



ATHLETE RACE GUIDE

WWW.ISU.EDU/BENGALTRIATHLON

Table of Contents

ATHLETE RACE GUIDE	3
About the Race	3
Course Maps	4
Bike Course: (Triathlon, Duathlon)	4
Run Course: (Triathlon, Duathlon, 5K).....	5
Start/Finish & Transition Area:	6
Athlete Check-in and Race Day Information	7
Timing Chips	7
Pre-Race Meeting	8
Transition Area	8
Race Course	8
Duathlon	12
5K Run	12
Race Results & Timing	12
Post-Race Refreshments	12
Water, Restrooms, and Showers.....	12
Awards and Raffle Prizes	12
Medical.....	13
Bike Mechanic	13
Race Photos.....	13
Lost and Found	13
Unclaimed Race Packets.....	13
2024 Race Sponsors	13

Athlete Race Guide

About the Race

The Bengal Triathlon consists of a 700-yard pool Swim, a furiously fast 13-mile Bike, and a wickedly memorable 3-mile Run. Participants may race as an individual or as a team (2-person or 3-person relay). Triathlon (swim-bike-run) and Duathlon (bike-run) options available. We welcome all levels of racers - from beginners through pros. We want to bring new people to the sport... and do it in a way that's not too intimidating!

The Bengal Triathlon is a capstone project for Idaho State University Sport Management and Athletic Administration students. The annual event, which originated in 2006, attracts between 300 and 400 participants annually and has become one of the largest sprint triathlons in the state of Idaho!

LOTS OF PRE-RACE INFORMATION WILL BE POSTED ON OUR EVENT'S FACEBOOK PAGE. GIVE US A FOLLOW AND BE ENTERTAINED... facebook.com/bengaltriathlon

The Swim: 700 Yards

It's a race in April... in Idaho... so we do the swim in a pool, and to make sure we have enough room, we swim on Friday - the night before the bike and run! We offer five swim locations for our participants to choose from: Pocatello (the main location – Pocatello Community Recreation Center), Idaho Falls (Club Apple), Boise (West YMCA), Twin Falls (Municipal Pool), & Lava Hot Springs (Indoor Aquatic Center). We use the participants' swim times to seed the bike/run start on Saturday!

The Bike: 12.5 (ish) miles

A relatively flat and super-fast course that will take participants from ISU Reed Gym to Century High School and back! The fastest swimmer starts the race at 9:30 sharp on Saturday morning. then everyone else is sent off based on their swim time differential. For example, if the fastest participant's swim time was 8:00, that person will be sent off into the transition area (T1) at 9:30am (helmet and shoes on!). Another racer who completed the swim in 9:00 would be sent off at 9:31am... and so forth. We stage all the participants in the front of Reed Gym and big race clocks show the running race time (which was set to the fastest swim time at the start of the day).

The Run: 3 miles

It's mostly flat... but the first half mile will give you a nice hilly challenge (*what goes up must come down!*) ... with scenic views of the Idaho State University campus all the way around! The first mile takes racers up and then back down Bartz Way. The second mile is flat... and passes through the heart of "upper campus" – traversing the sidewalks and parking areas of the College of Education (shout out to one of our host sponsors) and the ICCU Dome (Holt Arena). The third mile – also flat – takes you down Memorial Drive and back to Reed Gym (via the COE and the flat part of Bartz Way). This new run course is expected to be a bit of a challenge at the start... but SUPER FAST and a lot "easier" compared to what we used to do. Plus, no rocks... no single-track trails... no mud... no erosion... and still plenty of beautiful campus scenery!

Course Maps

Bike Course: (Triathlon, Duathlon)

