



2021 ALASKA WOMEN'S GOLD NUGGET TRIATHLON

OFFICAL RACE GUIDE

RACE PARTNERS



THE ALASKA CLUB





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Good luck to team
ConocoPhillips and to
all other participants.

Go ladies!

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WELCOME TO THE 38TH GOLD NUGGET TRIATHLON

On behalf of the Board of Directors we welcome you back to the Gold Nugget Triathlon!

Training in 2020 was harder than ever with pools closed and running and cycling groups canceled. So what did we do? We trained harder. The year 2020 will go down in history as one of the most difficult years in our lifetime. We endured great tests of will and strength and now it's time to take the strength we gained and leave it all out on the course!

The Gold Nugget Triathlon mission is to "Empower women and girls to improve their lives through athletics" and this year we've taken it a few steps further. We are proud to have expanded the race options to include virtual and hybrid events. While registering and participating in the main event is still steeped in our 38-year history, the virtual and hybrid events give racers from near and far a chance to participate and enjoy the support of their family and friends in their race experience. It is our sincere hope that this year's event options challenge and inspire new racers of all ages to join us in 2022.

In the spirit of being a good community partner, we again asked racers to donate to our charity of choice, Clare House. With the racers generous donations combined with the Board's match we will be donating over \$11,000 to this important non-profit organization. Moms and kids are often in compromised situations sleeping in a car or on the street with nowhere else to go before they find refuge at Clare House. Clare House provides services including an emergency shelter program and support and case management services to help guide families to permanent stability. You can learn more about Clare House on page 36.

Last and certainly not least, this event could not take place without the help of our volunteer race committee and all the volunteers dedicating their time and energy throughout race week. If you see a volunteer this week during your GNT experience please take time to thank them.

Let's hope for sunny skies during race week! Good luck to everyone and have fun!

Mary Vollendorf
President

Gold Nugget Triathlon Board of Directors



Congratulations Gold Nugget Finishers!



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ALASKA WOMEN'S GOLD NUGGET TRIATHLON



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Empowering Women and Girls
to Improve Their Lives Through Athletics.

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Timing and Results – Skinny Raven Events and Timing

Ambience – Jen Hardy

Banquet – Pat Geitz, Janet Thibert

Bib Pickup – Trudy Keller

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Finish – Lorena Edenfield, Chris Kent,
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Transitions – Lora Jorgensen, Marcia Davis,
Mary Diel

Venue Management – Colin Fay, Mike Vania

Volunteers – Diane Moxness



Empower girls. Change the world.

It takes a lot of drive to push past boundaries and limits to change the world. We're proud to support the Alaska Women's Gold Nugget Triathlon and everyone who works to give girls the confidence they need to make their communities a better place. We're glad they're a part of our global community.



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2020/2021 LOGO CONTEST WINNER

AMY STROHMEYER



2021 ALASKA WOMEN'S GOLD NUGGET TRIATHLON

Amy Strohmeyer has lived in Alaska for only a few years now, but she has fallen in love with the state, the people, and the gorgeous scenery. Amy is a graphic designer, and loves cross country skiing, rock climbing, hiking, and going on runs with her two puppies and husband. She wishes every racer luck, and hopes every second of your experience in the triathlon is filled with passion, unrelenting drive, and pure joy!

— PAST RACE WINNERS —

1984 Alice Godfred	1997 Alice Godfred	2010 Shannon Donley
1985 Alice Godfred	1998 Rachel Steer	2011 Shannon Donley
1986 Alice Godfred	1999 Lisa Keller	2012 Amber Stull
1987 Trudy Branderhorst	2000 Shannon Donley	2013 Amber Stull
1988 Alice Godfred	2001 Shannon Donley	2014 Amber Stull
1989 Alice Godfred	2002 Shannon Donley	2015 Kinsey Laine
1990 Trudy Branderhorst	2003 Lori Deschamps	2016 Kinsey Laine
1991 Trudy Branderhorst	2004 Shannon Donley	2017 Kinsey Laine
1992 Alice Godfred	2005 Kikkan Randall	2018 Sheryl Mowhinkel-Fleming
1993 Alice Godfred	2006 Shannon Donley	2019 Stephanie Arnold
1994 Laurie Abrams	2007 Lori Deschamps	
1995 Laurie Abrams	2008 Lori Deschamps	
1996 Laurie Abrams	2009 Shannon Donley	



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THE GOLD NUGGET TRIATHLON — MAY 7-16, 2021

BIB PICK UPS

Tuesday, May 4	4:30 pm - 6:30 pm	Skinny Raven Sports 800 H Street
Wednesday, May 5	4:30 pm - 6:30 pm	Trek Bicycle Store 530 East Benson Blvd

Additional packet pick-ups will be available during the hybrid swim events in Anchorage and packet pick-up will be available in Fairbanks (May 11) and Wasilla (May 12).

Visit the GNT website for more information on packet pick-ups.

After crossing the finish line racers can celebrate their finish. Grab some water in a cool earth-friendly aluminum bottle, sports drink, and a to-go food pack. Stop by the Alaska Airlines red carpet photo booth to get your printed finish photo.

BIB AND RACE NUMBERS

- **Live in-person triathlon racers** will receive an envelope with their bib, helmet and bike stickers, and race tattoos at bib pickup or mailed if you opted to have your swag pack shipped.
- **Virtual racers** will receive a bib at bib pick-up or can download your bib from their RunSignUp account.
- **Hybrid racers** will be assigned a bib at bib pick-up or your bib will be mailed to you if you opted to have your swag pack shipped.

RACE WEEK SCHEDULE OF EVENTS

May 7 - 16 | Virtual Triathlon and Duathlon

May 7 - 16 | Hybrid Triathlon

- **May 7 - 14:** Hybrid 1 Live Swims (*pre-registration required*)
- **May 15:** Hybrid 1 and 2 Live Run (*pre-registration required*)

Saturday, May 15 | Bartlett High School | Hybrid 1 and 2 Live Run

Sunday March 16 | Chugiak High School | Live In-person Triathlon



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VIRTUAL TRIATHLON	VIRTUAL DUATHLON	HYBRID TRIATHLON 1	HYBRID TRIATHLON 2	LIVE TRIATHLON
May 7th - 16th		May 7th - 16th Live swims May 7-14 (locations vary) Live run on May 15 (Bartlett High School)		May 16th (Chugiak High School)
Live swim - 500 yd Virtual bike - 12 mi Live run - 3.1 mi	Virtual swim - 500 yd Virtual bike - 12 mi Live run - 3.1 mi	Virtual swim - 500 yd Virtual bike - 12 mi Virtual run - 3.1 mi	Virtual run - 1.2 mi Virtual bike - 12 mi Virtual - 3.1 mi	Snake swim - 300 yd Bike - 9 mi Run - 3.1 mi

THE GOLD NUGGET TRIATHLON — VIRTUAL

VIRTUAL Triathlon or Duathlon

Virtual Triathlon

Virtual Duathlon

VIRTUAL RACE DISTANCES

Virtual Triathlon

- **SWIM** - 500 yards
- **BIKE** - 12 miles
- **RUN** - 3.1 miles

Virtual Duathlon

- **RUN** - 1.2 miles
- **BIKE** - 12 miles
- **RUN** - 3.1 miles

Choose your location for all events. Complete them all on the same day and spread them out over several days. Your race, anywhere, anytime May 7 – 16.

You time yourself and submit results online through your RunSignUp profile. Results must be submitted by 8:00 pm on May 16. See more about submitting your time on page 28.

Share your race experience on Facebook. Snap a photo with your bib, and create your own finish line and share your race story on the Spirit of GNT Facebook group.

THE GOLD NUGGET TRIATHLON — HYBRID

HYBRID Triathlon: 500 yard swim, 12 mile bike, 3.1 mile run

<u>Option 1</u>	<u>Option 2</u>
Live Swim - Virtual Bike - Live Run	Virtual Swim - Virtual Bike - Live Run
<ul style="list-style-type: none">Swim at a hosted swim, May 7-14Virtual bike on your own, May 7-16Run on Saturday, May 15 at Bartlett HS	<ul style="list-style-type: none">Virtual swim & bike on your own, May 7-16Run on Saturday, May 15 at Bartlett HS

HYBRID RACE DISTANCES

- **SWIM** - 500 yards
- **BIKE** - 12 miles
- **RUN** - 3.1 mile

Hybrid Swim (500 yards)

Racers in the Hybrid 2 event will complete their swim virtually on their own and upload their results when completed. See more about submitting your time on page 28.

Racers in the Hybrid 1 event will complete their swim in person at a GNT-hosted swim. During registration racers in the Hybrid 1 event selected a date and location to complete the in-person swim portion of their event. In-person swim options will be held May 7 – May 14.

Volunteer timers will time each racer's swim and final times will be uploaded to RunSignUp by GNT race staff.

Hybrid 1 In-person Swim Options

(racers must be registered for one of these time spots in order to participate).

5/7 (Fri)	5/8 (Sat)	5/11 (Tue)	5/12 (Wed)	5/13 (Thur)	5/14 (Fri)
Bartlett HS	Bartlett HS	AKC-South	AKC-Wasilla	AKC-South	AKC-East
6:30-7:30 pm	8:40-11:40 am	8:00-8:40 am	1:00-3:40 pm	8:00-8:40 pm	11:20-12:40 pm
		1:20-2:00 pm		1:20-2:00 pm	
		AKC-Fairbanks			
		7:20-8:00 am			

Hybrid Bike (12 miles)



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THE GOLD NUGGET TRIATHLON — HYBRID

Bike on your own anywhere you want: indoors on a trainer or stationary bike or outside, hilly or flat – you choose your bike and course! Bike portion must be completed May 7 – May 14.

You time yourself and submit results online through your RunSignUp profile. Results must be submitted by 8:00 p.m. on May 16. See more about submitting your time on page 28.

Hybrid Live Run (3.1 miles) | May 15, Bartlett High School

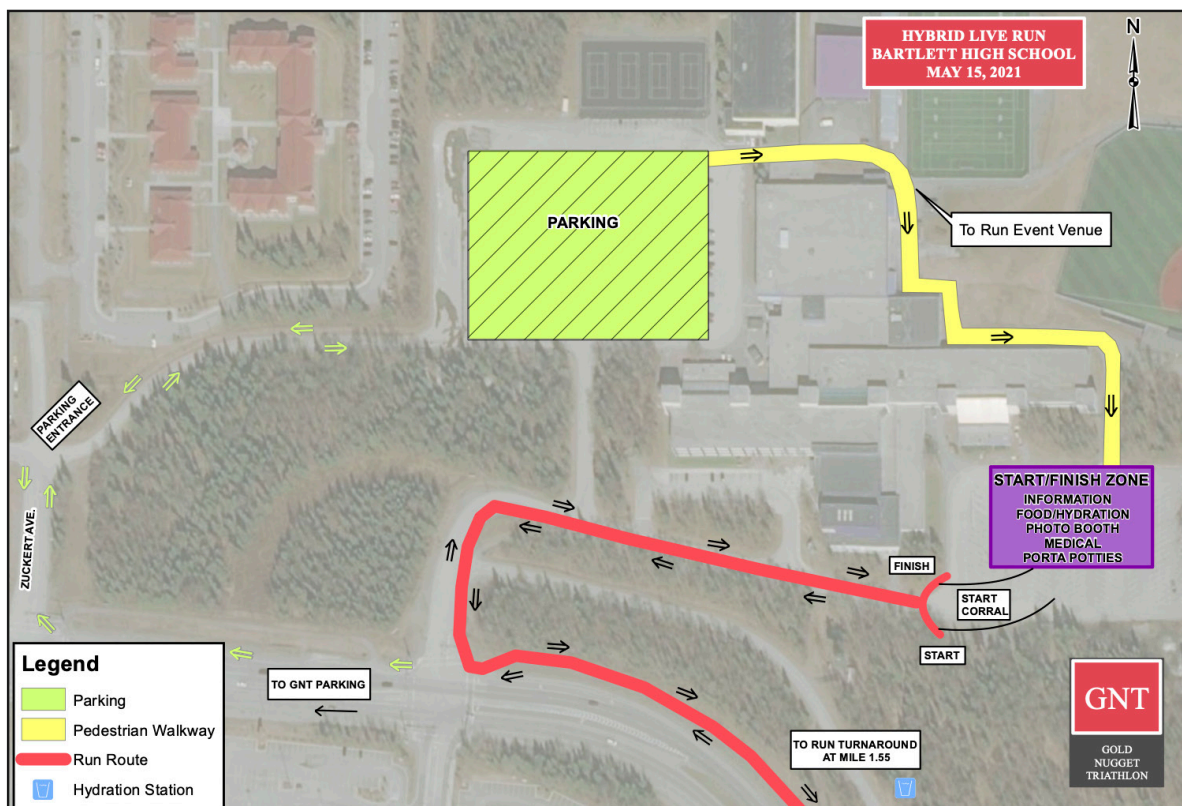
All Hybrid 1 and 2 racers will come together on May 15 for an in-person run event. The run will take place at Bartlett High School. The 3.1 mile run will start and finish in the main event area in the faculty parking lot.

COVID PROTOCOL MUSTS AT THE HYBRID IN-PERSON RUN

Racers must have masks on when not competing. If you are mingling, standing in line, etc. you must have a mask on. If you did not bring one, there will be masks available at several locations around the venue.

