THANK YOU for participating in The GREAT SNAKE RIVER MULTI-SPORT EVENT-2026

JUST A FEW REMINDERS-----the course will have **2 TRANSITIONS & WETSUITS ARE REQUIRED**!

1) **BIKE TRANSITION---**This will be located at **SOUTH TOURIST PARK**---2800 S. Yellowstone Highway, Idaho Falls, ID 83402 -- We will have security of the bikes from 5:30-9:30 am on Saturday. A racing bib will be required for both entrance and exit on race day. ALL OF YOUR SWIM/WETSUIT/GOOGLES ETC. NEED TO BE PLACED INTO WHITE GARBAGE BAG AND PLACED ONTO TRAILER WHEN EXITING TRANSITION.
2) **RUN TRANSITION---**This will be located at **SNAKE RIVER LANDING**---981 Pier View Drive, Idaho Falls, ID 83402 -- This is where you will finish the bike, as well as start and finish the run. This is where the FINISH line will be for both SPRINT & OLYMPIC divisions as well as the awards. YOU CAN PICKUP YOUR TRANSITION 1 WHITE BAGS HERE AFTER THE RACE AS WELL AS YOUR SHOES YOU LEFT AT THE SWIM STARTS!

PLEASE PLAN ADDITIONAL TIME OF 2 TRANSITION SETUPS!!!

TRANSITION DETAILS---PLEASE READ!

You will need to set up the BIKE START transition early Saturday morning between 5:30 -6:45 am at SOUTH TOURIST PARK. You will receive a **WHITE GARBAGE BAG** with your race number on it---please leave it at this transition to put your wetsuit/swim stuff in at this transition---there will be a TRAILER just outside the transition area to place your bag on and we will bring it back to the finish line for you to retrieve. There will be security for the bikes in South Tourist Park from 6:45 – 9 am only. If you do not put your items in the bag and on the trailer, you will be responsible for them. These bags will be at the finish line for your retrieval post-race.

Your run transition will be at SNAKE RIVER LANDING….so these items will need to be set up there. This is where we will hold the **REQUIRED ALL RACE PARTICIPANTS MEETING @ 7 AM**.

IF YOU HAVE ANY RACE QUESTIONS, PLEASE VISIT OUR WEBSITE @ www.TriPeaksEvents.com or CALL MIKE TAYLOR (208-201-6269) OR BRYAN MAGLEBY (208-520-9400) OR EMAIL US @ info@TriPeaksEvents.com

Let's Race!

Here is an **EVENT SCHEDULE for the**

2026 GREAT SNAKE RIVER MULTI-SPORT EVENT:

SATURDAY MORNING ---

5:30–6:30 AM Late Packet Pickup—SNAKE RIVER LANDING

5:30–6:45 AM TRANSITION SET UP

- Bike staging at **Transition #1 @ South Tourist Park**
- **Transition #2** setup at **Snake River Landing**

Please note: Both transition areas close promptly at **6:45 AM.**

6:30 AM Volunteer Meeting

7:00–7:15 AM Mandatory Athlete Meeting (Transition #2)

7:15 AM National Anthem & Prayer

Olympic Events

7:20–7:40 AM Bus transportation / walk to Olympic swim start

7:30 AM Olympic Duathlon Start TRANSITION 2

7:45 AM Olympic Triathlon Start NORTH OF PANCHARI BRIDGE

Sprint Events

8:00 AM Sprint Duathlon Start TRANSITION 2

7:45–8:10 AM Bus transportation to Sprint swim start

8:15 AM Sprint Triathlon Start BIKE PATH SOUTH OF PANCHARI BRIDGE

Run Events

9:00 AM 10K Start TRANSITION 2

9:15 AM 5K Start TRANSITION 2

Awards Ceremony / Pizza for Contestants SNAKE RIVER LANDING

Approximately 11:00 -11:30 AM

(Awards will begin once final results are verified.)

Staging of **BIKES / TRANSITION AREAS** will be Saturday morning from 5:30 am - 6:45 am. ALL transition areas will close at 6:45 am!! Please plan your time accordingly with the 2 transition areas miles apart!

An **ALL PARTICIPANTS MANDATORY RACE MEETING** will be held SHARPLY that morning at **7 am under the tent at transition #2**. We will be taking participants via bus to the swim start for both the Olympic and Sprint distances. We will have a basket for shoes we will return to the transition area #2 from the swim starts.