BENGAL TRI BIKE COURSE

Smitty Faure Created Nov 09, 2023 Route is visible to: Everyone

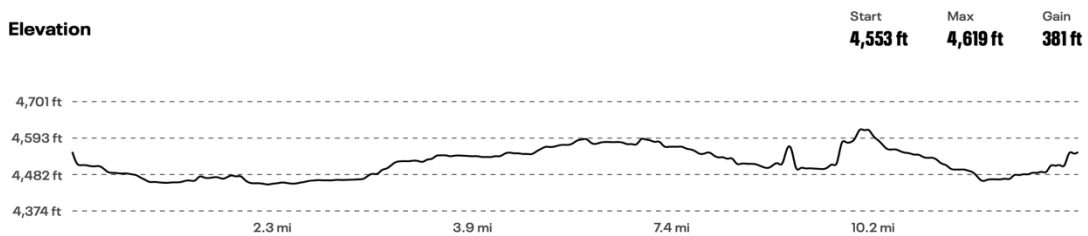
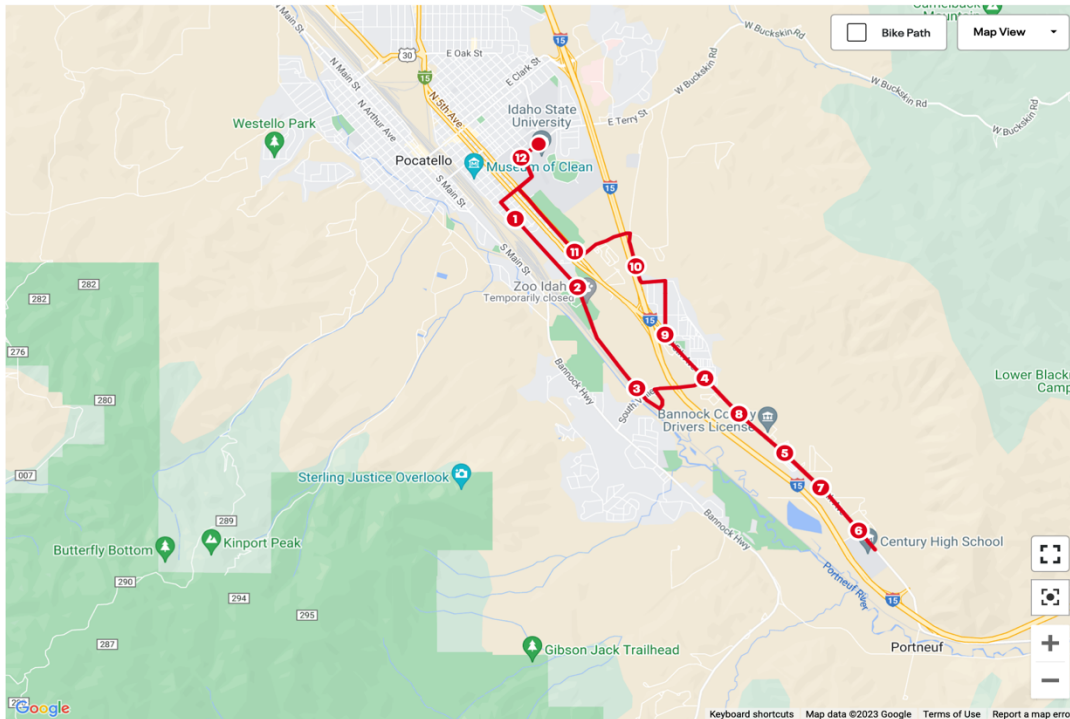
Bengal Triathlon Bike Course

12.15 mi
Distance

381 ft
Elevation Gain

Bike Ride
Activity Type

- Log Workout
- Share
- Edit Route
- Duplicate Route
- Add Route to Website
- Print
- Download



Bike Course:

Reed Gym; Left onto MLK; Left on S. 8th Ave onto Humboldt; Left on S. 2nd Ave.; Left on Kirkham Rd; Right on South Valley Rd., Right on S. 5th Ave; Turnaround at Century HS (stoplight); South 5th Ave. to Jason Ave; Left on Swisher Rd, Right on Wildlife Way; Left on Barton Rd; Right on S. 5th Ave; Right on Humboldt St to Cesar Chavez; Right on MLK Way to Reed Gym

Run Course: (Triathlon, Duathlon, 5K)

