



2018 Lake Mills Triathlon Race Week Update

****RACE IS SOLD OUT****

EVENT DETAILS

Date: Sunday, June 3, 2018

Time: Transition opens at 5:45am & race starts at 7:00am.

Location: Sandy Beach Park, 345 Sandy Beach Rd., Lake Mills, WI 53551

SCHEDULE

Saturday June 2, 2018

Start	End	Activity	Location
1:00 PM	5:00 PM	Early Packet Pick-up-BRING YOUR QR CODE (phone or paper)	Trek Bike Store – West 8108 Mineral point Road Madison, WI 53719

Sunday June 3, 2018

Start	End	Activity	Location
5:45 AM	6:45 AM	Packet Pick-up-BRING YOUR QR CODE (phone or paper), Body Marking, Transition Open	Sandy Beach Park – Parking Lot
	6:45 AM	TRANSITION CLOSES	Sandy Beach Park – Parking Lot
5:45 AM	6:45 AM	Trek Bike Store Mechanical Support	Sandy Beach Park – Parking Lot
7:00 AM		Race Start	Sandy Beach Park – Beach
10:00 AM		Awards Pick-Up Table Opens	Sandy Beach Park – Field
10:00 AM		Transition Re-Opens	Sandy Beach Park – Parking Lot

MANDATORY - RACE DAY

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

PACKET PICK-UP LOCATIONS & TIMES

PICK UP EARLY TO AVOID MORNING-OF LINES!

- Early packet pick-up – Saturday, June 2, 2018 – 1:00pm-5:00pm
Trek Bicycle Store - West - 8108 Mineral Point Rd, Madison, WI
- Race day packet pick-up – Sunday, June 3, 2018 – 5:45am-6:45am
Sandy Beach Park – 345 Sandy Beach Rd, Lake Mills, WI 53551
- **You MAY pick up someone else's packet! Please bring their QR code.**

At packet pick-up you will receive the following: bib number, timing band, swim cap, shirt and swag bag. **Don't forget to bring these items with you on Race Day!**
No timing band = no time.

QR CODE

Race Day Events is now using QR scanners at packet pickup to check you in. **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.

PARKING

- Please arrive early to ensure enough time to park and get to the beach.
- There is NO parking in Sandy Beach Park Parking Lot, Sandy Beach Road, or at Toepel's Trailer Park.
- Please obey the "NO Parking" signs; they are posted for the athlete's safety.
- Vehicles parked improperly or that interfere with the race **WILL** be towed.

AWARDS

Results will be posted and awards will be available for pick up at the awards table starting at approximately 10:00am.

WAVE SCHEDULE

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

WAVE	START TIME	AGE GROUP	COLOR
1	7:00 AM	Elites & All Relays	Pink
2	7:03 AM	Female Novices	White
3	7:13 AM	Male Novices	Orange
4	7:23 AM	Clyde/Athena	Yellow
5	7:28 AM	Females 50 & Over	Red
6	7:31 AM	Males 55 & Over	Lime
7	7:34 AM	Females 40 - 49	Pink
8	7:37 AM	Males 45 - 54	White
9	7:40 AM	Females 30 - 39	Orange
10	7:43 AM	Males 40 - 44	Yellow
11	7:46 AM	Males 35 - 39	Red
12	7:49 AM	Females 29 & Under	Lime
13	7:52 AM	Males 30 - 34	Pink
14	7:55 AM	Males 29 & Under	White

TRANSITION

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

- Transition will be open from 5:45am-6:45am.
- Transition closes at noon and will be promptly disassembled.
- Transition will have one aid station that will be stocked with water.

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 Base Performance energy drink.
- The transition will have one aid station that will be stocked with water.

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.

COURSE MAPS

Please see the maps below or for a larger version click [HERE](#).

SWIM COURSE SUMMARY

The swim is in Rock Lake and is 400M long. The course will be rectangular using left hand turns.

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.



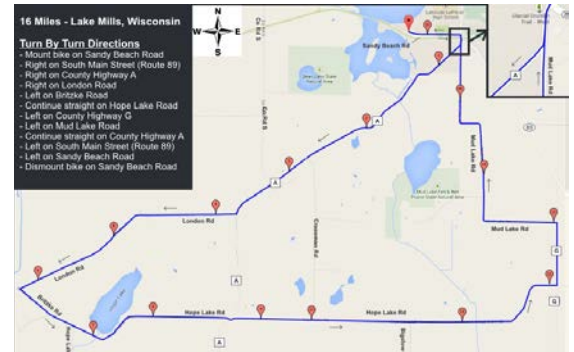
BIKE COURSE SUMMARY

The bike course is fast, flat and scenic. The bike course is a counter-clockwise loop. This is **NOT** a closed course. Please be aware of traffic, ride to the right at all times, and obey police, volunteer and officials on the course. There are no aid stations on the bike course.

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.

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



RUN COURSE SUMMARY

The run course is an out and back from the park with one turn onto the Glacier Drumlin Trail. The trail is hard packed gravel with some wooden bridges. There will be an aid station at the turnaround. The aid station will have water and will be stocked with water and Base Performance energy drink.



RUN COURSE RULES

- Wear provided bib number on the front and clearly visible.
- Follow the directions of all officials, law enforcement and volunteers.
- It is the responsibility of the athlete to know and follow the prescribed run course. There will be no time adjustments for any reason.
- DO NOT Litter. DO NOT abandon equipment.

POST RACE MEAL

Post-race meal will be a bag lunch from Panera Bread. It will consist of a sandwich, bag of chips and cookie. There will be ham, turkey and vegetarian options.

ONLINE RESULTS

Results will be posted on Online Race Results, the Race Day Events app -> Lake Mills Triathlon -> Results and on the Lake Mills Triathlon home page.

MEDICAL SERVICES

Medical services will be provided by Lake Mills EMS. They will be located in the parking lot of the Sandy Beach Park. 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](#).

SERIES SCORING

As you're grabbing your post-race meal at this weekend's triathlon, you can enter for your chance to win a prize pack from Trek valued at \$1,000, thanks to Country Financial! Winner will be announced at the end of season banquet in September.

THANK YOU!

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

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