



NEVADA SENIOR GAMES 2018 TRIATHLON

Fitness for the Fun of It

Qualifying event for the 2019 National Senior Games

Competition by Age Group: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

(Age group determined by age as of December 31, 2018)



Las Vegas Triathlon - Sprint Race

Produced & managed by



Saturday, Sept. 29, 2018 | Lake Mead National Recreation Area

Sprint distance: 750-meter swim | 20K bike | 5K run

The Nevada Senior Games is excited to partner with BBSC Endurance Sports to feature the Las Vegas Triathlon as the state's first-ever qualifying race for the 2019 National Senior Games, and is also sanctioned by USA Triathlon.

Triathletes ages 50 or better are welcome to register as a Nevada Senior Games competitor in this classic triathlon – *now in its 21st year!* Swim the warm waters of Lake Mead, bike the hilly scenic road course, and run the out-and-back desert course on groomed dirt and paved roads – all within Lake Mead National Recreation Area near Las Vegas, Nevada.

When you cross the finish line, you'll receive a commemorative Las Vegas Triathlon finisher's medal, and qualify for the 2019 National Senior Games in Albuquerque, New Mexico! Stay for the awards ceremony to honor the top three men and women in each age group. You could be one of them!

Relay teams of two or three athletes are welcome to participate for Nevada Senior Games awards and personal glory, though these athletes are not eligible for 2019 National Senior Games qualification.

Event Schedule

Packet Pick-up:

- Friday, Sept. 28, 3 – 7 p.m. at McGhie's Ski Bike and Board at 19 South Stephanie St., Suite 100, Henderson (south of I-215). You will receive your Las Vegas Triathlon and Nevada Senior Games t-shirts, swim cap, and swag bag.
- Saturday, Sept. 29, 5:30 a.m. – 7 a.m. at the race finish line. The BBSC \$10 race day pick-up fee must be pre-paid online.

Before arriving at packet pick-up:

1. Make sure you have already registered on NevadaSeniorGames.com and BBSCTri.com. You do not need to bring documentation. If you are registered, you will be in the registration system.
2. Bring photo ID. This is a USAT rule that cannot be avoided. Due to this rule, you cannot pick up a packet for anyone else. No exceptions.
3. Bring proof of USA Triathlon membership if you are a USAT annual member. If you enter a number in the USAT field during registration you will be asked to provide proof of membership at check-in. If you did not enter a USAT number during registration you will be prompted to pay the one-day USAT fee.
4. Relay Teams must check in together. All relay members must register individually and sign waivers.

Race Day:

- 5:30 a.m. – Transition opens, body marking, and timing chip pick-up at finish line
- 7:00 a.m. – Sprint waves start
- 8:30 a.m. – Swim cut-off
- 10:30 a.m. – Bike cut-off
- 12 noon – Run cut-off
- Awards – After all top three finishers in each age group finish the race

How to Register

Step 1 – Go to NevadaSeniorGames.com (Deadline: Sept. 1)

For your chance to qualify for the 2019 National Senior Games in triathlon or participate as a Nevada Senior Games competitor, you must register with the Nevada Senior Games. Starting Feb. 1, 2018 you can sign up online – *it's quick and easy!*

In your registration confirmation email, you'll receive a special Nevada Senior Games athlete code to save 20% on your Las Vegas Triathlon sprint triathlon registration fee on BBSCTri.com.

NSG registration fees for individual and each relay team member:

- Early bird rate: \$35 for Nevada residents, \$40 for out-of-state athletes, Feb. 1 – July 31
- Regular rate: \$40 for Nevada residents, \$45 for out-of-state athletes, Aug. 1 – Sept. 1
- NSG triathlon sports fee: *None!*
- NSG relay team fee: *None!*
- Processing fee for paper/mail-in registrations: \$10

The registration deadline to sign up as a Nevada Senior Games triathlon participant is Sept. 1!

Step 2 - Go to BBSCTri.com/lasvegastri

The Las Vegas Triathlon race web page has all the information athletes need to know about the event including course descriptions and maps, packet pickup details, race day info, and more. To sign up, click the "Register Now" button and follow the prompts.

To ensure you're registered as a Nevada Senior Games competitor:

- Enter your special athlete code in the **Coupon Code** box
 - **You'll save 20% on your race entry fee listed below!**
 - **Offer good until Sept. 1**
- Enter "Nevada Senior Games" or "NSG [Your Relay Team Name]" in the **Referred By (Tri Club, Team or Group Name)** box
- Register by June 21 to get your name printed on the race bib and guarantee your Las Vegas Triathlon shirt size.

