



USA
CHAMPIONSHIP



ATHLETE GUIDE

WELCOME TO THE ROCKIES!

Thank you for racing with us at the XTERRA USA Championship, we wish you the best of luck and a lot of fun!

The weekend kicks off Friday night with free yoga, registration and packet pick-up, XTERRA University, free kids bike races, and the Disney classic, *Brave*, under the stars on the big screen at Nottingham's [Lakeside Cinema](#).

On Saturday, XTERRA races start at Nottingham Lake, finish at Beaver Creek Resort, then we go back to [Harry A. Nottingham Park](#) & Pavilion at 4:00 p.m. for the XTERRA Sprint and USA Championship awards ceremony, yard games, food trucks, beer and wine gardens, chair massages, and live music featuring The Spazmatics, an awesome 80's tribute band. So please plan on joining us Saturday night ... **you'll get \$15 in coupons in your registration to spend on food, and a free drink coupon is on your bib.**

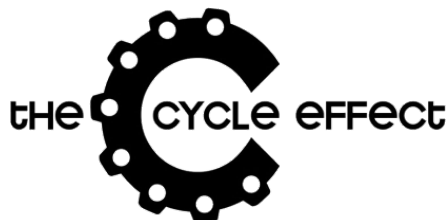
The concert is free, so are the kids' events, plus the Town of Avon special event shuttle is providing fare-free service between Beaver Creek Village and Harry A. Nottingham Park so it's super easy to get to the festival. Parking is also available at Bear and Elk Lots.

We're also doing our part to ensure that as much waste as possible is diverted and compost and recycling streams are free of contamination by joining forces with the [Walking Mountains Science Center](#) in Eagle Valley to have a dedicated zero-waste coordinator on-site both days. **Note: No single-use plastics will be allowed at the event, so bring the cup we're going to give you at the finish line or your own empty water vessel and fill at the free water station.** Avon is also a smoke-free community (tobacco, marijuana, etc.) and the smoking of marijuana in any outdoor area, public or private, in Avon is illegal.

GIVEBACK GOAL

Please bring new or lightly used helmets, glasses, and/or gloves for our community outreach partner, The Cycle Effect, which was founded by XTERRA Family members Brett and Tamara Donelson.

They empower under-privileged young women through mountain biking by focusing on physical wellness, community impact, and mentorship. By providing an opportunity for girls to be engaged in regular, healthy programs that help build their self-esteem and promote overall wellness, girls are more likely to be healthier, stay engaged in school and set goals that will support their future. It's real, it works, and we can help their team with donations of cash and gear (even a bike!) by bringing it to the event. <https://www.thecycleeffect.org/>



VOLUNTEERS NEEDED

We are looking for groups or individuals who have a few hours to spare to help with the event. Various duties include helping register athletes before the race, body-marking, prepping food/drinks in the recovery tent, handing out water/Gatorade on the course, being a course marshal, helping out the timers, and more. Volunteers will get a great looking event t-shirt, a lite breakfast, lunch, and the gratitude of the XTERRA family!

To sign-up, email the XTERRA Volunteer Coordinator at volunteer@xterraplanet.com or find us on-site.

Thank you!

SCHEDULE OF EVENTS

EVENT SCHEDULE:

Thursday, August 24 at Beaver Creek Village Stage

5pm - 7pm XTERRA Welcome Party at BC Unplugged - Maddie Poppe Concert

Friday, August 25 at Harry A. Nottingham Park

2pm - 8pm Athlete Registration and Packet Pickup, Food Trucks and Yard Games,
5:00pm - 5:50pm Nottingham Lake Open for Swim Practice (\$8, [Register Here](#))
5:15pm - 6pm FREE Lakeside Yoga Session - no registration required
6:05, 6:40 & 7:15pm Nottingham Lake 800m Swim Races (\$8, [Register Here](#))
6pm XTERRA Race Briefing and Clinic with Josiah Middaugh and Suzie Snyder
6:45pm FREE Kids Bike Race
8:15pm Lakeside Cinema - Watch **Brave** - the Disney animated adventure classic

Saturday, August 26 at Harry A. Nottingham Park & Beaver Creek Resort

6-7:30am Athlete Check-in at Nottingham Lake (No race day registration)
6:30-8am T1 Open at Nottingham Lake, T2 Open at Beaver Creek Resort
Body Marking, Swim Cap, and Timing Cap Distribution at Nottingham Lake
7:30am T2 Closed to Sprint Athletes
7:45am Race Briefing - Sprint Triathlon
8:00am XTERRA Sprint Race Start at Nottingham Lake
8:40am Race Briefing - USA Championship
9:00am XTERRA USA Championship Start at Nottingham Lake
9:45am XTERRA Sprint Race Winner Expected at Beaver Creek Village
10:40am Sprint Bike course cutoff at start of Allie's Way
11:10am XTERRA USA Championship Winner Expected at Beaver Creek Village
1pm Cut-off at T2
3pm T2 Closes for Bike Pickup
3:30pm Shuttle to/from Beaver Creek and Nottingham Lake Starts
4:15pm T1 Bag Pickup Closes
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4pm XTERRA Festival Opens at Harry A. Nottingham Park (Free Admission)
Food Trucks, Yard Games, Free Chair Massages, Beer Garden, Vendor Village
Free Family Friendly Activities including Face Painting & Inflatable Obstacle Course
5:45pm Elite Awards Ceremony
6:05pm XTERRA USA Championship Highlight Video on the BIG Screen
6:30pm-8pm The Spazmatics LIVE in Concert - FREE and Open to the Public!
8:15pm Last Shuttle from Nottingham Lake to Beaver Creek

AVON FARE FREE SPECIAL EVENT SHUTTLE: The Town of Avon shall provide a free shuttle to/from Beaver Creek Village and Lake Street between the hours of 3:30 p.m. and 8:15 p.m.

