

IMPORTANT: YOU MUST PAY \$10 PER VEHICLE TO ENTER PARK RACE DAY MORNING IF POSSIBLE CARPOOL AND SAVE

REGISTRATION/CHECK-IN

All participants must attend check-in to sign the race waiver and pick up race numbers, time chip, swim cap and t-shirt, on one of the following check-in days

Friday, from 3:00 pm to 7:00 pm

At parking lot # 9 Lake Perris SRA

Saturday, from 5:00 am to 6:30 am

At parking lot # 9 Lake Perris SRA

YOU MUST BRING PHOTO ID AND USAT CARD

(if you don't have a USAT card you must purchase a USAT one day membership for \$12 at race check-in for Big Rock April event)

IMPORTANT: no USAT card required for October Big Rock Super Sprint

RACE COURSE SAFETY TALK

Will be held Saturday race morning, at 6:45 am

RACE TIME

Wave starts for the Big Rock Olympic and Sprint Triathlon begin at 7:30 a.m.

TRANSITION AREA

Transition area will be open on Saturday race morning at 5:00 am for setup prior to the start of the race.

BIKE COURSE AID

There will be 1 aid station on the bike course passing out water. If you need water during the bike portion, it is your responsibility to slow down enough to receive a water "hand-off" (Big Rock Super Sprint no bike aid)

RUN COURSE AID

There will be 4 aid stations on the run course for Big Rock Olympic. Big Rock run aid stations will have water only. The Big Rock Sprint will have 2 aid station on the run with water only (Big Rock Super Sprint 2 run aid stations)

AWARDS

Awards will be 3 deep in each division

RACE RESULTS

Race results will be posted on our website, www.sawsportsproductions.com, within the week following the race.

WEATHER CONDITIONS

The normal weather during the month of April is mild. October can be slightly warmer. The temperature is expected to be 55° at the start and continue to rise into the 70's by mid-day. Water temp will be around 60° plus or minus

Location

Lake Perris is located between the City of Perris and the City of Moreno Valley in Riverside County. It is approximately 70 miles east of Los Angeles, 65 miles east of Orange County and 80 miles north of San Diego. It is near the intersection of Interstate 215 and Highway 60. The Ontario Airport is situated 35 miles west of the race site.

DIRECTIONS

From **Los Angeles**, take Highway 60 east to Interstate 215. Head south on I-215 to the Ramona Expressway turnoff. Head east and follow the signs to Lake Perris.

From **Orange County** take Highway 91 to Interstate 215 Head south to the Ramona Expressway turnoff. Head east and follow the signs to Lake Perris.

From **San Diego** take Interstate 15 north to Interstate 215. Head north on I - 215 to the Ramona Expressway. Take the Ramona Expressway turnoff. Head east and follow the signs to Lake Perris.

Enter the Lake Perris SRA and proceed to parking lot #9. Parking lot #9 is the transition area, swim start and race finish location. All participants will park in lot #10, #11 and #12. The participant parking areas are right next to lot #9 the transition area. Important do not park in lot #9

PARK ACCOMMODATIONS

The Lake Perris S.R.A. has campsites available. They will be reserved on a first come, first serve basis. The park is used heavily during this time period. Make your reservations NOW. There are 167 campsites and 264 paved spaces for recreational vehicles up to 27 feet. Each site has a table, grill and parking space

for two vehicles. Water, restrooms and showers are nearby. The RV sites have hookups for electricity, water and sink water disposal. There is a trailer sanitation station near the campground entrance. Cost: check with Lake Perris SRA. Call 1.800.444.7275 for reservations.

PARK ADMISSION FEES All race participants **must pay \$10 per vehicle** on race morning.
(carpool and save money it is \$10 per car load not per person)

OFF SITE ACCOMMODATIONS

All hotels are within ten to 15 minutes from the race site. The rates will vary depending upon the hotel. All rooms will be available on a first come, first serve basis. Reserve your rooms as soon as possible:

- Ayres Hotel and Spa Moreno Valley (888) 904-9936

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Econo Lodge 24412 Sunnymead Blvd. (951) 247 - 6699

Regency 24810 Sunnymead Blvd. (951) 247 - 8582

Best Western Perris 480 South Redlands Ave. (951) 943 - 5577

RACE MORNING INSTRUCTIONS

1. Get up early enough to arrive at the race site by 5:00 am
2. Drive to race site (see directions above) pay \$10 enter park
3. Go to registration/race check - in building at parking lot #9
- 3b. If you already attended an early race check - in you can skip (3.)
4. Set up transition area
5. Attend mandatory race course safety talk 6:30am transition area
6. Be at swim start by 7:20 am first wave starts at 7:30 am

IMPORTANT RACE INFORMATION

It is your responsibility as a participant to pay attention and be safe. The race course is on roads that are open to traffic so watch for vehicles on roadway at all times. It is your responsibility as a participant to know the race course and the number of laps you must complete to finish the race you are entered in.

Sprint Triathlon participants(April event): Swim course is 1 lap, Bike course is 1 lap, Run course is out and back (you will turn around at the Sprint Tri turn around sign)

Olympic Triathlon participants(April event):

Swim course is 2 laps, Bike course is 2 laps, Run course is out and back (you pass the Sprint Tri turn around proceed to the Olympic Tri turn around)

Big Rock Super Sprint (October event): Swim course is 1 lap, Bike course is 3 laps, Run course is out and back (you will turn around at the Sprint Tri turn around sign)