

Without Limits Productions LLC

Steamboat Lake Sprint Triathlon

On road triathlon

Pre-race Proposal/details

Proposed Date: Sunday July 27th, 2025

Start Time: 8 am

Max Cap: 300 athletes

Event Narrative and details

The Steamboat Lake Sprint Triathlon is a fun competitive event that was produced from 2011-2024. The event setup and courses are the same for 2024 as prior editions. A portion of the event proceeds will be donated to a designated local non-profit charity. This is a triathlon event with a swim course set at 750 meters, bike course at 12.4 miles, and a run course set at 3.5 miles.

Insurance/Sanctioning

Lance Panigutti are certified USA Triathlon Organization Race Directors

Without Limits Productions LLC, has applied for Sanctioning for this event through USA Triathlon Organization, the national governing body for triathlon. As a sanctioned race, and as USAT Certified Race Directors we intend to comply with all guidelines and best practices developed by USAT, Without Limits, and Steamboat Springs that are specific to this race. Insurance will be provided through the sanctioning process, and will list all applicable parties, as additionally insured specific to this event.

- 1.) The First Aid/Medical plan is attached. The brief overview is that we will comply with USAT guidelines and provide 1 lifeguard for every 50 athletes in the water. The lead kayaker provided by WLP, will set up to monitor and aid any struggling swimmers on the course. Additionally, Without Limits has staff members that are American Red Cross certified lifeguards, first aid, CPR, and AED. Rapid Response Certified EMTs provided at the expense of Without Limits Productions will be on site with ALS equipped medical coverage available for medical emergencies.
- 2.) Insurance-Without Limits will provide an insurance certificate naming "Steamboat Lake State Park, Routt County" as additionally insured prior to the race. Insurance will be obtained through USA Triathlon Org. with the coverage limits according to the Special Activity Agreement.
- 3.) The Sanitation requirements- Athletes and spectators will be directed to use the portable restrooms. WLP will provide temporary Port-o-lets contracted through Aces High at the Start/transition area. According to OSHA 1 restroom per 100 people is standard. We will bring in 1 per 50 athletes to allow for spectator use as well. These will be strategically placed with 12 port-o-lets at the transition/start area.
- 4.) Food for the athlete's post-race is provided by a local food vendor.
- 5.) After our initial discussion with Steamboat Lake State Park Ranger Staff we do not foresee any major Public Safety Issues/Conflicts with other visitors. Parking for the racers and spectators has been discussed with maximum limits in place and designated parking areas available. Water and electrolyte drinks will also be located at the finish area.
- 6.) Event registration is handled both online and through mail in registration forms. Racedirectorsolutions.com online registration will be used for registration. Direct registration links and downloads will be on our website www.withoutlimits.com.
- 7.) Marketing and Promotion of the event currently consists of the Steamboat Lake Sprint Triathlon website, email, print posters and registration forms distributed throughout Colorado, targeted magazine ads (Competitor magazine, etc...), all pertinent website postings, Racing Underground's

Timing website calendar, USAT and regional calendars. The Colorado Tri Tour is being advertised on Facebook as well.

Courses:

Please see course maps on last pages

Transition Area:

The transition area is a secured area where the athletes temporarily store their gear to transition between disciplines. The TA will be placed in the Steamboat Lake State Park Main Parking lot. Map attached.

Swim course:

The swim portion of the event will take place within the lake. The course length is to be set at 750 meters, delineated by large inflatable orange buoys. With the approval of Steamboat Lake we will put in place the temporary anchors with small 6" round slalom course buoys the evening prior to the race. The morning of the race we can quickly clip on the large orange buoys. *(Additional Swim Course Safety Contingency plan is attached)*

Bike Course:

The on-road bike course will be an out and back course with a total length of 12.4 miles (Sprint). Routt County Sheriff's will be contracted to control the 2 right hand turns and turn-around area on CR 129. Course Marshalls, traffic control equipment, and signage will also be in place to maintain a safe racing environment for bicycles and car traffic. *(Maps attached)*

Run Course:

The 3.5-mile run course will start with athletes leaving Steamboat Lake State Park and traveling down CR 62, taking a right hand turn on CR 129, then .25 mile down the athletes will take a right hand turn onto the Willow Creek Trail System for the remaining portion of the run course. *(Map attached)*

Finish Area/Awards Ceremony:

The Finish area will be in the main parking lot, adjacent to the transition area at Steamboat Lake State Park. There will be a temporary blow up arch or metal arch to delineate the finish line, a 10x10 pop-tent for the timing crew located next to the finish arch. The awards ceremony will immediately follow the event at Steamboat Lake State Park

**Without Limits Productions LLC.
Medical & Communications
Contingency Plan**

Race Director: Lance Panigutti (First aid, CPR, Lifeguard certified)

A Designated First Aid Tent will be located near the Finish Line area and clearly marked.

All Medical staff will have proper USAT Medical Claim forms along with the normal necessary equipment for first aid emergencies.

-Local hospital will be notified of the race event and its date, 10 days prior, so that they will have a warning of possible race-related injury cases arriving at their facility on that date.

-Emergency First Aid/EMS personal on site and have been contracted through North Routt Fire Protection District Ambulance Services with an BLS ambulance on site who will be responsible for any medical incidence evaluation, first aid care, and transportation if needed. In the case of transportation to the hospital the Race Staff will immediately send the assistant race director to the hospital as the event liaison. The run course has been setup close to the access roads. So in the event of a participant needing transportation from the trails, designated race staff along with the ambulance EMT/Paramedics will drive to the closest point along the access road, walk into the trails and extract according to the EMT/Paramedics direction. Park staff will be notified immediately of any emergencies.

Communications

- The park and race director will be on a two-way radio during the race to facilitate effective communication between the two entities. Radios will be provided either by the park or RD.
- WLP will provide the park with a list of names and cell phone numbers of the race directors, and or emergency responders prior to the race.
- All volunteers will have a laminated emergency contact notification card with key contact information, and emergency procedures.
- Cell Phones will be on hand by all race staff, Radios with park staff, and as many volunteers as possible for communication, as this has been identified to be the most reliable method of communications with the terrain.
- Lifeguard whistles will be used throughout the swim course by Lifeguards and RD's in accordance with standard lifeguard procedures.

-In the event of a medical emergency out on the course, all volunteers will be instructed during the volunteer meeting, to immediately notify the Race Director/Medical Director: Lance Panigutti, and he will dispatch the ems/appropriate personnel to the site, and notify park staff immediately. If they are unable to get in touch with the initial race director they will be instructed to notify Assistant Race Director: Tricia Dixon, and keep working their way down the list until they get a confirmed response. Once the RD's have been notified, he will immediately notify the medical personnel to be dispatched out on the course if needed, then notify the designated park representative who will then notify park staff and ultimately the Police Department if staff deems necessary. Once Medical personnel have been notified the RD will then notify the Assistant RD, and head volunteer coordinator to respond to the situation and gather the necessary information, and aid as needed.

Without Limits Productions LLC. Swim Course Safety Contingency Plan

The Swim Course safety contingency plan specifically for the Steamboat Lake Sprint Triathlon event held at Steamboat Lake State Park., will include the following:

Course Markings will include both Large and Small Orange Swim buoys clearly marking the course. There will be a Lead Rescue Board or Kayak at the start of the 1st wave to help the swimmers navigate the course and get the proper directional flow going. Once the lead Board/Kayak has completed its first lap it will head back out to take up a station on one leg of the swim course. We will have 1 certified lifeguard with appropriate lifeguard safety equipment (rescue tubes, medical kits, whistles, etc...) for every 50 athletes in the water to optimize visibility and safety. 2 lifeguards will also be patrolling the swim start and swim finish areas from the shoreline.

EMT's will be stationed with their ambulance at near the beach and easily accessible to exit as needed in case of transport, and will station their personnel at the waters edge, ready to respond.

Boats:

- 1) 1-2 SLSP boats will be on hand to monitor swimmers and boating traffic keeping any boat traffic away from the swim course.
- 2) Additional boats/kayaks will be stationed on the course in between the line of buoys and around the perimeter of the course, with life jackets on board.