BEE STING WARNING: We've received reports of bees on the bike and run courses. Athletes with a history of severe allergic reactions to insect bites or stings should consider carrying an epinephrine auto injector (EpiPen) and should wear a medical identification bracelet or necklace stating their allergy.

FESTIVAL EVENTS

FREE LAKESIDE YOGA - Friday, August 25 @ 5:15pm - 6:00pm

Join local yoga instructor, Kayla Weber, from [REVOLUTION POWER YOGA](#) for a free 45-minute session on the Avon Performance Pavilion lawn at Nottingham Park. Bringing your own mat is encouraged, but the event will have a few extras for out-of-town visitors to use. Find Julie's group and a few minutes of relaxation to the right of the stage on the lower lawn close to the lake. No registration is necessary. All are welcome.

KIDS BIKE RACES - Friday, August 25 @ 6:45pm

Free age-appropriate-distanced kids' races for ages 7 and under. Pushbikes are allowed and prizes will be awarded for all finishers!

WATCH *BRAVE* AT LAKESIDE CINEMA - Friday, August 25 @ 8:15pm

Grab your friends and family and join us at Nottingham Park to enjoy a family movie, ***Brave***, on the big screen! Come early and enjoy a picnic in the park, or check out the new playable music instruments near the Recreation Center. The movie begins at dusk (around 8:15 p.m.) and seating is on the grass field, so bring a lawn chair or blanket, pack the popcorn, and sit back, relax, and enjoy!





USA
CHAMPIONSHIP



SATURDAY AUGUST 26 6PM // AVON PERFORMANCE PAVILION
@ HARRY A. NOTTINGHAM PARK

FREE LIVE MUSIC

**COME DOWN & SPAZ OUT WITH
THE ULTIMATE 80'S TRIBUTE BAND!!**

PLUS, FOOD TRUCKS, YARD GAMES, BEER GARDEN!!



XTERRAPLANET.COM

FESTIVAL PARKING FOR SATURDAY

There are a number of places you can park for Saturday night's festival that starts at 4pm with awards.

1. You can park for free at the Ford Hall or Villa Montane Garages at Beaver Creek Resort and take the Town of Avon-branded bus service for the post-race festival events. This "Special Event Bus" - labeled shuttle will operate for nine hours between Nottingham Park (Lake Street Stop) and Beaver Creek Resort (top of Village Road) running on the half-hour beginning at 3:30pm and ending with the last pickup at Nottingham Park at 8:15pm and dropping off at approximately 10:45pm at Beaver Creek Resort.
2. You can park free at the Elk or Bear lots located at the base of Beaver Creek and take the short walk to the lake.
3. There is free on-street parking in Avon on West Benchmark Road and Lake Street, as well as at the Avon Elementary School Parking Lots.

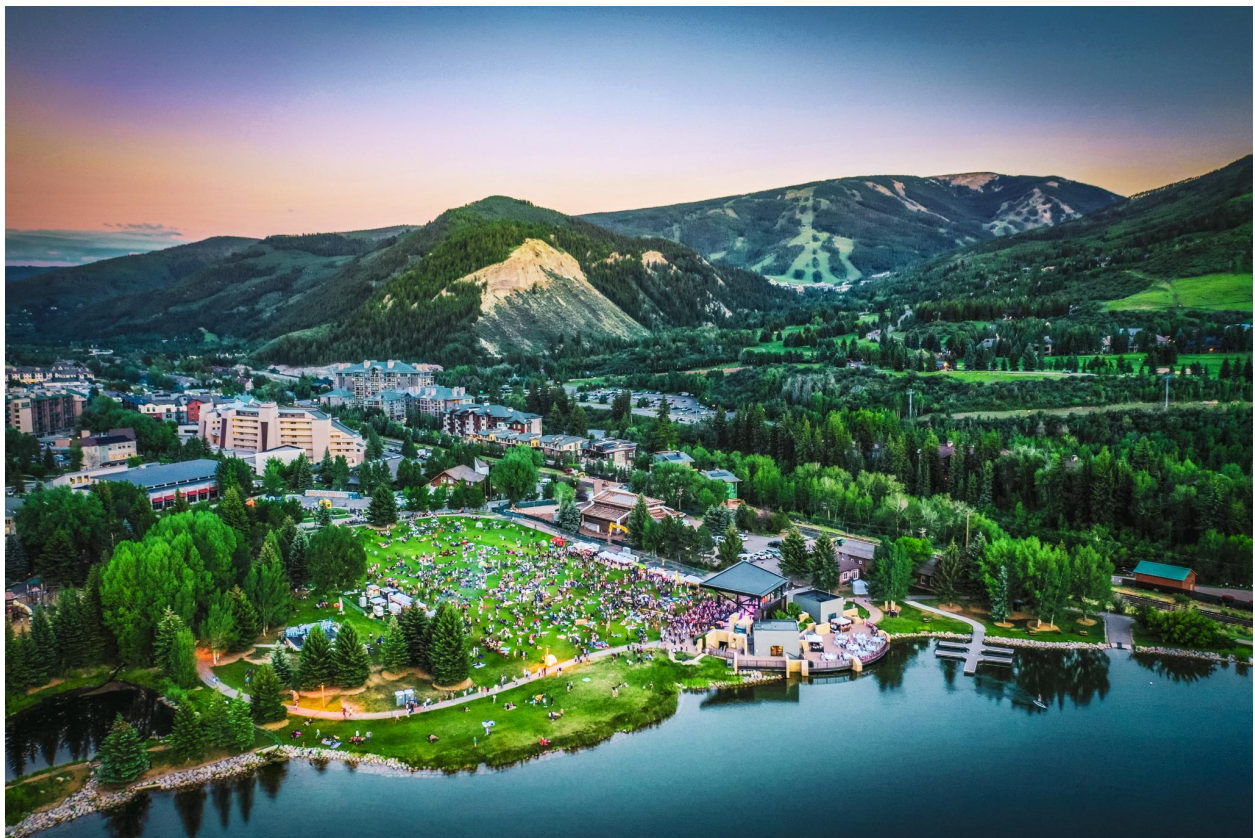


Photo of Harry A. Nottingham Park courtesy Sam Silkworth – Silky Shots

HOW TO GET THERE

DRIVING DIRECTIONS TO AVON

Located just eight miles west of Vail and less than two hours from Denver, Avon is the 'Heart of the Valley' between exits 167 and 168 off of I-70. From Denver, take 70W to exit 167 to Avon/Beaver Creek, enter the roundabout and continue left. You will be heading south and will go back under I-70.

