



2018 Tri-ing for Children's Triathlon Adult Race Race Week Update

Race Location:

Ottawa Lake State Park
S59 W36530 County ZZ
Dousman, WI 53118

Early Packet Pick-up Location:

Endurance House of Delafield
2736 Hillside Drive
Delafield, WI 53018

SCHEDULE

Friday, July 27, 2018

Start	End	Activity	Location
2:00 PM	5:00 PM	Adults & Kids Packet Pick-up	Endurance House of Delafield 2736 Hillside Drive Delafield

Saturday, July 28, 2018

Start	End	Activity	Location
1:00 PM	4:00 PM	Adult Tri Packet Pick-up	Endurance House of Delafield

Sunday, July 29, 2018

Start	End	Activity	Location
5:45 AM	6:45 AM	Packet Pick-up, Body Marking, Timing Chip Pick-up, Transition Open	Ottawa Lake Parking Lot
	6:45 AM	TRANSITION CLOSES	Ottawa Lake Parking Lot
5:45 AM	6:45 AM	Trek Bike Store Mechanical Support	Ottawa Lake Parking Lot
7:00 AM		Race Start	Ottawa Lake Beach
Approx 10:30 AM		Transition Opens	Ottawa Lake Parking Lot
Approx 10:30 AM		Awards Pick-up Table Opens - Sprint	Ottawa Lake Park
Approx 11:15 AM		Awards Pick-up Table Opens - Olympic	Ottawa Lake Park
NOON		Course & Transition Closes	Ottawa Lake Park

PACKET PICK-UP LOCATIONS & TIMES

- Early Packet Pick-Up - Endurance House of Delafield, 2736 Hillside Dr, Delafield, WI
 - Friday July 27, 2018, 2:00 PM - 5:00 PM
 - Saturday, July 28, 2018, 1:00 PM – 4:00 PM
- Race Day Packet Pick-Up – Ottawa Lake State Park
 - Sunday, July 29, 2018 – 5:45 AM - 6:45 AM
 - Transition closes at 6:45 AM
- **You MAY pick up someone else's packet! Please bring their QR code**

Please Remember

- We use QR scanners at packet pickup to check you in. **Check your email for your registration confirmation and personal QR code. PLEASE BRING THIS WITH YOU TO PACKET PICKUP.** We can scan either your phone or a paper copy. You can pick up for friends and family but please have their codes ready to be scanned.
- We will also be handing out your timing bands along with your bib at packet pick-up. **DON'T FORGET TO BRING IT WITH YOU RACE DAY!** You will be charged \$5 if you forget it. No timing band = No time.

MANDATORY - RACE DAY

- Body marking (race number on left arm and calf).
 - Timing chip (to be worn around ankle, No timing chip = NO RACE = no fun).
- BEFORE STARTING THE RACE, YOU MUST BE WEARING YOUR TIMING CHIP, SWIM CAP, AND BE BODY MARKED!!!!**

PARKING

- State Park parking lots are available.
- Arrive early as parking will become congested.
- Please obey the “NO Parking” signs; they are for the safety of the athletes.
- Vehicles parked improperly or that interfere with the race **WILL** be towed.
- County Road ZZ from HWY 67 to County Road ZC will be closed from 7:00am-noon. All spectators must arrive before this time to have access

AWARDS

Results will be posted (online and via the [EventApp](#)), and awards will be available at the awards table. Sprint distance at approximately 10:30 AM and Olympic at approximately 11:15 AM.

TRANSITION

THE TRANSITION AREA IS FOR RACE PARTICIPANTS ONLY AND IS CLOSED TO SPECTATORS

- Transition will be open from 5:45 AM - 6:45 AM.
- Transition will open once all of the bikes are back (approximately 10:30 AM).
- Transition closes at noon and will be promptly disassembled.

WEATHER

- Please be prepared for any type of weather, from rain to extreme heat.
- In the event of extreme or dangerous weather, the race director has the right to alter or cancel the race to keep the participants safe.
- If the race is altered or canceled due to weather, there will be NO refunds.

