

Table of Contents

Event Venue

How To Get There Event Schedule Expo Village Athlete Check-in Registration and Packet Pick-up Race Pack Items Social Media **Pre-Race Preparation** Race Equipment Checklist Race Numbers and Tattoo Placement Time Chip **Triathlon Race Briefing** Race Day Info Triathlon Check-in **Swim Waves Transition Area** Rain or Shine Water Temperature and Wetsuits Courses Full Distance Triathlon **SWIM MOUNTAIN BIKE RUN Sprint Distance Triathlon SWIM MOUNTAIN BIKE RUN Aid Stations BIKE RUN** Course Markings

Rules & Regulations

Post Race

Race Results
Race Photos

XTERRA FESTIVAL

Award Ceremonies

Prizes and World Championships Slots

XTERRA Youth Tour

Medical Assistance

2025 XTERRA Ruidoso Athlete Guide

Welcome to Ruidoso! Often described as "Living in Nature's Playground," Ruidoso is more than just a race location. Filled with legendary folklore, pine-lined trails, and a community unmatched in strength and unity, we welcome you to this inaugural event. Please read the athlete guide below in its entirety to best prepare you for the adventure ahead.



Thanks to our Partners

We want to extend our sincere thanks to our sponsors for making the XTERRA Ruidoso event possible.





Event Venue

How To Get There

One Event - Two Great Venue Locations

Wingfield Park

Center St, Ruidoso, NM 88345

What happens at Wingfield Park?

The XTERRA Expo Village, all race finishes, outdoor concerts, movie night, the Downshift Brewing Beer Tent, 10K start, the athlete briefing, the Family Fun Zone, and much more.

Grindstone Lake

501 Resort Dr, Ruidoso, NM 88345

What happens at Grindstone Lake?

Triathlon starts, triathlon transition, the free yoga session, and The "Big Ben" Sanchez Youth Foundation Breakfast Stand.

VENUE MAP



FESTIVAL MAP



Event Schedule

Please visit a full and up-to-date schedule at:

https://www.xterraplanet.com/event/xterra-ruidoso#Schedule.

Expo Village

The XTERRA Expo Village is a great place to hang out and watch the races, play games, listen to music, check out the exhibitors, grab a beer, and have fun with the coolest crowd in endurance sports.

Emergency Information and Alerts

To stay up to date with regional emergency information, visit https://www.ruidoso-nm.gov/emergency-phone-alerts and download the Discover Ruidoso App.

XTERRA alerts such as schedule changes, course updates, or other important race information will be sent via email to the email.



Athlete Check-in

Registration and Packet Pick-up

Participants can register and pick up their packet at the XTERRA Expo Registration Pavilion at the following times:

Friday from 2-8pm (All Races) - Wingfield Park

Saturday from 6:30am-7:30am (Triathlon Only) - Grindstone Lake

Sunday from 7-8:30am (10K and kids races) - Wingfield Park

Online registration will be open throughout the week, so we recommend that you register before arriving at the park to speed through the pickup process.

Triathlon Packet Pickup Notes

USAT Membership fees for 2025:

Adult Silver Membership: \$64

• Adult Silver 3-Year Membership: \$165

• Adult Gold Membership: \$99

• Adult One-Day Membership: \$14-28 (depending on distance)

• Youth (ages 17 and under) Membership: \$10-30

More information about USAT membership can be found at https://www.usatriathlon.org/membership.

Triathletes may only pick up their own packets, and all relay team members must be present to receive the full race packet.

All athletes are required to show a photo ID. NO ID, NO RACE, NO EXCEPTIONS. Every single participant, including relay participants, must have a photo ID. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to show their membership card every time they compete in a USA Triathlon-sanctioned event. If athletes do not show their valid USAT number and expiration date at packet pickup, they will not be allowed to pick up their race number.

If an athlete does not bring a photo ID to packet pickup there are two options:

a. Go home to get it.

b. Have someone text/email/fax them a copy of their photo ID.

Any athlete that has not signed the USA Triathlon waiver prior to packet pickup will be required to do so in order to obtain their race number.

Race Pack Items

Race Packet

Registration fee includes a t-shirt, and finisher medal.

Triathlon participant race packets will include:

- Bike Plate Please attach this to your handlebars using the twist ties provided.
- Runner Bib Please attach in a clear, visible place on the front of your body using safety pins provided or a race belt. Do not alter your bibs in any way.
- Race Number Tattoos

Timing chips and swim caps will be picked up from registration at Grindstone Lake on race morning.