Once you have finished your race you must immediately put a mask on and leave it on until you are back in your vehicle.

Visit the GNT website for more information on the hybrid event.



THE GOLD NUGGET TRIATHLON — HYBRID

Parking - Hybrid Live Run

All parking will be in the main Bartlett High School parking lot (the usual GNT main event and transition area). For access to GNT parking, turn right at the second traffic light at Zuckert Avenue and enter through the entrance to the high school to the right off Zuckert Avenue. Please **do not try to gain entry** via the first entrance at Golden Bear Drive. There will be parking volunteers to help direct you.

Main Run Event Venue

Racers will access the main run start and finish area by following the marked path between the pool and gymnasium buildings and behind the school to the main event area.

Run Start and Start Corrals

Racers will be sent out in waves to maintain good social distancing. Racers selected a run wave during registration. Runners will go out in 30-minute waves from 9:00 – 11:00 am. Individuals with a sub 7:00 minute per mile pace will go out in the first wave at 9:00 am. It's a rolling start so racers can arrive anytime during their 30-minute wave.

Before entering the start corral, racers will have their temperatures taken and be asked a series of COVID-19 screening questions prior to entering the pool area.*

** Any racers displaying COVID-19 symptoms, have recently been exposed to someone with COVID-19 or do not meet other current travel or exposure guidelines are asked to not come to any in-person events and switch to the GNT virtual event.*

Once in the start corral, racers will move to the start line and begin their run event. Racer's bibs have a time chip affixed to the back that will capture the start and finish times.

Run Course

Racers will depart Bartlett High School down Golden Bear Drive using a small connector path along the way until making a hard left turn onto the Glenn Highway paved multi-use path. The run will continue out the path until the turnaround at the halfway point of the run. There will be a water station at the run turnaround. Racers will return back to the school along the same route. Upon returning to Bartlett High School runners will enter the finish chute and cross the finish line.

Run Finish

After crossing the finish line racers can celebrate their finish. Grab some water in a cool earth-friendly aluminum bottle, sports drink, and a to-go food pack. Stop by the Alaska Airlines red carpet photo booth to get your printed finish photo.



2021

Swim.
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ALASKA



Women's

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Triathlon



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THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

ALL LIVE IN-PERSON EVENT MAY 16 | CHUGIAK HS

Sprint Triathlon

LIVE EVENT RACE DISTANCES

- **SWIM** - 300 yards
- **BIKE** - 9 miles
- **RUN** - 3.1 miles

Arrival, Set-Up, and Start Times

Event starts 9:00 am. Swimmers will go out in 30 second intervals.

BIB NUMBERS	ARRIVAL TIME <i>(in transition setting up and ready to be in line at assigned line up times)</i>	LINE UP TIMES	START TIMES <i>(make your way to the entrance door of the school)</i>
1 - 30	7:45 - 8:45 am	8:40 am	9:00 - 9:15 am
31 - 60	8:00 - 9:00 am	9:00 am	9:16 - 9:30 am
61 - 90	8:15 - 9:15 am	9:15 am	9:31 - 9:45 am
91 - 120	8:30 - 9:30 am	9:30 am	9:46 - 10:00 AM
121 - 150	8:45 - 9:45 am	9:45 am	10:01 - 10:15 am
151 - 180	9:00 - 10:00 am	10:00 am	10:16 - 10:30 am
181 - 210	9:15 - 10:15 am	10:15 am	10:31 - 10:45 am
211 - 240	9:30 - 10:30 am	10:30 am	10:46 - 11:00 am
241 - 270	9:45 - 10:45 am	10:45 am	11:01 - 11:15 am
271 - 300	10:00 - 11:00 am	11:00 am	11:16 - 11:30 am
301 - 330	10:15 - 11:15 am	11:15 am	11:31 - 11:45 am
331 - 360	10:30 - 11:30 am	11:30 am	11:46 - 12:00 pm
361 - 390	10:45 - 11:45 am	11:45 am	12:01 - 12:15 pm
391 - 400+	11:00 - 12:00 pm	12:00 pm	12:16 - 12:30 pm

It is important that you are on time and ready for your specific start time

Racers are asked to do your best to arrive in your assigned time frames (not too early, not too late). With racers starting in 30 second intervals this will ensure there are no significant delays.

THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

Transition Area Set-Up

Please arrive only during your designated arrival time to set-up your transition. Volunteers will direct you to the entry spots to the transition zone. Racers will use the same transition area for both T1 (from swim to bike) and T2 (from bike to run).

The top 50 bib numbers will have their spots numbered in transition.

The remaining spots will be grouped by color and zones. Racers may take an empty spot anywhere in your color zone area.

- 1-35 in the red zone
- 36-99 in the yellow zone
- 100-199 in the blue zone
- 200-299 in the green zone
- 300+ open zones (*race officials will direct racers to color zone/transition spot*)

As racers complete their event and move out of the transition area, transition volunteers may point out available spots in other zones that you can use as space opens up. Do not take an empty spot outside of your color zone unless you have been given direction by a volunteer to do so.