Continue straight on Avon Road through the roundabouts. To go to Harry A. Nottingham Park, turn right on West Beaver Creek Boulevard and then left on Lake Street. To get to Beaver Creek Resort, continue straight on Avon Road until you see the entrance to the Resort. Proceed to the Welcome Gate and let them know you're there for XTERRA to get to T2 and the finish line area in the Village.

PARKING IN AVON

On the eastern border of the park, Lake Street offers free parking from 6 a.m. to midnight, and the Avon Recreation Center has two 3-hour parking lots off Lake Street. On the northern edge of the park, a small public parking lot at 414 W. Beaver Creek Blvd. offers short-term parking for loading and unloading. During the summer, parking may be available at Avon Elementary School, on the western edge of Nottingham Park. Parking is dispersed throughout the town center with a variety of on-street and parking lot spaces available. All parking is free with no overnight parking from 12 a.m. to 6 a.m. Look out for Avon's parking signs with easy to read blue circles and "P" designation.

TIP TO FIND T2

A good address to enter in your phone is of the Beaver Creek Chophouse: 15 West Thomas Place, Avon, CO 81620. This will get you to the bike-to-run transition to drop your run gear on race morning. Note: This is a point-to-point race with the swim and T1 at Nottingham Lake. T2 and finish line are at Beaver Creek Resort.

RACE HEADQUARTERS

The XTERRA Race Village is located at Henry A. Nottingham Park

REGISTRATION AND PACKET PICKUP

You can pick up your race packet or register on Friday, 2-8 pm, in Athlete Registration at Harry A. Nottingham Park. We'll have late packet pickup on Saturday from 6-7:30 am. If you purchased a One Day USAT License, we have you listed as paid when you check in. **SORRY, NO REFUNDS**

USAT Membership fees for 2023:

- Adult Annual Membership: \$50
- Adult One-Day Membership: \$15
- Youth (ages 17 and under) Annual Membership: \$10

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. All relay team members must be present at the same to receive the packet, or you will have to split up the relay packet for each participant. All athletes are required to show a photo ID. NO ID, NO RACE, NO EXCEPTIONS. Every single participant, including relay participants, must have a photo ID. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to show their membership card every time they compete in a USA Triathlon-sanctioned event.

If an athlete does not bring a photo ID to packet pickup there are two options:

- a. Go home to get it
- b. Have someone email/fax them a copy of their photo ID

If an athlete does not bring a USA Triathlon membership card to packet pickup there are a few options:

- a. Access a temporary card at <https://www.teamusa.org/USA-Triathlon>
- b. Go home to get it
- c. Purchase a one-day membership which can later be applied to an annual membership renewal

Athletes that need to purchase a one-day license must sign the USA Triathlon waiver if it was not included with the event registration process. Annual members do not have to sign a waiver at packet pickup because they signed it when they applied to become an annual member.

RACE PACKET

Triathlon participant race packets will include:

- Event tee shirt and **\$15 worth of food coupons for Saturday night**
- Bike plate – please attach this to your handlebars using the twist ties provided.
- Runner bib – please attach this in a clear visible place on your front using the safety pins provided or your race belt. **And note that the tear off portion is a coupon for free first drink on Saturday night.**
- Race Number Tattoos.

TRANSITION BAG

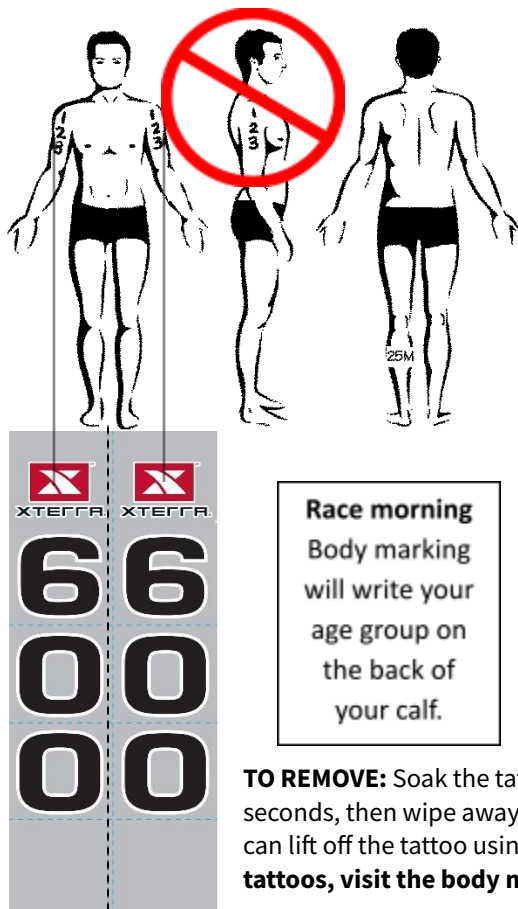
You will be provided a transition bag at packet pick up. Write your race number on both sides, and after your swim put ALL of your stuff in it, including your wetsuit, seal it tight, and leave it right there in T1. We'll keep the transition area secured until you are able to come back down to Nottingham Park and pick it up. The deadline to remove your T1 transition bag from Harry A. Nottingham Park is 4:15pm. You'll need matching bib# to pick it up.