Individual athlete fees:

- Advanced rate: \$85, until Aug. 3
- Late rate: \$95, Aug. 4 – Sept. 23
- Race week: \$105, Sept. 24-29

Remember, Sept. 1 is the deadline to register as a Nevada Senior Games triathlon participant. The above information is provided for family and friends who make the last-minute decision to join you on the course on race day!

Relay teams consist of 2 or 3 members. All relay members must register individually so they can sign the safety waivers. Only the captain will be prompted to pay the entry fee.

Relay team fees:

- Advanced rate: \$120, until Aug. 3
- Late rate: \$130, Aug. 4 – Sept. 23
- Race week: \$140, Sept. 24-29

Because all participants must race with USA Triathlon insurance coverage, you will be prompted to pay a \$15 one-day fee during online registration if you are not a USAT member.

What You Need to Know

1. The Nevada Senior Games triathlon invites out-of-state competitors ages 50 or older to participate. All NSG-registered participants who finish the sprint race qualify for the 2019 National Senior Games.
2. The first three (3) Nevada residents in each age group will be awarded gold, silver, and bronze medals for 1st, 2nd, and 3rd places. Out-of-state athletes will be awarded medals in order of actual finish and cannot displace Nevada residents.
3. Though there is no limit on the number of athletes who can participate as a Nevada Senior Games triathlete, BBSC does have an event cap. *Be sure to register early to secure your spot!*
4. Per the rules of the National Senior Games Association, all Nevada Senior Games-registered athletes must provide their own bicycles and helmets, swim gear including wetsuit, and running gear. The Nevada Senior Games highly recommends athletes bring and use the type of hydration, sports nutrition, energy supplements, and other items they are accustomed to during training.

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- BBSC will provide:
 - i. Swim cap, race bib, and timing chip
 - ii. One (1) aid station on the sprint bike course with Gatorade Endurance Formula, Hammer gels, and bottled water
 - iii. Two (2) aid stations on the sprint run course with Hammer Heed, Hammer gels, and water
 - iv. Finisher medal at the finish line, and post-race meal and nutrition
- 5. All equipment must meet USA Triathlon standards.
- 6. Drafting other cyclists is not allowed. You may not be closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
- 7. The bike course is open to traffic during the race, but there is a wide shoulder for cyclists. All cyclists are to keep right unless passing. When passing, athletes are to be very mindful of vehicles coming from behind.
- 8. There will be police/park rangers and volunteers at the turnaround locations to stop traffic and allow cyclists to safely turn around. Riding abreast with another athlete is not allowed.
- 9. Any cyclists not wearing a helmet will be disqualified.
- 10. Headphones are not allowed on any leg of the triathlon.
- 11. If you are unable to complete your race, be sure to return your timing chip to BBSC staff so not to be charged a replacement fee.
- 12. The Las Vegas Triathlon is solely owned and operated by BBSC Endurance Sports. All Nevada Senior Games-registered athletes agree to follow the rules and policies set forth by BBSC Endurance Sports and USA Triathlon; follow instructions made by BBSC staff, course marshals, and public safety officials; and abide by BBSC's decisions regarding disputes, infractions, penalties, changing or canceling the triathlon due to weather conditions, or other issues that may occur on race day.
 - For more information, go to BBSCtri.com/rules-policies and USATriathlon.org.
- 13. Review the refund policies of the Nevada Senior Games and of BBSC Endurance Sports on their respective websites prior to registration as they may differ.

Event Coordinators

- Nevada Senior Games triathlon coordinator: Bonnie Parrish-Kell, NSGTri@slowpokedivas.com
- Las Vegas Triathlon race director: Cedric Keppler, info@BBSCtri.com

About BBSC Endurance Sports

Since 2003, BBSC Endurance Sports has promoted healthy living and physical fitness by providing race management services for people of all ages and abilities. BBSC produces more than 20 multi-sport and running events of varying distances in scenic, vacation destinations in Colorado, Nevada, and Utah.

BBSC is headquartered in Boulder, CO. For more information, visit their websites, BBSCtri.com and BBSCrun.com.

About the Nevada Senior Games

Since 1980, the Nevada Senior Games has provided motivation and inspiration for people aged 50 or better to reach their health and fitness goals. Offering some 20 sports in Olympic-style competition, NSG provides opportunities for seniors to enjoy the thrill of competition and the camaraderie of their fellow participants.

The Nevada Senior Games, Inc. is a 501(c)(3) not-for-profit organization based in Las Vegas, Nevada.

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