Due to the high probability of a wetsuit swim, all swimmers will be visibly body marked on the right hand for uniformity, with a brightly colored swim cap. Athletes in need of assistance will be instructed to remove their swim cap and wave it for a lifeguard to see.

To safely track the swimmers using best practices we will be counting bikes at the transition area to confirm all swimmers have safely exited the swim course. We will also be monitoring and confirming this information with the timing chip system being used. In the event of a missing swimmer a search will be conducted according to standard Red Cross lifeguard search and rescue procedures.

The weather will be closely monitored, along with water temperature to ensure a safe swim course, prior to and during the swim portion of the event. In addition, the course will be checked for any obstructions that may be unsafe for the swimmers during the swim course setup.

Without Limits Productions LLC. Bike Course Safety Contingency Plan

The Bike Course safety contingency plan specifically for Without Limits Productions triathlons held at Steamboat Lake State Park, which will include the following:

Primary Contact: Lance Panigutti 303-408-1195

Course Markings will be provided by directional signs and a temporary mount dismount line beginning and ending the bike course.

There will be a Lead bike/vehicle going out on the course with the first biker.

In addition to the Lead bike/vehicle there will be a SAG wagon/bike following the last biker through the course, with an additional draft marshal out on the course.

There are no Bike/Bike crossover sections, and no Bike/Run crossover sections.

Bikes will be numbered with the athlete's corresponding race #.

There will be 2 police officers at the high traffic intersections for the direction/control of traffic and athlete safety. They will be located with one at the intersection of CR 62 and CR 129, and the second at the turn

around point 6.2 miles into the course on CO RD 129. The course will be open to traffic, however marshaled by the police officers and race course marshals.

A minimum of 4 course marshals will be located throughout the course located at the bike mount/dismount line, course turns, and turnaround point. These will be volunteers provided by Without Limits Productions. The course directional changes will be delineated by the use of cones and signs.

Cyclists will always be going with the flow of traffic, and the roads will be open to normal vehicular traffic under the direction of the officers present.

Without Limits Productions LLC. Run Course Safety Contingency Plan

The Run Course safety contingency plan specifically for Steamboat Lake Sprint Triathlon held at Steamboat Lake State Park, and will include the following:

This run course will be a mix of paved street and trail run, and will have 1-2 volunteer at the run exit onto the course and at all course directional changes. Due to this being both on road and a trail run we will mark all course changes with highly visible, temporary markings such as barricades, signs, and cone topper signs.

There will be two aid station located on the course at mile markers 1.5 and 2.8, and will contain water, sports drinks, and gel's for the athletes. Additionally, there will be a water station at the exit of the T/A onto the run course.

The trail portion of the run has access for EMS to respond accordingly.

Steamboat Lake Sprint Triathlon-MHT Plan (Method of Handling Traffic)

- 1) Course Map is enclosed.
- 2) The road ways will remain open to traffic, but safely monitored and controlled by Routt County Sherriff's department deputies.
- 3) Traffic control points/intersections are as follows: A) exit from Steamboat Lake State Park Marina onto County Road 62 (1 police officer & 1-2 marshals). B) County Road 62 and County Road 129 Intersection (1 police officer & 2 marshals). C) Turn around point located on County Road 129, approximately 5 miles Southeast of CR62/CR129 intersection (1 police officer & 2 course marshals).
- 4) Time frame these areas will be impacted is between 0805 hrs to 1000 hrs, during the bike portion of the event. They will remain open to vehicular traffic, but vehicular traffic will be monitored and temporarily held until it is safe for them to pass as determined by onsite police unit.
- 5) Total number of on course personnel involved in road closures: 3 police units & 5-6 course marshals.
- 6) Primary Contact during event: Lance Panigutti 303-408-1195