BENGAL TRI RUN COURSE

Smitty Faure | Created Nov 09, 2023 | Route is visible to: Everyone

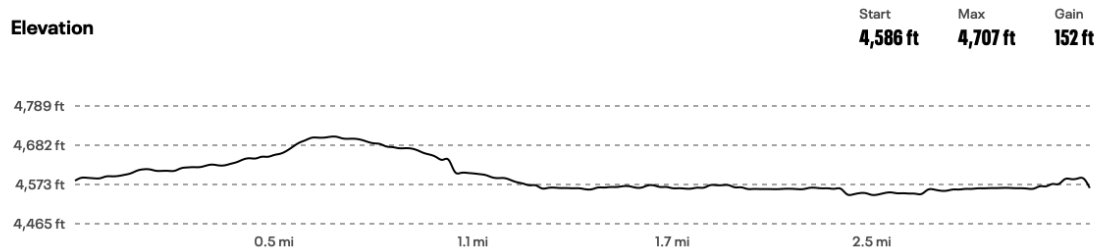
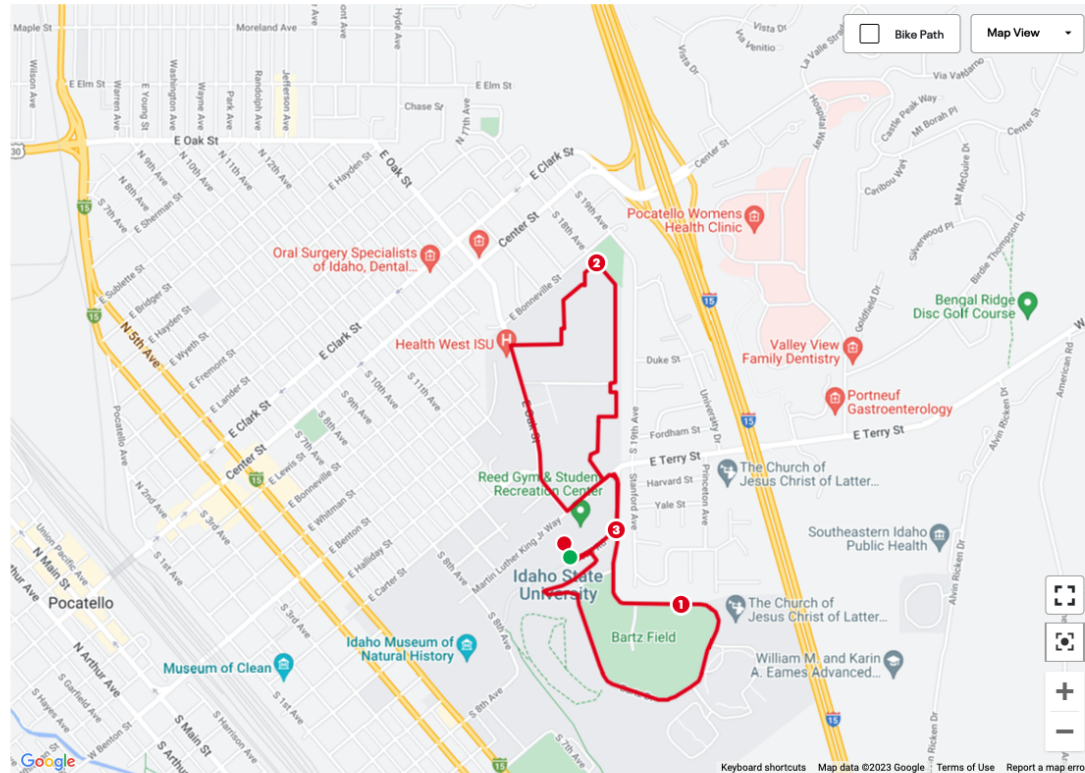
New Run Course for Bengal Triathlon - 2024

3.14 mi
Distance

152 ft
Elevation Gain

Run
Activity Type

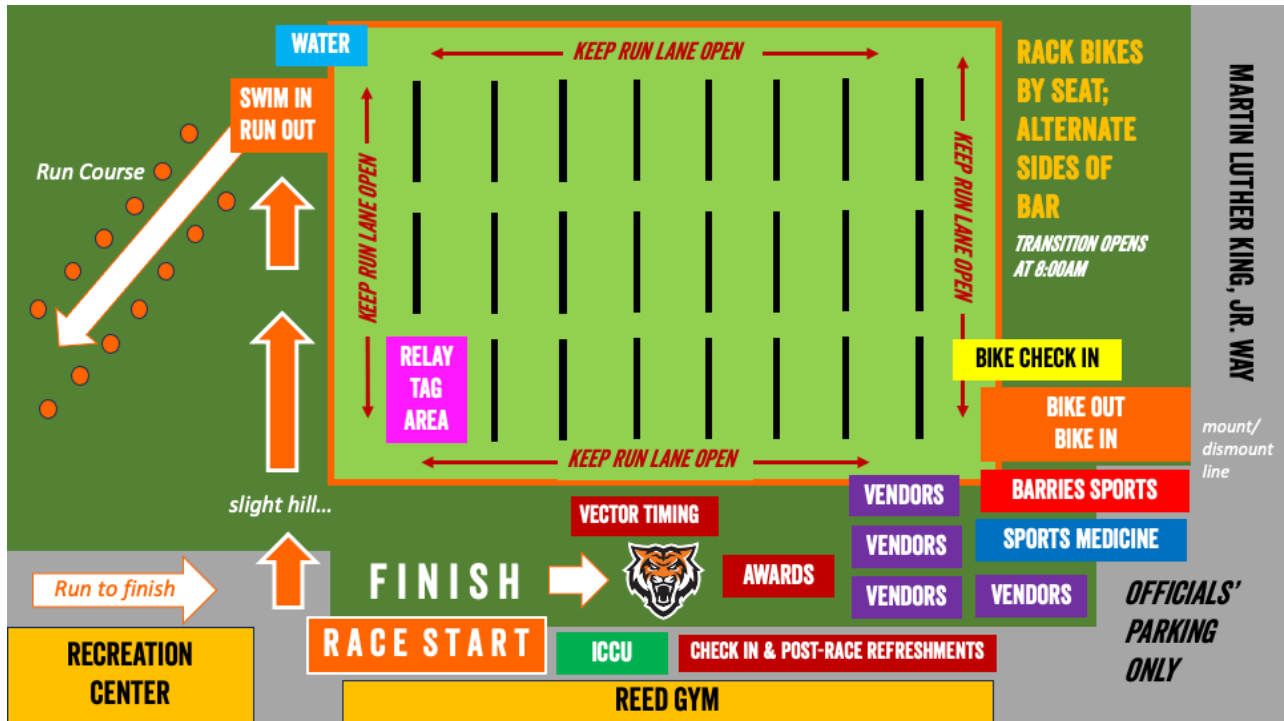
- Log Workout
- Share
- Edit Route
- Duplicate Route
- Add Route to Website
- Print
- Download



