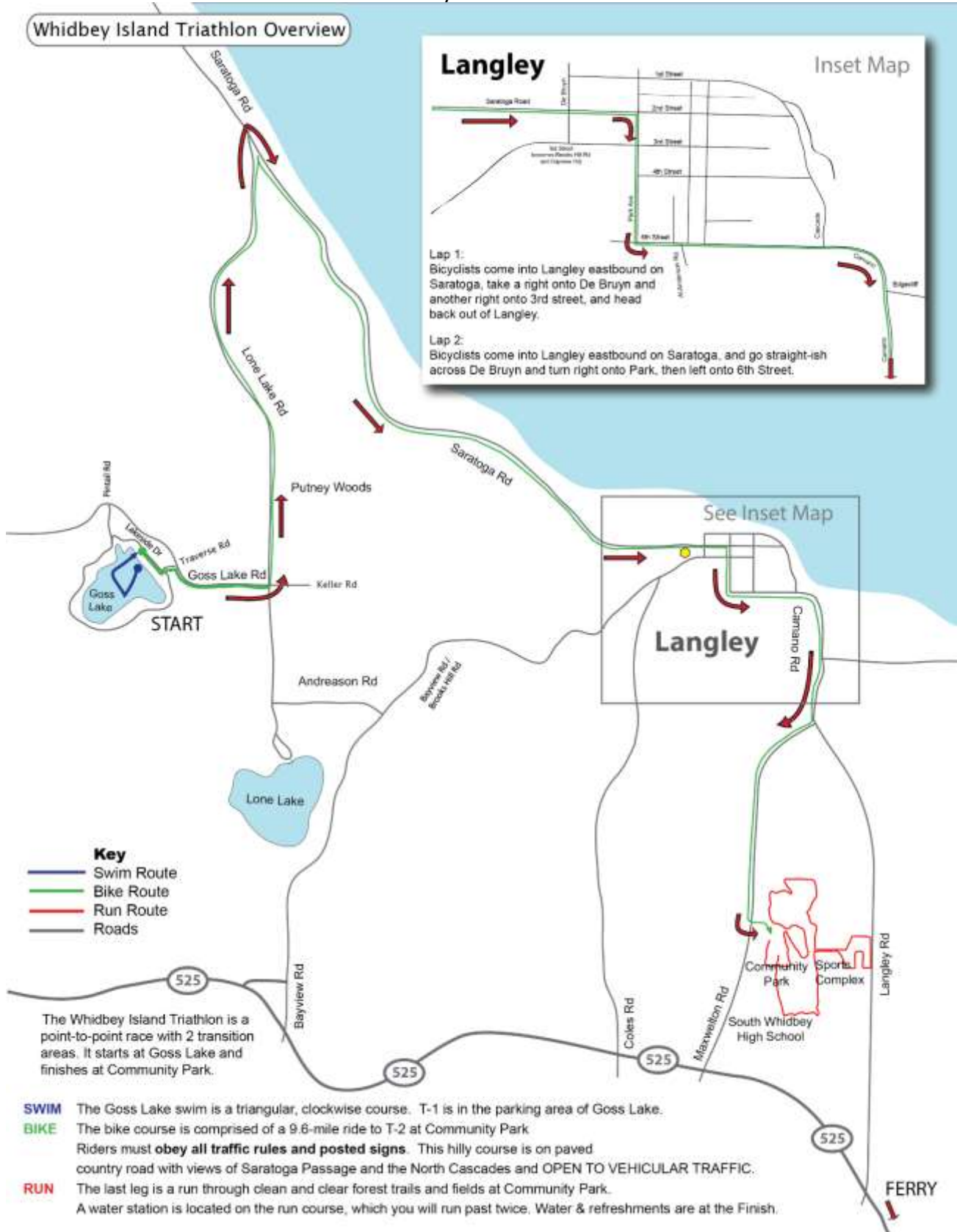
Back of
right calf:
BIB NUMBER

We recommend marking yourself on race morning,
before leaving home or your accommodations.
Do your body marking after applying any sunscreen, not before.
(Why: Sunscreen acts as a body marking remover!)

MAP OF SOUTH WHIDBEY & KEY LOCATIONS



RACE COURSE OVERVIEW MAP - UPDATED 7/16



SWIM & T-1 MAP



Swim course not to scale. Swim is approximately .5 mile.

BIKE COURSE CUE SHEET

UPDATED 2024 CUE SHEET FOR BIKE COURSE

Distances are approximate!