AID STATIONS

- The bike course does not have any aid stations.
- The run course has one aid station that will be stocked with water and Hammer Energy drink. This will be hit twice on your run.

WAVE SCHEDULE***** AGE AS OF 12/31/2018 *****

2018 TFC Adult Wave Sheet

<u>Wave</u>	<u>Start Time</u>	<u>Distance</u>	<u>Age Group</u>	<u>Color</u>
1	7:00 AM	OLYMPIC	ALL ELITE ALL RELAYS	ORANGE
2	7:03 AM	OLYMPIC	MALE 45 & OVER MALE NOVICE CLYDESDALE	PINK
3	7:06 AM	OLYMPIC	FEMALE 45 & OVER FEMALE NOVICE ATHENA	WHITE
4	7:09 AM	OLYMPIC	MALE 44 & UNDER	YELLOW
5	7:12 AM	OLYMPIC	FEMALE 44 & UNDER	RED
6	7:25 AM	SPRINT	ALL ELITE ALL RELAYS	LIME
7	7:27 AM	SPRINT	TEAM PHOENIX	ORANGE
8	7:35 AM	SPRINT	MALES 44 & UNDER	PINK
9	7:38 AM	SPRINT	MALES 45 & OVER CLYDESDALE	WHITE
10	7:41 AM	SPRINT	FEMALES 41 - 49	YELLOW
11	7:44 AM	SPRINT	FEMALE 50 & OVER ATHENA	RED
12	7:47 AM	SPRINT	FEMALES 40 & UNDER	LIME
13	7:50 AM	SPRINT	FEMALE NOVICE MALE NOVICE	ORANGE

COURSE MAPS

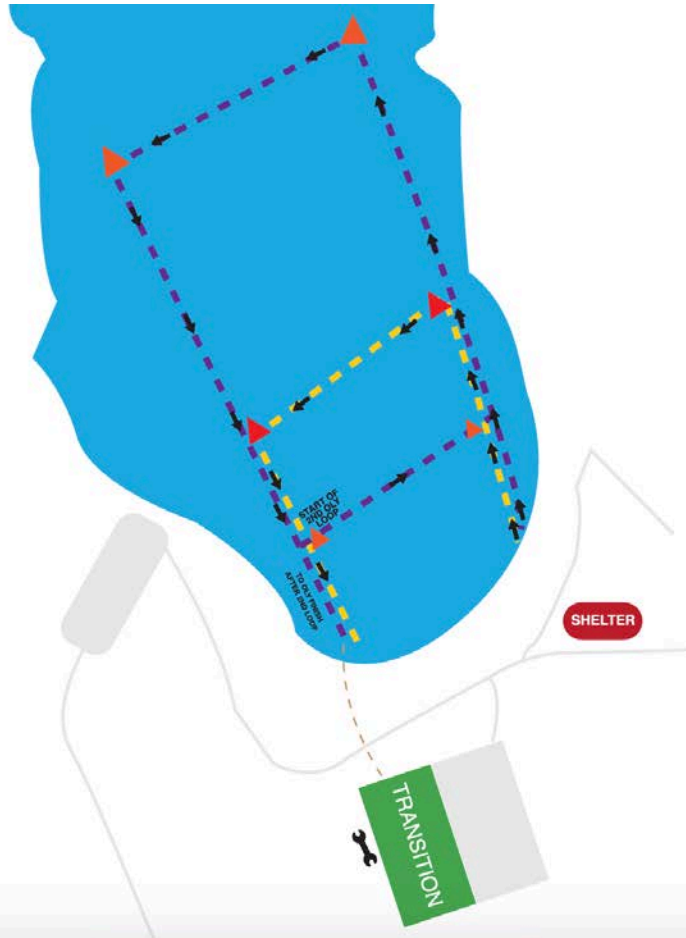
You can find online and PDF versions of course maps [here](#).

SWIM COURSE SUMMARY

The swim will be held in Ottawa Lake.

Sprint – 400 m

Olympic – 1500 m



SWIM COURSE
SPRINT - ~400M

OLYMPIC - ~1500 M
TWO LOOPS



SWIM COURSE RULES

- Swim cap must be worn.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.