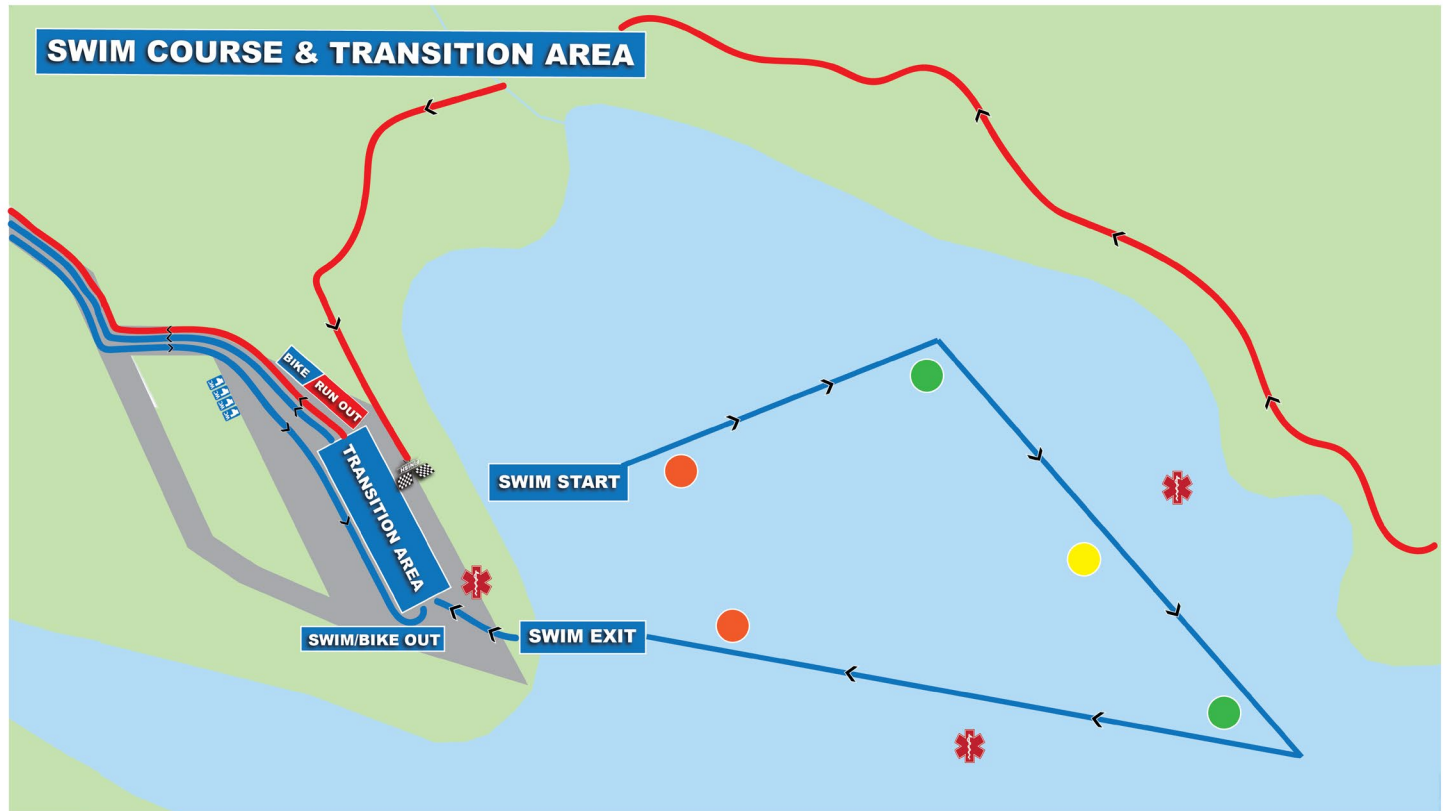
Weather Contingency Plan

In all cases the weather will be closely monitored. Water temps will be monitored by taking 3 readings throughout the course and taking their average. If the water temps are below 62 degrees using this

measurement method, the course will be shortened. If the water temps are below 55 degrees, the format of the event will change to a run/bike/run format.

In the event weather prevents a safe swimming environment, a run/bike/run format will be utilized. In the event weather is a factor, such as lightning and thunder are present, we will delay the start of the race for up to 45 minutes to see if it will pass. If it does not pass, the alternate format will be used as long as the bike and run course continue to be safe.

In the event the weather does not cooperate at all, we will look to reschedule the event if the venue can accommodate it, or cancel the event outright.



BIKE COURSE



RUN COURSE