TIMING CHIPS & SWIM CAPS & BODY MARKING

- Timing chips will be available at packet pick up on Saturday morning at body marking outside Transition 1 at Nottingham Lake
- Please strap ankle timing chips to your left ankle before the race. Remember to hand your timing chip back after you finish to ensure you receive an official time. There is a \$100 fee for lost/non-returned chips.
- Age groupers please go to body marking to get your age division written on the back of your calf
- Elites and relays do not need age division marking
- Pick up your swim caps on race morning at the body marking station
- **RACE # TATTOOS are REQUIRED FOR ALL ATHLETES.**

WHAT TO BRING

- Timing chip and strap (if you picked up prior to race morning)
- Bike with your race # attached to the handlebars
- Helmet
- Approved wetsuit or speedsuit (wetsuit legal call to be made race morning)
- Goggles
- Race belt or pins for race bib on the run leg
- Water bottles or hydration pack
- Spare tube/Co2 canister in case of a flat and a chain tool is a good idea
- Running shoes
- Sunglasses
- Sunscreen
- Wear your race number tattoos



TATTOO INSTRUCTIONS

MARK YOURSELF THE NIGHT BEFORE THE RACE

1. TEAR

Tear your number in half down the center.

2. STICK

Remove the protective top sheet.

Place on the FRONT of BOTH ARMS. Do not place on the side of your arms. Place the ink side to CLEAN and DRY skin, right side up.

3. Hold a very wet, folded paper towel over the paper backer of the tattoo for 30 seconds. Make sure it gets wet all the way through.

4. PEEL - Peel the paper backer off skin, leaving tattoo on your skin.

5. SUNSCREEN - Apply the morning of the race.

TO REMOVE: Soak the tattoos in baby oil, rubbing alcohol or nail polish remover for 30 seconds, then wipe away. If you make a mistake during application, within 3 minutes you can lift off the tattoo using a few pieces of transparent tape. **If you forget to put on your tattoos, visit the body marking station at the finish line on race morning.**

BAGGAGE STORAGE

Baggage storage is NOT available. Please leave your valuables at home.

LOST AND FOUND

On race day, lost and found items will be brought to the transition area. Check with the transition managers. If you have lost keys or a wallet, they will be held at the announcer tent at the finish line.

SWIM WAVES

There will be a mass start for the sprint race and a wave start for the full course event. Be at the pre-race briefing and listen for announcements on race morning. Each wave has a designated swim cap color.

RAIN OR SHINE

The XTERRA USA Championship will be held rain or shine and will only be postponed in extreme circumstances. If weather conditions may potentially cause any postponement or cancellation of the event, race organizers will communicate in the days prior to the event via email, and on the website to race participants. If a decision is to be made on the day of the event, announcements will be made at the Race Village. Please note the event will be staged unless extreme weather conditions occur on the day of or leading up to the event. i.e. not just a bit of rain.

RACE DAY INSTRUCTIONS

First, set-up your bike-to-run transition (T2) at Beaver Creek Village – on the mountainside of the Chophouse restaurant. Beaver Creek is allowing temporary parking (5 minutes) at the Centennial Station area (look for the Skier drop off area) so you can set-up T2. Then, ride your bike or drive down to Nottingham Park.

RELAY TEAM ATHLETES

Team members must wait for their teammate at their rack position within the transition to hand over the timing chip. Remember you are responsible to make sure you are in the transition area at the right time to meet your team members. Also, make sure you return your chip at the end of the day to ensure you receive an official time.

TRANSITION AREA

The transition area will feature separate racks for elites. Please be mindful of others and ensure you allow six bikes per rack. ONLY athletes are allowed inside transition. Supporters need to wait outside. Please leave valuables at home or with your supporters. Do not leave them in transition. For security of your equipment you will need to show your race number when accessing the transition area. Remove bikes from T2 by 3pm!

BIKE TECH

The official bike support for the XTERRA USA Championship is Venture Sports. They'll be at Nottingham Lake on Saturday from 6:30-9am for your bike support needs. Venture Sports also offers mountain bike rentals, bike shipping/receiving service as well as bike assembly on shipped bikes.



Venture Sports Address:

100 West Beaver Creek Blvd., Avon, CO 81620

(970) 949-1318 // <http://www.avonventuresports.com/>

SATURDAY RACE START TIMES AT NOTTINGHAM LAKE

8:00am XTERRA Sprint Start

9:00am XTERRA USA Championship Start

SPECTATORS

To watch the swim, park in Avon. To see the bike-to-run transition and finish, drive up to Beaver Creek Resort and park for free in Ford Hall. The Town of Avon is providing XTERRA athletes, friends, and family with a special, Town of Avon-branded bus service for the post-race festival events. This "Special Event Bus" labeled shuttle will operate for nine (9) hours between Nottingham Park (Lake Street Stop) and Beaver Creek Resort (top of Village Road) running on the half-hour beginning at 3:30 p.m. and ending with the last pickup at Nottingham Park at 8:15 p.m and dropping off at approximately 8:30pm at Beaver Creek Resort. Find more information about getting to and around Beaver Creek/Avon [HERE](#).

CANNON BLASTS

We will start the XTERRA Sprint race (8am) and XTERRA Full Course race (9am) with a cannon blast. It is very loud, so please be mindful of dogs and children, cover their ears or move away from the swim start area at Nottingham Lake.

COURSE DESCRIPTION (Subject to change based on evolving conditions)

SWIM

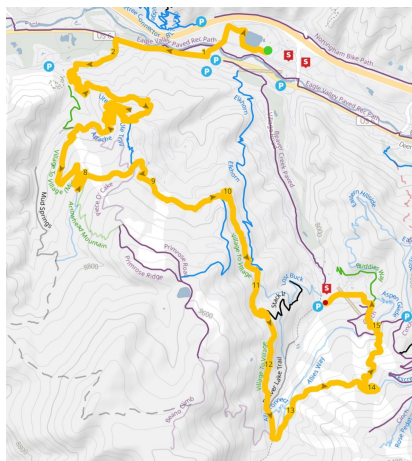
A 750-meter or 1.5K swim in Avon's Nottingham Lake. Start at the beach area. This is a one (Sprint) or two (Full Course) lap, rectangular course and a 10-minute warm up is allowed before the race begins. The starting gun will be fired at 8:00am for sprint racers / 9:00 am for full XTERRA racers, with swimmers staged in waves. Average water temperature is between 67 and 71 degrees. Athletes will be given a bag to write their race number on it at registration/packet pick-up. Please use this bag for all belongings used at T1. **It will remain in T1** and be available for pick-up after your race anytime until 4:15pm. (Note: We will NOT bring bags up to Beaver Creek).