Wetsuit Rules

- Mandatory in water temps less than 58°F.
- May be worn in water temps up to and including 83.9°F.
- Prohibited in water temps greater than 84°F.
- Wetsuits cannot measure more than 5mm thick.

BIKE COURSE SUMMARY

The Tri-ling for Children's Triathlon bike course is a scenic journey through the county roads in Waukesha County. Featuring a scenic course with rolling hills, the course is enjoyable for all levels.

SPRINT TURN-BY-TURN BIKE COURSE

- Exit transition onto roadway in park
- Right onto County Road ZZ
- Straight onto County Road ZZ
- Right onto County Road N
- Right onto County Road Z
- Left onto County Road CI
- Right onto Hardscrabble Road
- Right onto Northey Road
- Straight onto County Road Z
- Straight onto County Road ZC
- Right onto County Road CI / ZC
- Left onto County Road ZZ
- Left into the park
- Left onto the roadway in the park

OLYMPIC TURN-BY-TURN BIKE COURSE

- Exit transition onto roadway in Park
- Right onto County Road ZZ
- Continue straight onto County Road ZZ
- Right onto County Road N
- Right onto County Road Z
- Left onto County Road CI
- Right onto Hardscrabble Road
- Right onto Northey Road
- Straight onto County Road Z
- Straight onto County Road ZC
- Right onto County Road CI / ZC
- *** BEGIN SECOND LOOP ***
- Right onto County Road CI
- Right onto Hardscrabble Road
- Right onto Northey Road
- Straight onto County Road Z
- Straight onto County Road ZC
- Right onto County Road CI / ZC
- Left onto County Road ZZ
- Left into the park
- Left onto the roadway in the park



BIKE COURSE RULES

- Athlete must wear a bike helmet at all times.
- Obey all traffic laws while on the cycling course unless otherwise specifically directed by an official or law enforcement.
- It is the responsibility of the athlete to know and follow the prescribed bike course. There will be no time adjustments for any reason.
- DO NOT Litter. DO NOT abandon equipment.
- Bikers will ride out on ZZ on your left while returning on ZZ down the center cone lane.

Trek Bicycle Stores of Madison will have bike mechanics available on-site from 5:45 AM to 6:45 AM. They will also be providing mechanical support on the bike course during the event.

RUN COURSE SUMMARY

The run course is a 5K for the sprint and a 10K for the Olympic distance. Both routes are an out and back route that winds through the park and County Road ZZ. The Sprint distance will do one loop and the Olympic will do two loops of the run course.

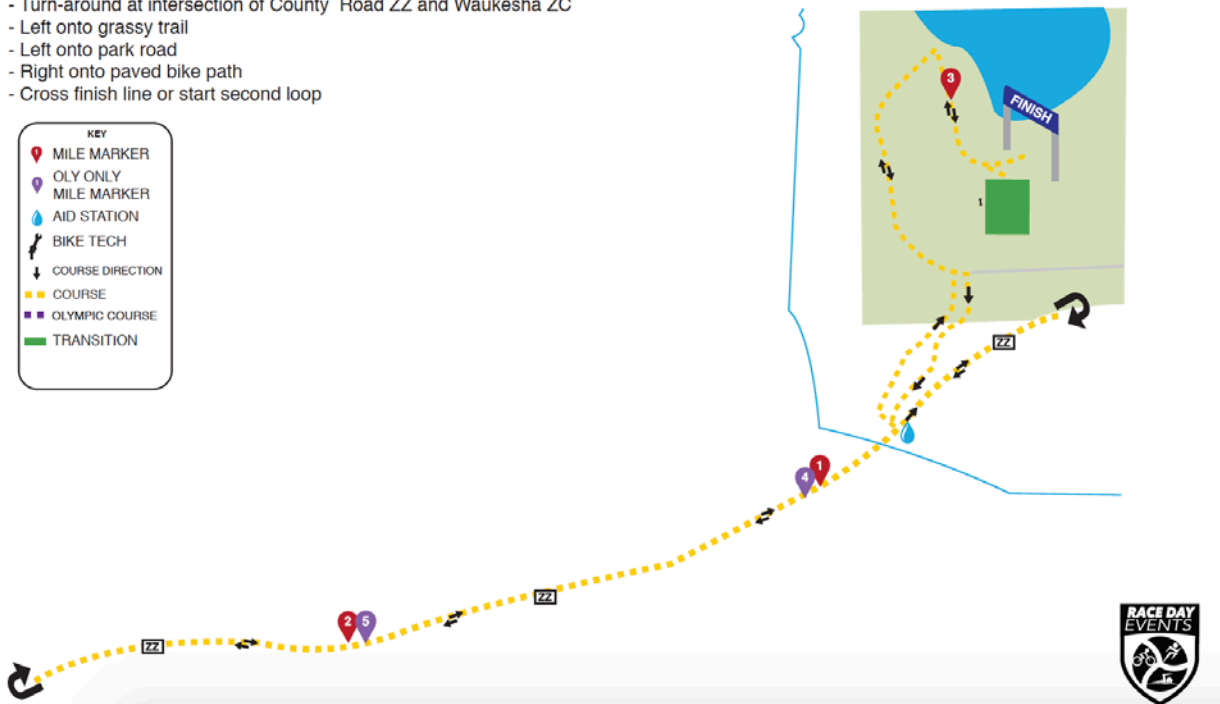
TURN-BY-TURN RUN COURSE *OLYMPIC DOES 2 LOOPS*