Social Media

Be sure to tag @xterraplanet and @xterraamericas with all your stories and content from the weekend. We can't wait to see all the great accomplishments!

Pre-Race Preparation

Race Equipment Checklist

What To Bring

Here is a list of things to bring with you on race day:

- Timing chip and strap (will be picked up race morning)
- Bike with your race # attached to the handlebars
- Helmet

- Approved wetsuit or speedsuit (wetsuit legal call to be made race morning)
- Goggles
- Race clothing including swimwear, bike shorts, top
- Race belt or pins for race bib on the run leg
- Water bottles
- Spare tube/Co2 canister in case of a flat
- Chain tool is a good idea
- Running shoes
- Sunglasses
- Hat/Visor (optional for the run)
- Sunscreen
- Towel (optional)
- Wear your race number and division tattoos.

Race Numbers and Tattoo Placement

Swim Caps & Body Marking

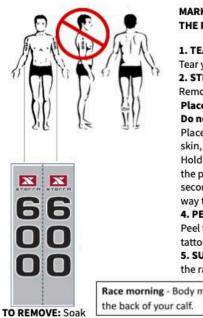
Age groupers please go to body marking in the XTERRA Registration area at Grindstone Lake on race morning to stamp your age division on the back of your calf. Elites and relays do not need age division marking.

RACE # TATTOOS are REQUIRED FOR ALL TRIATHLETES

Tattoo Instructions:



RACE # TATTOOS are REQUIRED FOR ALL ATHLETES.



MARK YOURSELF THE NIGHT BEFORE THE RACE:

Tear your number in half down the center.

2. STICK

Remove the protective top sheet.

Place on the FRONT of BOTH ARMS. Do not place on the side of your arms.

Place the ink side to CLEAN and DRY skin, right side up.

Hold a very wet, folded paper towel over the paper backer of the tattoo for 30 seconds. Make sure it gets wet all the way through.

4. PEEL

Peel the paper backer off skin, leaving tattoo on your skin.

5. SUNSCREEN - Apply the morning of

Race morning - Body marking will stamp your age group on the back of your calf.

the tattoos in baby oil, rubbing alcohol or nail polish remover for 30 seconds, then wipe away. If you make a mistake during application, within 3 minutes you can lift off the tattoo using a few pieces of transparent tape.

If you forget to put on your tattoos, visit the body marking station at the finish line on race morning.

Time Chip

We will distribute timing chips and swim caps on race morning at the XTERRA Registration Pavilion at Grindstone Lake. Please strap ankle timing chips to your left ankle before the race. Remember to hand your timing chip back after you finish to ensure you receive an official time. Any chips not returned will incur a replacement fee.

Triathlon Race Briefing

Race officials Chris Appleton and Kirk Ermels will run through the ins and outs of the XTERRA Full and Sprint courses at 4:15pm on Friday afternoon on the XTERRA Stage at Wingfield Park. We encourage all athletes to attend this important meeting. There will also be a quick race briefing on event morning ten minutes before the start of each race distance held at the swim start.

Beginner Triathlon Clinic and Additional Q&A

In addition to the Triathlon Race Briefing, we will be offering two opportunities to those new to triathlon or those just wishing to get a better understanding of the course.

Friday, August 15 @ 2:30PM at Grindstone Lake

Join experienced XTERRA age grouper, Michael Pearce for a free Beginner Triathlon Clinic. No registration is required, just meet at the transition area at Grindstone Lake to go over the ins and outs of having a successful triathlon.

Friday, August 15 @ 5PM at Wingfield Park

Directly following the Athlete Briefing at Wingfield Park, XTERRA triathlete Michael Pearce and the XTERRA crew will stick around to answer any last minute questions you have about triathlon or the next day's event.

Race Day Info

Triathlon Check-in

Last minute packet pickup will be available from 6:30-7:30am in the XTERRA Registration Area at Grindstone Lake. There are no new registrations, substitutions, or transfers on race day.

Transition will be open for set-up starting at 6:00am and will close at 8:00am.