LIVE IN-PERSON TRIATHLON TRANSITION

RED 1-35

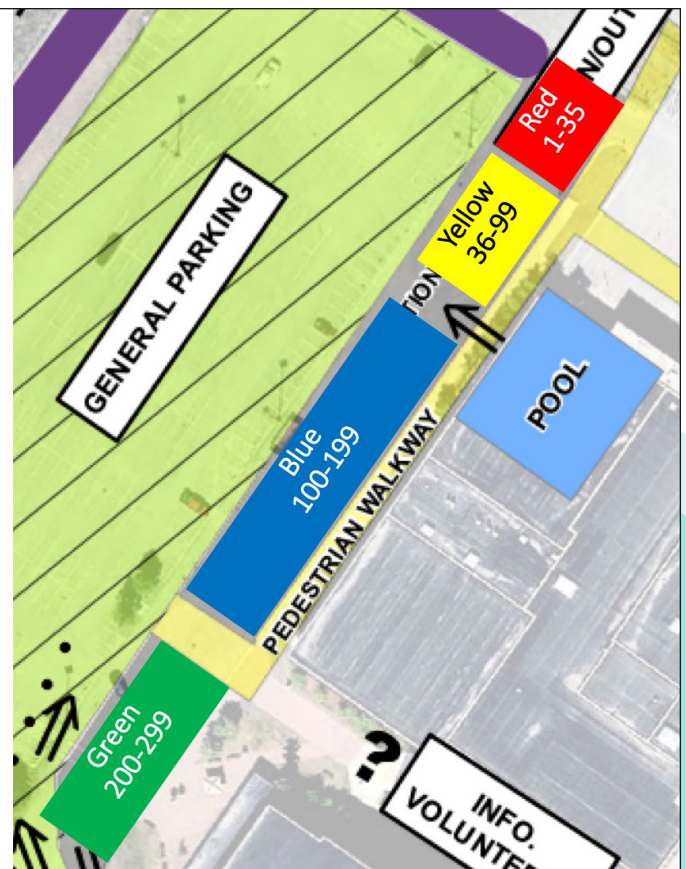
YELLOW 36-99

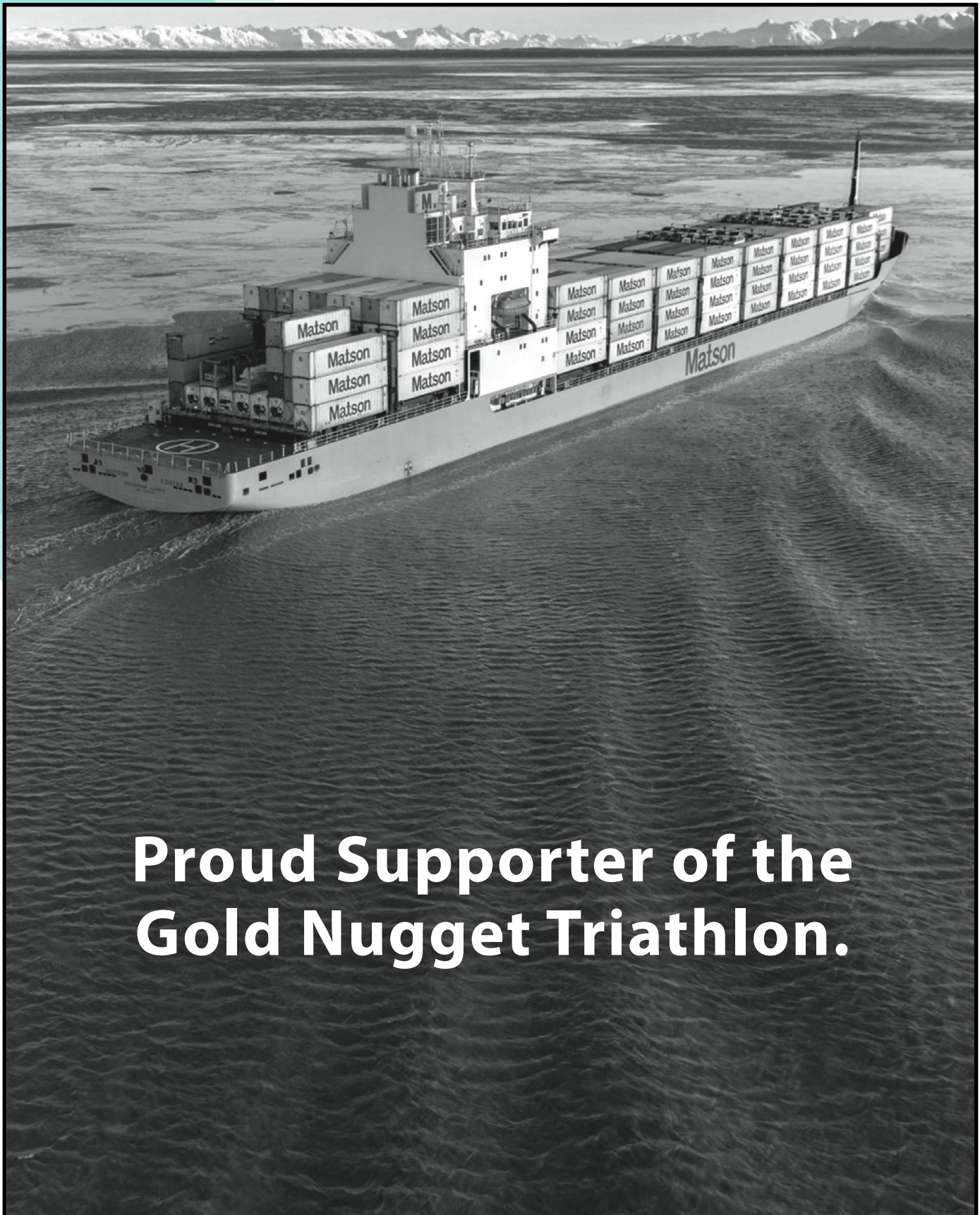
BLUE 100-199

GREEN 200-299

300+ Mixed Zone will be directed to open spots on arrival

- Transition spots are 8' apart on center
- Stay in your spot and keep distanced
- Be tidy
- Multiple spots for arrival and departure to set-up and leave





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THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

SWIM

Swim Staging / Lining Up

At Chugiak High School racers will enter the pool from the north door of the high school. When arriving at the outside door (north end of Chugiak High School) line up in bib order and always maintain 6 feet of social distancing. Before entering the school racers will have their temperatures taken and be asked a series of COVID-19 screening questions prior to entering the pool area.*

**Any racers displaying COVID-19 symptoms, have recently been exposed to someone with COVID-19 or do not meet other current travel or exposure guidelines are asked to not come to any in-person events and switch to the GNT virtual event.*

On the Pool Deck

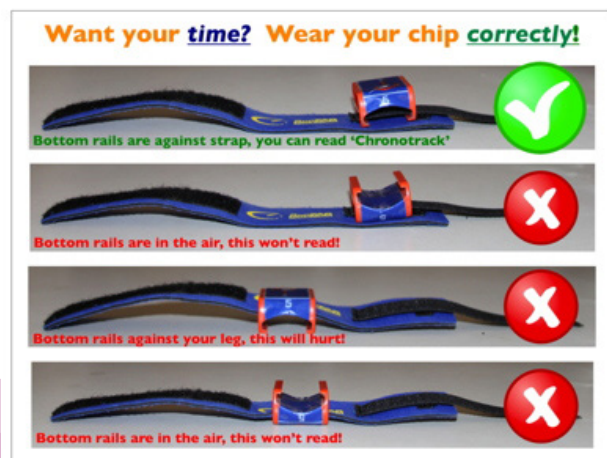
- There will be no swim warmups in the pool.
- Do not bring any personal gear into the pool. Racers will not be allowed to have any items on the pool deck. Remember racers are entering the pool at one end and getting out of the pool at the other end, thus there is no way to store your gear.
- Racers may use the locker room; but must continue to maintain social distancing at all times.
- Please assure race tattoos are on before arriving at the venue. If your tattoos need any touch up, please touch it up with a permanent marker (“Sharpie”).
- Timing chips and ankle straps (both neoprene or plastic) will be distributed on the pool deck. If preferred, racers may bring their own ankle strap. Racers will put own strap and chip on.

Ankle Strap & Chip

Timing chips and ankle straps (both neoprene or plastic) will be distributed on the pool deck. If preferred, racers may bring their own ankle strap. Racers will be asked to put their chip on their ankle strap and also on their left ankle themselves. Volunteers will not be allowed to assist.