- Left onto paved bike path
- Left onto park road
- Right onto grassy trail
- Left onto County Road ZZ
- Turn-around County Road ZZ
- Straight on County Road ZZ
- Turn-around at intersection of County Road ZZ and Waukesha ZC
- Left onto grassy trail
- Left onto park road
- Right onto paved bike path
- Cross finish line or start second loop

KEY	
	MILE MARKER
	OLY ONLY MILE MARKER
	AID STATION
	BIKE TECH
	COURSE DIRECTION
	COURSE
	OLYMPIC COURSE
	TRANSITION



RUN COURSE



RUN COURSE RULES

- Wear provided bib number on the front of them clearly visible.
- Follow the directions of all officials and law enforcement.
- It is the responsibility of the athlete to know and follow the prescribed bike course. There will be no time adjustments for any reason.
- DO NOT Litter. DO NOT abandon equipment.
- Runners will need to stay in the right lane at all times. Run out on your right and return on your far left.

POST RACE MEAL

Post race meal will be a bag lunch lovingly hand crafted by our friends at Panera. It will consist of a sandwich, bag of chips, and small cookie.

ONLINE RESULTS

Results will be posted on Online Race Results and we will have a shortcut on the Triathlon webpage AND on the Race Day Events app, [download on your phone today!](#)

MEDICAL SERVICES

Medical services will be provided by the Dousman EMS. They will be located at the entrance to Ottawa Lake State Park. Please alert any staff or volunteers if a medical situation arises.

Please note that it will be left to the discretion of the medical staff whether the athlete is allowed to continue.

PETS

Please, no pets at the race site. Pets can create hazards and distractions and are not allowed in the park by City Ordinance.

SERIES SCORING

Series scoring is being computed by [Athlinks](#), a website that specializes in collecting and tracking race results. It's as simple as creating a profile and claiming your results after each event. Series point results are posted on the Wisconsin Tri Series homepage and are updated approximately one week after each event. Check them out by clicking [HERE](#).

EVENT APP

[Download](#) the Race Day Events EventApp for real-time participant progress notifications and results! You'll also find event information, race day schedules, and more. Select "Pardeeville Triathlon" and press the "Live Tracking" icon to add your favorite participants. Choose "Notify Me" to receive push notifications for each participant that you are adding. Be sure to allow notifications and you'll receive updates from your choice of banner notifications, Facebook and/or Twitter.

LIVE FINISH LINE STREAM

Friends and family who can't be there on Race Day can still watch you finish! Have them tune into our [Live Finish Line Stream](#).

THANK YOU!

Please thank our sponsors with your patronage.
Without their support, this event would not be possible.