



These Ain't No Pansy Ass City Races

The 11th Annual Madison Triathlon

July 7, 2022



Montana's Greatest Olympic Distance Triathlon

RUNNERS INFORMATION PACKET

Date and Time of Race

Thursday, July 7, 2022

All Swimmers Starting Time: 8:00 AM

First Leg: 1,200 yard swim in Ennis Lake (two laps of 600 yards)

Second Leg: 40K bike ride from Ennis Lake to Harrison, Montana

Third Leg: 10K run from Harrison to Pony, Montana

Race Check In

Race Day Check-in: Thursday, July 7, 2022 – 7:00 to 7:45 AM
Kobayashi Beach
Ennis Lake

Staging Area

Parking lot of Kobayashi Beach at Ennis Lake. This is a BLM site on the north shore of the lake. Participants and supporters can park their vehicles in the parking lot and also follow the athletes on the route if so desired. For those athletes traveling alone, we will make all best efforts to get you shuttled back to this lot to pick up your vehicles. **However, please let us know in advance if you're on your own and will need a ride back to this site so we can work something out. We will do our best to get everyone back to their vehicles.**

Race Day Logistics: Swim (1,200 yards) – Bike (24 miles/40K) – Run (6 miles/10K)

- On race day morning, athletes arrive at Kobayashi Beach at Ennis Lake to check in, sign waivers if not yet completed, receive SWAG, and get their bib numbers. The participants can leave bags and other personal items with the race director for pick up at the finish line in Pony and/or drop bags at the bike/run transition point in Harrison.
- The athletes prepare for the swim as necessary. Wet suits are allowed as are life vests for the non-strong swimmers. For the most part, the only thing not allowed will be kick boards and swimming fins. Athletes should place their bikes near the exit point of the swimming leg.
- The Madison Triathlon begins with a 1,200 yard swimming leg at 8:00 AM. This will be two laps around a buoy course of 600 yards set just off the shores of Ennis Lake. When the runners complete the swimming leg, the biking leg begins immediately. The athletes get on their bikes and start cycling. The cycling begins at Kobayashi Beach and ends in Harrison on Highway 287. This is a 24 mile leg or approximately 40K.
- Volunteers will follow the bikers along the biking leg of the route. Any bikers with problems can get assistance from these volunteers. However, athletes are encouraged to carry their own repair kits for flats and other bike problems.
- The cyclists ride all the way to the bike/run exchange location in Harrison which is at the intersection of Highway 287 and the Highway to Pony. The cyclists get off the bike and immediately begin running. A volunteer will load the bicycles onto a van for delivery in Pony. Drop bags for shoes will be laid out on the ground.
- The runners' finish line is in Pony right in front of the Pony Bar on Main Street. The awards ceremony will be in Pony. After recovery time and the awards ceremony, athletes in need of a ride will be returned to Kobayashi Beach at Ennis Lake on a best efforts basis. This is the end of the Madison Triathlon.

- The estimated time frame for each of these steps is as follows:
 - 7:00 AM – race registration opens
 - 8:00 AM – start of swimming leg of the race – the start of the Madison Triathlon
 - 8:30 AM – start of the cycling leg of the race for most athletes
 - 9:30 AM – majority of bikers reach the exchange point and the running begins
 - 11:00 AM – majority of athletes finish the cycling leg
 - 11:30 AM – all or nearly all athletes have finished the Madison Triathlon
 - 12:00 PM – Awards ceremony for the Madison Triathlon in Pony
 - 12:30 PM – shuttle with bikes and athletes leaves for Ennis Lake

Level of Participant Support

The Madison Triathlon will be a limited support race.

The 2022 Madison Triathlon will revert back to a morning race. For the Madison Trifecta athletes (those seeking a TBA), the Madison Duathlon is the following morning (Friday) followed by the Madison Marathon the day after that (Saturday). Any triathlete who, on the spur of the moment, wants to shoot for the Trifecta will be allowed to do so. Just contact Sam.

At 8:00 AM, the race starts with a 1,200 yard swimming leg off of Kobayashi Beach at Ennis Lake. This will be followed by the biking leg from the lake to McAllister and from there to Harrison on Highway 287. There will be an aid station in Norris and some volunteers will have water for bikers as needed along this route. There will be Gatorade/water at the bike/run exchange point in Harrison and stand-alone water coolers on the 6 mile running leg to Pony as well as volunteers in vehicles.