Start at Goss Lake Public Park					Miles to Next
#	At Mile	Go	Onto Road/Street	Notes & Alerts	
1	0.00	Exit R	Exit T-2 on foot	WALK bike out of T-2 and across timing pad, helmet secured.	0.00
2	0.00	R	Lakeside	Make sure your bike is in the lowest gear, you're going straight up a hill.	0.17
3	0.17	L	Traverse		0.07
4	0.24	R	Goss Lake (SS)		0.52
5	0.76	L	Lone Lake (SS)	Caution: Slow down for left turn as you come down steep hill!	2.46
6	3.22	R	Saratoga (SS)	Caution: Sharp turn!	3.51
7	6.73	S	Saratoga > 2nd St (SS)	Go straight (road jogs slightly) through intersection	0.13
8	6.86	R	Park		0.24
9	7.10	L	6th St	Road curves and becomes 6th	0.35
10	7.45	S	Camano (SS)		0.74
11	8.19	R	Maxwelton	Bear right onto Maxwelton.	1.29
12	9.48	L	Community Park North Entrance		0.10
14	9.61	R	Enter T-2 on foot	Dismount on green carpet and WALK bike into transition area.	
Finish at Community Park					

Key

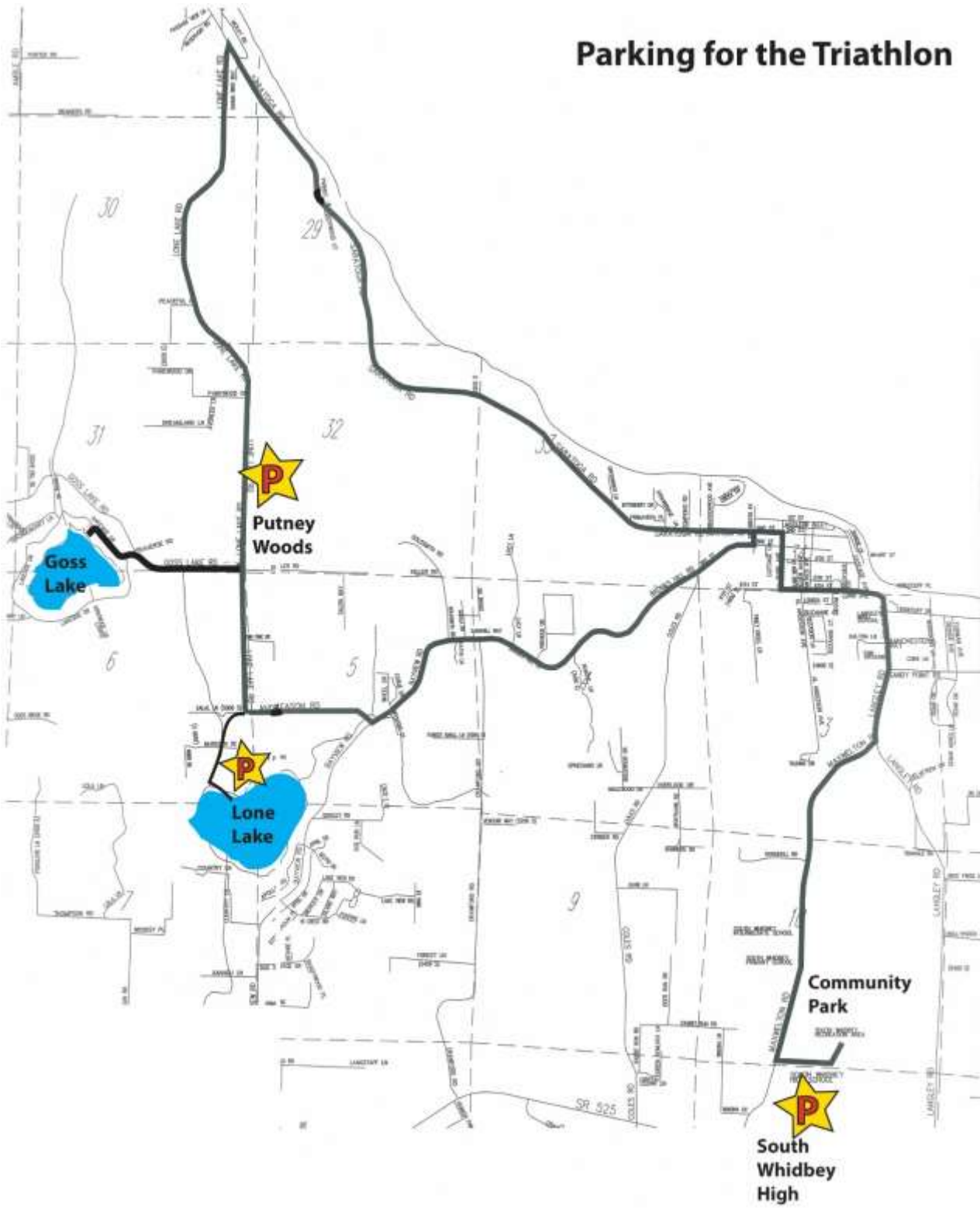
- L Left
- R Right
- S Straight
- > Becomes
- SS Stop Sign

