



12th ANNUAL RUSH TRIATHLON

SCHEDULE

Friday, August 7th:

11:00am – 8:00pm Packet Pick Up at Protection 1 Building, in front of Wakeside Lake (2245 S 2000 W, Rexburg, ID 83440)

Race Day, August 8th:

5:00 a.m. Transition 1 & 2 OPEN for set-up (**1 transition area this year**)

7:00 a.m. Olympic Start @ **NORTHEAST** corner of Rainbow Lake

7:15 a.m. Transition area CLOSED for set-up

8:00 a.m. Sprint Start @ **NORTHWEST** corner of Rainbow Lake

11:00 a.m. Award Ceremony @ Wakeside Lake

11:30 a.m. After-party begins: Free party at the Cable Factory! All racers and their family and friends can enjoy paddle boarding, wake boarding, and swimming for FREE at the Cable Factory at Wakeside Lake. Each racer will receive a **FREE** meal ticket from Old School Barbeque in their swag bag to use at the after party!

12:00 p.m. Course Shut-down



INFORMATION



Transition Area will open at 5:00 a.m. on Saturday morning. The transition area will be located in the parking lot of the Protection 1 Building. Your racing bib will allow you into the areas –friends or family members must have the wristband pass from your swag bag. We will allow participants to use the southeast corner of the lake as a drop-off area for transition until 6:45 a.m. –after that time participants will have to park and walk their gear to transition area. The transition area will close at 7:15 a.m.

We encourage swimmers to wear flip-flops or other footwear to the starting lines at Rainbow Lake –some of the entrances are rocky and uneven. Race staff will NOT be responsible for collecting shoes or other possessions.

The Runners Corral will be at the finish line. Amenities include: FREE massages, water/sports drink, *Broulim's* Fruit, Farmer's Bakery bread, and CHOCOLATE milk!

Stick around for the awards ceremony during which we'll be giving out prizes and gift cards. (All registrants receive one free entry into the raffle.) Awards ceremony begins at 11:00 am.

If you have questions or concerns on race day: ask a volunteer (in a neon shirt) to direct you to Race Staff. Race Staff will be wearing a royal blue shirt.

For more information, please visit www.rushtriathlon.com, or call (208)359-3020.

RACE RECORDS

Intermediate/Olympic

Male: 2:06:22.1 –DJ Snyder (2009)
Female: 2:16:10.5 –Barb Lindquist (2009)
Team: 2:09:09 –Fitzgerald's Bikes (2008)

Sprint

Male: 1:17:00.9 –Mike Whitesides (2009)
Female: 1:22:27 –Hannah Ross (2011)
Team: 1:24:48.3 –Cordell Cycling (2009)