



2026 ATHLETE GUIDE

SEPTEMBER 26-27, 2026

PRESENTED
BY:

Community
HOSPITAL

GRAND JUNCTION



SPORTS COMMISSION

PACKET PICKUP

Friday, September 25, 2026

4:00pm - 7:00pm

Highline Lake State Park, Loma, CO

Saturday, September 26, 2026

6:30am- 7:30am (Olympic)

6:30am- 8:00am (Sprint)

Highline Lake State Park, Loma, CO

Sunday, September 27, 2026

6:30am-8:00am (Collegiate & Off-Road)

Highline Lake State Park, Loma, CO

RACE SCHEDULE

Saturday, September 26:

Olympic distance start time: **8:00am**

Sprint distance start time: **9:15am**

Awards: **11:30am**

Sunday, September 27:

Collegiate: **7:30am**

Off-Road start time: **9:15am**

Awards: **11:00am - (Collegiate awards 9:30am)**

***Transition area opens at 6:30am
both days,**

bike racks are not assigned

****Wetsuits are legal, water
temperature is expected to be 62-
68 degrees**

****Chip pickup and body marking
are done at least 15 mins prior to
the race at the registration table**

RACE RULES AND REGULATIONS

- This is a wetsuit legal race, official confirmation at packet pickup
- Bike helmet must be on and strapped before mounting your bike, during the race, and until dismounting is complete.
- Competitors must walk or run in the transition area – no riding is allowed until you have reached the mount/dismount line.
- Competitors are required to have body marking completed 15 minutes prior to racing.
- Competitors must have their race number securely attached and visible on the front of their bodies during the run. Numbers must also be properly displayed on your bike and helmet.
- **No drafting.** Competitors must not follow the biker in front of them too closely (two bike lengths behind). Riders are expected to make passes as quickly as possible and return to the far right side of the road to allow for others to pass. Only pass on the left but remain inside the yellow lines. (EXCEPT FOR COLLEGIATE RACE).
- Competitors on a bike must follow **rules of the road. IF YOU CROSS THE YELLOW LINE, YOU WILL BE DISQUALIFIED.**
- Competitors must rack their bike properly and respect your fellow competitors' equipment and space.
- Competitors must follow the directions of the Race Officials and Course Marshals without question.
- Competitors may not wear headphones while biking. They must be alert and aware, and must know the course.
- Competitors must wear their timing chip throughout the race. After crossing the finish line, you must return your chip. If this falls off, timing may not be accurate.
- Competitors may not receive any outside assistance while racing.
- **TIMING CHIPS MUST BE RETURNED AT THE FINISH LINE**
****FAILURE TO FOLLOW THESE RULES WILL RESULT IN DISQUALIFICATION****

PARKING & SPECTATORS

- Enter through the East Entrance (11 8/10 Rd) of the park.
- Your race entry includes all parking and park access fees.
- **The East Entrance to Highline Lake will close at 8:00am on Saturday and 7:30am on Sunday**
- Spectators will be directed to park by entering through the West Entrance and must purchase a Park's pass.

PHOTOGRAPHY

- There will be event photographers roaming the course, give them your best smile! Pictures will be free to download after the event.

CAMPING

- Camping is not included with race entry
- All camping should be reserved through the Desert's Edge website
- If you have purchased camping, you will receive a separate email with more details

AWARDS

- Top 3 overall Male & Female, and top relay team for each race
- Age Group Awards for Male & Female for each category
 - Age categories include Under 20, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60-69, and 70+

**If you have any questions, please email
info@grandjunctionsports.org or call us at (970) 639-1387**

***ONLINE RACE REGISTRATION CLOSSES SEPTEMBER 24TH AT 11:59PM
TELL YOUR FRIENDS AND FAMILY TO REGISTER TODAY!***

INCLUDED IN REGISTRATION

- Race shirt
- Finisher medal
- An awesome race morning at Highline Lake State Park!
- Swim cap
- Post-race snacks

FREQUENTLY ASKED QUESTIONS

- **Is there a water station on course?**
 - Yes, the run course will have one water station located at approx. 1.5 miles in. The Sprint distance will pass this aid station twice, and the Olympic distance will pass it four times.
- **Do I need a USA Triathlon membership?**
 - No, only the NCAA collegiate race requires USAT membership.
- **What is the collegiate sprint?**
 - There is a collegiate wave on Sunday as the home race for the CMU Triathlon team. This race is only open to NCAA collegiate athletes.
- **Can I do it in a team?**
 - Yes! Teams are welcome. Each member will tag their teammate while in the transition zone.
- **What are the distances for each race?**
 - Olympic Road: 1500M Swim, 40K Bike, 10K Run
 - Sprint Road: 750M Swim, 20K Bike, 5K Run
 - Off-Road Sprint: 750M Swim, 23K Bike, 5K Run
- **Is the bike course rules of the road?**
 - Yes, the bike course will be rules of the road, meaning all bikers must stay to the right hand side of the lane and watch for any cars while crossing the road. No drafting.
- **Where is the transition zone?**
 - The transition zone will be located in the grass area above the Swim Beach and below the East Entrance Parking lot.

