



2020 TRIATHLON

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, 2020)



Produced & managed by



Saturday, Oct. 3, 2020 | Boulder Beach at Lake Mead National Recreation Area

Now in our third year partnering with BBSC Endurance Sports, the Nevada Senior Games is pleased to have the Las Vegas Triathlon, a USA Triathlon-sanctioned event, serve as the official **Nevada Senior Games Triathlon!**

Triathletes will 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.

NEW FOR 2020 – QUALIFY FOR 2021 NATIONAL SENIOR GAMES AT ANY DISTANCE!

- **SPRINT: Swim 750 meters (0.47-mile) | Bike 12.4 miles | Run 5K (3.1 miles)**
- **OLYMPIC: Swim 1500 meters (.91-mile) | Bike 24.8 miles | Run 10K (6.2 miles)**
- **LONG COURSE: Swim 1.2 miles | Bike 48.4 miles | Run 15K (9.3 miles)**

These new course options allow triathletes to:

- Continue their long course training for late fall 2020 and early spring 2021 races such as Ironman® before switching to prepare for the National Senior Games sprint triathlon in November 2021.
- Try a longer distance without losing their opportunity for qualification.

Relay teams are welcome to compete for Nevada Senior Games' gold, silver and bronze medals, BBSC awards, and bragging rights in the sprint race.

Rewarding Achievement

- Individual triathletes who complete the swim, bike, and run segments of their race and cross the finish line will **qualify for the 2021 National Senior Games** sprint-distance triathlon in Fort Lauderdale, FL.
- They will also receive a **free Nevada Senior Games' finisher's medal** to commemorate their achievement.
- **Gold, silver, and bronze medals** will be awarded to the top three Nevada triathletes and all-Nevadan relay teams. Out-of-state athletes and mixed-state relay teams receive medals in order of finish in each age group in each race distance.
- All athletes and relay teams are **eligible for BBSC age group awards**, too!
- **Relay teams of two or three athletes ages 50 or better (men's, women's and co-ed)** compete for Nevada Senior Games relay rewards, BBSC relay awards, personal glory, and bragging rights. Each member will also receive a NVSG finisher medal. No qualification needed for the 2021 National Senior Games sprint triathlon relay because it is considered an "open sport," meaning anyone age 50+ can sign up.

How to Register

To participate as a Nevada Senior Games triathlete or relay team member, you must follow this quick and easy two-step process:

Step 1 – Sign up at NevadaSeniorGames.com by Tuesday, Sept. 1 at 11:59 p.m.

Follow the links on the home page and registration steps to sign up for the triathlon.

NVSG individual triathlete and tri relay team member fees:

- Registration fee: \$40 for Nevada residents and out-of-state participants
- *No triathlon sports fee or relay team fee!*
- Processing fee for paper/mail-in registrations: \$10
- Your registration includes a Nevada Senior Games T-shirt and finisher medal

Once your registration is complete, you'll receive two emails – registration confirmation and receipt for payment. Save this receipt so you can use the special Nevada Senior Games code to use at **BBSCtri.com** **to save 20%** on your Las Vegas Triathlon registration fee.

Note to relay team captains: Please email the names of your team and its members to our triathlon coordinator, Bonnie Parrish-Kell, to ensure everyone appears on the starter and results lists.

Step 2 – Then sign up for the Las Vegas Triathlon at BBSCtri.com/lasvegastri

Click the "Register Now" button and follow the registration steps.

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

1. In the **Coupon Code** box, enter your special athlete code found in your NVSG confirmation email.
 - **You'll save 20% on your race entry fee listed below!**
 - **Your discount code is good until Tuesday, Sept. 1 at 11:59 p.m. when NVSG registration closes**
2. In the **"Are you a Nevada Senior Games registered athlete?"** box, answer that question.
 - *This also serves as a friendly reminder to first register with the Nevada Senior Games and receive your BBSC discount code!*

The Las Vegas Triathlon race web page also has all the information athletes need to know about the event including course descriptions and maps, packet pickup details, race day info, and more. Watch your inbox for emails with updates and other important information.

BBSC individual athlete fees:*

- **Sprint: \$95 until Aug. 28 / \$105 until Sept. 27 / \$115 until Oct. 3**
- **Olympic: \$120 until Aug. 28 / \$130 until Sept. 27 / \$140 until Oct. 3**
- **Long Course: \$180 until Aug. 28 / \$190 until Sept. 27 / \$200 until Oct. 3**

BBSC relay team fees:*

Relay teams consist of 2 or 3 members (each member must be at least 50 years of age to compete as a Nevada Senior Games participant) in men's, women's, or co-ed divisions. All relay members must register individually with BBSC so they can sign the safety waivers. Only the captain will be prompted to pay the BBSC entry fee, and can apply one NVSG discount code.