PRE-SWIMMING AT NOTTINGHAM LAKE IS PROHIBITED OUTSIDE OF SCHEDULED DAYS/HOURS AND IS CAUSE FOR DISQUALIFICATION

USA CHAMPIONSHIP BIKE MAP:

<https://www.alltrails.com/explore/map/trailforks-ride-plan-b645e52--2?>

The Championship bike course exits Nottingham Park and travels down Highway 6 before climbing into the Arrowhead neighborhood via Sawatch Drive. New singletrack additions in Arrowhead are considered some of the finest trails the valley has to offer. Riders will climb up the twisty, steep Ute Trail before plunging down Apache Trail -- a sweeping, flowy dream of a descent. At the bottom of Apache, riders will connect to Village to Village Trail and begin their 10km traverse from Arrowhead Village to Beaver Creek Village. Once on Beaver Creek proper, there is one more climb to separate the fittest riders -- the 2km ascent of Dally Road will surely factor into the final podium results. Then the fun really begins as riders descend Corkscrew Trail -- this year featuring even more chunky downhill -- to finish with a 3km ripping fun descent!



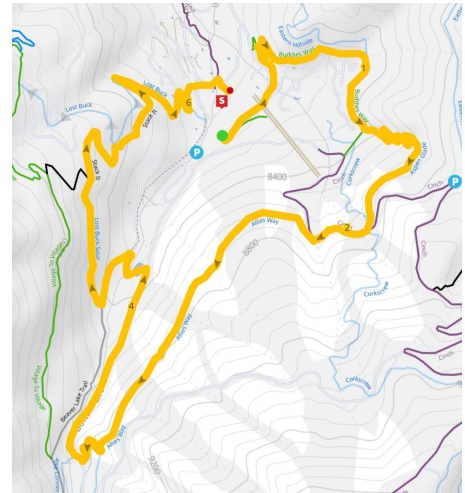
USA CHAMPIONSHIP BIKE TURN-BY-TURN INSTRUCTIONS

- Leave T1 via the Nottingham Park bike path headed west
- Left onto West Beaver Creek Blvd
- Right onto Highway 6 shoulder
- Left across Highway 6 onto Sawatch Drive
- (Please be respectful of this private neighborhood!)
- Left onto Arrowhead Circle
- Climb up Ute Trail
- Right to descend Apache Trail
- Right onto Piece O Cake
- Left onto Village to Village Trail (Stay on this to Beaver Creek)
- Straight (Right) onto Beaver Lake Trail
- Left onto Beano Climb
- Right onto Dally Road climb
- Left onto Corkscrew Trail (and cross Cinch Road to continue on Corkscrew)
- Left towards Village Loop to T2

USA CHAMPIONSHIP RUN MAP:

<https://www.alltrails.com/explore/map/trailforks-ride-plan-8b40665?>

Runners will exit T2 and make their way up Buddies Way before ascending the epically beautiful Aspen Glade Trail. At the apex of the run, it's a short downhill on Cinch Road to Allie's Way. Previously a staple of the bike course, this new addition to the run leg takes athletes on a beautiful 2km singletrack traverse across Beaver Creek Mountain. Runners will then cross Dally Road and continue on Allie's Way singletrack before heading down Beaver Lake Trail and rejoining the course from years past. Lost Buck Spur, Stack It, and Lost Buck will look familiar to experienced racers but the finish area offers a whole new experience. Athletes will now follow a skier bridge over Village Road, up a set of stairs and into the finish on the ice rink in the heart of Beaver Creek Village.



USA CHAMPIONSHIP RUN TURN-BY-TURN INSTRUCTIONS

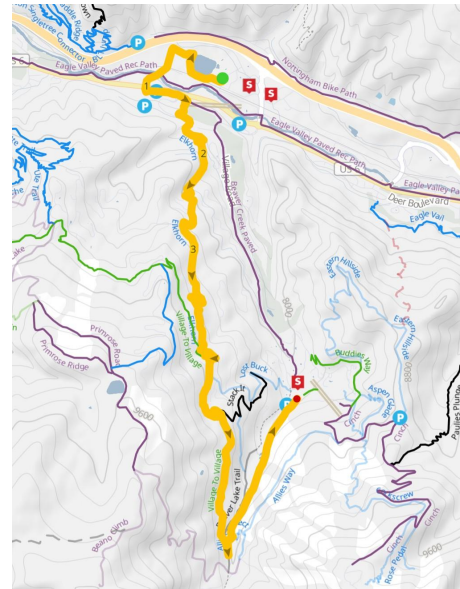
- Exit T2 onto service road towards Haymeadow Express Gondola
- Right at split to climb toward condos
- Cross skier bridge
- Left on singletrack towards Buddies Way
- Right at switchback to climb up Buddies Way
- Left to climb up Aspen Glade Trail
- Right to descend Cinch Road
- Left onto Allie's Way
- Right when Allie's Way splits
- Straight across the dirt road
- right onto Beaver Lake Trail
- Left onto Lost Buck Spur
- Straight/Right onto Stack It Trail
- Right onto Lost Buck Trail/Road
- Left down switchback and across skier bridge towards Village

SPRINT BIKE MAP:

[Sprint Bike Course on All Trails](#)

