

MY RACE HAS A HISTORY OF EXCESS OF \$400 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



# Raise the Bar, LLC

XTERRA Black Diamond  
August 1, 2010



USA TRIATHLON  
CONSULTANCY  
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USA TRIATHLON CONSULTANTS: **KATHY MATEJKA AND LIZ TUCKER**

## Raise the Bar, LLC

### XTERRA Black Diamond

#### Overview

This event is a part of the XTERRA circuit of nationwide points races and the 2009 Race of the Year as chosen by XTERRA event participants. It is easy to see why the choice was made with a gorgeous venue, quiet surroundings, challenging bike and run courses plus one of the most enthusiastic event/organization staffs in the nation. The swim venue is Sawyer Lake, a privately owned body of water that supports the event in a clean environment. A highlight of the swim course is "XTERRA Island" marking the halfway point where swimmers must exit the water, traverse the island while greeting the welcoming native habitants, then re-enter the water for the return leg of the swim. The 2-lap bike course winds over local adjacent trails and fire roads, bulked up by testing climbs that must be repeated. The run course takes place on trails and roads with a flat mile at just the right time to ensure a fair aerobic test with opportunity to recover. Home-cookin' awaits all finishers as well as cool fluid replacement and music to celebrate with. Family and friends are welcomed with a super quick, super fun kids race to while away the wait and food is available for purchase with proceeds supporting a local charity.

#### Course Layout

##### Featured Course: Swim

There were two waves of about a hundred participants each that started 5 minutes apart. This allowed the faster, more proficient swimmers to smartly move along the course leaving easy sighting and clear water for the slower swimmers. Swim support was abundant: the number of lifeguards exceeded the USAT minimum standard, kayaks, a jet ski and 2 motorized water craft were additional resources.

##### Bike

The bike course consisted of 2 loops in a figure-eight configuration. With the small field size, there were no observations or reports of congestion on the trails, nor were there any crossovers or other course-related conflict.

##### Run

The run course also contained 2 loops. Spectators could converge at the looping point to cheer on their family members and friends which was fun for everyone and certainly encouraging to the competitors. Off-road events are HARD and so the support is indeed welcome.

##### Transition

Abundant signage helped guide the participants through the TA which can often be the most confusing aspect of an event. Not here. Entrances were clearly marked, timing mats laid out and 10x10 tents marked the exits as well. Open racking, as is customary for a smaller event was the order of the day and

#### Event Profile

*Race Director:* Patty Swedberg

*Location:* Lake Sawyer, WA

*Date:* August 1, 2020

*Years sanctioned:* 2

*Discipline(s) offered:*  
XTERRA Triathlon,  
Kids Triathlon