Swim Waves

08:00 - Full Distance Triathlon Start (waves and swim cap colors will be decided onsite)

08:20 - Swim Distance Triathlon Start (mass start)

Transition Area

Transition at Grindstone Lake is open on Saturday morning starting at 6:00am. The transition area will feature separate racks for elites. Please be mindful of others and ensure you allow six bikes per rack. ONLY athletes are allowed inside transition. Supporters need to wait outside. Please leave valuables at home or with your supporters. Do not leave them in transition. For security of your equipment, you will need to show your race numbers when accessing the transition area. Bikes must be collected from transition by 4pm.



Rain or Shine

XTERRA Ruidoso event will be held rain or shine and will only be postponed in extreme circumstances. If weather conditions may potentially cause any amendments to the format and distance of the event or the postponement or cancellation of the event, race organizers will communicate in the days prior to the event via email, and on the website to race participants. If a decision is to be made on the day of the event, announcements will be made at the Race Village. Please note the event will be staged unless extreme weather conditions occur on the day of or leading up to the event. i.e. not just a bit of rain.

Water Temperature and Wetsuits

Final water temperature reading and determination of wetsuit use will take place about an hour before the race start. XTERRA follows the Swimming Conduct rules for Wetsuit and Speedsuit Use established by USA Triathlon.

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78°F (25.5°C). When the water temperature is greater than 78°F (25.5°C), but less than 84°F (28.9°C), age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council.

The AAC has set the wetsuit maximum temperature for elite athletes at 68°F (20°C) for swim distances less than 3000 meters and 71.6°F (22°C) degrees for distances of 3000 meters or greater. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

2025 USAT Swimwear Information

Due to swimwear products entering and leaving the market over time, it is no longer feasible to have a predetermined "Approved" list. The information provided here is meant to help the athlete determine if the swimwear in question would be legal for use at USA Triathlon sanctioned events.

USA Triathlon Swimwear Rule

4.9a For the purpose of these rules, wetsuits are swimwear made of material providing thermal insulation. Wetsuits cannot exceed 5 millimeters thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5mm shall be disqualified. When wetsuits are permitted, wetsuit tops and/or shorts (constructed of rubberized, buoyant material such as polyurethane or neoprene) are allowed but may not be worn in addition to a wetsuit.

There are basically three categories of triathlon apparel: Wetsuits, Swim skins, and Tri suits/kits (including standard Cycling apparel).

Wetsuits: Are made with a nonpermeable material. Usually, neoprene. This material provides buoyancy and is only legal in wetsuit legal swims or wetsuit optional waves. Wetsuit legal water temperatures are variable depending on the hosting party. They are allowed a maximum thickness of 5mm.

Swim skins/skin suits: Are made of permeable synthetic textiles designed to smooth the swimmers in-water profile and reduce drag. They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims. (Unless the swim is wetsuit mandatory in which case, they cannot be worn in place of a wetsuit.)

Tri suits/kits: Are made of permeable textiles (whether synthetic or natural materials). They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims (unless the swim is wetsuit mandatory in which case, they cannot be worn in place of a wetsuit.) and may be worn underneath a wetsuit in wetsuit legal swims.

If you have a question not covered here regarding a specific swimskin/skinsuit please reach out to rulesandofficials@usatriathlon.org.



Courses

Full Distance Triathlon

SWIM

The XTERRA Ruidoso course encapsulates the beauty of southern New Mexico and the Sierra Blanca Mountains. The race starts with a 1500 meter swim in picturesque Grindstone Lake. As has been XTERRA tradition, swimmers will exit the water between two 750 meter laps to take another look at the area's grandeur. Spectators and athletes alike will be in for a day of amazing scenery, fast racing, and raging fun!

MOUNTAIN BIKE

The bike starts out with a parade lap around Grindstone Lake (keeping riders in site of spectators for most of the first 2 km) and then gets straight to business. A 5.5-kilometer-long double track climb will likely put whoever gets to the top first in the driver's seat for the rest of the day. The trail is wide enough for passing, which will let the early action shake out, but still plenty challenging with rocks, ruts, and a mix of pitches.

Once at the summit, riders will circumnavigate Grindstone Mesa in a clockwise direction for a wide open, relatively flat 5km loop. Luckily this part of the course isn't overly technical because the views might make it hard for riders to keep their eyes on the trail. Grindstone Mesa is full of panoramic views with Sierra Blanca Peak on the horizon overhead and Mescalero Lake down below.