- Leave T1 via the Nottingham Park bike path headed west
- Left onto West Beaver Creek Blvd
- Straight across Highway 6
- Left into skier parking lot
- Pick up a paved bike path at the end of the lot
- Cross Prater Road to the Riverfront Gondola
- Climb up Elkhorn Trail
- Left on Village to Village Trail
- Straight (Right) onto Beaver Lake Trail
- Left onto Beano Climb
- Right on to Allie's Way*
- Climb up Cinch Road
- Left on Corkscrew and left towards Village Loop to T2

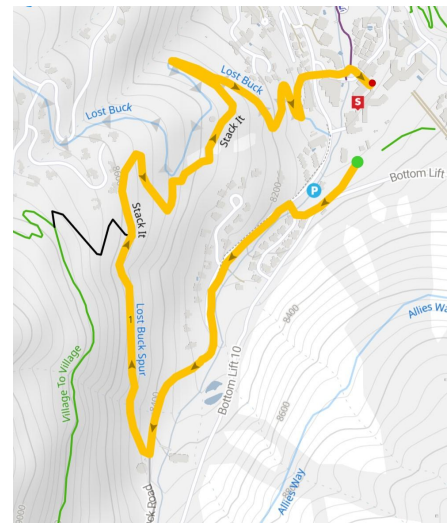
*Cutoff at 10:40am. You'll be allowed to continue but will not receive an official time.



SPRINT RUN MAP:

[Sprint Run Course on All Trails](#)

- Climb service road out of T2
- Right onto Cinch Road at top of service road
- Right onto Village Walk Road
- Left onto Elk Track Road
- Left onto Five Sense Trail
- Cross road to Beaver Lake Trail
- Left onto Beaver Lake Trail
- Right onto Lost Buck Spur
- Straight/Right onto Stack It Trail
- Right onto Lost Buck Trail/Road
- Left down switchback and across skier bridge towards Village



COURSE MAP LINKS

[Championship Bike Course on All Trails](#)

[Championship Run Course on All Trails](#)

[Sprint Bike Course on All Trails](#)

[Sprint Run Course on All Trails](#)

WATER TEMP/WETSUITS

Final water temperature reading and determination of wetsuit use will take place on Saturday morning. XTERRA follows the Swimming Conduct rules for Wetsuit and Speedsuit Use established by the USA Triathlon. Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council.

The AAC has set the wetsuit maximum temperature for *elite* athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

2023 USAT SWIMWEAR INFORMATION

Due to swimwear products entering and leaving the market over time, it is no longer feasible to have a predetermined "Approved" list. The information provided here is meant to help the athlete determine if the swimwear in question would be legal for use at USA Triathlon sanctioned events.

USA Triathlon Swimwear Rule

4.9a For the purpose of these rules, wetsuits are swimwear made of material providing thermal insulation. Wetsuits cannot exceed 5 millimeters thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5mm shall be disqualified. When wetsuits are permitted, wetsuit tops and/or shorts (constructed of rubberized, buoyant material such as polyurethane or neoprene) are allowed but may not be worn in addition to a wetsuit.

There are basically three categories of triathlon apparel: Wetsuits, Swim skins, and Tri suits/kits (including standard Cycling apparel).

Wetsuits: Are made with a nonpermeable material. Usually, neoprene. This material provides buoyancy and is only legal in wetsuit legal swims or wetsuit optional waves. Wetsuit legal water temperatures are variable depending on the hosting party. They are allowed a maximum thickness of 5mm.

Swim skins/skin suits: Are made of permeable synthetic textiles designed to smooth the swimmers in-water profile and reduce drag. They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims. (Unless the swim is wetsuit mandatory in which case, they cannot be worn in place of a wetsuit.)

Tri suits/kits: Are made of permeable textiles (whether synthetic or natural materials). They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims (unless the swim is wetsuit mandatory in which case, they cannot be worn in place of a wetsuit.) and may be worn underneath a wetsuit in wetsuit legal swims.

If you have a question not covered here regarding a specific swimskin/skinsuit please reach out to rulesandofficials@usatriathlon.org OR visit <https://www.usatriathlon.org/multisport/rules>

TECHNICAL INFORMATION

SWIM COURSE

No swim fins, hand paddles or any swimming aids are allowed. See registration bulletin board for updated wetsuit ruling. Athletes must wear swim cap provided at body marking.

USAT SWIMMING CONDUCT:

4.1 Permissible Strokes. Swimmers may use any stroke to propel themselves through the water and may tread water or float.

4.2 Bottom Contact and Resting. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of this section shall result in a variable time penalty, unless the Head Referee in his/her sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(1).

4.3 Emergencies. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. A swimmer, who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

4.4 Wetsuits. Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

4.5 Notice of Wetsuit Policy. The wetsuit policy for any particular race shall be included on all race literature that is intended for distribution to potential participants. The wetsuit policy shall conform to Section 4.4, unless a change is granted in compliance with Section 1.4. The wetsuit policy on such literature shall include the following information, if applicable; a. Any changes from Section 4.4; b. Any specific restrictions on equipment; c. Any disparity between the wetsuit policy for age group athletes and the policy for elite athletes.

4.6 Measuring Water Temperature. It is recommended, but not required that the water temperature for a race be finally determined by a measurement made within 2 hours of the race start. A water temperature measurement should also be taken prior to any pre-race meetings in order to forecast to the athletes as early as possible the likely water temperature on race day and the likelihood of whether wetsuits will be allowed on race day.

4.7 Official Equipment. If provided by race management, a swimmer shall wear the proper official swim cap corresponding to his wave. The penalty for an infraction of this rule is a variable time penalty. For safety reasons if no official cap is provided, all swimmers should wear their own brightly colored swim cap.

4.8 Goggles. Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

4.9 Illegal Equipment. Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.

TRANSITION

You may not mount your bicycle before the exit of the transition area and you must dismount your bike before entering into transition. Riding your bicycle in transition will result in a 2-minute penalty.

ATHLETES OR REPRESENTATIVE MUST SHOW RACE NUMBER TO PICK UP BIKES AND GEAR AFTER RACE.