RUN COURSE MAP



PARKING MAP

Parking for the Triathlon

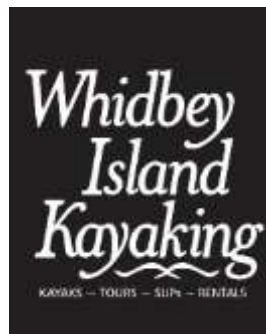


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BICYCLES

A Typical Triathlon Experience

Park at South Whidbey High School (Friday or Saturday)

Location: 5675 Maxwellton Rd Langley, WA 98260

Notes: It's right next to the park. There's no charge for parking.

Walk to Community Park (Friday or Saturday)

Location: 5495 Maxwellton Road Langley, WA 98260

Notes: It's very close!

Pick up your race packet (Friday or Saturday)

Location: Upstairs in the "Crow's Nest", the only 2-story building at Community Park. The door is on the west side of the building.

Notes: Packet pick-up times are Friday, 3:00–6:00pm and Saturday, **7:00–8:15am**. At packet pick-up, you will receive your running bib number, bike helmet number, a plastic bag to be used as your "transition bag", a swim cap, your timing chip, and maps. You'll also find out what wave you're in. Ask any questions there or down below at "information".

Mark Your Body with Your Race Number and Age

Location: At your home/accommodations, before coming to the race.

Notes: Using the DIY Guide in the appendix and a permanent marker or body marking pen, mark your own body. This is for identification and also heats up the competition when you see someone in your division ahead of you! Do your body marking after applying any sunscreen, not before. (Why: Sunscreen acts as a body marking remover!)

Set up your Bike-to-Run transition, "T-2" (Saturday)

Location: Field #1 & 4 at Community Park

Notes: Find your designated number at the fencing/bike racks. If you run in different shoes than you use biking, leave your running shoes at your designated spot at T-2. Leave extra water or fuel for yourself there. Remember: we're not providing cups at the water stations! Leave anything else that you don't need for swimming or bike ride. T-2 does not have security, so don't expect to leave anything there overnight.

Go to Goss Lake (Exception: the runner of a relay team stays at Community Park)

Location: Goss Lake, 5235 Lakeside Drive, Langley, WA 98260

Notes: **There is no parking at Goss Lake**, so you have some options for getting there.

OPTION #1: Ride your bike to the lake

This is a nice warm-up (about 7 miles)! Park at South Whidbey High School, next to Community Park. Put your swim/bike gear in a backpack and ride your bike through Langley to Goss Lake. Maps of this route will be available at Community Park, and local athletes will provide one guided ride to the lake (scheduled for 7:15AM), staying off the highway.

OPTION #2: Park at nearby parking lot and ride/walk to lake

Park at nearby Putney Woods or Lone Lake, then ride your bike/walk 1.2 mi uphill to Goss Lake. If you use this option, you will need to ride your bike after the race back to your car.

OPTION #3: Quick drop-off at lake

Have someone drop you off near the lake early in the morning. You would need to safely and efficiently exit your vehicle with all your gear in 20 seconds or less, obeying all traffic laws and not holding up traffic, near the intersection of Goss Lake Road and Traverse, then the car must leave and go to park elsewhere (see "Map of South Whidbey & Key Locations" in appendix).

Set up your Swim-to-Bike Transition “T-1” (Saturday)

Location: At Goss Lake

Notes: First, rack your bike by the seat by your designated number. The road where you will mount your bike has a slight up-hill grade. If you pre-set your bike to its lowest (smallest) gear before racking it, your first couple of pedal strokes will be much easier. Next, place your transition bag (containing your helmet, biking shoes, whatever you need to change into after the swim) in the flagged off area, near your bib number lane. You will pick it up and change right there after your swim. There is no privacy at this spot.

