

Adventure Fest – Lake Samish Sprint Triathlon

Challenging. Rewarding. Affordable.

500m Swim // 14 km Road Bike // 5 km Trail Run

"A local, low cost / high reward challenging Sprint Triathlon at Lake Samish, WA. Meals & medals included, no chip timing, no USAT sanctioning...we're going old school to engage the true spirit of playing in the outdoors with friends, family and nature."

This event is a fundraiser to support Camp Lutherwood's Youth and Adult Outdoor Adventure Programming.

Date & Time:

- Saturday, August 6th, 9:00am start. Registration opens at 7:00am, closes at 8:30am.
- Pre-Race meeting at 8:45am

Location:

- Camp Lutherwood, 1185 Roy Road, Bellingham, WA 98229 (far west end of Lake Samish - directions below)

Timing:

- Each leg will be hand timed using redundant hand systems (NO chip timing). This is non-chipped event but we will capture every ones times. 200 maximum participants to keep event small and safe.

Costs:

	By August 4th	Day-of
Sprint Triathlon	\$50	\$60
Sprint Relay Team Triathlon	\$65	\$75
Friday night camping/meal	\$10+10	- -
Donation to Camp Lutherwood's programming?		_____
Lutherwood Hoodie	- -	\$50

Entry includes:

New and amazing courses, participant ribbons, random prizes, event hat, a post event BBQ...and a few surprises!!!

Rewards: All awards at 11:00 am...or after the last person crosses the line. We have several new sponsors coming on board...so stay tuned and be ready for some good.

- This is about participating...so all participants receive awards.
- Top three overall finishers, men and women, will receive distinctive awards
- Top Masters male and female (40+) will get something, not sure what.

- Top Grand Masters male (60+) and female (60+) will get something even better than the Masters...but still not sure what.
- Awards to top three in each age group

Divisions:

- 10 year age groups: Male and Female 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70+
- Clydesdale (200+lbs for men) and Athena (160+lbs for women)

Food and Aid Stations:

- BBQ opens at 10:30am...or BYO.
- There will be no aid stations out on course but participants will have access to the main aid station numerous times as they come through transition.

Transition:

- Volunteers will manage the transition area. Limited bike support/tools available. Please come self contained and prepared. Each participant will have their own private corral on the grass. No bike racks to fuss with.

Number/bib pick-up:

- August 6th (Saturday) 7:00-8:30am at Camp Lutherwood

Driving / Parking –

- Please arrive early and please obey ALL speed limits around Lake Samish while driving to/from Camp Lutherwood. Plenty of parking on-site. Car-pooling is highly encouraged. Directions Below.
- Roy Road will be provisionally closed for the ride between 9:10am and 10:30am. Local traffic may be on road at any time and any place. The roads around Lake Samish are open to all traffic. USE CAUTION. Volunteers and flaggers will be at select intersections to ensure your safety and compliance.

Rules and Course info:

- Break rules, show disrespect for organizers, volunteers or other competitors and you will be promptly disqualified, asked to leave and not invited back.
- This is a low key, low technology, family-fun event...chill out and enjoy it. It is an amazing venue with lots to do other than sweat. Come check out Lutherwood's incredible property.

Swim –

- Course: 500 meter counter-clockwise “U” shaped course in the quiet western cove of Lake Samish. Water temp is approximately 63 degrees F. Wetsuits recommended. Great viewing from the beach and from the dock. No caps provided but please wear one.

- Swimmers need to self-seed and be ready for a mass in-water start. There is plenty of room to warm up at the start.
- Several safety boats will be in the water at all times for your safety.
- All participants must have indelible number visible and have numbers pinned and visible on bike and running gear as directed at registration.

Bike –

- Course: 14 km / 8.7 miles.
- New course!!! Due to negative local traffic impacts and logistics the old course we shortened the course to only one clockwise lap of the lake and it now includes the Summerland Wall shooting up at to a 10% grade at 4.9 miles. It is a ½ mile undulating pitch with a max grade of 10% near the beginning and a long false summit. This is followed by a nearly mile long fast and straight downhill section. Next year we will offer two distinct (long and short) challenging courses that will blow you away!!! Roy Road will be used for both in/out on the course. Please use your best behavior in this highly residential area on Roy Road. And OBEY all speed limits, especially while driving to/from event.
- Rules of the Road must be obeyed at all times...this means obeying all local traffic rules and street signs
- Volunteers and flaggers will be stationed where necessary. You may be ticketed for any traffic violations. You may be asked to stop, then safely proceed through any of the course intersections. You are responsible for your own safety.
- Helmets MUST be worn at all times while on your bike. No removing helmets until you are in your transition corral.
- Center-line rule in effect at all times – Please stay to the right at all times. Remember that there is always someone faster than you (including cars), even if you think you're really fast. Please give a loud verbal warning or use a bike bell when overtaking other riders...then move back to the right. Pass slower riders ONLY on their left, just like on the road.
- No drafting allowed on the bike – no following within 3 bike lengths of any rider or vehicle.
- Bike must be in good working condition with front and rear brakes. All bikes are subject to inspection and will be removed from event if deemed unsafe by Race Director.

Run –

- 5 km / 3.1 miles.
- This spectacular clover leaf course winds in and around Lutherwood's amazing property on a very unique and pristine single and double-track trail system. It will be a challenging trail run with climbing, descending, roots, bridges, mud, nettles, wild animals, solitude and plenty of smiles. You'll see some of the camp's impressive High/Low Ropes Challenge Courses, their 50ft. outdoor climbing wall/vertical playpen and numerous remote campsites. This is a challenging run...bring your trail shoes for sure!!
- Please allow other runners to pass by staying to the right.
- Wear good trail running shoes...as this course is, as stated, a 'trail' run.

Transitions –

- Each participant will get a 6x6 patch of grass in the transition area. You may bring your own bike rack, lay your bike on the ground, have a party, or whatever...it's your space. Just please be respectful of your neighbors.
- NON-participants are not allowed in the transition area. All heckling must be done from behind the fence.

Accommodations:

Group cabins are available and there are countless camp sites at Lutherwood. Meal and lodging packages available if you'd like to be early and stay Friday night. Meals available. (360) 734-7652.

Directions: See Course Map

- All Participants: Please use the South Lake Samish access. This gives you a chance to pre-drive the course and see all of the new section (which has never been raced up, by the way!!)
- From I-5 North or South: Exit 242 (Lake Samish South)
- Head west off the exit onto Nulle Rd. (take a R if coming from the north, or take a L if coming from the south)
- Follow Nulle down hill, then straight up the hill onto Summerland Drive, follow down the long descent (watch for STOP sign at Summerland & W. Lake Samish Drive).
- Bear Left onto Roy Rd, before the bridge.
- Follow Roy Road to the very end.
- Lutherwood Camp & Retreat Center, 1185 Roy Rd, Bellingham, WA 98229.