Run Course:

Left out of Reed Gym onto Red Hill Rd; Immediate Right just past Dyer Hall and another Right onto access road behind Dyer Hall and Owen-Redfield Complex; Left on South Red Hill Rd; Right onto Bartz Way (loop); cross Terry St and left on sidewalk in front of College of Education building; Right onto COE access road; Left on sidewalk adjacent to Albion Hall; Right at parking lot – follow the perimeter all the way around the ICCU Dome (Holt Arena); right on parking lot entry past Alumni Center; left onto sidewalk at Memorial Drive; left Terry Street (stay on sidewalk); Cross Terry Street at COE Building onto Bartz Way; right at Red Hill Rd; Right at Reed Gym to FINISH LINE.

Start/Finish & Transition Area: Reed Gym



Reed Gym:

Reed Gym will be open throughout the duration of the race. Participants are welcome to go inside and warm up, as needed. Restrooms and shower facilities available.

Transition Area:

The Transition Area will be just off the corner of Martin Luther King, Jr. Drive and the entrance to Reed Gymnasium. Fencing will surround the transition area. **ONLY PARTICIPANTS ALLOWED IN THE TRANSITION AREA! YOU MUST HAVE YOUR RACE BIB # TO ENTER!** The transition area will open at 8:00am on race day (not earlier) for bike check-in. Race officials/security will monitor the transition area before and during the race. Only one gate ("Bike In/Bike Out") will be open for bike check in and check out, and participants **must** show race bib number to check out bike (bike number must be affixed to your bicycle seat post and match your bib number).

NEW START PROCESS IN 2024: We are moving the Saturday bike/run start over a few yards. This year, when the clock reads your swim time, you will start from the sidewalk area between Reed Gym and the Recreation Center and run down the slight hill and enter transition through the "Run Out" gate. You may have your bike helmet and shoes on, but your bike must be racked in transition.

5K START: All 5K participants will have a mass start on the grass area near the transition exit at approximately 10:30am. Please be respectful of duathletes and triathletes exiting onto the run course. You are following the same run course as the duathletes and triathletes.

DUATHLON START: All Duathlon participants will have a mass start approximately 3 minutes after the last triathlete enters transition to start the bike portion of the race. Be ready to go no later than 9:45am! We have police and other public safety officers at our initial intersections and need to “clear” them and resume normal traffic flows on 4th and 5th as soon as possible... so please be ready to go! You are following the same bike and run course as the triathletes.

5K START: All 5K participants will have a mass start on the grass area near the transition exit at approximately 10:30am. Please be respectful of duathletes and triathletes exiting onto the run course. You are following the same run course as the duathletes and triathletes.

Athlete Check-in and Race Day Information

All athletes must pre-register for the event on Active.com. Race registration closes the Wednesday prior to the event. No same day entries will be accepted. Late entrants (3 weeks prior to event) will receive hoodies only as supplies last. I'll do my best – but we have to pre-order! Athlete registration and check in will take place on Friday at Pocatello swim location in the foyer outside the swimming pool during the duration of the swim, starting 30 minutes before swim start. Additional check in and race packet pickup will be available to participants who completed swim in satellite locations (Boise, Idaho Falls, Lava Hot Springs, Rexburg, Twin Falls) on Saturday morning of the event beginning at 7:30am. **Participants are required to pick up their own packet.** All participants must sign a waiver prior to packet pickup. All children under the age of 18 MUST be accompanied by a parent/guardian and both must sign a race day waiver/risk acknowledgement form. All participants under the age of 14 must be accompanied throughout the bike portion of the event by a parent/guardian (a requirement for our permit!). Parent/Guardian must ride their bicycles directly behind the youth participant (not to the side and not in front). Shirts in packets that are not picked up by race start will be made available to late registrants. No shirts will be held or mailed.

