

USA TRIATHLON
CONSULTANCY
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EXCESS OF \$4
COLLEGE SCHOLARSHIPS
MY RACE
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IT STARTS
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AND HAS
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MY RACE
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MY RACE HOSTED THE SENIOR GAMES
TRI, ATTRACTING 300 TRIATHLETES
FROM ACROSS THE COUNTRY
MY RACE
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VERSUS
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IN 2009

THRESHOLD RACING

The Reservoir Triathlon

April 18, 2010



USA TRIATHLON CONSULTANTS: KATHY MATEJKA AND TERRI WALTERS

USA TRIATHLON
CONSULTANCY
MY RACE HAS
EXCESS OF \$400,000 IN COLLEGE SCHOLARSHIPS
MY RACE IS UNIQUE. IT STARTS WITH A BIKE RIDE AND HAS MULTIPLE SWIMS
MY RACE CROSSES FOUR BRIDGES IN FOUR DIFFERENT CITIES
MY RACE HOSTED THE SENIOR GAMES TRI, ATTRACTING 300 TRIATHLETES FROM ACROSS THE COUNTRY
MY RACE HAD ITS TELEVISION DEBUT ON THE VERSUS NETWORK IN 2009

THRESHOLD RACING

The Reservoir Triathlon

Overview

This one-of-a-kind event is held on the northern edge of the Salinas Valley, a quick drive from the southern terminus of San Francisco Bay. Morgan Hill is a sleepy bedroom community that once hosted large fruit and vegetable farms, part of the “Nation’s Salad Bowl”. The swim venue is Uvas Reservoir, a clear cold body of water that refills each winter with rainfall and runoff from the watershed. With the entire west coast region suffering from drought the past decade, it was heartening and refreshing to have the venue at full capacity. The bike course winds through small farms, ranches, vineyards and suburban housing developments. The steep climbs and descents offer a fair test of the technical skills of beginner and experienced triathletes alike. The run course is best described as rolling, out and back along the reservoir with little or no shade to provide relief from typically bright California sunshine. Given the remote location of the venue, there is a quiet vibe to the event as the course presents a staunch early season test of the fitness gains from a long wet winter of training.

Course Layout

Featured Course: Swim

There were five waves of about 40-80 athletes for the in water swim start with five minutes between each wave. The course was point to point with the athletes going around a peninsula in the reservoir. The course was marked with large orange triangle buoys. There were eight lifeguards on paddle boats and each worked a section of the course. There was one motorized boat patrolling the entire course. Tom Cotton, one of the race directors, escorted the lead wave on his paddle board.

Bike

The bike course was one loop 40k long, going around the reservoir and through town. According to the USAT Officials on the course, the intersections were well-manned with police and volunteers. There was one aid station on the course. The bikes were marked with bib numbers.

Run

The run course was an out and back 10k. Aid stations were available at the transition area exit and along the course.

Transition

We arrived Sunday morning about an hour before the start of the event. Set up of the transition area was complete and the athletes were setting up their equipment. There were large signs marking the swim out/ in, bike out/in and run out/finish and the flow for the athletes through the transition area was fair. The bike racks were open to allow the athletes to rack where they wanted and allowed for plenty of space for their gear. The medical tent was located adjacent to the transition area and clearly marked. There was an ambulance stationed on one side of the TA as well as a bike mechanic.

Event Profile

Race Director: Andrew Ferguson

Location: Morgan Hill, CA

Date: April 18, 2010

Years sanctioned: First year

Discipline(s) offered:
Intermediate Triathlon



