

# ET Pleasant Prairie Triathlon

September 1, 2019

# RACE LOCATION

- All facets of the race will take place on the west side of Lake Andrea at the beach, – we will not be using the Rec Plex facility during the weekend. The race location is across the lake from the actual facility. For GPS purposes, the facility address is:
  - Rec Plex
  - 9900 Terwall Terrace
  - Pleasant Prairie, WI 53158

# PARKING

- Parking on race morning is located to the East of the site – recommended parking locations are E2, C and B (see next slide for map)
- Please note that the walk / bike from the recommended parking lots are  $\frac{1}{4}$  to  $\frac{1}{2}$  mile. Please plan accordingly. There is a walking / bike path available for use throughout the weekend from the parking lot area

recommended parking locations are E2, C and B

### Special Event Parking Guide

- (A) Members Only Parking - Pass Required
- (B) Park 'n Ride - Primary Parking for Swim Meet, Volleyball and Basketball
- (C) Overflow Parking for Park 'n Ride & South Ballfields
- (D) Ice Arena Parking - Primary Lot for Ice Events
- (E1) Street Parking for Ice Events
- (E2) Street Parking for RecPlex Events
- (F) Parking for Baseball Tournaments
- ★ Aqua Arena Main Entrance for Swim Events
- ★ Ice Arena Main Entrance for Ice Events
- ★ RecPlex Main Entrance for Volleyball, Basketball and Birthday Parties



# SCHEDULE OF EVENTS

## Saturday, August 31st

- 1:00-4:00pm – Packet Pickup at Lake Andrea race site in Pleasant Prairie
- 2:00-3:00pm – Course talk and transition walk through by Coach Joe
- 3:00pm – 4:00pm Swim Warm Ups & Course Preview. This will be the only time to swim in Lake Andrea prior to race day
- (Bike course is not closed to traffic – there is no formal bike course preview. Roads inside the park are generally safe to ride on but caution should be used if athletes try to ride on Highway H, which is not advised)

**\*Bikes load into transition on Sunday, NO Saturday load in**

## Sunday, September 1st

- 6:30am Race Start

# Packet Pickup

- Saturday August 31, 2019 from 1:00-4:00pm at Lake Andrea race site
- Sunday September 1, 2019 from 5:00-5:45am at Lake Andrea race site

# USAT Policy for Packet Pickup

- As a USAT sanctioned race we must follow the USAT packet pickup requirements.
- ALL athletes are required to show photo ID. **NO ID, NO RACE, NO EXCEPTIONS.**
- Every single participant in your race must have a photo ID, this includes all relay participants. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID.
- **Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person.** All relay members must be present to receive the packet, or split up the relay packet for each participant.
- **If an athlete does not bring a photo ID to packet pickup they have two options:**
  - 1) Go home to get it.
  - 2) Have someone email/fax them a copy of their photo ID.
- You must have a photo ID with you.
- For relay teams, all team members must come to packet pickup but do not need to come together.

# RACE MORNING SCHEDULE

- 5:00am – Packet pickup at race site
- 5:00am – Transition opens
- 6:00-6:20am – Swim warmup opportunity
- 6:25am – National anthem
- 6:30am – Race start
- 7:30am – Transition re-opens for bike removal (estimate)
- Awards to follow at the race site



# RACE DAY AND EQUIPMENT REMINDERS

- Please consider bringing bug spray as the wet weather has brought a large contingent of mosquitos that can be a problem in the mornings
- Timing chips will be provided to athletes race morning, there will be a table near transition and bodymarking – you will not receive these at packet pick up
- You will receive your decals, a bike number (fold this over your top tube or around your seat tube) and helmet number (place this on the front of your helmet directly above your forehead) at packet pick up.