IN THE EVENT OF INCLEMENT WEATHER OR HAZARDOUS ROAD CONDITIONS, THE RACE DIRECTOR HAS THE DISCRETION OF CANCELING or ALTERING THE BIKE PORTION OF THE RACE.

This decision may be made up to the start of race on Saturday. No refunds will be given.

Timing Chips

Upon arrival at Reed Gym on Saturday, participants should report to the Vector Timing tent/table to pick up timing chips. Participants must show race bib to be issued a timing chip. Timing chips must returned at the race finish.

Pre-Race Meeting

A mandatory pre-race meeting for all participants will take place at 9:15am on Saturday prior to the bike/run near the start line in front of Reed Gym.

Transition Area

The transition area will be secured and accessible to **participants only**. Participants must show bib number to enter/exit the transition area. Corresponding race numbers must also be affixed to rear seat post of bicycle. **The transition area will open at 8:00am and will close at 9:15am**, just before the participant pre-race meeting. Only the Bike In/Bike Out gate will be open for check in and will close promptly at 9:15am.

Each participant is allowed a 2' x 2' area in transition. **Transition equipment/clothing/shoes should be placed next to the down tire on the left side of the wheel. Bikes should be racked on alternating sides of the bike rack by the seat. Please no boxes, crates, chairs, or large bags in transition. Limit your items to only those things you will need during the race.** As a courtesy, those with mountain bikes are encouraged to rack their bicycles near T2, Run Out. Kickstands may be used in this area, but bicycles may not impede transition traffic (keep perimeter aisles clear).

Relay teams are provided with a special area on the front east side of the transition area to rack bikes and tag team members. Relay bike participants will have the bike number sticker; Runners should wear the race bib number. Relay team members should identify themselves as Relay Team members at transition security check to enter transition area.

Helmets are required at all times when your bicycle is mounted. Any racer who mounts his/her bicycle without their helmet fastened tightly on their head will be disqualified. This includes pre-race, during the race, and post-race. **Headphones are strictly prohibited.**

At the conclusion of the race, participants must “check out” of the transition area by showing their race bib number to the security team. That number must match the number on the bicycle they are checking out.

Race Course

Swim: Due to ongoing maintenance at the Reed Gym pool, the Pocatello swim will take place in the Pocatello Community Recreation Center, 144 Wilson Avenue. The swim will consist of 700 yards (28 lengths/14 laps). The swim will take place on Friday between 12pm-8pm. Additional swim locations will be in Idaho Falls (sponsored by Tri Peaks Events at Gold's Gym), Boise (sponsored by Tri Town Bicycles), Twin Falls, Rexburg (BYU-I only) and Lava Hot Springs. Those participants who wish to complete their swim outside of Pocatello must designate their preferred satellite site when registering for the race. Days and times of satellite swim locations will vary (always week of event) and those participants who designated satellite swim locations will be contacted with additional information between April 1 and April 10. *Satellite swim locations are for your convenience, but you may incur a separate cost to use the facility. Hopefully you'll agree that the few dollars is worth not having to drive to Pogy on Friday! Thanks*

for understanding! **AGAIN... Packet pickup for all satellite swimmers will be on Saturday morning starting at 7:30am at Reed Gym – unless you want to drive to Pocatello and pick it up on Friday at our swim).**

Upon arrival at the swim location, participants should check in and sign waiver. After check-in, participant should report to a lane and check in with the timer at that lane. Participants will swim on a first-come; first-served basis according to lane check-in. No race number or timing chip is worn during the swim, however it is important for each swimmer to verify their name and race number to the lane's timer prior to starting the swim.