Get Geared Up for the Swim

Location: Wherever you can find space near the lake. Limit your time in the T-1 enclosed area as much as possible.

Notes: Put your timing chip on your left ankle. Put on your swim cap. Put on your wetsuit (optional) and/or goggles (optional).

Warm Up for the Swim

Location: Waterfront.

Notes: Athletes often take time to warm up, in water, before or after the pre-race meeting.

Listen to the Pre-Race Meeting

Location: At the waterfront/start area, on the boat ramp.

Notes: PLEASE be respectful of everyone in the crowd and refrain from talking while this is going on. And remind all spectators to do the same.

Swim

Location: Goss Lake waterfront, see map on website.

Notes: This is an in-water start. Enter the water when your wave is called and wait for the start signal. Triathletes who are less comfortable with swimming may want to hang back in their wave, to stay out of the crowd. Your wave start is determined by your age & gender and should be indicated by swim cap color. Listen closely and make sure you are in the correct group. There are 4 minutes between each wave start, and usually 4 waves total. The swimming course is a triangular, clockwise course, with 2 large orange floats for sighting. Swimmers will exit next to where they started. The transition area is several yards from the water's edge. Be sure to cross the timing pad after you exit the water!

Transition 1 (T-1 Swim to Bike Transition)

Location: Goss lake park & parking lot.

Notes: Find your transition bag and change it into your bag. There is no privacy for changing; however, there are porta potties near the bike corral. Put on your helmet. Put stuff that you won't need until after the race back in your bag. Leave the bag there. Volunteers will put it in a truck and bring it to T-2 at Community Park, but not in time for the run. Go find your bike. Walk your bike out of the transition area, across the timing mat and onto the road a few yards away. Be on the adjacent asphalt road before mounting your bike. This is where pre-setting your bike to its lowest gear will pay off, as you will immediately hit your first uphill! Be sure you have your helmet on with the chin strap fastened before mounting your bike. Hit the road!

Relay teams: the cyclist will wait for their swimmer by the restroom, where they transfer their timing chip to the cyclist.

Bike

Location: Langley roads. See the bike route map on website.

Notes: Leaving Goss Lake, you will have paved country roads throughout the course. Please note that the bike course is open to 2-way vehicle traffic. Rules of the road must be followed, and although there are flaggers at some of the corners and intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection.

Coming into the town of Langley, you'll go straight at the intersection of Second St & De Bruyn. There is only one bike lane for this intersection. Riders will enter Community Park at the **North entrance**. T-2 is

located on baseball outfields. You must dismount your bike and walk it across the timing pad and into T2, taking care not to slip!

T-2 (Bike to Run Transition)

Location: Community Park baseball outfields.

Notes: You will have a fence section with your bib number for your bike and transition gear. As you approach T-2, you will be told to dismount and walk your bike into the transition area. Leave your bike at your designated space before beginning the run, being mindful of others' bikes.

Relay teams: the cyclist will come all the way into the transition area to their designated number on the bike racks to hand off the timing chip. Do not try to exchange them at the entrance to T-2.

Run

Location: See run route map on website, in handbook.

Keep in mind that the map here isn't detailed on the run through the woods. It will be well marked.

Notes: Runners begin with a trail run on clear and wide trails through Community Park and the Sports Complex soccer fields. The finish line is located on the interior of the park and is well marked. There is one water station that you can access twice during the run. Don't forget that we're cup-less – carry your own cup or water bottle!

Finish Line

Location: Baseball fields at Community Park

Notes: Smile for the video camera, cross the line and cheer for your bad self!! Be sure to put your raffle ticket in the bowl. Helpers will remove your ankle timing chip. Course closes at 12:30PM.

Refresh Yourself

Location: Baseball fields at Community Park, near the finish line.

Notes: There will be electrolyte enhanced drinks and water, fresh fruit and more! You provide your own cup or water bottle.

Awards Ceremony & Raffle

Location: Baseball fields at Community Park, near the finish line.

Notes: Stick around, you may be surprised to find that you qualify for a medal, or you may win something in the raffle.

Whew! Now go see Whidbey's sights... (See the next pages for ideas)

I ♥ WHIDBEY

Visiting our fine Island? Whidbey Island is a unique area, known for its exceptional quality of life. There's lots to do and see around here. Read on to check out local sights, tastes and fun activities. Be sure to tell them the "Whidbey Island Triathlon" sent you!

Fun Stuff to Do While You're Here

Whidbey Island is a unique area, known for its exceptional quality of life.