Do not trade or use anyone else’s chip. Every chip has a unique number that is assigned to the racer’s bib number to accurately record splits and final times. The timing chip is worn for the full duration of the race: in the pool, on the bike and on the run. Once the chip is put on it should not be removed until after crossing the finish line. Chips and ankle straps must be returned to the ‘chip bucket’ in the finish zone.

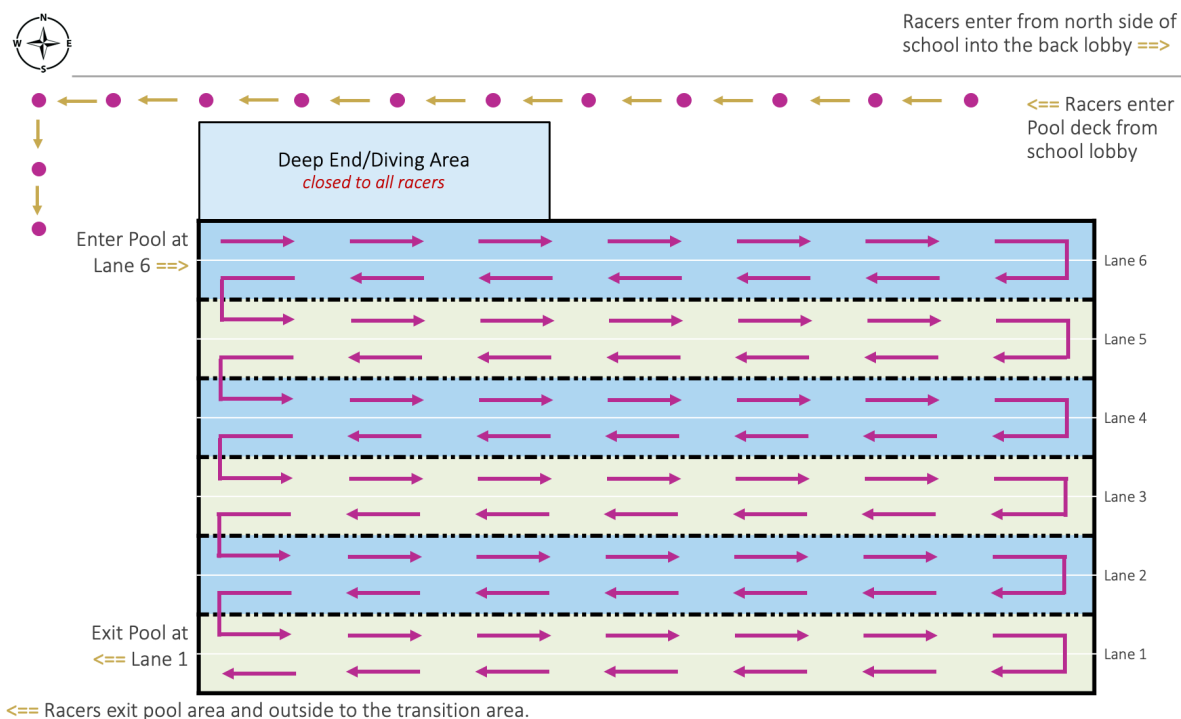
THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON



To wear the timing chip correctly, thread the velcro strap through the strap slots of the chip. Slide the chip so it lies over the end of the neoprene band and fasten with the velcro. Then fasten the band around the thinnest part of the ankle, snugly, but not too tight, with the logo facing out.

How does the snake swim work?

Racers will enter the pool from the same lane/start with approximately 30 seconds space between each racer. A timer on the pool deck with an electronic keypad will start each racer's time when they begin their swim. Racers swim the length of the lane, turn at the wall and then swim back down the same lane on the other side – completing a full lap (50 yards). With the first lap complete, racers then swim under the lane line, entering the next lane and proceed in the same manner as they did in lap one. They will continue snaking up and down the lanes until completing the 300-yard/12-lengths/6-lane snake swim. Flip turns are permissible - pushing off the wall and under the lane line to the next lane. You may also pass other swimmers but you must look before doing so and assure you have plenty of room to pass without impeding the swimmer coming in the opposite direction. If you are close to either end of the pool and you tap the swimmer in front of you, that swimmer should pull over at the wall and let the swimmer pass.



School Lobby

Locker Rooms

Locker Room Entrances

THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

Racers will exit the door immediately after exiting out of the pool. A timing mat located at the outside door will capture the end of the swim split. Racers proceed directly into the transition (watch the curb from the sidewalk to the transition area!).

BIKE COURSE

After the swim, racers will retrieve their bike from T1 and follow the “BIKE OUT” signs out of T1 and the Chugach High School parking lot. The bike course will be well marked and populated with police officers, professional flaggers, and volunteers. Racers will follow the exit road from the transition/parking area and take a right out of the parking lot onto South Birchwood Loop Road. The course continues through along with multiple turns to the stop sign at North Birchwood Loop/Birchwood Spur road. Turning left, continue about a quarter of a mile to the turnaround just before the railroad tracks.

The return follows the same course back to Chugiak High School where racers will make a left hand turn back into the school on the same ramp used when exiting on the bike. Follow all directions of the flaggers and police officers when returning back into the school. Racers must dismount in the designated area and then return their bike to their transition spot. Do not unbuckle or remove your helmet prior to dismounting.