- **Sprint triathlon relay: \$130 until Aug. 28 / \$140 until Sept. 27 / \$150 until Oct. 3**

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

Your BBSC/Las Vegas Triathlon registration includes a T-shirt, finisher medal, goodie bag, RaceResults™ timing, supported aid stations, post-race meal, finish line music, and experienced race staff.

*** Tuesday, Sept. 1 at 11:59 p.m. is the deadline to register as a Nevada Senior Games triathlon participant. The above registration information beyond our deadline is provided for your family and friends who make the last-minute decision to join you on the course on race day!**

NOTE: Admission to Lake Mead N.R.A. is not included in your NVSG or BBSC registration fees. For passes and more information, visit <https://www.nps.gov/lake/planyourvisit/fees.htm>.

Event Schedule

Packet Pick-up:

- Friday, Oct. 2, 3-7 p.m. at McGhie's Ski Bike and Board, 19 S Stephanie St, Henderson (just south of I-215). You will first check-in with BBSC and receive your Las Vegas Triathlon t-shirt, swim cap, and timing chip. You'll then check-in with the Nevada Senior Games race staff and receive your NVSG t-shirt.
 - *You can save time by getting body marked at packet pick-up instead of waiting until race morning.*
- Saturday, Oct. 3, 5:30–7 a.m. at the Finish Line Trailer. BBSC charges \$10 for race day pick-up fee that must be pre-paid online during registration for the Las Vegas Triathlon at **BBSCtri.com**.
 - *If you plan to check in on race day, email Bonnie Parrish-Kell, the Nevada Senior Games' triathlon coordinator, by Thursday, Oct. 1 to ensure your name will be included on the NVSG start and results lists, and that your NVSG t-shirt will be available for you to pick up at no additional cost.*

Before arriving at packet pick-up:

- Make sure you and/or your relay team members are registered by 11:59 p.m. on Sept. 1, 2020 at **NevadaSeniorGames.com** as Nevada Senior Games' triathletes. *No late registrations, no exceptions!*
- No need to bring documentation. If you are registered, you will be in the registration system.
- Bring valid photo ID for BBSC verification. This is a USA Triathlon rule that cannot be avoided. Due to this rule, you cannot pick up a packet for anyone else including fellow Nevada Senior Games participants. *No exceptions!*

- Bring proof of USA Triathlon membership if you are an annual member. If you enter a number in the USAT field on **BBSCtri.com** 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.
- Relay teams must check-in together with BBSC AND NVSG. All relay members must register individually on **NevadaSeniorGames.com** and **BBSCtri.com** and sign respective waivers.

Race Day:

- 5:30 a.m. – Transition opens; race day packet pick-up at Finish Line Trailer
- 6:30 a.m. – Long course waves
- 7:00 a.m. – Sprint waves
- 7:20 a.m. – Olympic waves
- 8:30 a.m. – Swim cut-off
- 9:00 a.m. – Awards begin with BBSC followed by NVSG
- 11:30 a.m. – Bike cut-off
- 2:00 p.m. – Course closes

Be sure to check your email inbox for Las Vegas Triathlon updates from BBSC.

What You Need to Know

1. The Nevada Senior Games triathlon is open to Nevada residents and out-of-state triathletes ages 50 or older.
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. All athletes must provide their own bicycles and helmets, swim gear including wetsuit, and running gear. BBSC and Nevada Senior Games highly recommend athletes bring and use the type of hydration, sports nutrition, energy supplements, and other items they are accustomed to using during training.
5. BBSC will provide:
 - Swim cap, race bib, and timing chip.
 - Each course will have aid stations at various locations, and stocked with water, Gatorade Endurance, Hammer Heed, or other endurance products. See **BBSCtri.com/lasvegastri-courses** for details.
 - Finisher medal at the finish line, and post-race meal and nutrition.
6. All equipment must meet USA Triathlon standards.
7. 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.
8. 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.
9. 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.
10. Any cyclist not wearing a helmet will be disqualified.
11. Headphones are not allowed on any leg of the triathlon.
12. 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.

13. 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.
14. 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, NVSGtri@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, NVSG 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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