Here are a couple things to remember--

- **WETSUITS** are **REQUIRED---YES REQUIRED IN 2026!**
- **NO MUSIC** is allowed on the course for any of the events!
- **PLEASE REVIEW** course descriptions on the website prior to the race!
- **BE SAFE**---there are a few challenges on this rural course so please be cautious!
- **DON'T FORGET**---pick up your white SWIM BAG and SHOES you left at swim start behind the white tent at TRANSITION 2 before you leave.
- **REMEMBER...we love to spoil our racers post race!** Look for ice towels, chocolate milk, fruit and even **LUCY'S PIZZA** for the racers!
- **VISIT OUR SPONSORS BOOTHS**---these sponsors make it possible for us to have these races---so please support them in return!

Let's Race!

GREAT SNAKE RIVER MULTI-SPORT
TRIATHLON • DUATHLON • 5K/10K

Triathlon Race Rules & Regulations-2026

- No floatation/breathing devices allowed in the swim. Swim cap given at packet pickup is required to swim. If breathing devices are allowed by the race director, participants will start the race 3 minutes later than other participants. **WETSUITS ARE REQUIRED FOR THIS RACE!**
- **Helmets are required for the bike.** Competitors must have their helmet on and strapped before mounting your bike.
- Competitors must walk or run in the transition area – no riding is allowed until competitors have reached the mount line.
- Competitors must have their race number pinned on and visible and their numbers on their bike and helmet. PLEASE get your **BODY MARKED** before the race meeting.
- Competitors must not follow the biker in front of them too closely. They must be at least two bike lengths behind them. **No DRAFTING!**
- Competitors must ride their bike as far to the right side of the lane as possible. They can only pass on the left (within the lane) and then must immediately return to the right. Violation of this rule is blocking, so you must let the faster riders pass by.
- Competitors must rack their bike properly and respect your fellow competitors' equipment. Only racers with bibs on and markings are allowed in the transition area.
- Competitors must follow the directions of the Race Officials and Marshals/Volunteers without question.
- Competitors must **not wear headphones** during ANY event—swim, bike or run. They must be alert and aware at all times! Participants will be disqualified and receive a DNF.
- Competitors must wear their timing chip throughout the race. After crossing the finish line, they must hand it to a race official to receive an official time. (Left ankle facing out.)

TRI PEAKS
(EPIC) EVENTS

- **Swim**
  - Tri shorts, swimsuit, or tri suit
  - 2 sets of goggles (i.e., one tinted and one normal)
  - Bright-colored towel
  - Wetsuit
  - Body Glide
  - Anti-fog Spray for goggles
- **Bike**
  - Bike (Race # attached)
  - Helmet
  - Cycling gloves, shoes & socks (if wearing)
  - Sunglasses
  - Water bottle(s) (H2O + Sports Drink)
  - Nutrition
  - Towel
  - Tool Kit: tube, CO2, levers, multi-tool
  - Tire Pump (check tire pressure morning of race)
- **Run**
  - Running shoes
  - Hat/visor
  - Nutrition
  - Race Belt with Race #
  - Water
  - Watch
- **Other**
  - Body Glide
  - Sunscreen
  - Vaseline, powder, first aid kit, baby wipes
  - Post-race, warm change of clothes
  - Post-race recovery drink/snack

Race Day To-Do's

- Wake up early and eat 2-3 hours before your start time. Eat only familiar, easily-digestible foods (example: banana and a bagel with jam).
- Stop drinking fluids about 2 hours before your start time. Continue sipping as needed. Pee, pee, and then pee again (don't worry, everybody pees in their wetsuit).
- Get to the race early to secure a good spot in transition. Ideally, this is a spot on the end of the rack close to the bike in/out.
    - Make a mental note of landmarks to help you easily find your rack.
    - Use a bright-colored towel so your area stands out...and be courteous. NO BEACH TOWELS!
- Organize your gear in the order you will use it - run through transitions in your mind.
- Make sure your body is marked as requested by Race Directors. Race #'s must be visable!
- Put on your wetsuit and hop in the water for a good swim warm-up 15-20 minutes before your start time. Be on the line 5-10 minutes before the gun.
- No music devices are allowed on the course!
- Remember that this is why you put in all those training hours.

Believe in your training, do your best - and have fun!

TRI PEAKS (EPIC) EVENTS