One lane will be designated for warm-up/warm-down (circle swim; stay to the right side). **No warmup laps will be allowed in the racing lanes. Wetsuits, snorkels, and/or floatation devices of any kind are prohibited.** Swimmers should wait until the timer/lap counter start them. There will be TWO swimmers to each lane. **Slower swimmers who may need assistance should swim in Lane 1.** Swimmers should stay to the same side of the lane. Swimmers are allowed to stop and rest at the wall but may not advance their position by walking, or by pulling themselves along the lane lines. Timers/Counters will be provided, but if we're short, we may ask you to help out while you wait for your turn to swim. Times will be recorded and submitted directly to the Race Director. **Swimmers are NOT to retrieve their timecard after the swim.** Participants' swim time will seed them for the bike/run portion of the event that will be held on Saturday morning. All swim times will be posted at Reed Gym Saturday morning by 8:00am and on the event's social media page (Facebook.com/bengaltriathlon) on Friday night as soon as possible after the swim ends.



A SPECIAL THANKS TO PORTNEUF VALLEY SWIM TEAM

for donating your swim time at the CRC to us so we can have our event! ***Go Kraken!***

Bike: The Bike and Run portions of the race will take place on Saturday morning starting at 9:30am (fastest swimmer will start at 9:30am; all other swimmers thereafter based on swim time). Participants must have race numbers clearly visible on the FRONT and must have a timing chip affixed to their LEFT ankle prior to start of race (the leg opposite chain ring). **All cyclists must wear helmets at all times when on the bicycle (pre-race, race and post-race). Failing to have the helmet on and fastened tightly will result in immediate disqualification.**

Each participant should ensure their bicycle is in good working condition prior to race participation. No e-bikes, tandem or recumbent bicycles will be permitted. Bikers must ensure their bar-end plus are in place and they have no loose spokes, brakes, headsets, stripped cables, etc. The hubs and handlebars should be positioned correctly. Cables and tires should be in good condition and those riding with tubular tires should ensure they are glued properly onto the rims. All additional equipment (bags, pumps, water bottles, etc.) must be securely fastened onto the bike. **A bike mechanic from Barrie's Sports will be available before the race for minor repairs/adjustments.**

Beginning at 9:15am prior to the race start, participants will stage in front of Reed Gym. Large race clocks will display the time of the fastest swimmer. The clock will start with the fastest swimmer. The

Race Director will call each participant's name to allow them to run into the transition area (T1) once their swim time is displayed. A timing mat placed at T1 entrance and exit points will track splits.

Once the Race Director calls the participants' names, they will run across the grass area and into the Transition area to retrieve their bicycles. **All bicycles must be posted in the transition area prior to the start, but bike helmets and shoes may be worn. Participants may not mount their bicycles until they pass the Mount/Dismount line.**

Cyclists will proceed south down Martin Luther King, Jr Drive staying on the inside lane (near the yellow line) and will turn left onto South 8th Ave. (Cesar Chavez). **ISU Public Safety will be onsite at this location to assist course volunteers with traffic control; however, cyclists are to use caution when entering these (and all) intersections to ensure traffic has stopped.** Cyclists will continue onto Humboldt, passing Davis Field and will stay to the inside (along yellow line) and will cross through the intersections of S. 5th Ave and S. 4th Ave. **ISU Public Safety and Pocatello Police Department will be onsite at these locations to assist course volunteers with traffic control, however cyclists are to use caution when entering these (and all) intersections to ensure traffic has stopped.** Cyclists will stay on Humboldt and will turn left onto S. 2nd Ave. Again, several course volunteers will be there to assist with traffic control, **however cyclists are to use caution when entering this intersection to ensure traffic has stopped.**

Once onto S. 2nd, cyclists will go straight through Ross Park and will turn left onto Kirkham Rd (before railroad track crossing. After climbing a short hill, cyclists will turn right onto South Valley Rd. Cyclists should stay to the right of the outside lane. Cyclists will then turn right onto S. 5th Ave. and will travel straight to the turnaround at Century High School. Cyclists must stay on the right side of the lane. Faster riders should announce themselves when coming up on slower riders by politely saying, *"On your left!"* Riders being passed must give the right-of-way by moving to the right side of the bike lane. **There should be NO PASSING TO THE RIGHT under any circumstances.**

Cones, course volunteers and sports medicine staff will direct riders safely through the turnaround at Century High School. However again, this course is open to traffic and riders are instructed to **LOOK BEHIND THEM** prior to entering the turnaround to ensure traffic has stopped and to make sure course officials are waving them through.

Riders will return on South 5th avenue before turning right onto Jason Ave. (past South Valley Rd stoplight but before I-15 onramp). Riders will go all the way up to the end of Jason Ave and turn left onto Swisher Rd and right onto Stockman/Wildlife Way. After about a one-mile climb, riders will turn left on Barton Rd. (watch for safety), and then right on S. 5th Ave, just past the cemetery. Cyclists will proceed down S. 5th in the wide bike lane before turning right on Humboldt St and following the same path back to the transition area at Reed Gym (8th Avenue with a right on MLK Jr. Way).

