



NEVADA SENIOR GAMES

2019 TRIATHLON

Fitness for the Fun of It

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, 2019)



Las Vegas Triathlon - Sprint Race

Produced & managed by



Saturday, Oct. 5, 2019 | Lake Mead National Recreation Area

SWIM: 750 meters (0.47-mile) | BIKE: 20K (12.4 miles) | RUN: 5K (3.1 miles)

The Nevada Senior Games is excited to partner with BBSC Endurance Sports for a second year. The Las Vegas Triathlon sprint race will be the official Nevada Senior Games Triathlon, open to athletes ages 50 or better!

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 Nevada Senior Games' finisher's medal. Gold, silver, and bronze medals will be awarded to the top three Nevada athletes, and out-of-state athletes in order of finish in each age group. PLUS, you're eligible for BBSC awards as well!

Relay teams of two or three athletes (men's, women's and mixed teams) are welcome to participate for Nevada Senior Games awards and personal glory as well.

Event Schedule

Packet Pick-up:

- Thursday, Oct. 3, 4-7 p.m. and Friday, Oct. 4, 3-7 p.m. at McGhie's Ski Bike and Board, 19 S Stephanie St, Henderson (just south of I-215). You will receive your Las Vegas Triathlon and Nevada Senior Games t-shirts, swim cap, and swag bag.
- Saturday, Oct. 5, 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, you must contact the Nevada Senior Games' triathlon coordinator, Bonnie Parrish-Kell, to ensure your NVSG race packet is available for pick up.*

Before arriving at packet pick-up:

1. Make sure you and/or your relay team members have already registered
 - a. On NevadaSeniorGames.com as a Nevada Senior Games' triathlete **AND**
 - b. On BBSCtri.com for the Las Vegas Triathlon sprint race.
 - c. No need to bring documentation. If you are registered, you will be in the registration system.
2. **Bring valid photo ID.** This is a USA Triathlon (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 USAT 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.
4. Relay teams must check in together. All relay members must register individually on NevadaSeniorGames.com and BBSCtri.com and sign respective waivers.

Race Day:

- 5:30 a.m. – Transition opens and get body marked. Timing chip pick-up at Finish Line Trailer.
- 7:30 a.m. – Sprint waves start
- 9-9:30 a.m. – BBSC sprint awards begin when results are ready. NVSG individual and relay team awards will follow BBSC's presentation or when all top three finishers in each age group have finished their race. *Nevada Senior Games triathletes are also eligible for BBSC sprint overall and age group awards.*

How to Register

Step 1 – Go to NevadaSeniorGames.com (Deadline: Friday, Sept. 27)

To participate as a Nevada Senior Games triathlete, you must first register on NevadaSeniorGames.com. Starting Jan. 1, 2019 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, Jan. 1 – July 31
- Regular rate: \$40 for Nevada residents, \$45 for out-of-state athletes, Aug. 1 – Sept. 1
- *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

Remember, sign up on NevadaSeniorGames.com for the triathlon by Friday, Sept. 27!

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:

1. Enter your special athlete code in the **Coupon Code** box
 - **You’ll save 20% on your race entry fee listed below!**
 - **Offer good until Sunday, Sept. 1**
2. Enter “Nevada Senior Games” or “NVSG [Your Relay Team Name]” in the **Referred By (Tri Club, Team or Group Name)** box
3. Register by Thursday, Sept. 5 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. 30
- Late rate: \$95, Aug. 31 – Sept. 28
- Race week: \$105, Sept. 29 – Oct. 5

Remember, Friday, Sept. 27 is the deadline to register as a Nevada Senior Games triathlon participant with NevadaSeniorGames.com. 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 with BBSC so they can sign the safety waivers. Only the captain will be prompted to pay the BBSC entry fee.

Relay team fees:

- Advanced rate: \$120, until Aug. 30
- Late rate: \$130, Aug. 31 – Sept. 28
- Race week: \$140, Sept. 29 – Oct. 5

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.

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

What You Need to Know

1. The Nevada Senior Games triathlon invites out-of-state competitors ages 50 or older to participate.
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 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.

5. BBSC will provide:
 - Swim cap, race bib, and timing chip
 - One (1) aid station on the sprint bike course with Gatorade Endurance Formula, Hammer gels, and bottled water
 - Two (2) aid stations on the sprint run course with Hammer Heed, Hammer gels, and water
 - 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 cyclists 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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