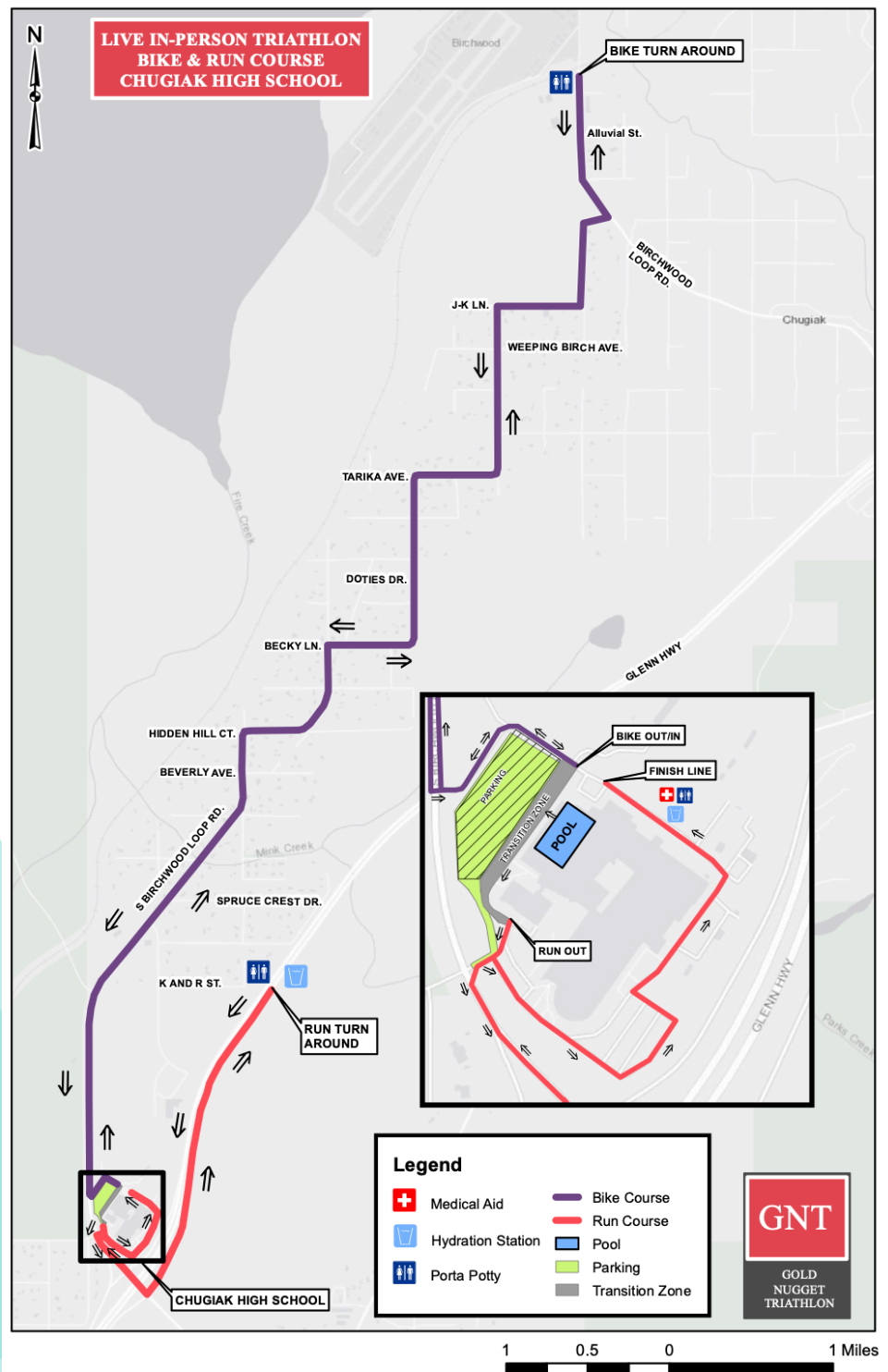
- Racers are responsible for knowing the bike course. Any potentially confusing intersections will be marked with traffic cones and signage.
- Stay as far to the right as possible and practical. The bike course takes place on an open road.
- Obey all traffic laws! This is not a closed course. You will be sharing the road with traffic. Pay attention!
- Obey all directions of volunteers and traffic officials.
- No drafting. Racers must stay at least 7 meters (or 3 bike lengths) behind the bike in front of them.
- Do not attempt to pass another cyclist unless adequate space is available and can confidently pass the other cyclist. All passing is to be done to the left of the cyclist being overtaken. Be aware of vehicle traffic.
- Absolutely no riding two abreast.
- Racers are solely responsible for ensuring their bike is in safe mechanical condition.
- Do not get on your bike in the transition area. Walk/run your bike through the transition area to the “mount” line before getting on your bike.
- When returning back to the transition area, get off of your bike at the “dismount” line before entering the transition area.
- There are no water stations along the bike course.
- There is restroom location at the bike turnaround.

THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

RUN COURSE

The run is an out-and-back course. Runners exit the south entrance of the parking lot and head east towards the Glenn Highway on the bike path. Proceeding through the underpass, runners then turn left (north) onto the paved trail adjacent to the highway. Runners will continue on the paved trail to the turnaround and then head back on the same route back to the school and run counterclockwise around the school to the finish line.

- Obey all directions of volunteers and traffic officials.
- Wear your bib in the front. Make sure your bib number is visible to the front when you cross the finish line.
- There is a water station at the run turnaround and finish line.
- There are no restrooms on the run course.



THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

FINISH AREA

You did it – congratulations! After crossing the finish line grab some water in a cool earth-friendly aluminum bottle, sports drink, and a to-go food pack. Stop by the Alaska Airlines red carpet photo booth to get your printed finish photo.

The timing chips and straps are not disposable and must be left at the finish line and placed in the chip bucket.

As much as we would love to stay and chat, we are asking everyone to please gather your belongings and depart the race venue area upon completion of your event. In order to stay within the current gathering limits, we are unable to accommodate everyone at the event at the same time.

Also, due to gathering limits we are asking that there be no spectators on the premises.

COVID PROTOCOL MUSTS AT THE LIVE IN-PERSON TRIATHLON

Racers must have masks on when not competing. If you are mingling, standing in line, etc. you must have a mask on. If you did not bring one, there will be masks available at several locations around the venue.

Once you have finished your race you must immediately put a mask on and leave it on until you are back in your vehicle.

Visit the GNT website for more information on the hybrid event.



THE GOLD NUGGET TRIATHLON — LIVE IN-PERSON

GENERAL LIVE IN-PERSON TRI INFORMATION

- No wet suits, fins, flotation, or floating devices allowed during the swim.
- Any swim stroke or combination of strokes is allowed. Stopping and standing is also allowed. Walking is not allowed.
- A protective hard shell bicycle helmet is required and chinstraps must be fastened at all times while the rider is on the bike.
- No tandems, recumbent bicycles, fairings, or any other device designed exclusively to reduce air resistance is allowed. Exceptions will be made for disabilities with approval of the Race Directors.
- All handlebar ends must be solidly plugged with bar-end plugs to lessen the possibility of injury.
- All bikes must be standing (not upside down) in the transition area in a bike stand.
- Use of kickstands not allowed.

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Proud to support the Gold Nugget Triathlon in its mission to improve the lives of women and girls through athletics.

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TIMING & RESULTS

Timing is provided by Skinny Raven Events & Timing. All live in-person tri racers will receive a timing chip along with an ankle strap at bib pick up. The ankle strap with the timing chip attached should be placed on the racer's left ankle and worn through the duration of the event. Timing chips and straps must be returned after the finish.

NO SPECTATORS AT THE HYBRID RUN OR LIVE EVENTS

MAY 15-16

GNT is staying true to its original plan to not allow spectators at either of the live in-person events: the live in-person triathlon on May 16 at Chugiak High School and the live hybrid run at Bartlett High School on May 15.

We are aware that the recent lifting of many COVID-19 restrictions gives the hosting organizations like GNT more latitude in the size of gatherings. The GNT Board and Race Directors carefully evaluated this and do not feel we can provide adequate space to maintain the required physical distancing necessary for racers in the venue, transition and throughout the course while also providing space to accommodate spectators.

