



TRI-ING FOR CHILDREN'S TRIATHLON PARTICIPANT GUIDE

Welcome to race week! Find all the information you need for race day in this document and our [website](#). As a reminder, all participants will receive a complimentary state park pass, feel free to stick around after the race and take in the beauty of Ottawa Lake State Park the rest of the day! We can't wait to see you on Sunday.

EVENT DATE

Sunday, July 25th, 2021

START TIME

7:00 AM

[CLICK HERE FOR WAVE TIMES](#)

LOCATION

[Ottawa Lake State Park](#)
[S59 W36530 County Road ZZ](#)
[Dousman, WI 53118](#)

PARKING

ARRIVE EARLY AS THERE IS ONLY ONE ENTRANCE TO THE PARK AND IT MAY BECOME CONGESTED.

Parking will be available in Ottawa Lake State Park and facilitated by parking directors. All athletes will receive park passes at early packet pick-up, PLEASE DISPLAY THESE IN YOUR LOWER LEFT WINDSHIELD. Athletes that have not attended early packet pick-up will be granted free admission at the gate, but all spectators must pay a \$5 cash entry fee per vehicle if not traveling with an athlete.

PACKET PICK-UP LOCATIONS AND TIMES

PICKUP EARLY TO AVOID MORNING-OF LINES!

You MAY pick up someone else's packet! Please bring their QR code.

Early Packet Pick-Up

Saturday, July 24th, 2021

1:00 PM - 5:00 PM

[Endurance House Delafield](#)

[2736 Hillside Dr.](#)

[Delafield, WI 53018](#)

Race Day Packet Pick-Up

Sunday, July 25th, 2021

5:45 AM - 6:45 AM

[Ottawa Lake State Park](#)

[S59 W36530 County Rd ZZ](#)

[Dousman, WI 53118](#)

Transition will be open from 5:45 AM - 6:45 AM on race morning and will close at 6:45 AM SHARP. Transition will reopen after the last runner has exited transition. This allows an equal playing field for all participants. Please be patient and respectful of this time as you wait to re-enter the transition area. If you will need items from transition immediately after the race consider leaving those items with friends or family who are spectating.

COURSE INFORMATION & UPDATES

COURSE MAPS CAN BE FOUND ON OUR WEBSITE. PLEASE MAKE SURE TO READ ADDITIONAL RULES AND REGULATIONS [HERE](#).

- **Swim:** The swim will be held in Ottawa Lake, with the sprint being 400M and the Olympic being 1500M. Olympic participants will swim two loops.
- **Bike:** The bike course is a scenic journey through the county roads in Waukesha County with gently rolling hills. An enjoyable course for all levels! The sprint bike is 15 miles and the Olympic is 40K.
- **Run:** The sprint run is one 5K loop, and the Olympic run is two loops of the 5K course making it a 10K. Both routes are an out and back route that winds through the park and County Road ZZ.

[CLICK HERE FOR COURSE MAPS](#)

AID STATIONS & RESTROOMS

RESTROOMS WILL BE LOCATED NEAR TRANSITION AND REGISTRATION.

- **Transition:** There will be an aid station stocked with water to fill your bottles before the race. Once the race starts this same station will be stocked with cups of water as you exit transition to the run.
- **Bike:** There are no aid stations on the bike course.
- **Run:** There will be one aid station on the run course at County Road ZZ, The sprint course will pass the aid station twice, Olympic four times. It will be stocked with water, Heed, and Hammer gels.

POST RACE PARTY

- Sandwiches will be provided courtesy of Firehouse Subs after the race.
- Water courtesy of Festival Foods, in addition to soda, will be available at the finish line.
- Each participant will receive a coupon in their goody bag at packet pick up redeemable for one FREE beer at Delta Beer Lab.

PRODUCED BY:

