

Instructions- Kern River Festival Wild & Scenic Triathlon Saturday, April 22, 2017

Welcome to the Kern River Festival's 4th Annual Wild & Scenic Triathlon. Our goal is to have a fun, challenging event that appeals to the athlete in each of us, as well as elite competitors. The order has changed. It is now a Trail Run/Mt. Bike/River Paddle. The Tri is scenic, and well...kinda wild.

Registration:

Make sure you register online in the correct category. If you (or your team) use a hard-shell boat/SUP that is 11.5 feet or longer register in the Competitive Class. Anything shorter, or an inflatable, then register in the Recreation Class.

You will be given a bib at the pre-race meeting. You must wear the bib during the bike, run, & paddle. You may receive help taking it off/on. If you are on a team, think of the bib as a baton that you hand off to your team member. Your bib must be clearly visible over your pfd during the paddle portion of the race. You may receive help putting your bib on over your pfd. That's the only way we can ensure finish order is correct.

Mandatory Pre-Race Meeting: 9:00am River Kern Beach Parking Lot :

The mandatory pre-race meeting for all participants starts promptly at 9:00am. The meeting is at River Kern Beach Parking Lot, 2.5 miles north of Kernville. Racers check-in & bibs will be handed out. Boat transport will be necessary to the boat start down river at the SCE Power-plant work-yard (this year, the paddle start is below Powerhouse rapid). Runners & bikers then head north approximately 1 mile to Siphon Road for the start of Run & Bike segments. The start is located across from Headquarters Campground (just north of the town of River Kern). Parking is limited. Carpool or supply your own shuttle driver.

Run Segment:

The run begins 200yds uphill from the Headquarters Campground Sign. There will be a short downhill warm up section to the HQ Sign, then back up the Siphon road for a 2.6 mile uphill/downhill run that will finish back at the run start.

Bike Segment:

Bike helmets are mandatory. The ride has some good ascents and descents...3.7 miles total. Same downhill warm-up around the HQ sign as the run. 1.8 mile uphill with elevation gain of 700'. This is a dirt roadway that is frequently graded, but could be rutted due to recent rains prior to the race. A turnaround near the top of the Siphon road and a 1.5 mile downhill return on the same road with an additional single track section ½ way down. There are some sharp turns and big drop-offs which require caution; especially on the descent. These areas will be center-coned to keep traffic on the right side of the road. Down-hillers need to be especially aware of up-hillers on the descent.

Riders are required to stay right of center going up and down the course. No passing is allowed on corners going downhill. Riders hearing the yelling of “track” are expected to move to the right to let downhill riders pass. Stay left as you pass. There is a possibility of being disqualified for not following the “stay right rule”.

Competitive class bikers will be directed to an additional single track section in the meadow by the creek, near the bottom-middle of the road. This is technical riding and you need to be up to the challenge before entering this class. There is a creek crossing.

The creek crossing will have a slack assist line to help. Be careful here. A steep climb up the hillside is followed by a traverse above River Kern on a single track trail. The trail winds around then connects with the SCE Edison Forebay road and drops down to Mt. 99, 50 yds above the entrance to the SCE Power-plant work yard.

Paddle Segment:

The paddle will begin in the eddy at the upstream side of the Power plant. This section requires class 3 and sometimes greater boating skills.

All paddler's must have a type 3/5 pfd, helmets, and clothing sufficient for water conditions.

River rules. You must allow a faster paddler to pass you in a rapid if possible. You must assist a distressed paddler if needed. If someone is swimming in front of you, and they signal they are ok, you may continue on the course. The finish line is at the bottom of the park in Riverside Park. There may or may not be a "Finish" line strung across the river. Someone will let you know you've crossed the finish line. Try not to touch the striped slalom gates hanging in the Park as you paddle by. Take out is on the right bank. You need to stay in your boat for safety until the boat behind you successfully crosses the finish.

Make sure your bib is worn over your pfd and clearly visible as you cross the finish line. If we can't see your bib, we can't score you.

Results:

We will post results during the day and hand out awards during the Saturday night dinner in the Park.

Thanks for competing. We hope you have a blast! Thanks for supporting the Kern Valley River Council.

FAQs

Where and when do I register?

Go the Kern River Festival website. Register prior to race day and receive a discount.

What group can I race in?

Men solo, Competitive, or Recreation

Women solo, Competitive, or Recreation

Men's team, Competitive, or Recreation

Women's team, Competitive, or Recreation

Mixed team, Competitive, or Recreation

If you paddle in a hard shell kayak or SUP over 11.5' long, you must register Competitive.

I need a whitewater paddler!

Contact us for potential paddlers looking for teams.

My team member wants to do two segments.

It is ok to compete in 2 of 3 events. You can have one additional person(a team of 4) in your raft if you desire a 4-person raft.

Can I race as a team and individual?

Yes. You can only do the bike segment for your team. You must have 2 bibs.

Any special rules or equipment required?

Yes. Helmets for bikers and boaters. Pfd's for boaters.

May I wear my headphones?

No. For safety reasons, no headphones may be worn.

May I get help with putting my bib on?

Yes.

What should I do with my bib at the end of the race?

Please turn your bib in to a race official.

Results and Awards?

We will post awards as soon as they are compiled. Awards will be given during the dinner Saturday

night in Riverside Park.

More questions?

Please email tom@sierrasouth.com. Subject Kern River Festival Wild & Scenic Triathlon Race Question