STAY Lodging info for inns, B&Bs and hotels is available on chamber of commerce sites for the cities of Langley, Clinton & Freeland. www.visitlangley.com/where-to-stay/
Camping is available (but fills early) at:

- [Fort Casey State Park](#) (Coupeville, next to Port Townsend Ferry)
- [Fort Ebey State Park](#) (Coupeville)
- [Deception Pass State Park](#) (Oak Harbor and Anacortes)

HIKE Goose Rock Trail in Deception Pass State Park to the summit, the island's highest point, or on trails in three state parks on Whidbey, or at Putney Woods. Visit Earth Sanctuary (\$) at 2059 Newman Road, a tranquil oasis with two miles of nature trails and a sculpture garden of eco-art highlighting diverse global spiritual traditions. Visit the lovely trails of [South Whidbey Parks & Rec.](#)

BIKE the country roads of Whidbey. Cycling maps of the Island are available for print online <http://www.whidbeycamanoislands.com/bicycling-around-the-islands/> and at the Langley Chamber of Commerce's Visitor Center: visitlangley.com/contact/

FISH the freshwater lakes of the island, or try saltwater fishing, crabbing, or clam digging.

GET OUT ON THE WATER! Whidbey Island Kayak Company offers **Kayak** and **S.U.P.** (Stand Up Paddleboard) rentals in Langley offer opportunities to see sea lions and whales in Penn Cove and Possession Sound. They supply kayaks, paddles, SUPS, and life jackets. To reserve your tour or rental, visit www.whidbeyislandkayaking.com for information.

TASTE THE LOCAL FRUIT OF THE VINE Visit **Leo & Leto's Winery & Bistro**. Experience fine wines & fabulous cuisine! Lovely outside dining, comfortable and spacious indoor dining, and take-out is available. Open Thursday-Sunday. Visit www.leo&leto's.com for hours. For more Whidbey wineries, visit www.experiencewhidbey.com. Enjoy more local flavors at [farm stands & farmer's markets](#).

WANDER THE GARDENS OF WHIDBEY Take a stroll through Meeker Rhododendron Gardens, a not-for-profit garden open to the public, encompasses ten acres of display and educational gardens enveloped by forty-three acres of woodland preserve with 4+ miles of nature trails. Come back for their special events, like the annual Bluegrass in the Garden Festival on August 21. www.meerkerkgardens.org

BEACH COMB the 148 miles of shoreline of Whidbey Island. A local favorite beach is Double Bluff. Located just south of Freeland at the end of Double Bluff Road, it offers great beach access, off leash dog area, clamming, and is a renowned location for skimboarding. A great place to take the kids for the afternoon, especially when the tide's low. Dave Mackie County Park (often called Maxwellton Beach) is another lovely beach off the beaten path, with reliably awesome sunset views.

HAVE A COLD CRAFT BEER OR CIDER South Whidbey offers five great breweries and taprooms to quench your thirst on a perfect summer day. Check their calendars to see if there is any live music being offered.

- [Taproom at Bayview Corner](#) - Located in the historic Bay View Cash Store, they showcase a variety of craft beer & cider selections on draft, as well as in cans.
- [Greenbank Cidery](#)- Enjoy true craft beer in an unmatched and idyllic island setting atop a hill overlooking Holmes Harbor in Freeland.
- [Thirsty Crab Brewery](#) - A friendly family-oriented brewery just up the street from the Clinton Ferry Terminal.
- [Ogres Brewing](#) - Brewing craft beer from Whidbey islands finest artesian well water and other northwest ingredients. Located at Bailey's corner off Cultus Bay Rd in Clinton.
- [Double Bluff Brewing](#) - Nanobrewery in the heart of beautiful downtown Langley on Whidbey Island since 2015.

SHOP LANGLEY, VILLAGE BY THE SEA Not only is Langley known as an artists' mecca with galleries filled with local and regional talent, they're also known for an eclectic mix of jewelers, antiques, book stores, and boutique clothing stores where you'll find one-of-a-kind collections.

SHAKESPEARE OUTDOORS! Island Shakespeare Festival presents accessible Shakespeare productions that are Pay What You Will! Location: outdoors at South Whidbey Elementary, South Campus. Visit www.islandshakespearefest.org or call 360-331-2939 for info.

CATCH A FLICK at one of our local theaters. Visit The Clyde, a 1937 Movie House, at www.theclyde.net or call 360-221-5525 for information. Or visit one of the last Drive-In theaters, The Blue Fox at www.bluefoxdrivein.com or call 360-675-5667 for information.