All racers must dismount their bicycle at the Mount/Dismount line and then enter transition.

Throughout the bike course, cyclists must ride single file and no drafting will be allowed. Riders must keep at least 4 bike lengths distance between themselves and the bike in front of them at all times.

Riders must stay to the right of the right traffic lane (or in the bike lanes, when available). Course volunteers, cones, candlesticks, and signs will help direct cyclists. **Hazards will be cleared or clearly marked with orange paint and/or bright orange cones and gravel will be swept, as possible.** Areas of concern will also be identified in the pre-race meeting prior to the race start. Every effort will be made to sweep loose gravel, but participants are reminded that this course traverses an industrial area and there may be gravel that appears after the final sweep the evening prior to the race.

NEW IN 2024: A “pace” vehicle will escort the lead rider!

No iPods, music devices, other electronic devices or headphones may be worn at any time while on the bike. No non-race sponsored support vehicles will be allowed. In race bike repairs (including flat tires) are the responsibility of the race participant.

THIS COURSE WILL BE OPEN TO TRAFFIC. RACERS MUST OBEY ALL TRAFFIC RULES AND SHOULD MAKE SURE THEY ARE BEING WAIVED THROUGH INTERSECTION BY RACE OFFICIAL/POLICE OFFICER PRIOR TO CONTINUING. SLOW DOWN BEFORE ENTERING EACH INTERSECTION/TURN AND PROCEED WITH EXTREME CAUTION. BE PREPARED TO STOP BEFORE ENTERING INTERSECTION, IF NECESSARY (e.g., an emergency vehicle needs access or a rogue driver that refuses to stop!).

Run: Participants must have race bib number clearly visible on FRONT of abdomen during the run and their timing chip should be affixed to their ankle. Runners will exit the transition area (T2) to the southeast (opposite corner as the bike exit) and continue along the grass until being directed north onto Red Hill Road – with two quick right turns onto the access road behind Dyer Hall and the Owen-Redfield Complex. Runners will zig zag back to Bartz Way (right turn) for an uphill – then downhill – trek back to Terry St. Once crossing Terry St (at crosswalk – volunteer assisted), racers will be **on the sidewalk** before a quick right onto the COE access road and sidewalk by Albion Hall - and will then trace the perimeter of Holt Arena parking lot before exiting (right turn) the at the Alumni Center. From there, it's **back onto the sidewalk** of Memorial Drive, left **on the sidewalk** of Terry St, crossing again at Bartz Way (same as before) and back to Red Hill Road and Reed Gym for the finish. **An AID STATION (water only) will be at located at the COE Building to assist racers in both directions.**

An abundance of course volunteers, signs, cones, and chalk markings will direct runners on the course. Participants must make sure they remove their timing chip after crossing the finish line and place it in the appropriate collection bin. Failure to do so may result in \$100 fine from the timing company.

IF ANY RACER WITHDRAWS FROM THE RACE AT ANYTIME AFTER THE START, IT IS THAT RACER'S RESPONSIBILITY TO NOTIFY THE TIMING COMPANY AT THE FINISH LINE SO WE DON'T THINK WE LOST YOU SOMEWHERE.

Relay Teams:

Bicyclist must start outside of transition along with the rest of the participants and must enter transition to get his/her bike at the assigned time. Upon conclusion of the ride, cyclist must dismount bicycle at **Mount/Dismount** area, run into transition and tag their runner in transition and transfer the timing chip at the designated **Relay Tag Area. No roadside tags will be allowed.** Relay team members should be

aware of other racers and not cause congestion in the transition area. **Relay team members are welcome to cross the finish line with their runner and collect a finisher medal!**

Duathlon

The Duathlon will follow the same bike and run course as the triathlon. Duathletes will have a mass start approximately 3 minutes after the last triathlete starts. You will start from the same location as the triathletes following the same procedures. BE READY TO GO! We have police officers on intersections blocking traffic at the start of the race on 4th and 5th and we need to get you through those intersections as quickly as possible so that the police officers can re-open the traffic lanes.

5K Run

In 2024, we are adding a 5K run to the Bengal Triathlon event. The 5K will have a mass start at approximately 10:30am. Runners should line up on the grass between the Rendezvous Building and the transition area near the “Run Out” exit. Please make sure not to cross the timing mat until the official race start or your time will be all messed up! 😊 Be aware that you are sharing the same run course as the triathletes and duathletes. If you are a slower runner or a walker, please stay to the inside off the course and remain single file to ensure others have adequate space to pass.