BIKE COURSE

All competitors must start the run by 1pm.

Limited outside assistance is allowed from another athlete competing in the same event or a race official. No outside assistance is allowed from any person not competing in the event. These include but are not limited to spectators, friends, family, volunteers, photographers, or police. Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Exchanging bikes is not allowed. The only permitted bicycles are mountain bikes. Bicycle must have 26", 27.5" or 29" wheels and straight handlebars. Cyclo-cross bikes and bicycles with drop handlebars are prohibited. Bar extensions or grips off the handlebars may not exceed 5". Drafting is allowed.

Competitors must display the front number plate at all times. No advertising stickers, writing or alterations of the number plate are allowed. Approved helmets must be worn at all times while on the bike.



RUN COURSE

Competitors must display their run number on the front of their body. No advertising stickers, writing or alterations of the number are allowed. Number holders are permitted. Competitors may not use inline skates or other devices, human or otherwise powered, to assist them in running.

HEADPHONES ARE NOT ALLOWED.

GENERAL RULES

- Do Not Litter the Course: XTERRA prides itself on leaving the trails better than we found them. Do your part and “leave no trace.” This includes gel pack tabs, bike bottles, and cups. Take your trash with you or leave it at an aid station. Penalties will be assessed for littering.
- Cutting the Course: Short-cutting and/or cutting trail switchbacks on course is not permitted and may result in disqualification. All athletes are required to stay on the designated trail that is marked as the race course. It is the athlete’s responsibility to know the designated race course. Lack of tape or barriers on the course will not constitute an excuse for cutting the course.
- Protests of any nature must be submitted within one hour of the finish time of the person lodging the protest. Protests must be submitted in writing and signed by the accuser. Saying somebody cut the course is not good enough - it must be written and described as accurately as possible. All protests will be investigated. Because of the nature of XTERRA, it is not always possible to see infractions. XTERRA is in the woods, out of sight and marshaled only where necessary. In every case there will need to be verification of the infraction. Officials will not be drawn into a “hear-say” argument.
- No headphones of any kind are permitted while competing.

Notice: What is published here are partial rules and items specific to this event. Full USA Triathlon Sanctioned event rules are available at <https://www.usatriathlon.org/multisport/rules>

AID STATIONS

Self-Serve.

Bike aid stations will have water and Gatorade available for refills of your bottle and cups:

- Sprint bike aid station – 1 at top of first climb at end of Elkhorn Trail, about 6.5K into bike
- Full bike aid station – 1 halfway into Village-to-Village Trail, about 17.5K into bike

Run aid stations have water and Gatorade in cups:

- Sprint Run– 2 (at 1.2K and 2.5K)
- Full Run – 5 (at 2K, 3.5K, 5.5K, 7K, 8.5K)

There are also aid stations at Transition 1 and 2.

COURSE MARKINGS

The course will be clearly marked using arrows as well as bright tape tied to trees to reassure you that you are going the right way. The blue arrows are for the bike courses only. The red arrows are for run only. Please watch for course marshals to point you in the right direction.



XTERRA UNIVERSITY & TRIATHLON RACE BRIEFING

Get ready to XTERRA with the reigning USA elite champions *Josiah Miedaugh and Suzie Snyder*. XTERRA University is Friday at 6pm in the Race Village, and offers competitors a chance to take in last-minute advice and pointers from the best off-road multisport athletes in the sport. The FREE session targets improved swimming, biking, and trail running techniques plus dealing with the specifics of the Beaver Creek course. There will be time for Q & A with the pros during the session.

Held in conjunction with XTERRA University, Race Directors, Chris Appleton and/or Kirk Ermels will run through the ins and outs of the XTERRA Triathlon and Sprint courses. There will also be a race briefing on race morning, 7:45am at the lake before the sprint race start and 8:40am prior to the full course race start.

UPDATES AND RESULTS

- Link to live triathlon results: <https://my.raceresult.com/249514>
- We'll post updates and stories on our Instagram at <https://www.instagram.com/XTERRAplanet>
- We'll post videos on our facebook page at <https://www.facebook.com/XTERRAplanet>

VIRTUAL RACE BAG

Enjoy special offers in your virtual race bag

Link: <http://goveb.co/oe/3061c1>

ATHLETE PHOTOS

XTERRA is working with [Enduro Photo](#) and will give away free finish line photos, and provide an opportunity to purchase high-res digital and print images. We'll post the photo link to our website and email you directly with the photos we captured of you a week or so after the race. Email contact@endurophoto.com with questions or inquiries.



AWARDS CEREMONY IS AT NOTTINGHAM PARK!

The XTERRA Sprint awards ceremony is scheduled to start on Saturday at 4:45pm at Harry A. Nottingham Park. The XTERRA USA Championship awards will start at around 5:00pm or at the conclusion of sprint awards. The Elite Awards will start at roughly 5:45pm. The following will be announced during the ceremonies:

XTERRA Triathlon ELITE category	Male and Female	First to fifth
XTERRA Triathlon Age Groupers	Male and Female	First to third in each age group
XTERRA Relay Teams	Overall	First to third
XTERRA Sprint Tri	Male and Female	First to third, in each age group

QUALIFYING SLOTS FOR XTERRA WORLDS

The top amateur racers in each division (per table below) of the XTERRA USA Championship full-distance race will earn a qualifying spot into the 2023 or 2024 XTERRA World Championship in Trentino, Italy. Qualifiers interested in racing Worlds this year will need to register right away.

Division	18-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Men	1*	2	2	3	3	3	3	3	2	2	2	1	1	1
Women	1*	2	2	3	3	3	3	3	2	2	2	1	1	1

- Slots will roll down among the top 5 in each division until filled.

*Must be 18-years-old by December 31, 2023 to compete at XTERRA Worlds in Italy

MEDICAL

We have qualified medical personnel at the Race Village and roaming on the course. If you feel unwell at any stage of the race, please alert the closest course marshal who will arrange for our medical staff to meet you.