As riders begin the descent off of Grindstone Mesa, the fun starts but the work is not over. This course's rocky descent will put riders' full body to the test. The trails at Grindstone are a mix of dry soil and rough, crumbly rock. The course is more chunky than technical, and unlike the wide-open slopes of the original XTERRA course on Haleakala, these trails are all singletrack and they're tight. It's a screaming 13km descent back to transition that will allow the top downhillers to take a run at the podium. One last climb to transition will get the legs woken back up for the run!

<u>RUN</u>

The run course features two 4km loops at Grindstone Lake before a 2km sprint to the finish line at Wingfield Park. The loop will feature a mix of rolling, rocky and rooty terrain, but should allow runners to stretch their legs (whatever's left of them anyway!) and fly. The climbs aren't steep or long but can be punchy. The Grindstone portion of the run has plenty of spectator opportunities which should keep the energy flowing and the crowd entertained. The final 2km to Wingfield

Park features open terrain, one last climb, and a smooth sprint to the finish line where the party awaits!

Sprint Distance Triathlon

SWIM

The race starts with a 750 meter swim in picturesque Grindstone Lake. The Sprint swim will be a single-lap swim. Swimmers will start after the full course racers have completed their first loop.

MOUNTAIN BIKE

The Sprint bike starts out with a parade lap around Grindstone Lake and then gets straight to business. A 2.5-kilometer-long double track climb will likely put whoever gets to the top first in the driver's seat for the rest of the day. The trail is wide enough for passing, which will let the early action shake out, but still plenty challenging with rocks, ruts, and a mix of pitches.

At the 4-kilometer mark, riders will turn left onto singletrack and keep climbing up the Grindstone Connector Trail. At the top of Grindstone Connector, riders will turn left to descend the flowy but rocky Grindstone Ridge Trail. From there it is a 7k downhill with riders rejoining the full course bikers on the Grindstone Loop Trail before making a short climb back to the transition area.

RUN

The run course features a single 4km loop at Grindstone Lake before a 2km sprint to the finish line at Wingfield Park. The loop will feature a mix of rolling, rocky and rooty terrain, but should allow runners to stretch their legs (whatever's left of them anyway!) and fly. The climbs aren't steep or long but can be punchy. The Grindstone portion of the run has plenty of spectator opportunities which should keep the energy flowing and the crowd entertained. The final 2km to Wingfield Park features open terrain, one last climb, and a smooth sprint to the finish line where the party awaits!

Aid Stations

BIKE

The self-serve aid stations for the Full Bike course are at 4K, 10K, and 19K.

The self-serve aid station for the Sprint Bike course is 4K.

Water and HEED sports drink will be available at all. These stations will also have bike tools available.

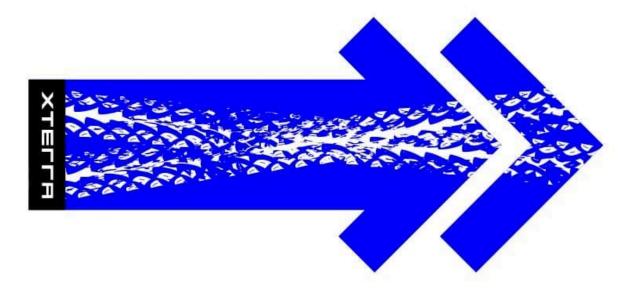
RUN

Each lap of the run will have two aid stations, one at the start/end of the loop and one at the midway point. Water and HEED sports drink will be available at each station in cups. There are no hand-offs, so grab cups off the table yourself.

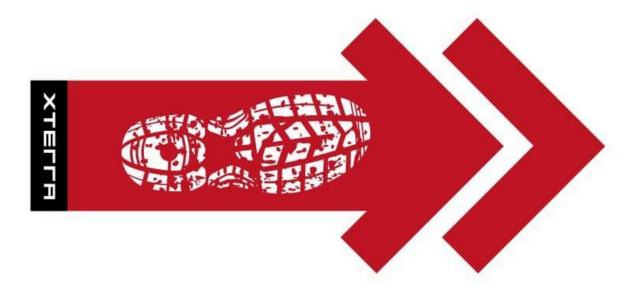
Course Markings

The course will be clearly marked using a mixture of signs and arrows as well as bright tape tied to trees to reassure you that you are going the right way. The blue arrows are for the bike courses only. The red arrows are for all run courses. Please watch for course marshals to point you in the right direction. Also, please make sure your bib is visible on the front of you so marshals can direct athletes to continue on the correct course.