Race Results & Timing

Vector Timing will coordinate all timing and results. Results will be posted live in real time and after the event on the athlinks.com website. **All questions or concerns related to race timing and results should be directed to the timing company. The Race Director has no ability to change or adjust times!** Additionally, there will be large time clocks posted for you to see at the finish line and we will post results as we can. If you are super anxious to know your time, please make sure to look at the clock as you finish or wear a stopwatch. The event organizers will make every effort to ensure accurate times, however sometimes \$*%! happens.

Post-Race Refreshments

Hot pizza will be available around 11:15am near the finish line. Participants only, please. Water is available inside Reed Gym. Vending machines also available inside (near pool).

Water, Restrooms, and Showers

Water fountains and restrooms are available inside the main foyer of Reed Gym. Feel free to use the showers on the opposite side of Reed Gym. Other recreation facilities (gyms, weight room, tennis courts, climbing wall, etc.) are not open to the general public/participants).

Awards and Raffle Prizes

Warning: We give crappy awards because we spend too much money spoiling everyone with hoodies and custom medals. Please don't complain if you win your age group and we don't give you a brand new car. Do take great pride in that though! Awards will be given to the top finisher in each of the following **Triathlon** categories for both males and females: Overall, 19U, 20-29, 30-39, 40-49, 50-59, 60+, Clydesdale; Athena; Relay; For the **Duathlon**, we will award the top overall male, female, and relay winners. For the **5K**, the top male and female finisher will be recognized. We will also try to have a few

raffle prizes. The awards and raffle ceremony will begin after the final participant crosses the finish line. Race numbers will serve as raffle numbers, with relay numbers further being broken down into swim, bike, or run participant.

Medical

Portneuf Medical Center's Sports Medicine Team will be onsite for the entire duration of the race. **The Medical Team has the right to disqualify and pull participants from the race if they deem it is unsafe for them to continue.** Athletic trainers will also be available to participants before the race and after the race. In the event of a bike crash or other medical emergency, course volunteers have been instructed to call 9-1-1 and an ambulance will be dispatched.

Bike Mechanic

A bike mechanic from Barrie's Sports will be onsite before the race to assist with MINOR repairs and needs. Please do not expect them to address major issues with your bike before the race. The mechanics are there for **quick fixes** that do not require replacing major parts.

Race Photos

Smitty will attempt to multitask and take as many photos as possible. Check out the photos we collect on Smitty's photo website: carolinefaure.smugmug.com. Photos are FREE. The site charges for prints but don't do that. Click on the Bengal Triathlon gallery and then on the lower right of each photo you will see a download button. Also, **please share your photos to social media using the hashtag, #bengaltri**

Lost and Found

If we find anything after the race, we will pick it up and put it in the HPSS Office inside Reed Gym (Room 201). Call 208-282-4852 or stop by during regular business hours.

Unclaimed Race Packets

Any race packet not claimed by the start of the race on Saturday will be recycled with the hoodie given to one of our wonderful course volunteers. We will NOT mail or hold on to any hoodies from packets not claimed by the start of the race.

PLEASE THANK ALL THE VOLUNTEERS ALONG THE WAY!

2024 Race Sponsors

- **Idaho Central Credit Union**
- Idaho State University College of Education
- Idaho State University Department of Human Performance and Sport Studies
- Portneuf Medical Center
- Barrie's Sports
- Performance Therapy/Stephanie Liddle (Idaho Falls)
- Specialized Therapy/Shawn Higbee (Pocatello)

- Tri Peaks Events (Idaho Falls)
- Tri Town (Boise)

And to those who help us ensure your safety -

- Pocatello Police Department
- ISU Public Safety
- Idaho Transportation Department
- Bannock County Search and Rescue
- Pocatello Street Department
- Portneuf Sports Medicine



**Idaho State
University**

**Human Performance
and Sport Studies**

The Bengal Triathlon is a capstone learning activity for undergraduate and graduate students in Idaho State University's Department of Human Performance and Sport Studies.

We offer undergraduate majors in Sport and Exercise Science, Sport Management (Sport Operations and Coaching emphasis areas), Outdoor Education, and Physical Education.

We also offer a graduate program in Athletic Administration.

All proceeds from the race benefit learning opportunities for HPSS students. We do cool things for our students with the money we make!

Visit us on the Web and learn more about our Academic Programs at

www.isu.edu/hpss

Visit our Bengal Triathlon website at

www.isu.edu/bengaltriathlon

Join the Bengal Triathlon community on Facebook at

www.facebook.com/bengaltriathlon