If you have any questions, please email

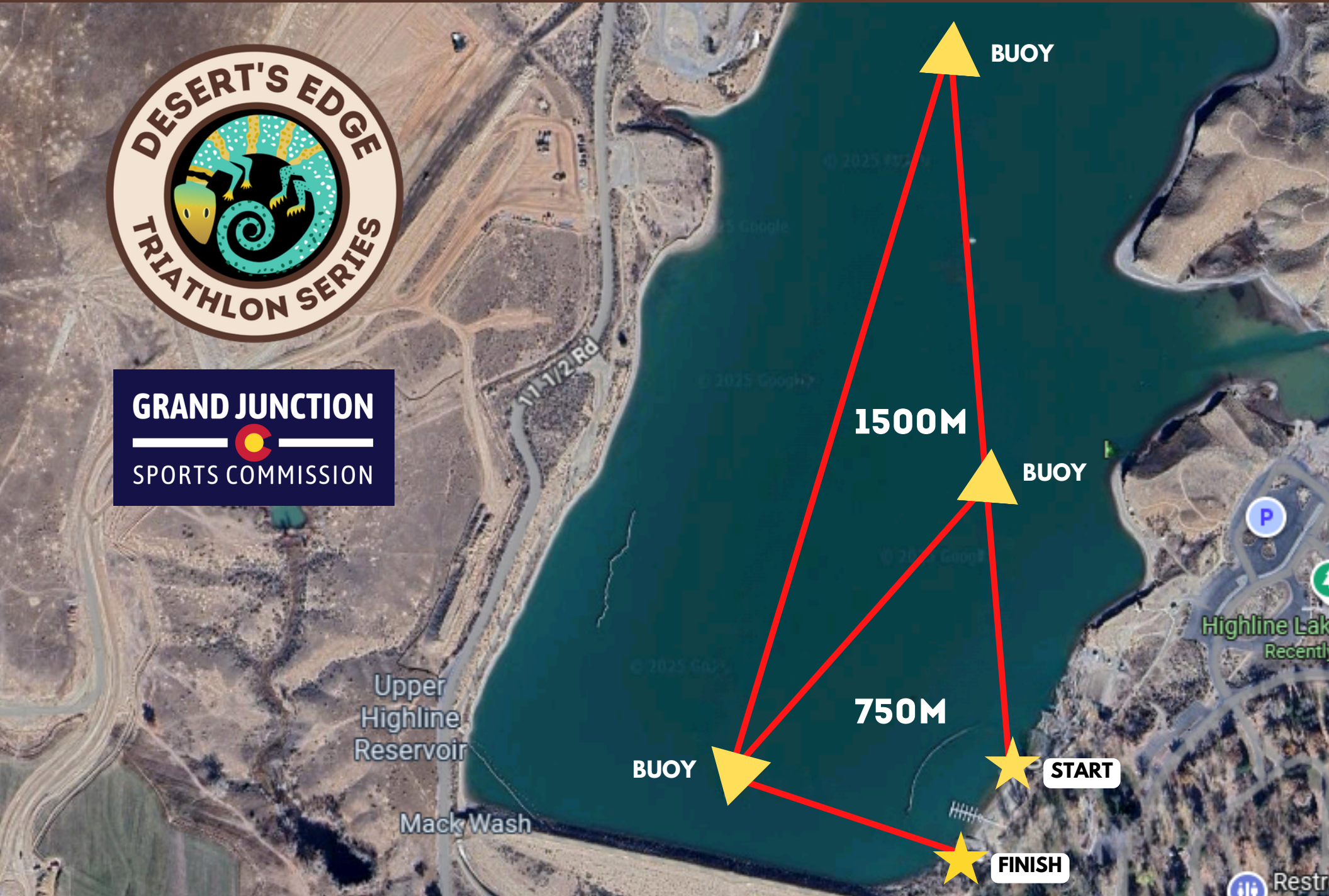
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DETS SWIM COURSE