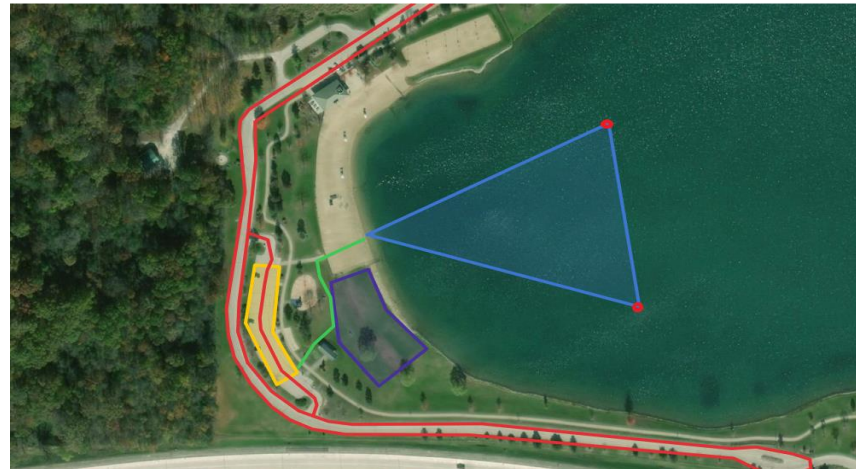
# COURSE INFORMATION

- Water temperature was 78 degrees as of Friday (8/23). With temperatures forecasted in the 80's for this week, it is unlikely the water temp will drop much. Be prepared for all possibilities.
- Swim start will be a self-seeded time trial start from the beach
- Standard Sprint distance: 750M swim (2 lap course), 20K bike (2 laps) and 5K run using the running path around Lake Andrea

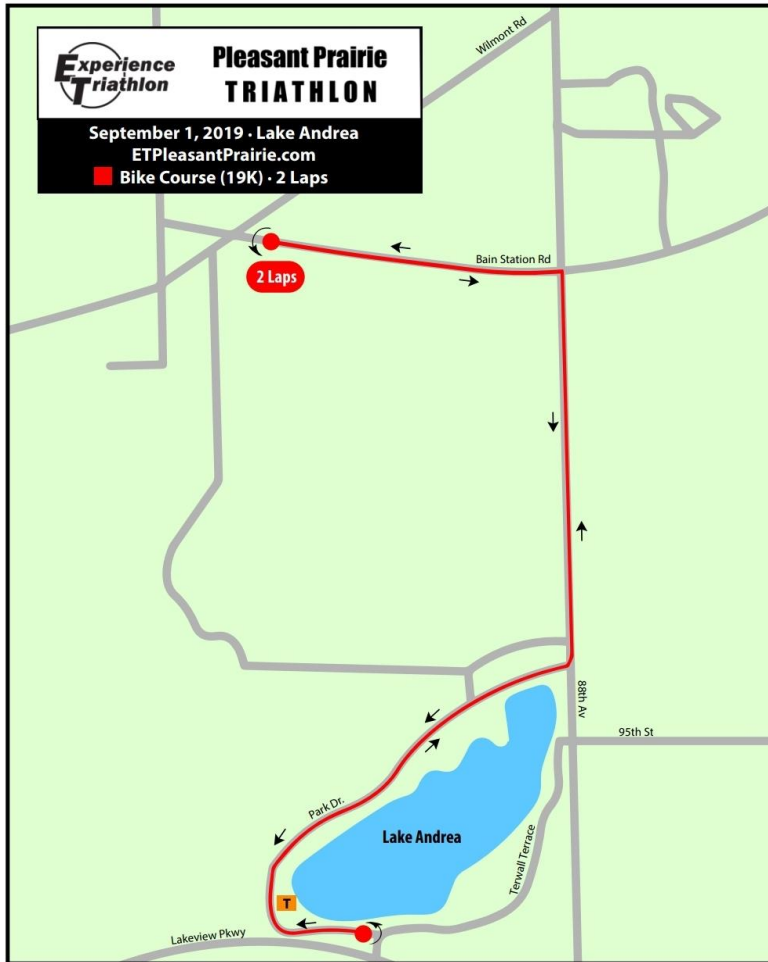
# SWIM COURSE OVERVIEW

- The swim is a self-seeded time trial start, athletes will select their starting position.
- The swim will be two laps and will include a very short beach run to start the second lap.
- Run in swim start from the beach with a clock wise direction

USAT officials will take water temperature 1 hour before start to decide if the swim is wetsuit legal. Water cutoff temperature per USAT rule is 78 degrees. Between 78 and 84, we will allow wetsuits. Athletes with wetsuits will go in the water after the non-wetsuiter athletes. They will be placed in a separate Wetsuit Division and will not compete for AG awards or USAT points. Above 84, no wetsuit are allowed.



# BIKE AND RUN COURSE OVERVIEW



# Transition Area