THE GOLD NUGGET TRIATHLON — MAY 7-16, 2021

No Spectators at the Hybrid Run or Live Events continued...

As the MOA strategically loosens up restrictions, some of us will be quick to resume normal activities while others may take a slower, more reserved approach. Likely many racers signed up for the live and hybrid events because they felt comfortable with the detailed COVID mitigation plan in place to ensure that they are provided a safe and comfortable racing experience including a transition set-up to allow for physical distancing, less registration spots, snake swim format to spread racers out, not allowing spectators, etc. We feel it is important to honor our original plans at the time of registration.

We hope you will support us in this decision. We are thrilled to be racing again this year and are doing everything we can to make sure it is a fun and safe event for everyone, whether it be in person or virtually! We look forward to gathering again in 2022 with racers, vendors, and spectators...and maybe even some wildlife!

SELF-REPORTING of VIRTUAL and HYBRID RACE TIMES/RESULTS

Results must be uploaded by 8:00 pm, Sunday, May 16, 2021

1. Log into your RunSignUp account.
2. Click on the 'profile' icon in the upper right corner to sign in and choose the 2021 Gold Nugget Triathlon from your list of events.
3. Click on 'Submit Virtual Results' and complete your result entries.

Hybrid 1 Event

The **ONLY** event you will be manually submitting yourself is your **BIKE**.

If you did the LIVE SWIM and RUN, those results will be added automatically to your results.

Hybrid 2 Event

The **ONLY** event you will be manually submitting yourself is your **SWIM** and **BIKE**.

If you did the run, those results will be added automatically to your results.

Virtual Event

If you did all three events **VIRTUALLY**, you will be entering results for each portion of your race.

Step-by-step instructions for submitting your Virtual & Hybrid Event results can be found at goldnuggettriathlon.com/results.

THE GOLD NUGGET TRIATHLON — MAY 7-16, 2021

CELEBRATE YOUR 2021 GNT

Download Your Finishers Certificate



1. Log into your RunSignUp account.
2. Click on the 'profile' icon in the upper right corner to sign in and choose the 2021 Gold Nugget Triathlon from your list of events.
3. Click on 'Results' and select 'View Finisher's Certificate'.

Create Your Own Finish Line

Everyone deserves a finish line celebration. Virtual Racers create your own finish line celebration with yourself, fellow racers or family and friends. You deserve to celebrate!

Stop by the Alaska Airlines Red Carpet Photo Booth - Hybrid Run and Live Event

Racers doing the Hybrid Live Run on May 15 or the Live In-person Triathlon on May 16 can stop by the Alaska Airlines red carpet photo booth in the finish area and grab a finish photo and take home a 4x6 printed photo of your finish line celebration.

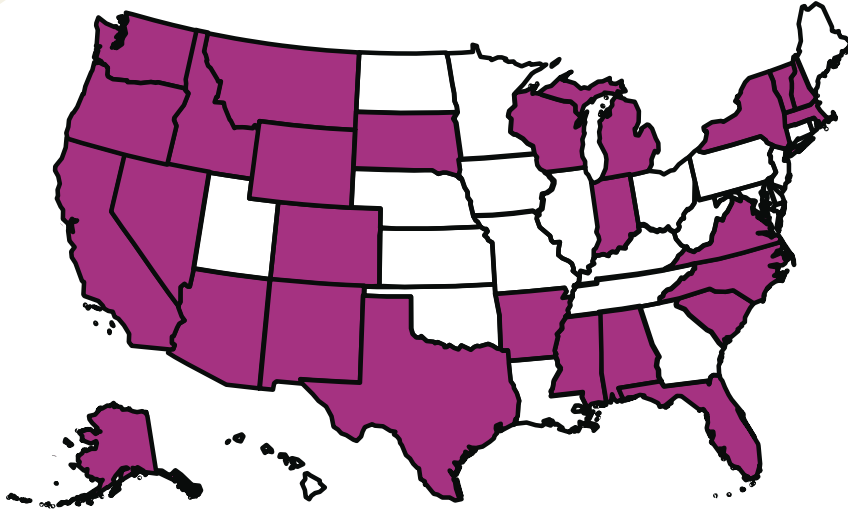
Share your Race Experience on Social Media

We are excited to see all of your success and so are your fellow GNT racers. Put on your 2021 GNT shirt, grab your bib, download your finishers certificate and snap some photos! Share your race story on the Spirit of GNT Facebook group and in your own social media.

THE GOLD NUGGET TRIATHLON — MAY 7-16, 2021

2021 BY THE NUMBERS

Racers from 27 Different States



RACERS FROM 31 ALASKAN CITIES (398 ALASKAN RACERS ARE FROM OUTSIDE OF ANCHORAGE):

Anchorage • Bethel • Chugiak • Cooper Landing • Cordova • Craig
Delta Junction • Denali National Park • Eagle River • Fairbanks
Fort Wainwright • Girdwood • Glennallen • Homer • Indian
JBER • Juneau • Kasilof • Kenai • Ketchikan • Kodiak • Ninilchik
North Pole • Palmer • Seward • Soldotna • Sterling • Sutton
Valdez • Wasilla • Willow



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**Adapt!
Achieve!
Believe!**

Proudly Supporting the GNT Finish Line!

By the Numbers

- 1,288** Registered Participants
- 390** Live In-Person Triathlon
- 230** Hybrid Triathlon
- 292** Virtual Duathlon
- 376** Virtual Triathlon
- 7** Tri-Generation Teams
- 152** Mother/Daughter teams
- 62** Racers outside of Alaska
- 213** First-timers
- 172** Second-timers
- 149** Completed GNT 10+ times
- 51** Completed GNT 15+ times
- 22** Completed GNT 20+ times
- 4** Completed GNT 30+ times
- 3** Racers who have done GNT every year since its inception (that's 37 years... soon to be 38!!!). Diane Barnett, Cindy Cooper, Idamarie Piccard. Way to go ladies!
- 4** Youngest racers (9 years old). Yes, we know the minimum age is 10. According to USAT rules, age is determined by the age you will be on the last day of the year.
- 4** Oldest racers (82, 83, and 92 years young)
- 34** Racers have their birthday during race week May 7-16
- 3** Racers in the live in-person triathlon on May 16 celebrating birthdays on their race day

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THE GOLD NUGGET TRIATHLON — GNT RULES

Below are the major rules for triathlons, including those most often violated. The Gold Nugget Triathlon is USAT sanctioned, which means we follow their rules.

Here is a “lite” version – with many thanks to Joe Hawkins of Palmer’s Tri the Trails Triathlon.

Most of these apply to the in-person live event but even if you are not doing the live event triathlon these are good reminders for us all!