SPRINT 750M / OLYMPIC 1500M

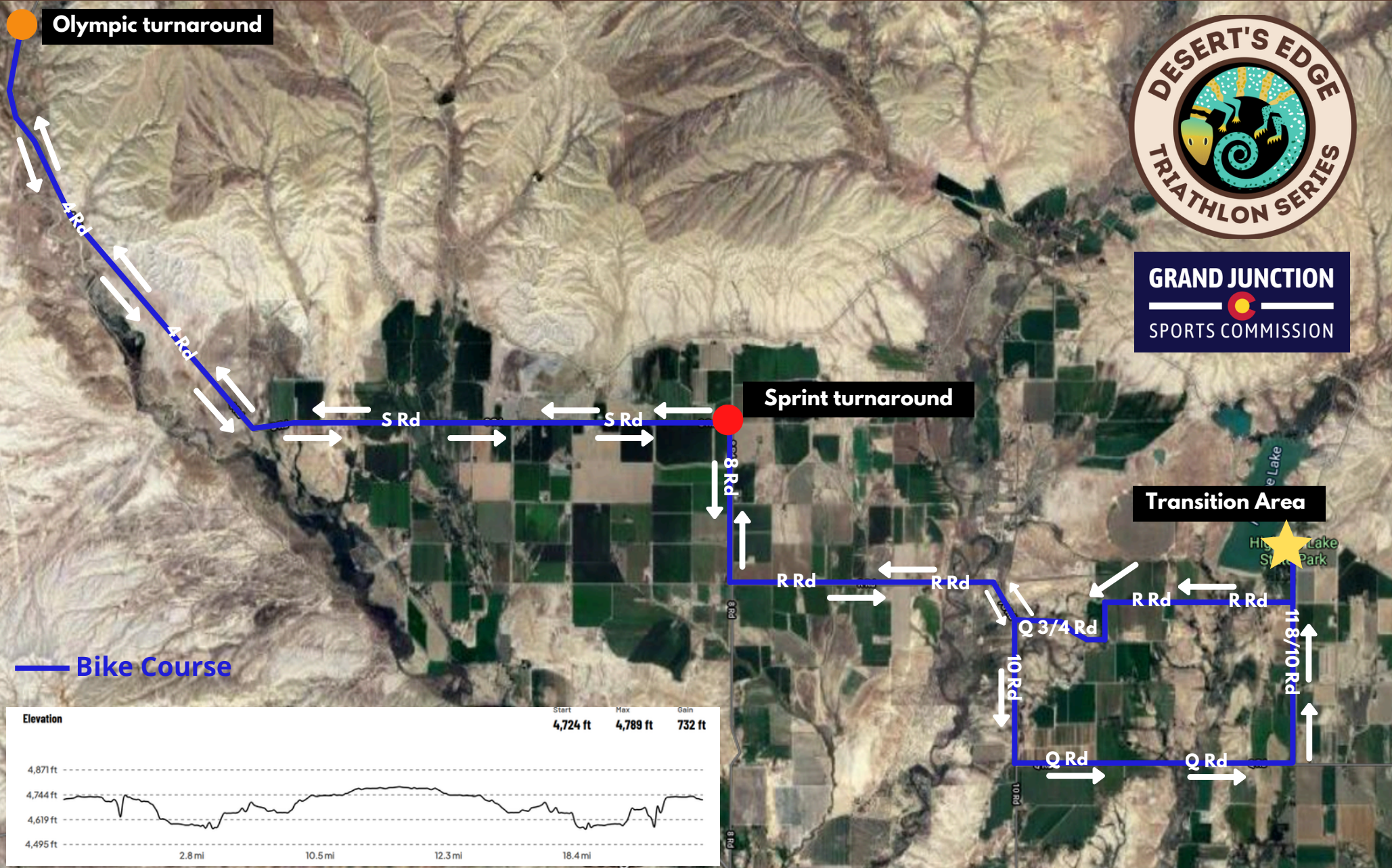


DETS ROAD BIKE COURSE

SPRINT 20K / OLYMPIC 40K



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***Traffic will yield to cyclists by way of a rolling closure. Riders must not cross center line or they will be disqualified. No drafting.**

DETS RUN COURSE - SATURDAY

5K SPRINT (1 LAP) / 10K OLYMPIC (2 LAPS)