Please do not expect a high level of runner support like other triathlons can offer. The logistics and distance from the town of Ennis makes such kinds of support difficult. We encourage runners to carry their own timing devices, water bottles and food/gels in fanny packs. They should also carry bicycle repair kits and pumps or CO2 for flats and other bike issues. In 2019, a triathlete was crushing the cycling leg – after a good swim – and potentially was going to win the Madison Trifecta even though her combined time had her nearly 15 minutes behind. However, she had a flat on the cycling leg and couldn't get it fixed in time.

Also, please be aware and prepare in whatever fashion is available that this is a relatively high altitude race. This route is not as extreme as the Madison Marathon in terms of elevation, but it is still a very tough course.

Cautions

There are a few things to be aware of aside from the normal challenges posed by an Olympic Distance triathlon race. First off, all participants will be required to sign a waiver before running the race. If these waivers are not signed, the athlete will not be allowed to run the race. S/he will have their fees returned.

Some other things to be aware of:

First, Ennis Lake is by no means a warm water lake and it's at an elevation of 5,000 feet. The race begins at 8:00 AM so the water will likely be relatively cool but probably not cold. Everyone is advised to wear a wet suit if available.

Second, the first three miles of the biking section will be on a packed gravel/dirt road from Ennis Lake to McAllister and Highway 287. This road is generally in good shape and a standard road bike can be used. From McAllister, the cyclists will ride on Highway 287 so obviously a road bike is the best choice of bike in order to gain speed.

Third, there will be signs posted on the route (Highway 287) to warn drivers about the race and there is a relatively large shoulder on the highway. However, cyclists need to be aware of traffic and large trucks that can cause a wind draft as they pass you. There is one long uphill and a fairly long and steep downhill.

Fourth, this is a somewhat remote and a high altitude race which is likely to lead to exhaustion sooner than normal for even the more experienced athletes. Please keep yourselves well hydrated and be aware of what your body is telling you.