To see the full USAT version, go to www.teamusa.org/usa-triathlon/about/multisport/competitive-rules.

HELMET — Wear it. It’s there for one reason only — to save your life. It must be strapped and buckled on your head BEFORE you exit the transition zone and BEFORE you get on your bike. Don’t unbuckle it unless you are 100% STOPPED and OFF the bike. This rule applies from the time you take your bike out of your car and until you put it back in. | *Penalty* – Disqualification/ time penalty

NO HELP FROM OTHERS — This is YOUR race. The only help you can get is from race officials, volunteers, and medics. Be prepared. | *Penalty* – Variable time penalty

TRANSITION AREAS — You have a spot to call your own. Don’t mess with other peoples’ spots or stuff. Take a few extra seconds before you bike off to make sure your area is tidy. NO GLASS containers. | *Penalty* – Variable time penalty

BIKE DRAFTING/BLOCKING — You know the answer – don’t do it. Keep at least three bike lengths between you and the bike in front. Pass without dawdling – within 15 seconds. Don’t block others. | *Penalty* – Variable time penalty

SHOW YOUR RACE NUMBER — Wear it on your front for the run. If you pin it to your back, finish the race running backwards so we can see your number. You are not required to wear your race bib on the bike, however if you choose not to, be sure it is in your transition bag so you can put it on at T2 as required for the run. Also put your number on your bike. Well, only if you want your bike returned to you. | *Penalty* – Variable time penalty

THE GOLD NUGGET TRIATHLON — GNT RULES

NO HEADPHONES, MUSIC PLAYERS, ETC. — Yes, music makes it easier to run or bike, but no, you can't use them. You need to hear other racers, cars, officials, etc. This includes external speaker systems attached to your bike - sorry. But it's okay to sing to yourself. | *Penalty* – Variable time penalty

NO ABANDONMENT OF GEAR — This means ALL your stuff needs to be either on you, with you, or in your transition spot. Don't leave anything in the pool locker room for after the race. No water bottles hidden in the woods. No Gu wrappers that you drop and then fail to turn around and pick up. We get invited back to use the parking lots, pool, locker rooms, roads, and trails because we don't leave even a single Kleenex behind. And "we" means "you". | *Penalty* – Variable time penalty

BE NICE — This is YOUR day. Take pride in what you're doing, have fun, and be such a great sport that you make those around you have fun. No bad language. No throwing things. Keep your cool. A typical triathlon is when something unexpected happens. A great one is when you rise to the occasion and laugh it off. | *Penalty* – Variable time penalty, or even disqualification. Plus, mean people really do finish last.

RACE NUMBERS ARE NON-TRANSFERABLE — It is better to give than to receive in most cases, but you actually can't do either with your race number. No giving it to your best friend in exchange for babysitting and no swiping the number from a speedy racer to boost your standing. USAT disqualifies and suspends racers for this – don't push your luck!

Variable Time Penalties – 1st offense 2:00 minutes; 2nd offense 4:00 minutes; 3rd offense Disqualification

Immediate disqualification for violation of — Helmet rule (not having or wearing one while on a bike), un-sportswoman-like conduct, and chin strap unfastened while on the course (variable time penalty only applies in transition area).

THE GOLD NUGGET TRIATHLON — MAY 7-16, 2021

GOLD NUGGET HISTORY

The Alaska Women's Gold Nugget Triathlon was founded in 1983 as a Girl's Club event to encourage fitness and sports participation. The first year, the youngest participant was six and the oldest was sixty. Now the race takes place annually in May. After taking 2020 off due to COVID-19 the GNT proudly celebrates its 38th year this year. Over the years the event has grown into one of the most popular all-women events in the state, and has been recognized nationally for its uniqueness, popularity, and spectacular race course.

The Gold Nugget Triathlon Board of Directors believes that our women's triathlon is more than just a one-day event. Women and girls train for this event year-round. Many sign up as a way of kick-starting a brand new training and fitness regime. They often find this to be a life-changing experience. Mothers and daughters often train for the event together, as do groups of friends and colleagues.



SPIRIT OF GNT AWARDS

Named for our race founders, Diane Barnett and Judy Sedwick, The Spirit of GNT awards recognize outstanding sportsmanship from racers. GNT Board members, Race Committee members, and racers themselves are encouraged to recognize other racers displaying extraordinary acts of sportsmanship. Use the online Spirit of GNT form (<https://bit.ly/SpiritOfGNT>) to nominate someone who embodied sportsmanship, went above and beyond for you, or inspired you with their kindness.

Two winners will be randomly selected from the nominations and the winners will be announced the week after the race. Each winner will receive a free entry into the next year's race.

RELEASE OF INFORMATION

The GNT may release the names and contact information of its registrants to certain third parties who provide support, goods, and/or services to the race. The waiver that you sign during the on-line registration provides for the use of photos of the event, which often include participants, on the GNT website.

THE GOLD NUGGET TRIATHLON — MAY 7-16, 2021

2021 GOLD NUGGET TRIATHALON

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THANK YOU VOLUNTEERS

The Gold Nugget Triathlon would not be possible without our volunteers! Volunteers make a difference for each and every racer and are part of what make the GNT so special. Volunteers include racers, friends & family, and groups!

Thank you to all who volunteered for this year's events! All volunteers who complete their shifts could win a guaranteed entry to the 2022 GNT just by volunteering this year. 10 lucky winners will be chosen from all volunteers who complete their shifts. Can you imagine not having to stress about registration? It's a Win-Win! Winners will be announced the week following the event.

2021 GOLD NUGGET TRIATHLON

Sponsored Charity



Catholic Social Services

Clare House

The Gold Nugget Triathlon Board of Directors selected the Clare House as the non-profit beneficiary of the GNT charity fundraiser this year. GNT registrants were able to make a donation to the Clare House during registration and the GNT matches all donations collected up to \$5,000. At the time of the race booklet publication the total donation to the Clare House is expected to be over \$11,000. Thank you to all who donated!

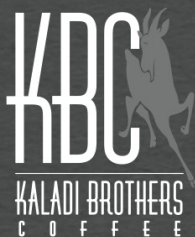
The Clare House provides services that address the basic needs of clients entering the emergency shelter program. This includes safe, warm shelter, food, water and other necessities for both moms and their children. While families are transitioning out of survival mode, Clare House offers 24-hour support and case management services to help guide families to permanent stability. This program provides clients with stability, consistency and a positive support system, which works hand in hand in building trust and self-esteem.

Moms and kids are often in compromised situations sleeping in a car or on the street with nowhere else to go before they find refuge at Clare House.

Case management services are integral to helping women shift from homelessness to permanent stability.

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2021 ALASKA WOMEN'S GOLD NUGGET TRIATHLON

**Congratulations Racers and Thank You to
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