BIKE COURSE



RUN COURSE



Rules & Regulations

Rules & Regulations

All races will fall under the USA Triathlon Rules for Multisport Competition which can be found here: https://www.usatriathlon.org/multisport/rules

Swim

No swim fins, hand paddles or any swimming aids are allowed. Listen for race announcements on race morning for updated wetsuit ruling. Athletes must wear swim caps provided at body marking. If you decide not to continue during or after the swim you MUST IMMEDIATELY REPORT to the transition manager that you did not finish.

There will be a separate, non-competitive wave for any athletes who wish to wear non-allowed equipment (snorkel, wetsuit if outside of temperature range, buoy, etc.). You must talk to the race director at the Friday Athlete Briefing in order to have equipment approved and be assigned to this wave.

Transition

You may not mount your bicycle before the exit of the transition area and you must dismount your bike before entering into transition. Riding your bicycle in transition will result in a time penalty.

ATHLETES OR REPRESENTATIVE MUST RETURN TIMING CHIP AND SHOW RACE NUMBER AT TRANSITION TO PICK UP BIKES AND GEAR AFTER RACE.

Bike

All competitors must start the run by 1:00pm. Course marshals will enforce 1:00pm cut-off times. Limited outside assistance is allowed from another athlete competing in the same event or a race official. No outside assistance is allowed from any person not competing in the event. These include but are not limited to spectators, friends, family, volunteers, photographers, or police. Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Exchanging bikes is not allowed. The only permitted bicycles are mountain bikes. Bicycles must have 26", 27.5" or 29" wheels and straight handlebars. Cyclo-cross bikes and bicycles with drop handlebars are prohibited. Bar extensions or grips off the handlebars may not exceed 5". Drafting is allowed. Competitors must display the front number plate at all times. No advertising stickers, writing or alterations of the number plate are allowed. Approved helmets must be worn at all times while on the bike.

Run

Competitors must display their run number on the FRONT of their body. No advertising stickers, writing or alterations of the number are allowed. Number holders are permitted. Competitors may not use inline skates or other devices, human or otherwise powered, to assist them in running. HEADPHONES ARE NOT ALLOWED.

General Rules

- Do Not Litter the Course: XTERRA prides itself on leaving the trails better than we found them. Do your part and "leave no trace." Take your trash with you or leave it at an aid station. Penalties may be enforced for athletes found in violation.
- Cutting the Course: Short-cutting and/or cutting trail switchbacks on course is not
 permitted and may result in disqualification. All athletes are required to stay on the
 designated trail that is marked as the race course. It is the athlete's responsibility to
 know the designated race course. Lack of tape or barriers on the course will not
 constitute an excuse for cutting the course.
- A USA Triathlon race official will be present at the XTERRA Ruidoso event. Protests of any nature must be submitted in accordance with the USA Triathlon Multisport Competition Rules.

No headphones of any kind are permitted while competing.

Post Race

Race Results

Race results can be found at the following link after the race.

https://www.allsportsevents.com/results/xterra-ruidoso-2025-full-sprint-triathlon/

Race Photos

Photos from the 2025 XTERRA Ruidoso Event by Enduro Photo

All finish line photos are free to download!

Be sure to check out the photos from the Swim, Bike, and Run courses, available to purchase downloads and prints with discounts on your entire gallery of images. All photos will be searchable by bib#.

https://endurophoto.zenfolio.com/f687042221

Each registered athlete will receive an email after the event with a unique link to their personalized gallery of race photos.

Email contact@endurophoto.com with any questions.



XTERRA FESTIVAL

Join us all-weekend long at the XTERRA Festival at Wingfield Park. We'll have a mix of live music, local vendors, food trucks, and a Downshift Brewing beer tent. The XTERRA Festival is open and free to the public, so bring your friends and family with you!