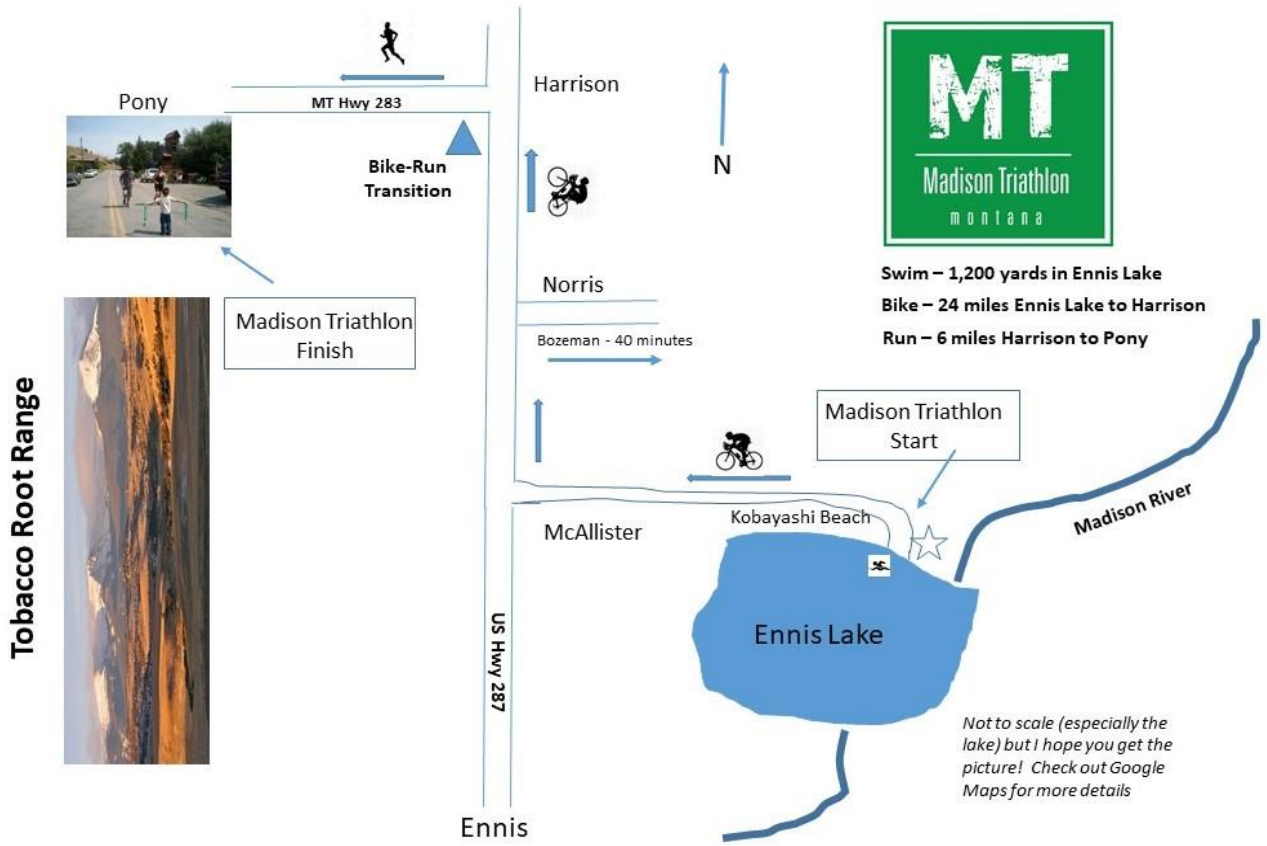
The Races

There is just an individual race category. All racers will begin at the same time. Depending on numbers of athletes, there may be a wave system implemented. The swimming leg is first, followed by the biking leg, and finishing with the running leg.

The swimmers will all start at the same time. The run portion will start after the swimming portion is completed, i.e. the athlete will get out of Ennis Lake and jump on the bike and start cycling. The running portion will begin upon completion of the cycling portion at the designated bike/run exchange point.

The athletes will decide entirely on their own what kind of bicycle to use for the biking portion. The first three miles of the road (from the lake to Highway 287) is packed dirt/gravel and in good shape due to a lot of use. There are washboard areas. From McAllister on, the route is on Highway 287 with a large shoulder. The ideal bike would likely be a sturdy road bike. Athletes can only use one bike.

Route Map



Madison County Hotels and Restaurants

The home base for the Greater Yellowstone Adventure Series (GYAS) races is in Ennis, Montana. This is a small town on the Madison River. It is about 50 miles from Bozeman. The drive from Bozeman airport (BZN) to Ennis takes about an hour. Ennis is 70 miles from Yellowstone National Park (the west gate entrance).

Some of the Madison County hotels that we recommend are:

Red Bear Inn – www.redbearinn.com

El Western – www.elwestern.com

Sportman's Lodge – www.sportsmanslodgemt.com

McAllister Inn – www.mcallisterlodging.com

Lure Me Inn – www.luremeinn.com

Rainbow Valley Lodge – www.rainbowvalleylodge.com

Riverside Motel – www.riversidemotel-outfitters.com

Moriah Motel – www.moriahmotel.com

King's Motel – www.kingsmotelllc-mydirectorystay.com

Some of the nicer places to eat and drink include:

G Bar – 305 East Main Street, Ennis Tel: (406) 682-5553

Willies Distillery – 312 Main Street, Ennis Tel: (406) 682-4117

Alley Bistro – 59 MT Hwy 287, Ennis Tel: (406) 682-5695

Bynee's – 214 Main Street, Ennis Tel: (406) 682-3156

The Continental Divide – 47 Geyser Street, Ennis Tel: (406) 682-7600

Tavern 287 – 129 East Main Street, Ennis Tel: (406) 682-7287

Longbranch Saloon – 125 Main Street, Ennis Tel: (406) 682-7020

Yesterday's Soda Fountain – 124 Main Street, Ennis Tel: (406) 682-4246

The Pic A Nic Basket – 97 North 1st Street, Ennis Tel: (406) 682-7900

Ennis Sugar High – 170 North Main Street, Ennis Tel: (406) 682-7113

Nacho Mamma's Burrito – 111 West Main Street, Ennis Tel: (406) 682-4006

McAllister Inn Steakhouse – 5566 Highway 287, McAllister Tel: (406) 682-5000

Sportman's Lodge – 310 North Main Street, Ennis Tel: (406) 682-4242

Wells Fargo Steak & Coffee House – 314 West Wallace Street, Virginia City Tel: (406) 843-5556

Mill Creek Inn – 102 Mill Street, Sheridan Tel: (406) 842-5565

The Shovel and Spoon – 108 North Main, Sheridan Tel: (406) 842-7999

The Old Hotel – 101 East 5th Avenue, Twin Bridges Tel: (406) 684-5959

The Shack – 301 North Main, Twin Bridges Tel: (406) 684-5050