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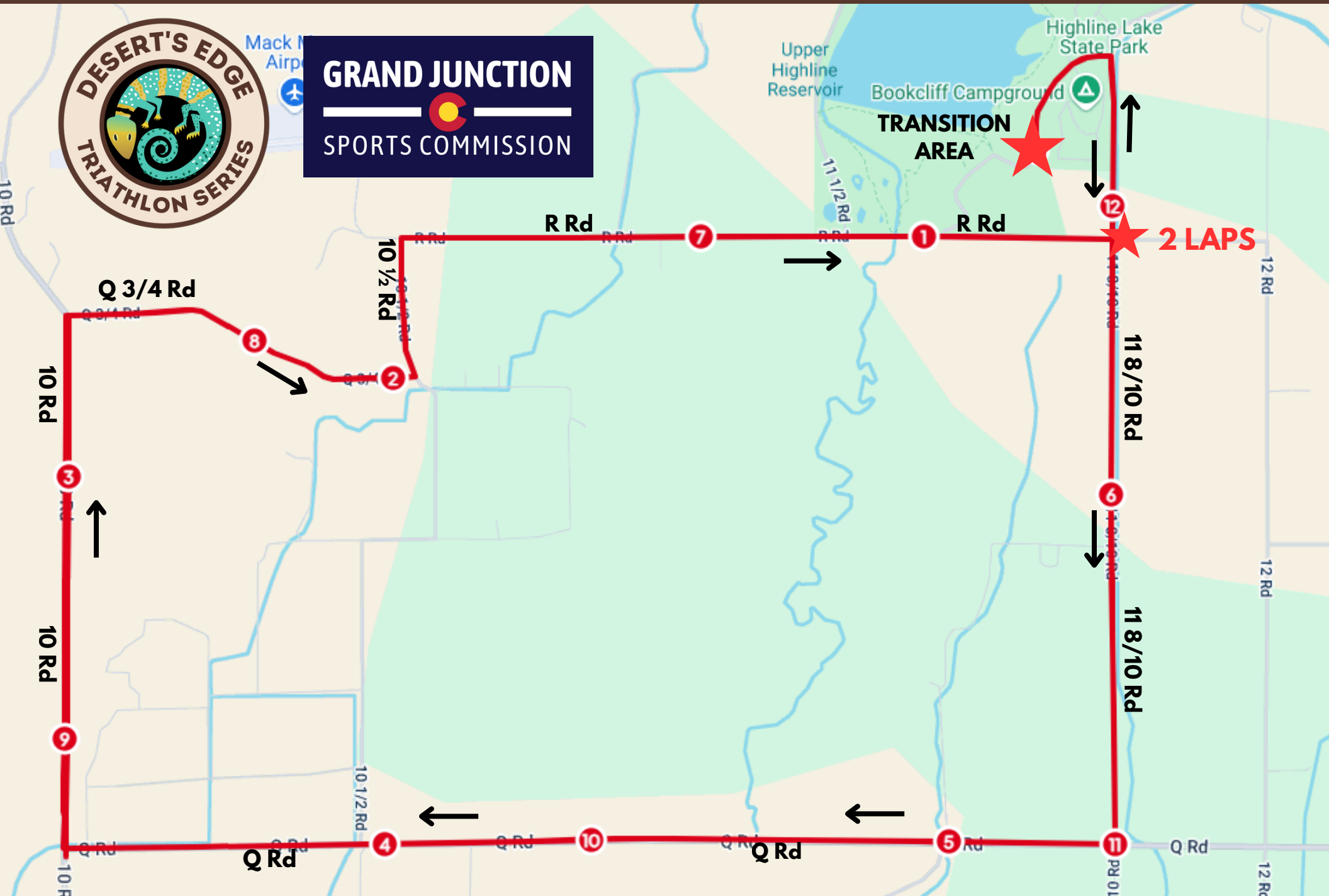


DETS COLLEGIATE BIKE COURSE

20K (2 LAPS)



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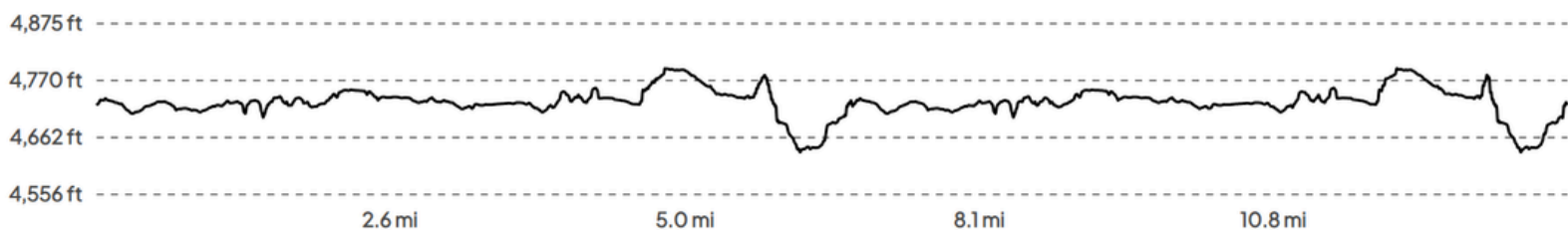
OFF-ROAD BIKE COURSE

OFF-ROAD 23K



Elevation

Start	Max	Gain
4,725 ft	4,793 ft	569 ft



DETS COLLEGIATE/OFF-ROAD RUN COURSE - SUNDAY

5K