Festival Hours:

Friday 14:00-20:00 / 2:00-8:00PM

Saturday 8:00-14:00 / 8:00AM-2:00PM

Sunday 8:00-13:00 / 8:00AM-1:00PM

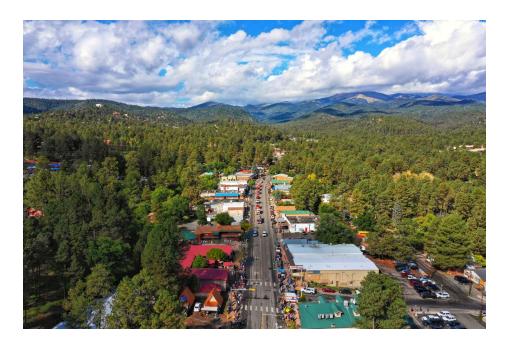
Drinking Water

Water stations will be available throughout the XTERRA Festival venue at Wingfield Park. We kindly request that you bring your own water bottle as cups will not be provided.

The "Big Ben" Sanchez Youth Foundation Breakfast Stand at Grindstone Lake
Established to support families by covering registration and related fees for youth sports and
activities, his non-profit organization aims to provide scholarships that allow children in the
Ruidoso community to participate in the activities they love, regardless of financial hardships.
"Big Ben" was a beloved local hero who firmly believed that no child should be excluded from
sports or extracurricular activities due to financial limitations.

To support this, the Big Ben Sanchez Youth Foundation will operate the Grindstone Lake Concession Building on Saturday from 6:00 AM to 11:00 AM (with extended hours based on demand). They will offer coffee, grab-and-go snacks, fruit, pastries, and more. All proceeds will be donations to the foundation.

Forms of payment or donation contributions include cash or Venmo.



2026 XTERRA World Championship Kick-Off Concert

The FREE <u>2026 XTERRA World Championship</u> Kick-Off Concert will take place Saturday evening at Wingfield Park at 5:45pm with special presentations from The Village of Ruidoso and XTERRA to celebrate the XTERRA World Championship coming to the Ruidoso community. Local legend <u>Phil Hamilton</u> will kick off the party and perform from 6-8pm and it's set to be THE place to be Saturday night!

Volunteer

We are always looking to fill a few event volunteer positions, so if you or someone you know would be willing to join us for a few fun hours on the course, please have them visit https://vmodcui.active.com/volunteer/jobs?eventGroupId=2909834 to find a job that fits their schedule. Contact volunteer@xterraplanet.com with any questions.



Award Ceremonies

Saturday, August 16th:

- 12:30pm Elite Awards at the XTERRA Stage, Wingfield Park
- 1:00pm Sprint Distance Awards at the XTERRA Stage, Wingfield Park
- 1:30pm Full Distance Awards at the XTERRA Stage, Wingfield Park

Sunday, August 17th:

10:45am 10K Awards at the Registration Pavilion, Wingfield Park

Prizes and World Championships Slots

The XTERRA Ruidoso full distance triathlon offers 58 slots to the 2025 XTERRA World Championship in Italy **OR** the 2026 XTERRA World Championship held right here in Ruidoso, and it will award \$15,000 in elite prize purse money. View full breakdown of slots and prize money at

https://www.xterraplanet.com/race/xterra-ruidoso-full-distance-triathlon#prizes.

XTERRA Youth Tour

The sprint distance event is also proud to be part of the new XTERRA Youth Tour and will offer slots to the same XTERRA Youth World Championship choices as the full distance event. Full information about the XTERRA Youth Tour can be found at https://www.xterraplanet.com/youth-tour.

Youth A Category: 14-15 year olds / Sprint Triathlon

Youth B Category: 16-17 year olds / Sprint Triathlon

Junior Category: 18-19 year olds / Sprint Triathlon

If you have any questions, please contact us at youth@xterraplanet.com.

XTERRA World Championship slots will be emailed following the race. However, trophies and age group medals will not be mailed, and all winners must be present to receive their awards. The top 3 in each age group division in both the full and sprint distance races will receive a medal.

Medical Assistance

We have Ruidoso Fire and medical personnel at the swim start/transition area, finish line and roaming on the course. If you feel unwell at any stage of the race, please alert the closest course marshal who will arrange for our medical staff to meet you. For visiting athletes, the emergency number in the USA is 9-1-1.

For extra safety precautions, we encourage participants to download the First Aid: American Red Cross app on compatible smartphones. This app provides potentially lifesaving information and resources at your fingertips. For more information, please visit:

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html?srsltid=AfmBOoo8Obr8biDIL95FihvEs eOKkSV8zHyS-0ksex69dMWi5h9fTOq

We look forward to seeing you at the XTERRA Ruidoso event. For more information, visit https://www.xterraplanet.com/event/xterra-ruidoso or email americas@xterraplanet.com.