ANTI-DOPING POLICY

XTERRA adheres to the WADA anti-doping policies and procedures in order to ensure a clean, healthy and fair sporting event for all athletes.

LEAVE NO TRACE

The XTERRA team asks that you respect the Race Village, race course, and venue and leave no trace of trash before, during or after the race.

CANCELLATIONS

Sorry - no refunds for event entries.

EVENT PARTNERS

The XTERRA USA Championship is supported by partners from the Town of Avon, Beaver Creek Resort, Gatorade Endurance, US Forest Service, Walking Mountains Science Center, The Cycle Effect, Sierra Nevada Brewing, Synergy, Revolution Power Yoga, and The Christie Lodge.

SUSTAINABILITY EFFORTS

The XTERRA USA Championship is proud to be working with Walking Mountains sustainability efforts.

Remember your reusable water bottle – Plastic-Free Event!

XTERRA will be supporting the Town of Avon with their Plastic-Free events initiative. Fostering a culture of environmentalism, waste mitigation and energy conservation which minimizes the negative impacts to our collective environment and community for the long term is of utmost importance to the Town. The Town's environmental sustainability initiatives and Eagle County's waste diversion goal of 50% reduction by 2030 (zero waste events utilizing leave no trace practices). All finishers of the XTERRA USA Championship and XTERRA Beaver Creek Sprint races will receive this reusable, stainless steel cup to use at the festival.



RETHINK YOUR RIDE

The use of public transportation is encouraged as well as walking or riding a bike to all events. If a car is necessary, please offer your friends a ride and carpool.

LAND ACKNOWLEDGEMENT

We recognize the Ute Tribe as the original stewards of the lands that host the XTERRA USA Championship. We will do our best to preserve and protect the areas that we are fortunate to visit and show our respect to those coming before us. For more information, please visit <https://native-land.ca/maps/territories/ute/>.

FESTIVAL FAQ

May I bring my own alcohol?

No, even though Nottingham Park has been designated as an “open container” this summer, during special events where alcohol is being sold, like the XTERRA USA Championship, alcohol is not allowed within the liquor boundary.

What about non-alcoholic beverages?

No single-use plastic vessels will be allowed at the event. There will be free water filling stations and canned products available for purchase. There will not be any beverages available for purchase in single-use plastic bottles. Additionally, you will not be able to bring any single-use plastic bottles (including but not limited to water, sports and energy drinks, juice, tea and coffee drinks, etc.) to the event.

May I bring my dog or pet?

We love all four-legged furry family members. In general, well-behaved leashed pets with owners present at all times are allowed at special events and may be restricted to specific “dog-friendly” areas of the venue.

Is smoking allowed?

Avon is a smoke-free community (tobacco, marijuana, etc.). The smoking of marijuana in any outdoor area, public or private, in Avon is illegal.

Are events accessible to people with disabilities?

Yes, our event venues all have hard surface paths and locations which will accommodate access.

May I bring a chair or blanket to the event?

Absolutely! We ask that you respect other guests' viewing, but feel free to enjoy the show from your own chairs or blankets.

Will there be food and/or beverages for sale?

Yes, food and beverages will be sold at the XTERRA USA Championship Festival on Saturday night

Where can I park?

We encourage the use of public transportation, riding a bike, or walking. Free parking is available at Avon Elementary School, and on-street parking on W. Benchmark Road and Lake Street, etc. Some events will allow parking at the Bear and/or Elk lots located on Highway 6. Please check the specific event website page for details.

What may I bring?

Blanket/low backed camping or beach chair, Sunscreen, Hat, Sunglasses, Valid government-issued ID to purchase an alcoholic beverage, Comfortable footwear, Camera.

What is prohibited?

Single-use plastic bottles, Weapons of any kind, Illegal substances, Laser pens and similar focused-light devices, Musical instruments, Walkie-Talkies, Fake IDs – they will be confiscated.

Minor Athlete Abuse Prevention Policies

The U.S. Center for SafeSport created the [Minor Athlete Abuse Prevention Policies](#) (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive.

The MAAPP was originally released in 2019 to support organizations and individuals in preventing abuse in sport and meeting requirements under federal law. As a member of USA Triathlon and Participant at a USA Triathlon sanctioned event, you are required to follow these policies.

The MAAPP focuses on in-program contact between an Adult Participant and a minor athlete and covers the following Required Prevention Policies: One-on-One Interaction, Meeting and Training Sessions, Athletic Training Modalities, Massages and Rubdowns, Locker Rooms and Changing Areas, Electronic Communications, Transportation, and Lodging.

All Required Prevention Policies apply at all facilities or locations that are partially or fully under the jurisdiction of USA Triathlon. Partial or full jurisdiction includes the following:

- Any event or competition sanctioned by USA Triathlon
- Any facility that USA Triathlon owns, leases, or rents for competition, training, or practices
- Any hotel or lodging that the team is using when traveling to a sanctioned USA Triathlon event or competition

All Required Prevention Policies must be followed by:

- Adult Participants who have regular contact with minor athletes
- Adult Participants authorized to have regular contact with minor athletes
- Adult Participants authorized to have authority over minor athletes
- Any Adult Participant at a facility that is partially or fully under the jurisdiction of USA Triathlon

As the MAAPP will be enforced at the XTERRA USA Championship being held on August 26, 2023, please review the MAAPP at a Glance in preparation for the upcoming event. Additionally, please review USA Triathlon's SafeSport Policies and References.

Mandatory Reporting

As a reminder, all Adult Participants – including those with one-day memberships – are Mandatory Reporters. If you see or hear a report of any form of abuse, whether it is sexual, physical, mental or another type of abuse you are required to report that abuse within a 24-hour period. You can file a report to the U.S. Center for SafeSport through its online reporting form or by calling the U.S. Center for SafeSport at 833-587-7233.

If you have any additional questions or concerns, please email trisafe@usatriathlon.org.